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UC San Diego
SCHOOL OF MEDICINE

**Center for
Community Health**



As we start our new year of 2018, we'd like to take the time to thank our partners and funders who have made the following work possible in the past year. Their funding and partnership has supported us to improve the health and wellness in our communities where people live, work, learn, play and worship.

With your support, the Center for Community Health has been able to achieve sustainable changes towards our mission of ensuring health equity in diverse communities throughout San Diego County and California. We look forward to our continued work together in 2018!

Celebrating the Life and Honoring the Legacy of Dr. Philip R. Nader, 1936-2017



Our beloved founder, colleague, and friend, Dr. Phil Nader, passed away peacefully on Friday, April 21, 2017. This is a great loss to our University and to our community as a whole. Dr. Nader is profoundly missed by everyone whose lives he touched.



Making School Lunches More Accessible

SB 138 was signed into law in October of this year, and thanks to advocates like our Youth Advisory Council members and organizations such as the California Food Policy Advocates, many more Californian students will be better prepared and energized to do well in school.



Food Stamp Program Makes Fresh Produce More Affordable



For SNAP participants, being able to purchase fresh fruits and vegetables can prove to be a challenge. With our Center's ¡Mas Fresco! market match program, participating shoppers receive a match for every dollar's worth of food stamps spent on fresh produce in a month. As nutrition and health share a strong link, this program is revolutionary in breaking down the barrier for low-income households to access healthy options.



Market Makeovers and Neighborhood Placemaking

Our [Live Well Community Market Program](#) team implemented two complete market makeovers with new social gathering spaces at [African Caribbean Market](#) on El Cajon Blvd in City Heights and [Rema Halal Foods](#) in the City of El Cajon.



[Improving Muslim Youth Participation in Physical Education and Activity](#)



Physical education teachers from across the San Diego Unified School District (SDUSD) gathered for their annual back to school professional development day. Our Faith-Based Wellness Program arranged a training and guide on physical activity for Muslim girls to be presented at this event.

[Northgate Gonzalez Markets Launch *Healthy Meeting Policy* in all Southern California Stores](#)

With support from our Live Well @ Work team, Northgate Gonzalez Markets recently adopted a *Healthy Meeting Policy*. The policy provides employees with healthy food and beverage options at work-sponsored meetings and encourages physical activity breaks and walking meetings.



San Diego County Office of Education Walks Well



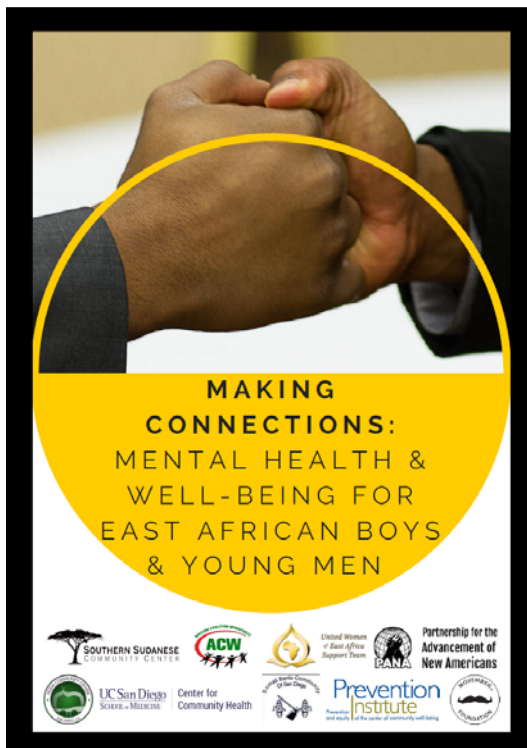
Employees are walking well at [San Diego County Office of Education](#) (SDCOE), thanks to the hard work of the SDCOE Employee Wellness Committee. Live Well @ Work provided wellness consultation and assistance to SDCOE to assess, design, and build two marked walking routes for staff to enjoy on campus. Read how SDCOE launched the initiative [here](#).

New Health Ministry at St. Jude Shrine of the West

Our Faith-Based Wellness Program recently graduated its new Health Ministry at St. Jude Shrine of the West. Located in the Southcrest neighborhood of San Diego, St. Jude ministers to a predominantly Latino and Spanish-speaking community.



Making Connections Report



In response to a recent string of suicides in the East African refugee community, *Making Connections for Mental Health and Well-Being* was created to combat issues regarding mental health.

Our Refugee Health Unit is part of this mental health initiative designed for boys and men of color. Click [here](#) to read more about Making Connections's work, findings, and community response.

