

Summer 2014

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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.

Partner Highlight

Deirdre Kleske

is a Health Educator with California Project LEAN, a program of the Public Health Institute, and has worked in the fields of childhood obesity and school wellness for more than a decade.

[Read more](#)



In the Spotlight



Amina Sheik-Mohamed

was featured as an International Leader photographed for the "My Sister's Voice" Exhibition.

[Read more](#)



Kelley Thompson

was selected to receive the President's Council on Fitness, Sports & Nutrition (PCFSN) 2014 Community Leadership Award.

[Read more](#)



Shana Wright

The School Wellness Program's Harvest of the Month in the Classroom pilot has been featured on the California Farm to School Network's blog!

[Read all about it!](#)

Harvest of the Month

August's Featured Items



Zucchini contains 56% of your daily recommended value of vitamin C, 11% of vitamin K, 16% of riboflavin, 21% of vitamin B-6, 14% of folate, 15% of potassium and 17% of manganese.

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



Peaches are low in calories (100 g only provides 39 calories) and contain no saturated fats. Nonetheless, they are packed with numerous health promoting compounds, minerals and vitamins.

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



Project Director Ramon Hernandez and participants

The University Link Medical Sciences Program (ULMSP) chose 14 participants, all of whom are community college transfer students, from over 150 applicants through a rigorous application and interview process. In the four week intensive residential program, students are exposed to professionals from a variety of medical professions, provided with leadership and academic preparedness training, and challenged through life changing experiences to see themselves as capable college students and emerging members of the medical community.

[Read more](#)

Community Engagement



UC San Diego Center for Community Health's NEOPB Community Engagement Initiative partnered with California Project Lean (CPL) and United Women of East Africa Support Team to provide a free leadership training series.

[Read more](#)

Worksite Wellness

The Worksite Wellness Program utilizes the concept of collective impact. Through public and private partnerships with local organizations, businesses are connected with innovative resources, presenters, and expert support on a variety of employee wellness programs and policies. These partnerships are invaluable to supporting the mission of helping San Diegans Live Well @ Work.

[Read more](#)

2nd Annual Wellness Walk

Just over a year ago, Goodwill Industries of San Diego County started their wellness program, GoodWILL Power, with the assistance of UC San Diego Center for Community Health - Worksite Wellness Program. In that short time they have hosted several wellness seminars and lunch and learns, participated in county-wide blood pressure screenings, and established a Healthy Vending Initiative.

[Read more](#)



Community Transformation Grant

The Community Transformation Grant team is now working with 14 large businesses, including UC San Diego, SDG&E, Encore Capital, Cymer, Viejas, the San Diego Police Department, Watkins, San Diego City College and the San Diego Convention Center to promote cardiovascular health and the use of clinical preventive services.

[Read more](#)

Lactation Supportive Environments Initiative

Insurers pay at least \$3.6 billion each year to treat diseases and conditions preventable by breastfeeding. Breast feeding is a low-cost, low-tech, preventive health strategy that can address chronic health issues for both mother and baby and have a life-long impact. The Lactation Supportive Environments Initiative (LSE) provides services for obesity prevention by increasing

access to environments that support the initiation and duration of breastfeeding by increasing the number of breastfeeding-friendly community health centers, businesses and schools that adopt policies supportive of breastfeeding.

[Read more](#)

LACTATION BENEFITS:

Babies today ...



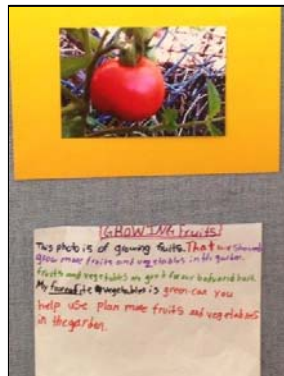
... your students tomorrow...



...your future employees!

School Wellness

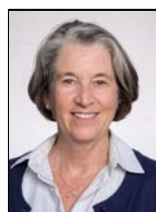
Photo Voice



A team of inspiring 4th and 5th grade students at San Diego Unified School District's Kimbrough Elementary recently presented their ideas on how to improve their school environment at the PhotoVoice Exhibition.

[Read more](#)

Chile Research Team



There are several exciting projects and research taking place under the guidance of Division Chief Dr. Sheila Gahagan, Faculty Member, Dr. Patricia East, Dr. Suzanna Martinez, and Predoctoral student, Eastern Kang Sim, with two bright and talented second-year UCSD medical students doing research internships.

[Read more](#)

Training and Resource Center

Center for Community Health Awarded \$1.2 million

UC San Diego's Center for Community Health was awarded \$1.2 million in May by the California Department of Public Health.

The Center for Community Health is serving as a comprehensive resource hub to a five county region through the Inland Desert Training and Resource Center (TRC).



Michelle Murphy Zive, the principal investigator at UCSD's Center for Community Health, says: "The hope is by leveraging resources, building the capacity of the five local health departments, and ultimately improving the health of low-income Californians, this grant will be renewed to continue and build upon these efforts."

[Read more](#)

Retail Program

United Fresh Retail Produce Manager Award



"Proclamation" David Alvarez, Councilmember, Barrio Logan Resident and Perkins Elementary Alumni standing with Dante, Assistant Store Manager presenting Chelsea Baron, Retail Program Senior Manager, with the Fruit & Veggie Fest Proclamation for May 2013

The United Fresh Retail Produce Manager Awards Program pays special recognition to those on the front line in supermarkets working every day to increase sales and consumption of fresh fruits and vegetables. On behalf of the Retail Program, Abel Meza of Northgate Gonzales Market in Barrio Logan received the Retail Produce Manager Award

[Read more](#)

Healthy Cocina Initiative



When compared to the cheap cost of processed, high caloric meals at the nearly 60 fast food establishments within the 92105 zip code, healthy food may not be on the radar for most residents. UC San Diego Center for Community Health, Supermercado Murphy's and the City Heights community are celebrating the promotion and availability of affordable, healthy meal options to customers and employees through the Healthy Cocina initiative. By highlighting the seasonal harvest, the Healthy Cocina initiative has the power to impact our local food system and economy.

[Read more](#)

Discover
Budget buying. Living Local. Eating Fresh



This Summer, SNAP-Ed eligible shoppers at the Downtown El Cajon and Linda Vista Farmers' Market have had the opportunity to participate in walking tours that integrate nutrition education, facilitate relationships between farmer and shopper as well as provide tips for shopping on a budget. Tours are offered in English with Spanish, Arabic, and Vietnamese, translations thanks to dedicated volunteers.

[Read more](#)

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 and Human Services Agency



County of San Diego HHSA

an initiative of



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