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Spring 2015

UC San Diego, Department of Pediatrics Center for Community Health

promotes healthy 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.

Partner Highlight

First Healthy Hotel Designated in San Diego



Left to right, Greg Cox, County of San Diego Supervisor; Barbara Jiménez, County of San Diego Deputy Director for Central and South Regions; Dr. Sheila Gahagan, UC San Diego Professor of Pediatrics and Chief of Child Development and Community Health; Joe Eustice, Wyndham San Diego Bayside General Manager; Nick Macchione, County of San Diego Health and Human Services Agency Director

Harvest of the Month

Spring's Featured Items



Avocado In California, there are over 80 varieties of avocados. The most common variety is the Hass avocado. These fruits are an excellent source of vitamins, fiber, and monounsaturated fat. This type of fat is a healthy oil that can help lower levels of bad cholesterol and raise levels of good cholesterol.

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



Berries A handful of berries is packed with vitamin C, and manganese. Blackberries and raspberries are clusters of tiny fruits with individual seeds. Blueberries are fruits that grow on low or high bushes. Berries are

"Be Well, Live Well, Serve Well" was the theme of the designation of the first *Live Well San Diego* healthy hotel in San Diego County. County Supervisor Greg Cox and San Diego Health and Human Services Agency (HHSA) Director Nick Macchione presented Wyndham San Diego Bayside with a *Live Well San Diego* designation, honoring the hotel for its efforts in the region.

[Read more!](#)

School Cafeteria Makeover: Healthy Halal Food Options Now Available



The Food Justice Momentum Team is made up of parents, youth and community members from City Heights concerned about health and justice for food-related issues. The team is an incredibly diverse group coming from the Somali Bantu, Vietnamese, Ethiopian, Eritrean, Somali, Caucasian, and Latino communities. They seek to change the lack of access to healthy, fresh foods.

[See what they are doing!](#)

Got Water? Access Increases in Inyo County



also packed with phytochemicals which are naturally occurring compounds that can help boost immunity.

[English Version](#)

[Spanish Version](#)

With training, support and mentorship from UC San Diego-Center for Community Health Training and Resource Center, Inyo County Public Health Department and its partners are reaching important levels of success to reduce the risk of obesity and its related diseases among underserved communities. [Click here](#) to learn more about how UC San Diego is having a lasting public health impact in other parts of California.

In the Spotlight



Youth Making Changes: UC San Diego's Advisory Council

UC San Diego Center for Community Health, in partnership with Government and Community Affairs, recently launched a new program dedicated to championing young people as change makers in San Diego County. The Center's Youth Advisory Council (YAC) consists of outstanding youths engaged in skill-building activities and discussion to promote and empower their capacity to create healthy changes in their communities.

[Read more](#)

School Wellness

School Offers Students Viable Options to Sugary Drinks

Sweetwater High School celebrated a very important goal: installing its first, sustainable, clean, water station that has turned the school into a healthy, vibrant community in its fight to reduce students' risk of childhood obesity. A student-led initiative made this public health resource possible with the support of UC San Diego-Center for Community Health, UC San Diego-Government & Community Affairs, the City of National City, the National City Chamber of Commerce and The Mile of Cars, all of whom came together as champions for change to provide National City's only public high school with a free, clean, sustainable source of drinking water.

[Read more](#)



Beyond the Lens: Students Advocating for Healthier School Environments



The mission of PhotoVoice is to build civic engagement skills among elementary school-aged children. The most recent PhotoVoice project took place at Feaster Charter School in Chula Vista, led by the UC San Diego Center for Community Health's School Wellness Team.

[Read more](#)

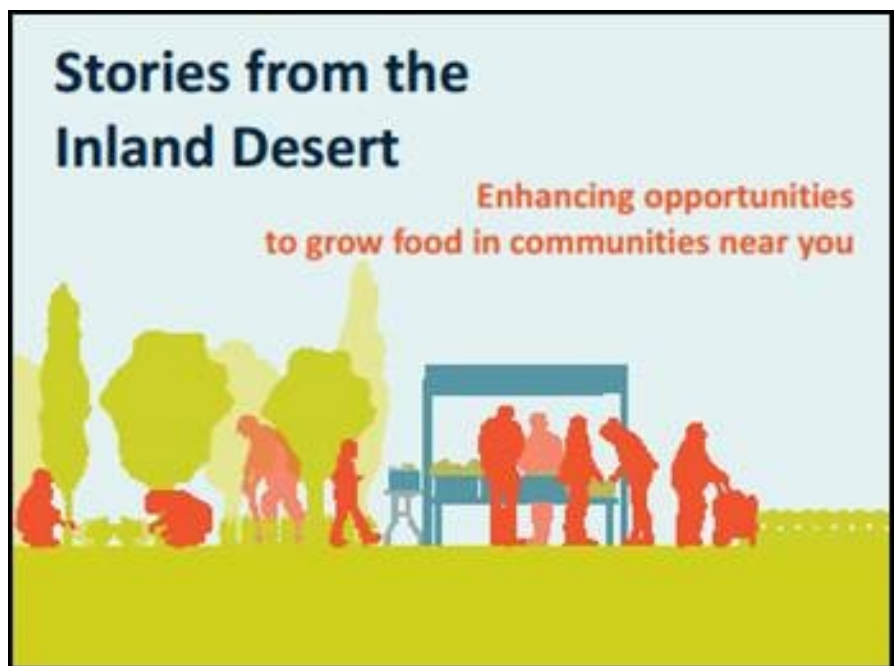
UCSD and Local Church Increase Physical Activity for Underserved Communities



