



See You Soon, Michelle Obama!

Our Youth Advisory Council (YAC) is preparing for the 9th biennial Childhood Obesity Conference scheduled for May 31-June 2, 2017 here in San Diego.

The conference's theme: *Good Health for All: Addressing Equity where We Live, Learn Work, and Play*, will focus on issues of health equity and working to promote optimal physical and mental health for all communities. We're partnering with the California Department of Public Health and the Conference Planning Team to provide a unique opportunity to incorporate messages, ideas, strategies, and lessons learned from the many youth-led projects happening across our State. Our YAC has submitted the video below to First Lady Michelle Obama to invite her to be a keynote speaker at the conference. We are excited about this possibility!



UC San Diego Center for Community Health presents a youth-produced video by UC San Diego Youth Advisory Council, inviting First Lady Michelle Obama to the 9th Biennial Childhood Obesity Conference.

The UC San Diego, Center for Community Health is happy to announce the inauguration of the Refugee Health Unit as part of our commitment to the health and well-being of our most vulnerable communities in San Diego. Centered around the concept of *amal*, “hope”, we will build upon our strong linkages and partnerships to develop culturally competent and responsive programs to our diverse refugee communities.

Under the leadership of Ms. Amina Sheik Mohamed, the Refugee Health Unit has already begun the following projects: Connections for Mental Health and Well-Being, Women's Health, and Youth Engagement.

We look forward to sharing more of our work with you and creating new partnerships in 2017 as we work toward decreasing the burden of disease, trauma and mental health, and financial insecurity that our refugee communities face. Together we are looking to support members of San Diego's refugee community in fulfilling their hopes — their *amal* — to lead healthy, successful lives.



Making an IMPACT in San Diego Schools!

IMPACT (Increasing Movement and Physical Activity in Class Time) is an easy and sustainable 20-minute station-based physical activity program that targets elementary schools in the San Diego Unified School District who are at risk for

metabolic disease based on FITNESSGRAM data. In partnership with San Diego Unified School District Department of PE, Health & Athletics, UCSD Athletics Department, and Hoover High School, the UCSD Center for Community Health School Wellness Program provides technical assistance and professional development to school staff to implement this physical activity program at high risk elementary schools. Through funding from Target, this fall, IMPACT was piloted at three elementary school sites: Central Elementary, Adams Elementary, and Franklin Elementary. The funding included \$5,000 in equipment and resources to make this program a HUGE success!

Read more here:

<http://www.kusi.com/story/33848494/san-diego-students-participate-in-military-workout>



Students participate in IMPACT at Franklin Elementary

Live Well Community Market Program at the Good Food Showcase

On December 2nd, our Live Well Community Market Program, with support from UCSD and the County of San Diego Health and Human Services Agency (HHSA), had its first public debut with its newly-branded materials at the Annual Good Food Showcase, organized by Community Health Improvement Partners, at Coastal Roots Farm in Encinitas. Participating market owner Latif Georges from Louie's Market Place was also excited to attend and connect with local buyers. The showcase provided the opportunity to advocate for healthful and sustainable food systems. We look forward to the new year as we continue to work together to reimagine the potential for good food in great neighborhood markets! Follow the link below for more about the showcase:

<http://ucsdcommunityhealth.org/news/good-food-showcase/>



African Caribbean Food Market Makeover

On Sunday, November 20th, our Live Well Community Market Team, along with neighborhood volunteers and UCSD's Chi Omega Sorority, gave a "market makeover" to African Caribbean Food Market in City Heights. This event improved the store's navigability and worked to highlight the store's specialty items. Additionally, more room was made available for fresh produce displays. Read more about the event on our website:

<http://ucsdcommunityhealth.org/news/market-makeover-success-at-african-caribbean-food-market/>



Volunteers help reorganize shelf space in African Caribbean Food Market

UC San Diego's School Wellness Program

UCSD's School Wellness Program at Bobier Elementary was featured in the San Diego Union Tribune! Through a shared agenda of making California-grown fresh produce and nutrition education accessible to all San Diego residents, and in support with UCSD and HHSA, the *School Wellness Program's* 'Harvest of the Month in the Classroom' represents Farm-to-Fork initiatives within the school domain and has been the main vehicle in which San Diego County efforts reach elementary school-aged children and their families.

Follow the link below for the full article:

<http://www.sandiegouniontribune.com/communities/north-county/sd-no-bobier-nutrition-20161115-story.html>



Students at Bobier Elementary taste test carrots

UCCE Position Available

The University of California Division of Agriculture and Natural Resources (UC ANR) has a job opening for an Area Cooperative Extension (CE) adviser for Nutrition, Family, and Consumer Sciences. The CE advisor will provide leadership, academic oversight and supervision to the University of California Cooperative Extension (UCCE) low-income nutrition education programs funded by the Expanded Food and Nutrition Education Program in both Los Angeles and Orange Counties. Click here to learn more about the position: http://ucanr.edu/sites/anrstaff/Employment_Opportunities/?jobnum=1101



Funders of the projects highlighted include but are not limited to the County of San Diego Health and Human Services Agency (HHSA), the California Department of Public Health's Nutrition Education and Obesity Prevention Branch (NEOPB), the United States Department of Agriculture (USDA), the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and the Prevention Institute.

The Live Well Community Market and School Wellness programs are projects of the County of San Diego Healthy Works, implemented by UC San Diego, Center for Community Health. This work supports the County's *Live Well San Diego* vision for a healthy, safe and thriving region.

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