



SAN DIEGO COUNTY  
**CHILDHOOD  
OBESITY  
INITIATIVE**

Working Together to Shape a Healthy Future

[www.OurCommunityOurKids.org](http://www.OurCommunityOurKids.org)



## IN THE NEWS

The San Diego County Childhood Obesity Initiative (Initiative) actively seeks newsletter content from its partners including resources, events, news, legislative updates, and funding opportunities related to childhood obesity prevention and reduction. Individuals and organizations may submit content for inclusion in the newsletter to the editor by [e-mail](#) or phone at 858.609.7964.

## UPCOMING MEETINGS

- Upcoming Meetings
- Domain Update
- Domain Partner Highlight
- Resources
- Announcements
- Events/Conferences
- Grants
- Legislative Update
- Community Corner
- Local News
- National News

Unless otherwise noted, all San Diego County Childhood Obesity Initiative meetings are held at Community Health Improvement Partners (CHIP), located at 9370 Chesapeake Drive, Suite 220; San Diego, CA 92123.

### **Domain 1: Government**

TBA (see [calendar](#))

### **Domain 2: Healthcare**

Tuesday, October 2, 1 - 2:30 p.m.  
CHIP Office

### **Domain 3: Schools and After-school**

Tuesday, October 16, 11 a.m. - 12:30 p.m.  
CHIP Office

### **Domain 4: Early Childhood**

Tuesday, October 23, 10 - 11:30 a.m.  
YMCA Childcare Resource Service, 4th Floor Executive Conference Room  
3333 Camino Del Rio South, San Diego, CA 92108

### **Domain 5: Community**

TBA (see [calendar](#))

### **Domain 6: Media**

TBA (see [calendar](#))

### **Domain 7: Business**

TBA (see [calendar](#))

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## DOMAIN UPDATE

### Community

The Community Domain is comprised of community, faith, youth, grassroots and public organizations committed to the prevention and reduction of childhood obesity. This domain functions to serve the entire community, exactly as its name implies. This is no small feat, but by enlisting and empowering community residents and local organizations to create healthier environments in their neighborhoods, this domain houses a large team of dedicated partners.

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COMMUNITY  
DOMAIN

The domain continues to be engaged in youth engagement all across San Diego County. Readers may recall from our last Community domain check-in that SDSU Research Foundation applied for and was awarded a grant from the Robert Wood Johnson Foundation's Active Living Research funding program; the foundation and the COI have partnered to use the funding for ongoing evaluation of YEAH! projects that have been implemented since the trainings held throughout 2011 and 2012. With COI staff's technical assistance and many dedicated community partners, there have been 17 YEAH! projects to date.

Recent food-related policy developments have also given the domain new opportunities to advance the local conversation on access to fresh, healthy foods. In late August 2012, the County of San Diego Health and Human Services Agency began recruiting restaurants for the new [Restaurant Meals Program](#) (RMP) in San Diego County. As part of the County of San Diego's [Live Well, San Diego!](#) Campaign and its efforts to support positive, healthy choices, the RMP offers options for individuals who may have difficulty preparing meals for themselves or do not have a place to store and cook food. While the policy targets the homeless, disabled and elderly using CalFresh (food stamps) benefits because of their unique challenges, recruiting restaurants to participate in the program will improve food retail environments that will impact the entire community.

Community domain partners and San Diego County Childhood Obesity Initiative staff have recently become engaged in an effort to promote the Restaurant Meals Program (RMP), particularly in City Heights where there is an abundance of restaurants serving fresh, healthful and culturally appropriate foods to accommodate City Heights diverse demographic. By recruiting restaurants to participate in this program, City Heights businesses can not only promote themselves within their community, but also truly make a difference its health by increasing access to nutritious foods to those who need it most.

These are just a few of the exciting efforts in which the Community domain is playing an active role to ensure healthy policies and environments for all of San Diego's communities.

Our domain partners are always working together to develop and expand and enhance efforts that positively impact the health of our community and the people that define it. For more information on this domain and its activities, please contact [Melanie Cohn](#).

## DOMAIN PARTNER HIGHLIGHT

### Healthcare

Courtney Winston, MPH, RD, LD, CDE



Assistant Director Food & Nutrition Services  
Kaiser Permanente, San Diego Medical Center

What is a “foodie”? If you seek the counsel of the all-knowing internet for a definition of the term, you’ll find an array of explanations as diverse as food itself. Put simply, a “foodie” is someone that honors the importance of food. Whether or not she’d identify herself as a “foodie”, Courtney Winston is a true champion of food; with her passion, expertise and insight, she is working within the healthcare sector to spread awareness of food’s healing powers not only on the human body, but on the environment as well.

