



What We Do

The Healthy Works: Nutrition Education and Obesity Prevention (NEOP) Program strives to create environments conducive to healthy living for SNAP* eligible individuals and families. Through education and environmental changes, the NEOP program empowers this group to consume more healthy foods and beverages, limit consumption of less healthy options, and be more active in the settings where they live, learn, shop, and work. NEOP is working with the following local partners in its community effort to reduce obesity: Circulate San Diego; Home Start Inc.; International Rescue Committee, San Diego; YMCA Childcare Resource Service; University of California, San Diego--Center for Community Health.

Health Equity

NEOP is the largest Healthy Works program working specifically in vulnerable, low-income communities to reduce the burden of chronic disease and promoting an equal opportunity for health among all San Diegans.



Your zip code can be more indicative of your health than your genetic code. Lower income neighborhoods have higher health risks, and profound health disparities exist depending on where you live.



What We've Accomplished

In 2015, Healthy Works NEOP program and its partners made the following impacts:

LIVE

More than 8,300 residents in San Diego County had more access to healthy foods and safe active living opportunities in their neighborhoods.

LEARN

Over 14,500 students in San Diego County had increased access to nutrition education, healthy food options, and safer routes to school.

SHOP

63,500 SNAP-Ed Adults in San Diego County had access to increased opportunities for healthy food options in their neighborhood.

WORK

1,900 employees of local businesses in San Diego County benefitted from improved workplace wellness policies that create more opportunities for healthy nutrition and physical activity.

*Supplemental Nutrition Assistance Program: SNAP is a federal/state nutrition assistance program, known as CalFresh in California. For more info, visit snaped.fns.usda.gov

Place Matters

The Healthy Works NEOP program is going beyond educating individuals and families on how to eat healthy and be active; we are also shaping neighborhood settings that foster health through a combination of individual, environmental and community level projects.

LIVE

Partnering with residents, cities, and community and faith-based organizations to create policies and environments that **foster health** in neighborhood settings.

LEARN

Promoting the Wellness Champion Program that helps child care providers **improve the nutrition** and physical activity environments in child care settings. Providing resources and support to teachers to **increase nutrition and physical education opportunities**; support school cafeterias to increase sales and consumption of healthy food; and support safe routes to school projects.

WORK

Helping employers establish wellness policies and programs that support healthy behaviors among their employees and **create healthy workplace environments**.

SHOP

Building relationships between neighborhood retailers and produce growers, distributors, and farmers markets to develop business models that **increase access to and affordability of healthy food** and beverages, and reduce food waste.



For CalFresh information, call 2-1-1. Funded by USDA SNAP-E, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. For more information on HealthyWorks: NEOP activities, go to www.HealthyWorks.org.