Recognizing Child Care Providers

[Breastfeeding-Friendly San Diego](#)

[\(BFSD\)](#) is working with child-care sites throughout San Diego County to break down barriers to continued breastfeeding. BFSD provides free training, materials, and resources to both family child-care homes and child-care centers to help them become recognized BFSD partners. To learn more about some of our recognized partners visit our [blog!](#)





[New Funding Award for Urban Growers' Collaborative Project](#)

We were recently awarded a Local Food Promotion Program grant from the USDA to support the viability of small urban farms and increase fresh food access for limited resource urban residents. The *Urban Growers' Collaborative Project*, led by the Director of Urban Food Environments, Elle Mari, investigates the barriers and opportunities for collaboration among small urban growers to improve their viability and entry into new local markets. This project is also supported by the Alliance Healthcare Foundation and the County of San Diego, HHSA. Check out our [Phase 1 Project Report here](#).



To learn more about the *Urban Growers' Collaborative Project*, contact [Elle Mari, MSc](#)

Funding for the Advancing Health Program



Our Refugee Health Unit is excited to announce we are the recipient of a grant awarded by the California Endowment. The *Advancing Health Program* is designed to recruit, train, and support refugee community members to serve as reviewers and advisers on proposed community health research projects affecting refugee communities in City Heights and other refugee communities throughout San Diego.

To learn more about the *Advancing Health Program*, contact [Amina Sheik Mohamed, MPH](#)



Promoting Refugee Health and Inclusion

Amina Sheik Mohamed, Director of Community Mobilization Programs, was featured in San Diego Magazine for her work in establishing and leading our Refugee Health Unit. The Refugee Health Unit, which launched in January, works to provide local refugees with the tools and resources they need to live healthier lives.



Small Markets, Big Impact



Our Director of Urban Food Environments, Elle Mari, was recently featured as a notable person in San Diego for her ongoing projects and efforts to improve the local food system, particularly related to her work with small neighborhood ethnic food markets.

Sustainability and Health as a Priority in Faith Communities

The Nation's Health, a publication of the American Public Health Association, interviewed our Director of Faith Wellness, Ramon Hernandez, DrPH, MPH, about how we are working with local faith groups to improve access to and spread awareness about the importance of locally grown, sustainable, and nutritious food.



New School Pantry Fighting Hunger in Imperial Beach



Bayside STEAM Academy, an elementary school located in Imperial Beach, is a new partner to Feeding San Diego's School Pantry Program. In November, the school kicked off their first farmer's

market style food distribution with Imperial Beach [Mayor Serge Dedina](#), Community Health Associate Director at [UCSD](#), Ramon Hernandez, and CEO of Feeding San Diego, [Vince Hall](#), in attendance to show their support for the Imperial Beach community.

[Flu Season's Impact on San Diego](#)

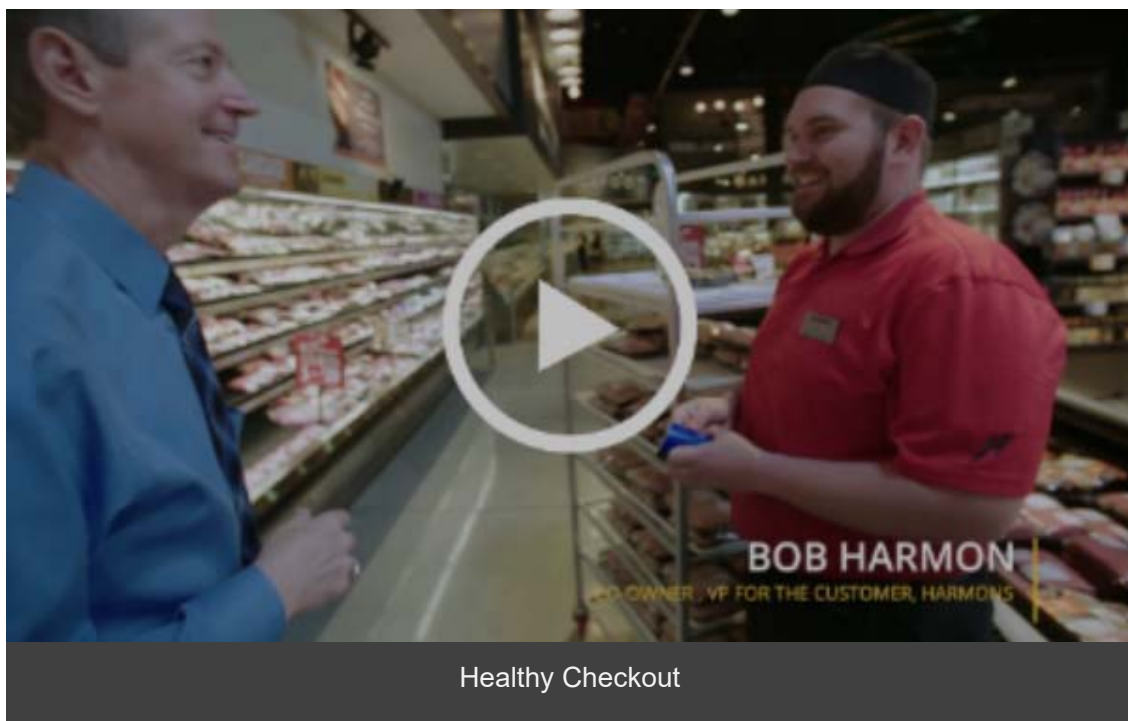
Dr. Howard Taras, professor of pediatrics at the UC San Diego School of Medicine who consults with many local school districts, said there have been lots of empty chairs in classrooms as students have returned to campuses after the holidays. “This is definitely not the worst year we’ve seen for the flu and children, but we’ve definitely had a lot of attendance problems,” Taras said.





