

## Investing in Community Health Together



UC San Diego Center for Community Health (CCH) at the Altman Clinical & Translational Research Institute envisions healthy communities where everyone has equitable opportunity to thrive. Our mission is to advance health equity through community partnerships by transforming public health practice, research, and education. We believe change happens when all three components work to inform and reinforce each other.

CCH was established in 1987 under the leadership of the late Dr. Phil Nader in the Department of Pediatrics at UC San Diego. We continue to honor Dr. Nader's legacy by centering community partnerships as fundamental to addressing health disparities. We know community members have the wisdom to identify their community's challenges and strengths and the insight to identify the most appropriate solutions. Our work is more impactful and sustainable when we listen to and work alongside our community partners.

CCH is a majority people of color and women-led organization, with significant expertise in nutrition security, food justice, refugee and immigrant health, child and family health promotion, and youth engagement. We partner with communities who experience inequitable access to resources and power as a result of historical and ongoing institutional racism. We offer community-driven public health programs and allocate the necessary resources to co-build solutions. We change how communities are involved in research by engaging residents in research design, implementation, and dissemination of findings. We advance education through community training workshops, promotora programs, interdisciplinary lectures across campus, and student internships and research opportunities.

### Our Goals

- ✓ Create culturally responsive health equity programs
- ✓ Deliver trusted research and evaluation services
- ✓ Prioritize community dissemination strategies of research findings
- ✓ Model and institutionalize collaborative community engagement practices
- ✓ Offer community-based resource development and growth opportunities

# Transforming Public Health Practice, Research, and Education



**Our community-led programming, research approach, and capacity building strategies are nationally recognized. We make real-world impacts in partnership with more than 400 multi-sector and community partners.**

- **We partner** with and distribute sub-award funding to community-based organizations to ensure community-identified needs and priorities are addressed.
- **We improve** community food environments and access to culturally appropriate foods in under-resourced neighborhoods by tailoring and prioritizing economic and technical assistance for BIPOC-led food enterprises, supporting 25 urban farms, 40 independent grocery stores, 33 food pantries, and multiple community-led groups with our Urban Food Equity initiatives in San Diego County.
- **We lead** the way in addressing nutrition and food insecurity with our nutrition incentive, produce prescription and Food is Medicine programs. Together, these programs reach over 40,000 households across Southern California, providing more than \$1,000,000 per month in nutrition incentives and produce prescriptions, improving access to fruits and vegetables and offering tangible solutions in chronic disease prevention.
- **We offer** expertise in Communities of Practice to support 55 ethnic community-based organizations to improve health equity for over 2,500 refugee participants in the Afghan Refugee School Impact and Afghan Youth Mentoring Programs statewide.
- **We transform** approaches to childhood obesity prevention by using a healing-centered approach.
- **We create** innovative strategies, such as our Community Council model, to center community power and guide our collaborative work in the San Diego County Childhood Obesity Initiative, the largest and longest running collective impact coalition addressing childhood obesity in the nation.
- **We build** lactation supportive environments in diverse settings and facilitate cross-collaboration amongst researchers and community partners to promote breastfeeding as a preventive measure against obesity and disease.
- **We innovate** community-led research strategies to advance health literacy, improve breastfeeding rates, mitigate childhood trauma, reduce childhood obesity, and improve access to healthy foods.
- **We cultivate** the next generation of community health leaders through our Youth Advisory Council, interdisciplinary student internships, graduate-level practicums, and community health worker program.



## Partner With Us

Our work improves health and wellness in under-resourced communities in the San Diego - Baja region and across California. Please join us in our mission to cultivate communities where everyone has equitable opportunity to thrive.

### Opportunities for your support include:

#### Community Benefits

Providing fair financial compensation to our community partners is an integral component of our approach. With your support, community members will directly receive professional development funds, seed funding for pilot projects, and stipends for transportation and childcare. Contributions will also fund our language services for interpretation and translation.

#### Sustainable Infrastructure

Flexible grants sustain our innovative approaches and community impacts to ensure continuous operational capacity across all our initiatives. Infrastructure support allows us to deeply invest in the retention of our team and offer development opportunities to our early-career staff members.

#### Student Career Development

With your partnership, we can increase the number of undergraduate and graduate interns we host to build the next generation of leaders in public health, community engagement, and research. We prioritize working with underrepresented and first-generation college students.

#### Program Development

We're always looking for ways to grow our programs, building on our best practices. These are a few unique projects we're fundraising for:

- Build a new transdisciplinary Collaborative Food Justice Learning Center where community practitioners and researchers collaborate to solve real-world problems in the regional food system, positioning equity as our common transformative goal.
- Expand our successful nutrition incentive programs-- ¡Más Fresco! and the California Fruit and Vegetable EBT Pilot Project, to improve nutrition security and access to fruits and vegetables.
- Grow our community-led transformation model to co-design culturally appropriate and healing-centered programs to improve refugee health inequities statewide.
- Build community engagement with the UCSD Human Milk Institute to mitigate inequities in access to human milk.
- Invest in the leadership development of our resident-led Community Council.



# What Our Partners Have to Say About Us



*They are truly transforming the way institutions and systems honor, hold, listen, and respond to community. In the several years I've worked alongside staff and leadership at CCH, I've gotten to witness countless demonstrations of truly authentic engagement with, and commitment to, community leaders and members. This has been everything from facilitating community agenda and priority setting to creating space for organizations to have the difficult and logistical conversations around power-shifting and how to compensate community members sharing the expertise of their lived experience.*

*-Erin Hogeboom, San Diego for Every Child*

*Super grateful to UCSD CCH for the collaborative approach to advancing health literacy in San Diego's vulnerable population. Not only did the funding help us expand the SD Rescue Mission's outreach efforts which provide resources to people living on the streets, but the AHL meetings allowed us to connect with other agencies to build new partnerships.*

*-Cara Mears, San Diego Rescue Mission*

*It has been a pleasure working with the UCSD team to manage and help shape the ARSI/AYM statewide grant and coalition. The UCSD team has been instrumental in helping create a space of learning through technical assistance, training and administrative support. Their work has empowered our CBOs to serve hundreds of underserved Afghan families across the state who would otherwise be left with little to no support services to integrate their young folks into local schools and help them thrive.*

*-Zienab Abdelgany, CAIR California*

*"Healthy eating has always been a difficult task, mainly because of the hype that healthy means organic and organic means expensive. With limited money for food, cheap is where I gravitated. I have high blood pressure, high cholesterol, and arthritis. I had been educating myself and building up my courage to make better choices about my diet. I am truly grateful to this program because my last two cholesterol tests have shown improvement and my blood pressure is not fluctuating as it had been."*

*-L.W., ¡Más Fresco Plus! Participant*

*From day one, CCH has been very supportive of the Sherman Heights Community Center and our work related to food access. CCH always shares opportunities, encourages our growth, makes connections, and meets us where we are at. They are genuine, smart, and passionate about their work.*

*-Daniela Kelly,  
Sherman Heights Community Center*

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