

SUPPORTING FIVE COUNTIES
Imperial | Inyo
San Bernardino
San Diego
Riverside



Inland Desert
TRAINING & RESOURCE CENTER

IN PARTNERSHIP WITH
UC San Diego
SCHOOL OF MEDICINE

CAPACITY BUILDING IN ACTION

We provided resources and learner-centered, multi-layered training & technical assistance opportunities for county health departments and their partners in evidence-based, best practice-based, and innovative strategies and techniques to improve health outcomes for California's low-income families and low-resource neighborhoods in Imperial, Inyo, Riverside, San Bernardino, and San Diego Counties.

UC San Diego
SCHOOL OF MEDICINE



CENTER FOR COMMUNITY HEALTH
UNIVERSITY OF CALIFORNIA, SAN DIEGO





WHAT WE OFFERED

Customized training and technical assistance on a range of health equity, obesity prevention, and nutrition education topics.

Delivered in a style and mode best-suited for Inland Desert Service Area health departments, their subcontractors, and partners. We offered webinars, workshops, and experiential neighborhood learning field trips.

TOPICS

Active transportation, coalition building, community food projects, faith-based wellness, farmworker health, farm-to-fork initiatives, food justice approaches to health equity, healthy retail, media advocacy, photovoice and other community-based action research strategies, public will building and branding for healthy food and beverage promotion, school wellness, worksite wellness, youth engagement, and so much more.



A large teal speech bubble is centered on a dark blue background. Inside the bubble, the text "Check Out Our Work" is written in white. Below the main bubble, there is a smaller teal circle, and further down and to the left, a very small teal circle, creating a trail effect.

Check Out Our Work

YOUTH ENGAGEMENT



We worked in collaboration with San Diego-based digital media education non-profit Outside the Lens to train and provide technical assistance a local youth advisory council. These young people learned about photojournalism, community mapping, and conducted a photovoice walkability assessment to a local farmers' market.

WORKSITE WELLNESS IN AGRICULTURE

We partnered with North County Health Services Migrant Health Clinic, the Monterey County Health Department, and a local San Diego agriculture employer, to build capacity in working to improve the health of farmworkers and farmworker communities in pertinent agriculture growing and processing counties.



HEALTHY RETAIL

We collaborated with ChangeLab Solutions, the Los Angeles Food Policy Council's Healthy Neighborhood Market Network, UC San Diego's Retail Program, and the Riverside Department of Public Health to deliver an open-access webinar on partnering with small store owners to improve the retail environment in low-income neighborhoods.



FOOD JUSTICE

We partnered with the Social Justice Learning Institute, UC Santa Cruz's Center for Agroecology & Sustainable Food Systems, and the Community Food & Justice Coalition to deliver an open-access webinar on learning from the food justice movement to build equitable access to good food and good health for all.



CULTURAL COMPETENCY

We partnered with the Public Health Institute, Tribal and Native organizations, the 5th Direction and the Sacramento Native American Health Center, to deliver an open-access webinar to build competency and cultural awareness in public health leaders in order to effectively collaborate with California's Tribal organizations.



PHOTOVOICE



We delivered a train-the-trainer workshop where participants learned how to guide elementary school-aged children through an action research process to identify opportunities and barriers to healthy food access and physical activity. Participants then learned new facilitation skills to help them serve as adult allies for youth groups in order to help build community and school-level changes.

PHYSICAL ACTIVITY



We delivered a series of train-the-trainer workshops for participants to learn how to use NEOP physical activity curricula in various community-based settings for children, adults, and seniors.

MEDIA & PUBLIC RELATIONS

With the expertise of TRC Communications staff and outside consultants, we provided a series of media basics and media spokesperson training workshops for local health departments, their subcontractors and partners, and identified champion leaders.

Several professionals and champions were later provided opportunity to use their new spokesperson skills during interviews for TRC-produced success story videos.





RETHINK YOUR DRINK



We provided two webinars on California's Rethink Your Drink Campaign. The first webinar provided an introduction to promoting healthy beverage consumption through educational activities in a variety of settings. The second webinar focused on building momentum for policy initiatives to promote water access and consumption, and reduce sugar-sweetened beverage consumption.

We partnered with ChangeLab Solutions, the International Rescue Committee of San Diego, and the City of Riverside to deliver an open-access webinar on understanding and promoting policies and practices that grow and protect urban agriculture initiatives.

URBAN AGRICULTURE



ACTIVE TRANSPORTATION



We partnered with ChangeLab Solutions and Los Angeles County-based community organization, Day One, to deliver an open-access webinar on building momentum for policies and infrastructure that promote complete streets and bikeable neighborhoods.

COMMUNITY AGRICULTURE POLICY

We provided technical assistance, training, and infrastructure support to put on San Diego County's first Food Forum, dedicated to bringing stakeholders & CX3 projects together to advance community/urban agriculture policies. We partnered with San Diego County Health & Human Services Agency, International Rescue Committee of San Diego, the San Diego Food System Alliance, and numerous experts and community residents to take action for change.



A photograph of two women sitting at a table in a workshop setting. The woman on the left is wearing a red jacket and a gold necklace, smiling at the camera. The woman on the right is wearing a black blazer over a blue top, also smiling. They are both looking towards the camera. In the background, other people are seated at tables, and a man is standing. The scene is brightly lit, suggesting a large room with windows.

EARLY CHILDHOOD WELLNESS

We partnered with the Center for Healthy Communities at CSU Chico and North County Health Services Lactation Support & WIC to provide a training workshop on working with early childhood providers to implement policy, systems, and environmental changes to support the healthy growth of young children. Specifically, we offered expertise on wellness policy development and implementation with emphasis on: nutrition, physical activity, and lactation.

FAITH-BASED WELLNESS

We provided a faith-based wellness training focused on opportunities for policy, systems, and environmental changes in faith settings for Riverside and San Bernardino Counties. Participants practiced the basics of recruiting new faith organizations, but also had an opportunity to work with their peers on developing PSE strategy approaches for their respective communities.



ACKNOWLEDGEMENTS:

This document showcases the contributions and efforts of the entire Inland Desert Training & Resource Center team at UC San Diego's Center for Community Health for the contract period of May 2014 - September 2015.

DISCLAIMER:

This document does not report on all training and technical assistance efforts completed by the Inland Desert Training & Resource Center. This provides a snapshot of just a few key highlights to effectively represent the TRC's work. If you would like to know more about the highlights shown in this document or to inquire about using images and language from this document, please contact:

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