

Spring 2014

In This Issue

[Faith-Based Program Launch](#)

[Fruit & Veggie Fest](#)

[Harvest of the Month in the Classroom](#)

[Healthy Vending](#)

[Love Your Heart Event](#)

[Youth Advocates](#)

[Live Well @ Work](#)

UC San Diego, Department of Pediatrics Center for Community Health promotes evidence-based health practices at the community level. We achieve this goal largely through translational research, translating advances from basic science and clinical research into the community. Our Center promotes optimal health in all populations through interventions that target chronic disease and obesity prevention.

Faith-Based Wellness

Celebrating the Launch of the Faith-Based Wellness Program

The new Faith-Based Wellness Program collaborates with faith-based organizations regardless of faith through a comprehensive faith-based wellness approach. The program works closely with community residents - adults and youth - from Latino, African American and East African communities as well as the public and private sector to offer programming specific to the community's needs.

Below are a few examples of the program's work to generate sustainable community improvements that support healthy lifestyles:

- Creation of community gardens in faith-based organizations
- Promotion of Summer Meals Program in faith-based organizations
- Healthy eating and healthy beverage policies in faith-based organizations
- Nutrition education and physical activity promotion for faith-based organization congregations

In the News



Kelley Thompson
Senior Manager of the Worksite Wellness Program, was one of 40 individuals across the country to receive the [2014 President's Council on Fitness, Sports and Nutrition Community Leadership Award](#)

East African San Diegans Get Health Care Screening in City Heights: Interview with **Faith-Based Program** - [Watch the KPBS interview](#)

Retail Program

Fruit and Veggie Fest 2014 "Join the Movement"

This May will bring the re-launch of the *Healthy Cocina Initiative* for San Diego's Fruit and Veggie Fest - a statewide celebration spotlighting innovative grocery store partners, and the important role they play in offering healthy, budget-friendly food choices. We invite you to join us at Supermercado Murphy's in City Heights to enjoy May's *Harvest of the Month* recipe selection available in the

Survey of San Diego County Stores Shows Food Placement Matters: Interview with **Retail Program** - [Listen to the KPBS interview](#)

Champions for Change new media campaign features our very own, **Lakeysha Sowunmi** - [Visit Legacy of Health](#)

Live Well @ Work ad ran in the March edition of the [San Diego Business Journal](#) promoting cardiovascular health and the use of clinical preventive services - [See the ad](#)

Harvest of the Month

May's Featured Items



Avocados are an inflammation-fighting powerhouse! They can even help prevent arthritis. Also, their fat content increases the absorption of fat-soluble phytonutrients, like beta-carotene.

[English Version](#)
[Spanish Version](#)



Berries are full of disease-fighting antioxidants and flavor! Eat blueberries to help improve memory, raspberries to decrease inflammation, and blackberries

prepared food section of the market. For more information about the event and scheduled activities, contact cbaron@ucsd.edu.

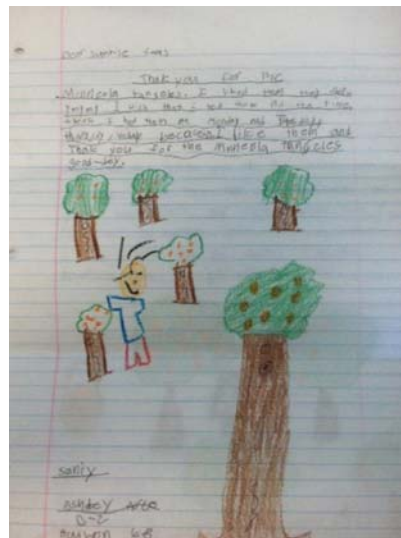
Healthy Store Conversion in National City

The South Region Communities of Excellence retail program partner, Big B's Market, has joined forces with the County of San Diego Health and Human Services Agency, City of National City, Safe Routes to School, Sage Project, and the Retail Program to create a healthier store environment for community residents. UC San Diego is leading the store conversion process and has already seen tremendous success during the initial phase of the project. Big B's is now eligible to utilize Electronic Benefit Transfer to process CalFresh, or food stamp, purchases and has even begun stocking fresh produce through the purchase of a refrigeration unit.

School Wellness

Harvest of the Month in the Classroom

In February 2014, the School Wellness Program launched the *Harvest of the Month* in the Classroom pilot in partnership with San Diego Unified School District Food Services and Vista Unified School District Child Nutrition Services. The *Harvest of the Month in the Classroom* program provides the opportunity for elementary school students to taste-test locally procured, seasonal fruits and vegetables in their classroom on a monthly basis while connecting the classroom to the cafeteria and the larger food system. Cox Channel 4, *Salute to Education*, will be spotlighting the *Harvest of the Month in the Classroom* program next month.



