

The Center's mission is to transform health and wellness in diverse communities by improving health equity. Visit us at ucsdcommunityhealth.org



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- Urban Food Environments receives award in economic development
- Research team led by Dr. East receives national recognition for maternal depression and childhood development research
- Making Connections for Mental Health Initiative
- Meet Well Pledge at SDG&E
- San Diego Fair Walking Routes Challenge
- UC San Diego Stairwell Project Results
- City of Hope International Church Garden Planting Day
- St. Jude's Shrine of the West walking club
- And much more!





[Urban Food Environments Receives Award](#)

Urban Food Environments staff received an [award in Economic Development](#) from the San Diego Chapter of the American Planning Association for a market makeover and community gathering space project completed at [African Caribbean Market in City Heights](#).

[Absence of Mothers' Depression Leads to Children's Higher IQ](#)

Researchers at the Center for Community Health examined how maternal depression affects mothers' involvement in their children which, in turn, impacts children's IQ up to 16 years later. This study gained international recognition and was featured in The Daily Mail, ABC News, and other news outlets.



Women Give San Diego - In partnership with Women Give San Diego, the Refugee Health Unit plans to begin a community-based participatory research study to build an understanding of how gender has impacted economic, educational, and leadership opportunities for refugee women and girls in San Diego County.

Kaiser Permanente - In July, the Youth Advisory Council (YAC) received a Kaiser Permanente San Diego Service Area Community Benefit grant! This award will support the YAC's youth-led initiatives towards increasing food security.

UC Global Food Initiative - Urban Food Environments received an award from the 10 campus-wide UC Global Food Initiative to support two East African food markets in City Heights with exterior market makeovers and added artistic community gathering spaces to improve business patronage and maintain City Heights' rich culture of diversity.

A Little Appreciation: Thank You to Our Interns!

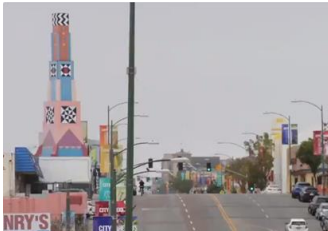
This year, we had the pleasure of working with a great group of interns that added to the overall dynamic of our Center.

Sammi Willing
Kalekirstos Alemu
Cynthia Burboa
Joanne Castro
Emily Dang
Alyssa Gonzales
Fazila Kiyam
Kristen Luce
Gabriela Martinez
Janae Nunes
Evan Noble
Micah Estanislao

Saadia Ali
Itzel Esparza
Cynthia Juarez
Lorena Espinoza
Laura Cervantes
Paloma Garcia
Marlene Arteaga
Denise Hinojosa
Janice Lee
CJ Pagharion
Rachel Rebello
Connie Solis

Maryam Jawed Ahmad
Nicole Trottier
Joshua Ramirez
Princess Labrador
Mary Grace Mountain
Flor Bautista
Mary Agashua
Amy Yu
Samantha Smith
Danika Lugo
Isabella Gallardo

News and Events



[Making Connections for Mental Health](#)

This national initiative works to transform community conditions that influence mental well-being. Click on the title above for the video showing the initiative's site in City Heights, San Diego and how the Refugee Health Unit is working with youth to achieve better health



[SDG&E Pledges to Meet Well](#)

In partnership with Live Well @ Work, [San Diego Gas & Electric](#) (SDG&E) launched a *Meet Well Pledge* for their 4,000+ employees at their annual Health, Safety, and Wellness Fair in April to encourage healthier meetings, events, and celebrations at work.



[San Diego Fair Steps Up to a Walking Routes Challenge](#)

The Del Mar Fairgrounds partnered with Live Well @ Work to get their employees active during the busy summer months. The San Diego County Fair launched a *10K Step Challenge* to get fair employees and attendees to achieve their

outcomes.

daily recommended steps, as well as burn off their favorite fair food.



