

UC San Diego - Center for Community Health Newsletter

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UC San Diego
SCHOOL OF MEDICINE

**Center for
Community Health**



About Us

UC San Diego, Department of Pediatrics Center for Community Health promotes health equity in the community through education, research, service and training. 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.

Special Update

UC San Diego Center for Community Health is excited to release our new and improved website, highlighting all the latest news from the Center and its partners, with plenty of tools and resources for organizations involved in improving community health in San Diego County. Please visit UCSDCommunityHealth.org

Featured Story



Harvest
of the
Month™

NEW VIDEO: HARVEST OF THE MONTH

Working with over 130 community partners, the UC San Diego Center for Community Health is both proud and excited to present this new and informative Harvest of the Month video - representing an essential component of the countywide Farm-to-Fork initiative, which reaches across the spectrum of those involved in our food system. UC San Diego invites you to join this exciting countywide initiative to support our local farmers, strengthen San Diego's local economy and improve the health of our community.

Center Updates



Call to Action - Dr. Afflalo
 Dr. Afflalo - an ambassador and highly sought-out professional offering expertise in the provision of vital health information to the community.

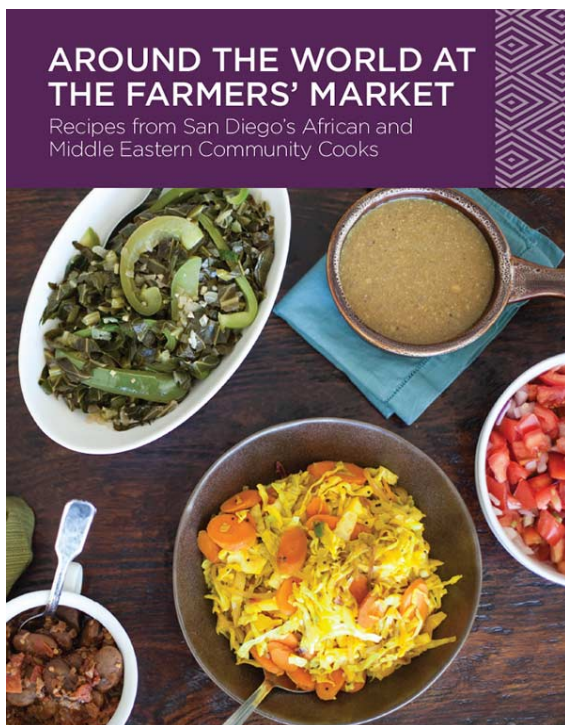
[Read full article](#)



Hispanic Heritage 2015 Hero Award

Karemi Alvarez was honored by KPBS as a Hispanic Heritage Hero for successful efforts on community-health projects throughout San Diego County.

[Read full article](#)



African and Middle Eastern Recipes Go Healthy in New Cookbook

A collaboration with Leah's Pantry leads to the development of a cookbook featuring healthy recipes common to the large immigrant



Harvest of the Month Kick Off

The Harvest of the Month (HOTM) in the Classroom Program now reaches over 4,000 students across eight schools and four school districts within San Diego County. This sought after program is offered

populations in San Diego's City Heights and El Cajon neighborhoods.

[Read full article](#)

[Download cookbook](#)



Connections for Mental Health and Well-being

Trauma, racism and social isolation - developing upstream community level mental health and well-being strategies for males experiencing mental health problems.

[Read full article](#)



Healthy Cocina

The UC San Diego Center for Community Health Retail Program hosted health experts for the 8th Biennial Childhood Obesity Conference -- highlighting the Healthy Cocina Initiative.

[Read full article](#)

to select schools that participate in the broader HOTM program, which currently reaches over 50,000 students across twelve school districts.

[Read full article](#)



International Youth Day

Young people have a voice in the policies that impact their community.

[Read full article](#)



The Story of a Youth-led Community Garden

Community garden allows youth to collectively identify health and social issues affecting their community.

[Read full article](#)



From Faduma Haji's Blog

"I spoke from the heart on matters I dealt with in my community, why I chose to deal with them, and how those compromises affected me as an individual, youth and girl."

Faduma Haji, Youth Advisory Council Lead.

[Read full article](#)



Elle Mari, M.Sc.

Rachel Kramer

Prevention Initiative Announcement

The County of San Diego Health and Human Services Agency announces expansion of Healthy Retail and Worksite Wellness initiatives supported by the Centers for Disease Control and Prevention.

[Read full article](#)



Fit Fun & Innovation Team Wellness Program

Developed through employee feedback regarding health and wellness, a fit, fun, and innovative program was born.

[Read full article](#)



The Passage of Trauma – Generation to Generation

Two hundred Somali mothers and their children participate in research study.

[Read full article](#)



Adolescent Obesity - Cardiovascular Risk

“Biopsychosocial Determinants of Adolescent Obesity-Cardiovascular Risk” - the 22-year follow-up.

[Read full article](#)



Promising Practices Exchange

For a multi-county coalition, the UC San Diego Center for Community Health Training and Resource Center held a Promising Practices Exchange.

[Read Full Article](#)



UCSD School of Medicine Internship – Santiago, Chile Internships provide one of the most formative experiences for a student.