Increased Physical Activity for Elementary Students - IMPACT program

In partnership with San Diego Unified School District's Department of Physical Education, Health and Athletics, and UC San Diego Athletics Department we are designing new models for physical activity programming. This new

for their anti-cancer properties.

[English Version](#)
[Spanish Version](#)

effort, known as IMPACT, is being piloted at Edison Elementary in City Heights, where 55% of all students are overweight or obese. The IMPACT program offers physical activity to elementary students through station-based circuits on a weekly basis. UC San Diego staff and athletes serve as healthy role models and join classroom teachers in supporting the students at circuit stations. The school principal, parents, teachers, and administrators have reported increased physical activity levels, and expressed their commitment to continue the program in the 2014-15 school year.

Worksite Wellness

Champion Worksite Recognition

Goodwill Industries of San Diego County has shown dedication to improving their employees' health through their robust wellness committee and innovative wellness practices, including formal wellness policies, annual physical activity challenges, quarterly educational seminars, and lactation accommodation for new mothers. They have strived to extend their influence beyond the individual employee to their immediate family members and to the community as a whole.

Recently, their commitment to their employees' health was formally recognized through the acceptance of *American Heart Association's Fit-Friendly Worksite Gold Award*. They also became finalists for the *San Diego Business Journal Healthiest Companies of 2014*.

Choice Plus Healthy Vending Initiative Launch

In April, retail locations throughout the county launched the Goodwill Power *Choice Plus* Healthy Vending Initiative. In partnership with the Worksite Wellness Program and Canteen Vendors, Goodwill Industries is providing healthy snack and beverages with their *Better-for-you Options* designed by a team of registered dietitians and culinary experts to include in their vending machines. Success will be tracked through employee evaluations, and allow for modification of choice options throughout the contract. In order to sustain these environmental changes and behaviors, Goodwill Industries is also establishing healthy vending and meeting policies.

Love Your Heart Event

This Valentine's Day 2014 was a celebration of heart health, as more than 17,000 San Diego residents who received a free blood pressure screening. This event was a true testament to the power of community collaboration and showcase of support for the *Live Well San Diego* initiative with dozens of partners at hundreds of sites, coming together to promote the "know your numbers" campaign. UC San Diego engaged local universities, County Public Health Nurses, community organizations, and businesses to host events at worksites throughout the county in support of these efforts.



Youth Engagement

Students Advocate for Healthy Change

UC San Diego piloted a statewide youth participatory action research curriculum in National City's Sweetwater High School as a way to provide youth with capacity-building and leadership skills to prevent the risk of childhood obesity. Participating students focused their efforts on reducing the consumption of sugary drinks in their school and increasing access to tap water. As a culmination of the project, the students presented their ideas to the city's Mayor, the National City Chamber of Commerce, their school Principal, and to school-district personnel to secure funding and support for hydration stations as a clean, sustainable, and free source of tap water for their school. Due to their great work, students were awarded the 2013 Emerging Health Leaders Award for high school students from the California Center for Public Health Advocacy - a leading public health organization in California.



Worksite Wellness & Lactation Accommodation

Live Well @ Work

Pilot-programming kicked off this month in partnership with 5 businesses representing over 43,000 employees to promote cardiovascular health and the use of clinical preventive services. The initiative is focused on engaging large employers (500+) in assessing and enhancing their Worksite Wellness policies and programs. These businesses will be provided with a scorecard, customized toolkit and technical assistance designed to improve workforce health. These pilot companies include: SDG&E, UC San Diego, Watkins Manufacturing, Encore and Scripps.

LIVE WELL @ WORK

Your employees are your most important resource. Help them prevent **Cardiovascular Disease (CVD)**.

Did you know?

Up to **30%** of companies' yearly medical costs are spent on employees with the major CVD risk factors.

The good news is that there's a lot you can do to help your employees lower their risk for CVD — and decrease your company's employee benefit costs.

Preventive services are key.

Get help setting up your workplace wellness policies today.

- For tools and resources, please visit healthyworks.org/resource
- If your company has over 500 employees, please contact us at lw@work@ucsd.edu

Learn more at healthyworks.org

Made possible by the Centers for Disease Control and Prevention through the County of San Diego Health and Human Services Agency.

Logos for healthyWORKS, LIVE WELL @ WORK, and UC San Diego are also present.

Lactation Supportive Environments

The CTG team is providing services for obesity prevention through promotion of lactation accommodation in school districts and their schools while also helping them comply with state and federal laws. All schools districts receive training, materials, resources and technical assistance to create and maintain a strong, sustainable accommodation program for their employees. To date, 3 school districts have adopted a lactation accommodation policy based on the California School Boards Association's BP 4033:

- Julian Union School District
- Julian Union High School District
- Carlsbad Unified School District

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Many of the projects highlighted are funded through the California Department of Public Health's Nutrition Education and Obesity Prevention Branch (NEOPB), and the County of San Diego Health



County of San Diego HHSA

an initiative of



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