

Winter 2015

In This Issue

[Partner: Lori Huntsman](#)

[Partner: Northgate Gonzalez Markets](#)

[Partner: Jaime Hernández](#)

[In the Spotlight](#)

[Allergic School Children](#)

[Photography Exhibit Tells Story of Immigrants, Health](#)

[Healthier Me Initiative](#)

[Safe Routes to Healthy Places](#)

[Wyndham Hotel Employees Give Back and Get Healthy](#)

[Fall Festival](#)

[Medical Sciences Program](#)

[Church Links Spiritual and Physical Health](#)

[TRC Trainings](#)

[Upcoming Events](#)

UC San Diego, Department of Pediatrics Center for Community Health

promotes evidence-based health practices at the community level. 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

Lori Huntsman

Meet Power Play! Champion Teacher Mrs. Huntsman! She has partnered with UC San Diego's Center for Community Health to teach *Power Play!* to her 4th graders. She fell in love with the program after seeing positive changes in her students.

[Read more](#)



In the News

[Northgate Gonzalez Markets Shares the Love](#)

[National City's 2nd Annual Walk to School Day](#)

[UC San Diego and San](#)

Northgate Gonzalez Markets Earns Community Outreach Award



For their innovative efforts to improve health, Northgate Gonzalez Markets was honored with the 2014 Community Outreach Award by the Food Marketing Institute (FMI) on Jan. 21.

[Read more](#)

[Diego Unified School District partner to get kids active](#)

[Overcoming Barriers to Health - The AJA project](#)

[Tijuana City Council Promotes Binational Alliance to Fight Childhood Obesity](#)

Harvest of the Month

Winter's Featured Items



Kiwi A ½ cup of sliced kiwis is an excellent source* of vitamin C and vitamin K. A ½ cup of sliced kiwis is about one medium kiwi. Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection. A ½ cup of kiwis is also a good source of fiber.

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



Beets A ½ cup of beets is

Breastfeeding Champion

Jaime Hernández

Jaime Hernández is not your average breastfeeding champion. You wouldn't pick him out of a crowd. After all, mothers are one

of the fastest-growing segments of the workplace. Returning to work after the birth of a baby is a critical transition point - many mothers choose to stop breastfeeding at this time due to concerns about pumping in the workplace. Other mothers may prolong their leave or not return to work at all if they perceive an unsupportive environment. Jaime is changing those perceptions at CH2M HILL.

[Read more](#)



In the Spotlight



Karemi Alvarez

Winner of the 2014 Women Who Mean Business Award!

[Read more](#)



Shana Wright

Honored as one of the 25 leaders in their 20s by San Diego Business Journal!

[Read all about it!](#)

School Wellness

a good source of folate. Folate helps make healthy red blood cells and may lower a woman's risk of having a child with certain birth defects. Beets also have riboflavin (also known as vitamin B2), which works with other B-vitamins to help your body grow and release energy from the carbohydrates you eat.

[English Version](#)

[Spanish Version](#)



UC San Diego's Center for Community Health Assist Allergic School Children

Food allergies are among the most common causes of anaphylaxis, a severe, life-threatening, allergic reaction. Other causes of anaphylaxis are insect stings and medicines. A new law in California became effective Jan. 1 requiring all schools to stock epinephrine injectors, the only thing that can save children from possible death.

[Read more](#)

Youth Engagement



San Diego Photography Exhibit Tells Story of Immigrants, Health

Sometimes images are as powerful as words when telling stories about people and their communities.

That's the idea supporting the San Diego photography exhibit "Overcoming Barriers to Health," a collaboration between UC San Diego Center for Community Health, the AjA Project, City Heights Hope Youth Advocacy Project and SDSUGeography Co-Chair, Urban Studies Department.

[Read more](#)

Faith-Based Wellness Program



Healthier Me Initiative

Many African Americans suffer from type 2 diabetes, obesity and other diet-related illnesses. It is customary for some churches to serve baked goods and high-fat, sugary comfort foods at congregation events. However, this type of environment has contributed to overweight and obese congregants. The Faith-Based Wellness Program at UC San Diego's Center for Community Health implements policy, systems and environmental changes within faith-based settings across San Diego County in order to increase access to healthy-eating and active-living choices. The Faith-Based Wellness Program partnered with City of Hope Church in adopting a Healthy Food Policy. The church now offers healthier alternatives after worship services and church events.

[Read more](#)



Safe Routes to Healthy Places - A partnership success story

Working with a city that's over 100 years old means that partners are at the center of history, family, action, and promise. For a community with over 60% of people living in poverty, safe access to healthy and affordable food is at the top of the needs list.

As a lead for healthy store conversions and innovative produce distribution models, the UC San Diego Center for Community Health's Retail Program (Retail Program) continues to support retailers and community residents through Policy, Systems and Environmental change work. A highlight of successful partnerships with this type of programming has come from the many public and private sector relationships built around planned improvements in National City. Due to the City's strong focus on improved transportation, the National City food access projects have been dubbed "Safe Routes to Healthy Places."

