

Advancing Sustainable Change in Community Health through Coalition

The multi-county coalition in the Inland Desert Region – comprised of each Local Health Department (LHD) County Nutrition Action Partnership (CNAP) in the service area and its CNAP members (traditional and non-traditional partners) as well as the Training and Resource Center (TRC) – continually assessed (throughout the TRC contract) the needs of its multi-county coalition members through a mid-year review and in-person meetings, teleconferences and email correspondence. After careful analysis of the assessments, the TRC identified the following organized plan in order to best position itself to offer the most meaningful focus and to best fit the individual needs of each LHD CNAP. Below are the key priorities the LHDs shared with the TRC as these pertained to coalition building and how the TRC addressed these needs to build the capacity of the multi-county coalition for advancing sustainable change through coalition building:

DEVELOPING POLICY, SYSTEMS AND ENVIRONMENTAL (PSE) CHANGES THROUGH CNAP

- The TRC met with each CNAP coalition in the service area to discuss objectives regarding PSE changes and to help each CNAP identify their PSE priorities as well as the best strategies to implement in order to reach their goals. Throughout its contract, the TRC continued this technical assistance (TA) through extensive one-on-one TA on PSEs for each CNAP in the service area (e.g. in-person CNAP meeting co-facilitation, securing consultants to provide in-person trainings and guidance to CNAPs, coordinating multi-county coalition meetings and forums, and through teleconferences, email correspondence, and providing evidence-based research and resources that supported the CNAPs' PSE priorities).
- This need was expressed numerous times by each LHD CNAP and was the main need expressed for TRC's Objective 2.



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SOME OF THE MANY AREAS IN WHICH THE TRC FOCUSED ON TA FOR EACH CNAP INCLUDE THE FOLLOWING (ALL OF THESE WERE EXPRESSED AS A NEED FROM THE LHDS REGARDING THEIR CNAP):

- Establishing a strong structure/foundation for a coalition
- Recruiting members (non-traditional partners – e.g. city representatives, Parks and Recreation city staff, decision makers, businesses, etc.)
- Developing a strategic plan for each individual CNAP that aligns with the consensus reached by all CNAP members as to the focus of CNAP and CNAP PSE priorities
- Strategies for capacity building of members
- Membership satisfaction
- Sustaining a coalition
- Governance and leadership
- Methods to evaluate progress
- Advancing PSEs through CNAP

The TRC held in-person individualized consultation meetings and consultation meetings through teleconferences with all LHD CNAPs in the service area. The TRC met the CNAPs in their counties so as to facilitate the TA process for the LHDS and to be able to meet with all LHD CNAP members.

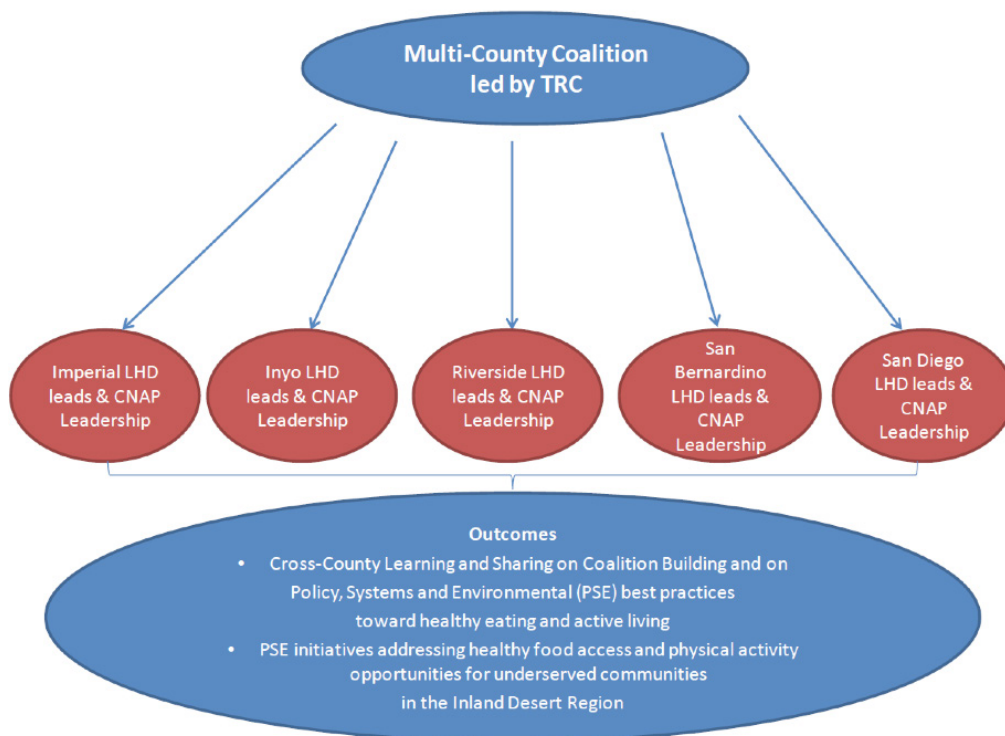
EXAMPLES OF IN-PERSON MEETINGS LED BY THE TRC (SOME WITH THE SUPPORT OF BROWN MILLER COMMUNICATIONS) INCLUDE:

- 1/15/15 (San Bernardino County CNAP)
- 2/17/15 (Inyo County CNAP)
- 2/26/15 (Imperial County CNAP)
- 2/27/15 (San Diego County leadership to plan for CNAP's new direction)
- 4/22/15 (Riverside County CNAP)
- 5/18/15 (San Diego County CNAP)
- 6/22/15 (San Diego County CNAP)

Note: The aforementioned meetings do not include the numerous occasions in which the TRC provided TA and resources to each CNAP through teleconferences and email correspondence. Follow-up TA and support for each LHD CNAP continued until the end of the TRC contract.

Multi-County Collaboration

In addition to supporting each individual LHD CNAP, the TRC also made it a priority to provide a platform for cross-county learning and sharing among all CNAPs in the Inland Desert Region and thus formed a multi-county coalition comprised of all CNAPs and their members (traditional and non-traditional partners) as well as the TRC.



MEETINGS PROMOTING CROSS-COUNTY LEARNING AND SHARING TOOK PLACE ON THE FOLLOWING DATES:

- 10/8/14 (in-person)
- 12/10/14 (teleconference)
- 5/28/15 (teleconference with webinar format)
- 7/30/15 (in person as part of the Promising Practices Exchange)

The time frame for multi-county collaboration support from the TRC for the LHD CNAPs was on-going. Due to the long distances each LHD CNAP and members would have needed to travel in order to attend in-person multi-county coalition meetings, some multi-county coalition meetings were held in person and some via teleconference.

THESE TRC CO-FACILITATED MEETINGS WERE CALLED CROSS-COUNTY LEARNING AND SHARING MEETINGS, WHICH SERVED AS:

- An opportunity for each LHD CNAP to learn about ways to strengthen their CNAP/coalition
- A platform for cross-county learning, sharing and collaboration, which was critical so that all LHD CNAPs in the service area continued to learn not only from the TRC's individual one-on-one support, but also from one another's work as CNAPs, and their successes, challenges and lessons learned on coalition building and PSEs through collaborative work.

There is a wealth of knowledge in the Inland Desert Region – from Inyo operating its coalition independently and naming it Team Inyo (not necessarily CNAP) to Imperial County joining CNAP under a larger collaborative in their county, and to counties like San Bernardino, Riverside and San Diego who have CNAPs as a stand-alone collaborative (some with a PSE focus on access to water and others with a PSE focus on access to healthy food).

- An opportunity for partnerships to form so that all CNAPs in the Inland Desert Region together could work collaboratively to advance obesity prevention through the strengthening of each of their coalitions and through collaboration among CNAPs in the service area as members of the Inland Desert TRC.

There was a lot of benefit and opportunity in each LHD CNAP coming together (in-person or via teleconferences) because each CNAP was (and continues) working toward the same goal: advancing obesity prevention, healthy eating and active living through collaborative work, yet each CNAP is doing it in different ways; therefore, there is a lot each CNAP was able to learn from one another. TRC provided the opportunity for this learning and sharing to happen.