Healthy Options at Checkout

Our ¡Más Fresco! More Fresh store partner Northgate Gonzalez Market was featured in a video about providing healthier choices in grocery store checkout lanes. Check out the video below! This switch to healthier options is a step to curb impulse buys of unhealthy snack food by shoppers. Read more [here](#).





[Congratulations 2017 Momentum Awards Nominees!](#)



Circulate San Diego's Momentum Awards recognize the people and projects in the San Diego region improve our quality of life. Congratulations to our very own nominee, Urban Food Environments [Project Coordinator, Kate Mahoney, MPH](#), for her work to secure a new crosswalk in Mt. Hope at the intersection of Market/Denby Streets.



Congratulations Class of 2017!

Congratulations to our fellow staff members Kate Mahoney and Lizzy Cooper for earning their Master of Public Health (MPH) degrees! Aaron Kunst also completed his Master of Arts in Communications. Last but certainly not least, we're so proud of staff members Nehmo Hassan and Sammi Willins for being accepted into their MPH programs and wish them the best as they continue to work toward completing their degrees.



Meet Our New Staff!

Susan Hagos, a Refugee Health Graduate Fellow with our Refugee Health Unit, was chosen as a State Fellow for the Women's Foundation of California's Women's Policy Institute (WPI). She will be working on the WPI Health team to learn about the policy process and research and develop a policy advocacy project.



Katie Sorrell, RD, is our new Interfaith Wellness Director. Katie and the Interfaith team promote and support policy, systems, and environmental changes in faith-based settings to improve the health of low-income residents.

Barbara Hughes, MS, RD, is our Registered Dietitian Director for our programs and projects led by the Nutrition Education and Obesity Prevention (NEOP) Program under the County of San Diego, HHSA. She trains and oversees Nutrition Specialists and develops and implements nutrition interventions for program participants.





Free English and Spanish Mindfulness Resources

The UC San Diego Center for Mindfulness and UCLA Mindful Awareness Research Center have developed free guided mindfulness practices in English and Spanish, varying in length (3 to 45-minutes). These resources can be played directly on a smartphone, tablet, or computer and are even available to download for free. Click the links below to access or share these resources.

Center for Mindfulness at UC San Diego Health:

[30 Minute Body Scan](#) guided by Luis Morones in English and Spanish (towards bottom of page)

UCLA Mindful Awareness Research Center:

[Guided Meditations](#) in English and Spanish

Insight Timer:

For those seeking additional Spanish mindfulness resources, the Insight Timer Smartphone app has over 50 [Guided Meditations](#) available.

Sign Up for Our Newsletter!

Thank you to our Funders

Funders of the projects highlighted include, but are not limited to:

Family Health Centers of San Diego

First 5 San Diego

Health Resources and Services Administration (HRSA)

Office on Women's Health, U.S. Department of Health and Human Services

The Alliance Healthcare Foundation

The California Department of Public Health's Nutrition Education and Obesity Prevention Branch (NEOPB)

The California Endowment

The Centers for Disease Control and Prevention (CDC)

The County of San Diego Health and Human Services Agency (HHSA)

The Movember Foundation

The National Institutes of Health (NIH)

The Prevention Institute

The United States Department of Agriculture (USDA)

Some of the projects in this newsletter are programs of [Live Well San Diego: Healthy Works](#) and support [Live Well San Diego](#), the County's vision for a region that is Building Better Health, Living Safely, and Thriving. Funded in part by USDA SNAP-Ed, an equal opportunity provider and employer, and in part by the Centers for Disease Control and Prevention. The views expressed in this newsletter do not necessarily reflect the official policies of the CDC or imply endorsement by the U.S. Government.

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