[UC San Diego Stairwell Project Makes Positive Impact](#)

The University of California San Diego (UC San Diego) launched a stairwell campaign this spring in an effort to increase physical activity among staff, faculty, and students. Initial data results show stairwell use rose on average by 26% since the campaign began.



[The City of Hope International Church Garden Planting Day](#)

The faith-based wellness team and City of Hope International (COHI) church planted a garden in two spaces behind the church office. The produce from the garden will be distributed at the newly re-opened COHI food pantry and also used for hands-on learning during children's church.



[Caminando con St. Jude](#)

The faith-based wellness team and St. Jude's Shrine of the West are getting active with a weekly walking club. The Caminando con St. Jude's group has walked 100 miles in just a few months.



[Sourcing Fresh Produce](#)



[Raising Student Voices](#)

[Photo Essay](#)

This photo essay captured the voices and perspectives of immigrant and refugee youth from the Center for Community Health's Youth Advisory Council (YAC). The YAC were involved in a "Market Makeover" event to transform and improve one of the local markets in their community.

Linda Vista Market, a small Central American food market, is now sourcing local fresh produce grown and picked just two blocks away at [Bayside Community Center's Urban Farm](#). Bayside is now growing an entire vertical wall of cilantro for the market.

[Youth Advisory Council](#)

[Member Featured in the](#)

[San Diego Union](#)

[Tribune](#)

A proud community advocate, Deka has been a leader of the Center's Youth Advisory Council (YAC) since May of 2017. Deka will enter UC San Diego as a freshman in the fall to pursue a major in biochemistry. In this article, she talks about how her experiences and hard work have shaped her interests and led her to where she is today.



[Far More U.S. Children than Previously Thought May Have Fetal Alcohol Disorders](#)

New research estimates that neurological disorders caused by mothers drinking during pregnancy are at least as common as autism. The Center for Community Health's



[Meet Quantum Microgreens!](#)

What's growing in your backyard? See who's growing microgreens in City Heights! We met Quantum Microgreens through local outreach for our [Urban Growers' Collaborative Project](#). Get in touch if you know someone growing food in your neighborhood who wants to



[Mas Fresco Progress Report](#)

Check out the ¡Mas Fresco! More Fresh progress report that goes over the program's work and findings from June 1, 2017 to May 31, 2018.

Dr. Taras lends his insight.

reach a wider audience.



[Chicano Federation](#)
[Providers Recognized as](#)
[Breastfeeding-Friendly](#)
[Breastfeeding-Friendly San](#)
[Diego](#) (BFSD) had the honor of recognizing 13 childcare providers from [The Chicano Federation](#) as BFSD partners during their August support group meetings.



[Business Seminar for](#)
[San Marcos Chamber of](#)
[Commerce](#)

Live Well @ Work recently co-hosted a San Marcos Chamber of Commerce Business Seminar with American Heart Association (AHA) on fostering a culture of health in the workplace.



[Bringing Smiles Across](#)
[the Country](#)

The Dental Health Initiative - Share the Care program is a partnership between UC San Diego Center for Community Health, the County of San Diego Health and Human Services Agency (HHSA), Health Quality Partners, and First 5 San Diego. For more information, please visit the DHI-STC website at www.sharethecaredental.org.



[World Refugee Day](#)
[2018](#)



[Advancing Health](#)
[Program](#)

The Refugee Health Unit is continuing to lead the

The Center for Community Health's Refugee Health Unit (RHU) recently attended the World Refugee Celebration in City Heights. The RHU set up a table to interact with participants and better understand the types of programs and resources needed to promote health in the community.

[Refugee World - New UC San Diego Seminar Collaboration](#)

Last Spring Quarter, the UCSD Center for Community Health Refugee Health Unit was able to partner with faculty from UCSD's Eleanor Roosevelt College to design and offer a seminar class focused on refugee issues.

California Endowment-funded Advancing Health Program. This program raises community voices and build the tools and processes needed to facilitate the engagement and representation of refugee communities in San Diego.

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[Donate!](#)

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)

Kaiser Permanente

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)
Women Give San Diego

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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