Promising Practices Exchange



The TRC coordinated and held a Promising Practices Exchange for the multi-county coalition. It was designed to convene public health departments, community-based organizations and public health advocates to share best practices, lessons learned and resources to reduce hunger and advance healthy food access and water access for southern California's underserved communities through multi-sectorial collaboration.



The Promising Practices Exchange consisted of two sections: the first half consisted of presentations by a keynote presenter and panelists, while the second half provided an opportunity for roundtable discussions among forum attendees and presenters.



In this second half, participants sat at various tables while each of the presenters rotated to each table so that all forum participants could have an opportunity to engage in fruitful discussions with the presenters, ask questions about their presentations, and also learn from one another on the topics presented.

Providing a platform for sharing, learning and networking has served for future service area-wide collaborations on healthy food access and water access.

Presenters at the Promising Practices Exchange included the Public Health Officer from Orange County, a superintendent from a school district in San Diego County, a senior policy director from a statewide organization and a food systems director from a community-based organization, among others.

Additional TRC Support for Inland Desert Region CNAPs

The TRC held a technical assistance webinar and conference call for its service area CNAPs, LHDs and subcontractors on CalFresh promotion for SNAP-eligible audiences in order to provide resources, support and guidance on the following topic: *Connecting CalFresh with Nutrition and Chronic Disease Prevention*.

THE PURPOSE OF THIS PARTICULAR TECHNICAL ASSISTANCE WEBINAR AND CONFERENCE CALL WAS TO:

- Create awareness about the low CalFresh participation rates in comparison to eligibility for CalFresh in San Diego, Inyo, San Bernardino, Riverside and Imperial counties
- Highlight the importance of connecting CalFresh with nutrition education, which is a priority for the California Department of Public Health (CDPH) with regard to nutrition and food security

- Clarify the difference between CalFresh outreach (which CNAPs and LHDs in the service area are not allowed to do) and CalFresh promotion (which CNAPs and LHDs in the service area are allowed to do)
- Discuss evidence-based practices to increase CalFresh participation in collaboration with community-based partners. For example:
 - Integrating CalFresh promotion into countywide nutrition education activities
 - Collaborating with community-based organizations (CBOs) to create awareness about CalFresh and to connect CalFresh with nutrition and healthy food access

The TRC made available a guest speaker, CalFresh Director from the San Diego Hunger Coalition, for this technical assistance webinar and call in order for the participants to learn directly from a leading expert in successful and effective CalFresh collaborations and the reduction of food insecurity in San Diego County.

Promoting the Inland Desert Region Multi-County Coalition as a Leading Force for Healthy Change

The TRC promoted the multi-county coalition as a leading force for healthy change throughout the service area. Efforts included the development of fact sheets for the CNAPs, media trainings for the CNAPs so these coalitions could create awareness about their PSE initiatives in their counties and thus elevate their work, and the creation of TRC newsletters for the Inland Desert Region, in which the efforts of the CNAPs and the LHDs as a whole were continuously highlighted.

Individual CNAP Progress on PSEs and Highlights

Through its multi-county coalition, the TRC supported each LHD CNAP in the service area to work toward creating a sustainable public health impact in their respective underserved communities. The following is a brief summary of some of the most important highlights of the CNAPs' efforts to produce PSEs that result in healthy eating and active living among the underserved communities of the Inland Desert Region.

Inyo County CNAP: Team Inyo for Healthy Kids



Through in-person training, follow-up TA, evidence-based research and resources from the TRC, Inyo County Public Health Department's CNAP – Team Inyo for Healthy Kids – and its partners reached important levels of success in reducing the risk of obesity and its related diseases among underserved communities. Team Inyo for Healthy Kids successfully secured the support of city representatives and additional partners to install a water station in the City of Bishop so that residents of all ages can now have a free, clean source of fresh tap water to stay hydrated and to reduce their consumption of sugary drinks. The initiative's success is one example of the TRC's lasting public health impact in other parts of California.

The first water station to be installed in the City of Bishop is located in Bishop's Talmadge Park. The Terra Cotta-colored water station allows residents to refill water bottles, drink from a fountain, or fill the dog bowl at ground level for their thirsty pets.