A strategic joint-use partnership between Mt. Erie Baptist Church in Southeast San Diego and the nearby Martin Luther King (MLK) Jr. Recreation Center is allowing church members to combine worship and physical activity. Several church members visit the MLK center several nights a week for the ongoing program GospelCise, workout sessions that invite participants to "sweat, praise and worship in the spirit of the Lord."

[Read more](#)

Inland Desert Training and Resource Center



TRC Trainings

The Inland Desert Training and Resource Center (TRC) has provided several engaging trainings in the past few months. [Seeding the Neighborhood](#) showcased different models of urban agriculture and provided guidance on how to build on the successes of existing gardens and agriculture projects. The webinar provided examples of local policies that protect and enhance urban agriculture and engaged participants in challenging activities to create their own roadmaps for action in their communities. Webinar recordings and materials can be found on the [TRC Resource Library](#). Be sure to check out Partnering with Small Stores and Building Bikeable Communities too!



Consistent technical assistance opportunities are also available from the TRC. Each month the TRC facilitates a peer learning exchange discussion between public health professionals and multidisciplinary experts on a variety of topics to support local efforts to improve health equity. Most recently the TRC hosted a thoughtful dialogue on how to effectively partner with food security and anti-hunger organizations to promote CalFresh meal programs. Resources from past monthly discussions can be found

on the [TRC Resource Library](#) under Monthly Webinar TA Materials. The [Inland Desert TRC](#) recently joined forces with the [Greater Los Angeles TRC](#) to host a collaboration session for worksite wellness program staff throughout Southern California, with discussion centered on best practices and partnering for collective impact on common industries. To find your next learning opportunity with the TRC, please contact [Elle Mari](#), Senior Manager of Training and Technical Assistance

Research Highlights

A phenomenal 15 Research Abstracts Presented at Pediatric Academic Societies 2015 Conference

We are pleased to announce that faculty, fellows, and staff from the Division of Academic General Pediatrics, Child Development & Community Health presented and collaborated on 15 abstracts at the Pediatric Academic Societies conference held in May 2015 in San Diego. [Read more](#)



Dr. Sheila Gahagan

International, national and local researchers come together to discuss innovative ways to explore the biopsychosocial determinants of obesity in a cohort of Chilean young adults

On Friday, April 24, 2015 Dr. Sheila Gahagan and her research team hosted a day-long multi-disciplinary roundtable with leaders in the fields of obesity research, pediatrics, epidemiology, social networks, genetics, endocrinology, and public health. The focus of the day was to cultivate new research ideas for the study of a cohort of over 1,000 young adults who have been followed since infancy in Santiago, Chile.

[Read more](#)

Innovative approaches to healthy child menus: Uniting public health and marketing

Joining the worlds of public health and business, division members Sheila Gahagan, MD, MPH, Michelle Zive, MS, RD and Christine Williams, MPH are collaborating with colleagues at San Diego State University in the Graduate School of Public Health and College of Business Administration (Marketing) to make

recommendations for designing healthy children's menus in independent, full service restaurants in San Diego. [Read more](#)

NIH funds a 2.7 million dollar collaborative grant between Reproductive Medicine & Pediatrics

Dr. Gahagan will be a co-investigator on a \$2,700,000 Multi-center Clinical U01 Study that will be funded by NIDDK in response to RFA: DK-14-004 - Prevention of Lower Urinary Tract Symptoms in Women: Bladder Health Clinical Centers (PLUS-CCs). The PI, Emily Lukacz, M.D. is on the faculty in the Department of Reproductive Medicine, board certified in Obstetrics and Gynecology and fellowship trained in Female Pelvic Medicine and Reconstructive Surgery. [Read more](#)

Public Health Research Day



The UC San Diego Institute for Public Health hosted the inaugural Public Health Research Day conference to highlight research accomplishments and real world public health activities of UC San Diego faculty and students. The conference featured a poster session to encourage interaction among members of the greater UC San Diego public health community. [Click here](#) to see some of the posters presented by the Center of Community Health.

New YMCA Demo Kitchen Available for Partners and Community

The Y's sparkling new commercially-licensed demonstration kitchen exemplifies a shared vision

for change. The kitchen is accessible to staff, volunteers, and community residents alike. This exciting new opportunity is just one of the many examples of the Y's emphasis on empowering the community.

[Read more](#)



UC San Diego Center for Community Health

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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



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