Courtney Winston is originally from North Carolina, which explains her warm Southern drawl. Courtney’s passion is nutrition policy and research, which she began exploring during her collegiate years in her home state at University of North Carolina at Chapel Hill. Since, she’s found ways to weave her passion into all of her professional experiences; most recently, she has been the Assistant Department Director for Food & Nutrition Services at Kaiser Permanente’s San Diego Medical Center. Now, our fearless food crusader is about to embark on a journey back to the East coast, assuming a role with Fort Belvoir Community Hospital, an active duty military hospital for the US Department of Defense outside of Washington, DC.

Courtney’s first taste of San Diego was when she worked at Camp LaJolla, a weight loss camp on the campus of UCSD one summer between her undergraduate and graduate experiences. She will never forget her first impression of San Diego; the minute she stepped off the airplane (and much to her mother’s chagrin), she knew then she’d have to move here. Courtney arrived in San Diego in 2004, and has since held a number of positions in public health nutrition, initially as a registered dietitian. Over time, Courtney has built her expertise about nutrition and the role food plays in our environment, whether that environment is the inside of the human body, a family dining room or an entire hospital system.

Courtney became an essential collaborator the San Diego County Childhood Obesity Initiative with the Nutrition in Healthcare Leadership Team. The Nutrition in Healthcare Leadership Team (NHLT) is facilitated by the Initiative and chaired by representatives of UCSD and Rady Children’s Hospital. The purpose of the NHLT is to convene hospital stakeholders to collaborate on healthy food procurement in hospital facilities. In this case, stakeholders include food service directors, government affairs representatives, hospital administrators and public health professionals. Several of the region’s hospitals are involved, including Palomar Health, Rady Children’s, Scripps Green, Scripps Memorial, Scripps Encinitas, Alvarado, UCSD, and Kaiser Permanente. Courtney first learned of this group of stakeholders in late 2011, right around the same time she became a doctoral candidate at University of Texas Health Science Center at Houston. Her dissertation is an exploratory analysis of consumer nutrition environments in Southern California hospitals, and her focus fit seamlessly into the NHLT’s initial objectives to get a pulse on San Diego hospitals’ current food environments. As part of this work, Courtney and her research team (Anjali Patel, Kristin Hirahatake, Alejandra Ocegüera and Helena Machaj) conducted a baseline survey for all hospitals, and highlighted facilities that had best practices. Courtney’s study set a lot of the groundwork of the NHLT and has ignited its forward movement.

While her credentials are impressive, you can’t get a full picture of Courtney’s career and

experience in public health nutrition until you ask her about it. Courtney's favorite part about being in public health nutrition is being not only a nutrition expert, but also having the power to contribute to a better environment and preventative health.

"My philosophy on health is holistic. It's always better to prevent disease than to treat it. I didn't go into nutrition because I'm a fantastic cook, because I'm not. I just see food as medicine--you are what you eat. There really is so much that you can do with food. It's an easy way to help people, and everyone has to eat."

Courtney explains that her participation in the NHLT sparked her to look at the food system from more of a sustainability and environmental standpoint. The food industry makes an enormous environmental impact. People make choices about their food every day. Does the food taste good? Is it good for me? What people may not realize is that their food choices have an impact that reaches far beyond their plates.

Courtney's energy shines brightly through her hobbies and interests as well. She is a Chargers fan, and when one of her friends asked her what she wanted to do in her last few days in San Diego, she said she wanted to go to a Chargers game. She also likes college Basketball and NFL, so it's a great time of year for her! She's clearly an avid sports fan, but also loves to dance. She currently takes barre classes, and grew up in the dance studio doing ballet, tap, jazz, and modern dance.

Courtney's favorite food is her mama's homemade beef stew. It's the simplest thing to make and that's what she always makes Courtney when she visits home. As Courtney enters into her next chapter a little closer to home, it's probably safe to say she'll get to enjoy her favorite meal a little more often.

## RESOURCES

### **211 San Diego: Nutrition, Healthy Weight, Physical Activity, and Diabetes Resource**

The San Diego County Childhood Obesity Initiative, Rady Children's Hospital San Diego, The American Academy of Pediatrics, San Diego Diabetes Coalition, Champions for Change/Network for a Healthy California, and Community Health Improvement Partners have joined with 211 San Diego, a 24/7 multilingual phone service and searchable online health and human service database, to create a comprehensive obesity and diabetes information and referral database. This resource provides San Diego County residents, healthcare providers and social services agencies a FREE "one stop shop" for programs and services in nutrition, healthy weight, physical activity, and diabetes. These free resources can be accessed via phone by dialing "2-1-1" or clicking on the green apple icon above.



