

Inland Desert Tips, Tools, & TA

[View this email in your browser](#)

SUPPORTING FIVE COUNTIES
Imperial | Inyo
San Bernardino
San Diego
Riverside



Inland Desert
TRAINING & RESOURCE CENTER

IN PARTNERSHIP WITH
UC San Diego
SCHOOL OF MEDICINE

Hello Inland Desert Partners,

Thanks for reading Tips, Tools, and TA brought to you by the Inland Desert Training and Resource Center (TRC) serving Imperial, Inyo, Riverside, San Bernardino, and San Diego county health departments and their partners. The goal of this biweekly newsletter is to connect you to upcoming trainings, free resources, and timely news stories to support your local Nutrition Education and Obesity Prevention (NEOP) activities. Enjoy!

News & Updates



Are you registered for the 8th Biennial Childhood Obesity Conference in San Diego next week? This year's theme is, "Collective Impact: Developing a Shared Vision to Achieve Greater Success" with an emphasis on partnerships and cross-sector collaboration.

Check out the [schedule of events](#) online to make the most of your time and be sure to use #COC15 to stay connected via social media. We hope to see you there!

Monthly Inland Desert Technical Assistance Service Area Calls



Upcoming Trainings



Go4Life: Promoting Exercise and Physical Activity for Older Adults
July 16, 2015, 9:30am - 10:30am

[Register here](#)



Putting Federal Policies to Work: The Role of Local and State Food Policy Councils
July 29, 2015, 10am - 11:15am

[Register here](#)



Agriculture and Drought: Implications for Food Security
July 22, 2015, 12pm - 1pm

[Register here](#)



Policy, Systems, and Environmental Change in the Farmers' Market Setting
July 28, 2015, 10:30am - 12pm

[Register here](#)



****Promising Practices Exchange
July 30, 2015, 11:30am - 4:30pm
San Diego, CA**

[Learn more here](#)

**The 2015 Champion Alliance Workshop
is Coming to an Area Near You**
10 a.m. to 3:30 p.m. | Sacramento, San Jose, Fresno, Orange County



For CalFresh information, call 1-877-847-3863. Funded by USDA SNAP-Est, an equal opportunity provider and employer.

**Champion Alliance Workshops
August 11, 2015, 10am - 3:30pm
Orange County, CA**

Registration information coming soon.
Contact NEOPB_MediaPR@cdph.ca.gov
for more info.

***Denotes a training led by the Inland Desert TRC*

Please note that all Nutrition Education and Obesity Prevention (NEOP) funded programs are required to secure approval from their assigned NEOP Project Officer prior to attending any non-NEOP sponsored trainings/workshops/conferences.

Spotlight on:



San Bernardino County

The San Bernardino County Department of Public Health successfully kicked off the Summer Meals program in the City of San Bernardino on June 12th. Over 400 meals were served the day of the event in addition to many fun activities for the kids promoting healthy eating and active living. This event was a part of a

In the News:

[Mexico's Sugary Drink Tax Makes a Dent in Consumption, Study Claims](#) (NPR)

[What You Need to Know About Gleaning](#) (Huffington Post)

[Good Food Access in Michigan](#) (Detroit Free Press)

[Closing the Gender Gap on the Farm Could End World Hunger](#) (takepart)

[Unanimous SF Vote Puts Warning on Sugary Drinks](#) (ChangeLab Solutions)

Highlighted Resources



Impact of Safe Routes to School Programs on Walking and Biking

Active Living Research has released a research review highlighting findings from studies conducted in several states and cities that have examined walking or biking rates, safety, and economic issues associated with Safe Routes to School. The research studies indicate that Safe Routes to School has increased rates of walking, biking, and improved safety. Read the full report [here](#).

Nutrition and Cognitive Achievement: An Evaluation of the School Breakfast Program

A study from the University of Iowa reinforces the connection between good nutrition and good grades, finding that free school breakfasts help students from low-income families perform better academically. Read more [here](#).

What's Shaking? Creative Ways to Boost Flavor with Less Sodium is a national collaborative sodium reduction initiative to foster creative ways to boost flavor and maximize taste to support efforts to lower the sodium content of school meals. Find resources to increase awareness of the need for dietary sodium reduction, as well as to ensure school meals meet current sodium standards on their [website](#).



Legacy of Health Curriculum in English & Spanish

The Legacy of Health program focuses on obesity prevention. It targets pregnancy, infancy, and toddlers, the most crucial time for preventing childhood obesity. The Legacy of Health books and materials (in Spanish and English) are available for FREE on their [website](#).

Please note that all Nutrition Education and Obesity Prevention (NEOP) funded programs are required to utilize educational materials from the USDA Approved Materials

List: <http://www.cdph.ca.gov/programs/cpns/Pages/default.aspx>.



Stay Connected

Have a burning question? Need help finding a resource? [Contact us](#) via phone or email to request technical assistance.