Combined with the Santiago Longitudinal Study, this internship was an opportunity of a lifetime.

[Read full article](#)

Partner Success

Be There San Diego and REACH Chula Vista

UC San Diego Center for Community Health joins Community Health Improvement Partners (CHIP) and Be There San Diego to evaluate and promote two Racial and Ethnic Approaches to Community Health (REACH) projects in San Diego County. [Read full article](#)

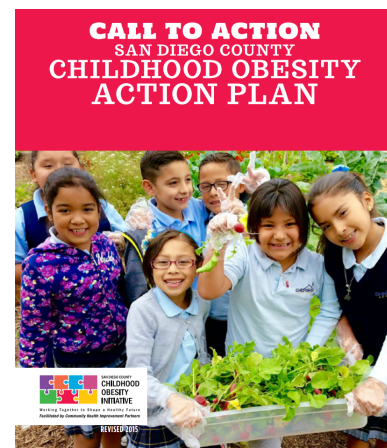


Walk to School Day!

UC San Diego Center for Community Health's Walking School Bus promoted safe routes to school in partnership with Rady Children's Hospital, who contributed by raffling bikes to lucky students. [Read full article](#)

Childhood Obesity Call to Action

Shrinking children's waistlines – the San Diego County Childhood Obesity Initiative releases updated Call to Action: Childhood Obesity Action Plan. [Read full article](#)



San Diego Unified Expands Halal School Lunch Program

A San Diego Unified School District program that brought halal school lunches to Crawford High



School has expanded. The meals meet Muslim religious guidelines and are now being served in five elementary schools. [Read full article](#)



UC Global Food Initiative Food Literacy Committee

Kate McDevitt was selected to serve on the UC Global Food Initiative Food Literacy Committee at the University of California Office of the President. Congratulations, Kate!

[Learn more about the UC Global Food Initiative](#)



Breaking Through Breastfeeding Barriers

Dramatic drop in breastfeeding rate after families leave the hospital - defining barriers.

[Read full article](#)

City Heights Embraces Its Small Markets

The City Heights neighborhood of

San Diego has long been considered a food desert with its sparse supermarkets. But residents are working to make it an oasis of well-stocked corner markets.

[Watch the story](#)



Wyndham San Diego Bayside: Supporting Employees to Live Well @ Work

Wyndham San Diego Bayside became the first recognized Live Well San Diego hotel partner on May 22, 2015. [Read full article](#)

Exciting News for Urban Agriculture in San Diego County

As an active partner in the San Diego Food System Alliance (SDFSA), the UC San Diego Center for Community Health is excited to report that the San Diego County Board of Supervisors recently voted to start the process toward creating incentive zones for urban agriculture in the region. [Read full article](#) Learn more about SDFSA's urban agriculture efforts [here](#), and find a fact sheet about AB551: Urban Agriculture Incentive Zones



Act [here](#).



A Healthy Planet Left Behind

Assistant Professor Cheryl Anderson and Dietitian Katie Ferraro discuss new food and health guidelines with Evening Edition Host Peggy Pico.

[Watch video!](#)

San Diego International Airport Opens Lactation Rooms for Nursing Mothers

San Diego International Airport has opened three lactation rooms for nursing mothers. The rooms are located post-security -- two in Terminal 1 and one in Terminal 2. [Read full article](#)



Sugar Is the Target of Latest Dietary Guidelines

New recommendations advise that added sugar should be less than 10 percent of total daily calories consumed. [Read full article](#)

Morbid Obesity Extracts Heavy Toll In California

People who are severely obese are at least 50 percent above their ideal body weight. The study estimates 3.2 million Californians fall into that category. The report reveals the nationwide costs of treating morbid obesity were \$69 billion in 2013. [Read full article](#)



Study Aims To Locate How San

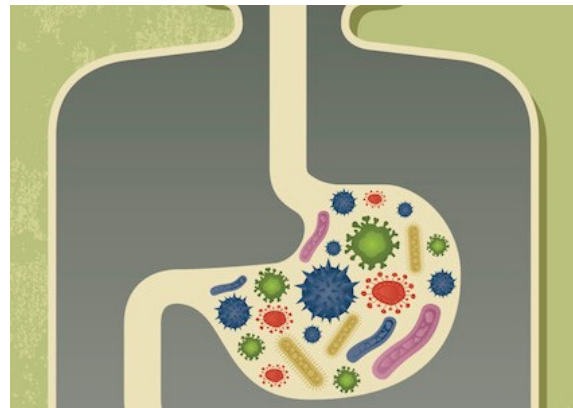


Diego Neighborhoods Affect Health

When it comes to where San Diegans live, do wealthier neighborhoods produce healthier people? Or is it more about walkability, proximity to parks, or access to good food? [Read full article](#)

Microbesity

Obesity appears linked to the gut microbiome. How and why is still a mystery—but scientists have plenty of ideas. A decade ago, gut microbiologist and genomicist Jeffrey Gordon's postdoc Fredrik Bäckhed at Washington University in St. Louis made a startling discovery. [Read full article](#)



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



a program of



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