**Physical Activity  
& Nutrition**

### **Healthy Communities Atlas**

The Healthy Communities Atlas maps existing conditions for social and physical factors, or determinants, that affect health outcomes and disparities in the San Diego region. These determinants of health are based on current evidence and research. The Atlas is a series of maps and accompanying explanatory text and tables. The underlying data is available for download in GIS format. [More...](#)

### **Primary Care and Public Health in the Community**

This video, produced by the Institute of Medicine, highlights a recent report on the integration of primary care and public health. The integration of primary care and public health can enhance the capacity of both sectors to carry out their respective missions and link with other stakeholders to catalyze a collaborative, intersectoral movement toward improved population health. [More...](#)

## **Declining Childhood Obesity Rates: Where Are We Seeing the Most Progress?**

In recent years, the national childhood obesity rate has leveled off. However, some cities and states have reported modest declines in their rates, following peaks in the early 2000s.

[More...](#)

## **ANNOUNCEMENTS**

### **HBO Weight of the Nation**

Obesity is a problem all segments of our community must address. As a proud sponsor of this documentary, Kaiser Permanente's hope is that these films will prompt meaningful discussions and catalyze individuals, groups and communities to act. Looking for ways to take steps NOW for yourself, your family and/or your community? Here are a few ideas:

- SPREAD THE WORD: Pledge for Progress to confront the obesity epidemic. [Like The Weight of the Nation™ on Facebook.](#)
- HOST A SCREENING: [Get the free DVD screening kit and discussion guides.](#) To help employers, faith-based organizations, schools and others take action, check out the [Get Engaged information](#) that provides easy-to-use tools to support your efforts and stimulate change in your community.
- GET MOVING. GET INVOLVED. SIGN UP for the [Every Body Walk!](#) program and add more activity to your day:

[Click here or more information on HBO Weight of the Nation.](#)

## **EVENTS/CONFERENCES**

### **Biannual Elected Officials' Breakfast: The Weight of the Nation**

October 5, 2012

Lemon Grove, CA

Please join the San Diego County Childhood Obesity Initiative for an informational meeting, panel discussion and screening of the HBO documentary The Weight of the Nation. We will explore the numerous factors that have led to the obesity epidemic and discuss how government representatives and policy makers can take a proactive role in making the healthy choice the easy choice for constituents and community residents. [More...](#)

### **Community Training: "Mock" City Council Meeting**

October 5, 2012

Lemon Grove, CA

Please join the San Diego County Childhood Obesity Initiative for an informational workshop to help build the skills of residents and community-based organizations to advocate for healthy communities at City Council meetings. Trainees will participate in a "mock" City Council meeting, and will role play as Council Members, experts, and concerned citizens, to practice participating in public meetings and learn best practices. [More...](#)

### **Lemon Grove HEAL Zone PhotoVoice Project Training**

October 19 & November 16, 2012

Lemon Grove, CA

Seeking Lemon Grove participants age 16+ to photograph local images of barriers to healthy living and active living throughout Lemon Grove and express what the identified photos mean for residents. This 2-part training will prepare residents to advocate for measures that support community healthy eating and active living. [More...](#)

### **San Diego Association for the Education of Young Children Fall Conference 2012**

October 20, 2012

San Diego, CA

The SDAEYC Fall Conference, Happy, Healthy Me! will focus on health and safety of childcare programs and the community of San Diego County. [More...](#)

### **American Public Health Association 140th Annual Meeting & Exposition**

October 27-31, 2012

San Francisco, CA

The APHA Annual Meeting & Exposition is the oldest and largest gathering of public health professionals in the world, attracting more than 13,000 national and international physicians, administrators, nurses, educators, researchers, epidemiologists, and related health specialists. APHA's meeting program addresses current and emerging health science, policy, and practice issues in an effort to prevent disease and promote health. [More...](#)

## **GRANTS**

### **Subaru Healthy Sprouts Award**

**Deadline for Applications:** October 31, 2012

The 2012 Subaru Healthy Sprouts Award is aimed at supporting schools or organizations that plan to garden with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to environmental, nutrition and hunger issues in the United States. Fifty awards are available to select schools or organizations. [More...](#)