Team Inyo for Healthy Kids, with TRC support, produced media coverage in May 2015 resulting from this successful PSE initiative.

This is the first step in a long-term campaign to increase water access in Inyo County, making it easy for children and their families to choose water rather than sugary drinks. As the water access campaign continues, Team Inyo for Healthy Kids will be reaching out to residents in Big Pine, Independence, Lone Pine and in many Tribal communities to get feedback for more areas that could benefit from water stations.

Imperial County CNAP



Through in-person training, follow-up TA, evidence-based research and resources from the TRC, Imperial County Public Health Department's CNAP and its partners are working to reach important levels of success to reduce the risk of obesity and its related diseases among underserved communities. Imperial County's CNAP chose access to water and physical activity as one of its top PSE priorities. With the support of the TRC, Imperial County's CNAP has developed a survey to conduct with community residents in order to capture data and learn the residents' specific water access needs.

The CNAP has met with the City of El Centro's Parks and Recreation Director to introduce CNAP and to provide an overview of CNAP's work and the community changes relating to access to water that city parks can promote in the City of El Centro. Plans are underway for the City of El Centro Parks and Recreation Department to collaborate with Imperial County's CNAP in order to enhance the residents. The City of El Centro's Parks and Recreation Department will be attending CNAP meetings and has agreed to work alongside the CNAP in seeing that the goal of water station installation is met in order to improve overall community health. This is a great accomplishment for Imperial County's CNAP, which had previously not worked with decision makers toward PSE changes. This CNAP is expanding and diversifying its membership in order to create lasting public health impact in Imperial County.

San Bernardino County CNAP

Through in-person training, follow-up TA, evidence-based research and resources from the TRC, San Bernardino County Public Health Department's CNAP and its partners are working to reach important levels of success to reduce the risk of obesity and its related diseases among underserved communities. San Bernardino County's CNAP chose healthy food access as one of its top PSE priorities. This CNAP created partnerships with community-based organizations in order to increase the number of summer meals sites for its county's low-resource children.



The CNAP also worked toward increasing awareness about summer meals and to increase the number of activities that summer meals sites coordinate so that more children visit the sites and access the healthy foods being offered.

A summer meals kickoff event was held in June 2015 as a launch to this year's summer meals efforts being led by San Bernardino County's CNAP and partners. The event was a success and helped in creating awareness about the Summer Meals Program in San Bernardino County. Data has been collected as to the impact of the CNAP's efforts on 2015 summer meal participation in San Bernardino County so that CNAP can plan for interventions in the coming year.

San Diego County CNAP

Through in-person training, follow-up TA, evidence-based research and resources from the TRC, San Diego County Health and Human Services Agency's CNAP and its partners are working to reach important levels of success to reduce the risk of obesity and its related diseases among underserved communities. San Diego County's CNAP chose healthy food access as one of its top PSE priorities.



Farm to Fork was the healthy food access priority selected by San Diego County's CNAP. The focus will be local food procurement and distribution with the intention to situate CNAP's work at an institutional level. Currently, San Diego's CNAP is working to refine the vision and purpose statement for its Farm to Fork initiative and to bring to the table all partners that can contribute to this effort.

Thus far, the following is the vision that has been developed: increasing access of nutritious, affordable, locally-grown produce is vital to improve the health of San Diego County's low-income families. Through broad-based partnerships, innovative approaches and a commitment to equity, San Diego County Nutrition Action Partnership's (CNAP) Farm to Fork (F2F) initiative is making this a reality where people live, learn, work, play and worship.

Riverside County CNAP

Through in-person training, follow-up TA and resources from the TRC, Riverside County Public Health Department's CNAP is working to reach important levels of success to reduce the risk of obesity and its related diseases among underserved communities. Riverside County's CNAP is currently working to identify its top PSE priorities.

More work and brainstorming are needed in Riverside in order to identify the specific PSE priorities that its CNAP will focus on because the CNAP also works with the Riverside County Public Health Coalition. CNAP already works to create access to healthy food for its underserved communities and, through training and TA from the TRC, CNAP has continued to effectively collaborate with various partners to increase healthy food access; however, Riverside's CNAP is currently working to identify one or two top PSE priorities in order to focus on these in the coming months.