[Read more](#)

Research Highlights

Over 2 Million in Renewed NIH Funding for Chilean Study on Biopsychosocial Determinants of Adolescent Obesity/Cardiovascular Risk

On Aug. 29, 2014, exciting news broke that the Cardiovascular Risk Project had been renewed

for another four years by the National Institutes of Health's (NIH) Heart, Lung, and Blood Institute for \$2,016,000! [Read more](#)



Dr. Sheila Gahagan

The Effect of Maternal Obesity on the Offspring

With Dr. Sheila Gahagan as senior author, Christine Williams and Kussy Mackenzie had their first paper published in the Journal of Clinical Obstetrics and Gynecology, titled "The Effect of Maternal Obesity on the Offspring."



Christine Williams, MPH

The paper examines the importance of maternal pre-pregnancy weight status, gestational weight gain, breastfeeding, and postpartum weight loss in relation to subsequent risk for maternal obesity and obesity in the offspring. The article is searchable using PMID: 24936914 or a general Google search of the article's title "Effect of Maternal Obesity on the Offspring."

It's Not Just a River in Egypt: Parental Perception of Their Child's Weight Status

Dr. Sheila Gahagan, MD MPH and Kussy Mackenzie, MSC will be carrying out a survey-based study at Vista Community Clinic, collecting data on parental perception of child weight status. The study is in collaboration with Wright State University, where the original research was conducted by John Pascoe, MD and Mariyoung Lee, PhD in the Dayton, Ohio area. [Read more](#)



Kussy Mackenzie, MSC

Can Iron Deficiency in Infancy Lead to Risky Behavior in Adolescence?

Patricia East, PhD, is leading a study examining how iron deficiency-anemia in infancy is linked with poor inhibitory control in childhood. Recent evidence also suggests that poor self-regulation (inability to regulate emotions, attentions, behavior) and risk proneness (attraction to risk) are linked with adolescent substance use and sexual activity.



Patricia East, PhD

Worksite Wellness



Wyndham San Diego Bayside Hotel Employees Give Back and Get Healthy this Year

For nearly two years, Wyndham San Diego Bayside hotel has been an outstanding partner of the UC San Diego Center for Community Health-*Worksite Wellness Program* by bringing together employees and their families to create synergy around health and wellness. Their program, *Wyndham Wellness*, continues to be successful in creating a culture of health in and out of the workplace by emphasizing that employees' families participate in their wellness events and challenges.

[Read more](#)

Retail Program



Fall Festival combines community resources with nutrition

The Downtown El Cajon Farmer's Market is located in an ideal, central location in downtown El Cajon at the Prescott Promenade. Despite its convenience for local residents, the market has been sparsely attended in the past while the health and wellness of the city's residents continue to decline.

Coordinated by the UCSD Center for Community Health Retail Program, the Fall Festival on Nov. 20, 2014 was intended to increase participation at the market, as well as encourage healthier behaviors and participation in the community.

[Read more](#)

Faith-Based - Latino Intervention



Gracia y Paz Covenant Church Links Spiritual and Physical Health through Healthy Eating and Healthy Drinking Policy

Research shows Latinos of all ages have the highest rates of obesity, excess weight and type 2 diabetes compared with other ethnicities living in California. Among California Latinos, heart disease, cancer, stroke and diabetes account for over 54 percent of all deaths. It is clear that investing time and resources to prevent these health problems is critical.

[Read more](#)



TRC Trainings

The Inland Desert Training and Resource Center (TRC) has demonstrated extraordinary success in its trainings and technical assistance opportunities offered since June of 2014. The TRC has offered trainings on a variety of topics including: **physical activity integration, media, food justice, healthy beverage promotion, school wellness, faith-based wellness, opportunities for policy, systems, and environmental changes in early childhood settings, and effective collaboration** with California's Native American tribes. The TRC has trained nearly 300 partners in San Diego, Riverside, San Bernardino, Imperial, and Inyo Counties through hands-on workshops and webinars.

[Read more](#)

Upcoming Events



LOVE YOUR HEART

The fourth annual Love Your Heart event will take place on Friday, February 13th, 2015

Love Your Heart is a one-day event hosted by the County of San Diego and its partners which provides free blood pressure screenings to the public at select sites throughout San Diego. The goal of Love Your Heart is to activate San Diegans to "know their numbers" and take charge of their own heart

health. UC San Diego Center for Community Health is supporting a variety of sites across the county with preventative health education, event coordination, and employee engagement. Last years' Love Your Heart event resulted in over 17,000 screenings at over 200 partner sites. **This year's goal is to screen at least 25,000 San Diego residents.** Be a part of the movement - and Share the Love!



For more information on the Love Your Heart, and ways that your organization can support and participate, please visit:

<http://www.livewellsd.org/love-your-heart/>

UC San Diego Center for Community Health

School of Medicine | Department of Academic General Pediatrics

San Diego, CA 92105

Website:

[Center for Community Health](#)

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

an initiative of



*SUBSCRIBE TO OUR
NEWSLETTER*