### **Responsible Sports Community Grant**

**Deadline for Applications:** November 20, 2012

Liberty Mutual is offering fifteen grants of \$2,500 to non-profit youth sports organizations and educational athletic programs. These grants must go towards the operational costs of running a successful sports program. [More...](#)

### **Liberty Mutual Responsible Sports Community Grant**

**Deadline for Applications:** November 30, 2012

Liberty Mutual provides grants to non-profit youth sports organizations and educational athletic programs to help defray the many costs of running a successful youth sports program. Fifteen grants of \$2,500 each will be awarded to select applicants. Nonprofit youth sports organizations or educational athletic programs are eligible to apply. [More...](#)

### **The Aetna Foundation Regional Grants**

**Deadline for Applications:** Rolling

Grant-making in this area focuses on initiatives that create a better understanding of the root causes of the obesity epidemic. This includes all types of funding requests: research, project, and policy grants. Recent project grants include physical education and activity programs. Regional Grant applications are accepted on a rolling basis. [More...](#)

## **LEGISLATIVE UPDATE**

[Click here](#) for a comprehensive update on obesity prevention-related legislation.

For more information, please contact COI Manager, [Melanie Cohn](#).

## **COMMUNITY CORNER**

When you think of what kind of tools you might use to increase the effectiveness of your workout routine, would you ever consider that the answer lies in your cell phone? The County of San Diego Parks and



Recreation Department recently launched a program which allows smartphone owners to access free guided exercises from certified fitness instructors with just a swift scan of a code.

The [QR \(Quick Response\) Fit Trails program](#) is allowing San Diego County to equip several parks around the region with QR codes, placed along fitness trails and walkways. While you may be scratching your head over the definition of a QR code, you have probably seen one before. These black and white square codes can be "read" by smartphones much in the way barcodes are scanned at grocery stores and retail outlets. Patrons of all fitness levels can use their smartphones to scan the QR codes placed along park trails to gain access to a series of short exercise videos, which will be changed monthly so users can experience a variety of tips, tricks and routines. The best part? No equipment is necessary to perform any of the workouts!

In an age where technology is often associated with a lack of physical activity, the County Parks & Recreation Department has found a creative way to use technology to advance health and fitness.

Currently, the QR Fit Trails program is available at the following parks: 4S Ranch Sports Park in the Scripps Ranch/Rancho Penasquitos area; Hilton Head County Park in El Cajon; Guajome Regional County Park near Oceanside; and Sweetwater Regional County Park in Bonita. QR Fit Trails are also coming soon to the County Operations Center in Kearny Mesa later this summer. For more information on this exciting resource, see the link below in the Local News section.

If you know of an innovative project in your community that advances San Diego County's opportunities for fresh food access and physical activity, please contact [JuliAnna Arnett](#).

## LOCAL NEWS

[Free, Reduced Lunch Policy Set for 2012-2013](#)

## NATIONAL NEWS

[Less Hunger, Less Obesity](#)

[Some Insight into Childhood Obesity and its Costs](#)

[Obesity Epidemic 'Simple' to Defeat](#)

[Childhood Obesity Negatively Affects Brain Development, says Study](#)

[Obesity Campaigns: The Fine Line between Educating and Shaming](#)

[Health Panel Approves Restriction on Sale of Large Sugary Drinks](#)

[Curbing Competitive School Foods and Drinks May Help Fight in Childhood Obesity](#)

[Prescription for Kids: Take a Hike](#)

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Disclaimer: The Initiative provides the monthly newsletter solely as a service to its partners to support domain activities and promote other related nutrition and physical activity programs and policy/environmental changes in San Diego County. The newsletter is for educational purposes only and does not constitute an endorsement of any product, resource, legislation, or intellectual content included in the newsletter outside of specified Initiative domain workgroup activities or official partnership statements approved by the Initiative's leadership council.

The San Diego County Childhood Obesity Initiative (Initiative) is a public/private partnership whose mission is to reduce and prevent childhood obesity in San Diego County by creating healthy environments for all children and families through advocacy, education, policy development, and environmental change. The Initiative oversees implementation of the San Diego County Childhood Obesity Action Plan, a comprehensive plan to end childhood obesity in San Diego County. The purpose of the Initiative is to create, support and mobilize partnerships among multiple domains; provide leadership and vision; and coordinate countywide efforts to prevent and reduce childhood obesity. The Initiative has established active workgroups in multiple domains, i.e. community sectors, including Government, Healthcare, Schools & After-school, Early Childhood, Community, Media, and Business to act as a forum for the development, replication, and leverage of best practices and resources.

**San Diego County Childhood Obesity Initiative**

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