

# LHD CONNECT

**February**

**2023**



## **CDPH Project Directors' Meeting**

Hilton Arden West  
February 15-17

**2023**



## **Sacramento In-person Project Directors Meeting**



On February 15-17, 2023 CDPH CFHL held its first in-person Project Directors' Meeting (PDM) in three years. There was a strong statewide CFHL presence of local health departments (LHDs) and CDPH staff.

After a long hiatus, this event was designed to be a working meeting centered around providing information, resources, and networking opportunities to strengthen project directors' capacity and confidence to engage in planning for the FFY 24-26 program that meets both community needs and CFHL program requirements. The PDM also offered a chance for everyone to reconnect in an intimate in-person setting.



Throughout the three days, I was so inspired to witness the level of engagement and hear about your current and future work through discussions, roundtable activities, and other

share-outs. The diverse speakers presented their unique perspectives and experiences, and many spoke about where they see the future of CFHL as it relates to healthy eating and active living. I look forward to joining and supporting you all in advancing CFHL programmatic priorities with an emphasis on continued upstream public health approaches.



In solidarity,

Erica Eilenberg 







*HCHR Oceanside Before Sidewalks*

## **Oceanside Residents Advocate for Sidewalk Improvements to Improve Safety and Walkability**

### **Background:**

Healthy Cities Healthy Residents ([HCHR](#)) is a program funded by [CalFresh Healthy Living](#), which takes place in three different cities, Oceanside, Vista, and Escondido, and is implemented through a contract with Vista Community Clinic (VCC). Each HCHR has its own coalition made up of city residents, city officials, business owners, community-based organizations, and other members. HCHR promotes relationship building, cross-sector partnerships, and community engagement to make sustainable changes in city planning, policies, and neighborhood environments. HCHR Oceanside has assembled the Healthy Oceanside Coalition (HOC) and is focused on the areas encompassing the Crown Heights and Eastside neighborhoods on the west and east sides of Interstate 5 at Mission Avenue.

### **The Need: Challenge**

Community members of the Crown Heights neighborhood in Oceanside often walk to the places they need to go. Many parents and children walk daily to two local elementary schools (Laurel and Mission Elementary), grocery stores, Mira Costa College Learning Center, the public library, the laundromat, and their workplaces. On November 6, 2021, 17 community members and two staff conducted a community walk audit to identify issues that are affecting families who reside in the Crown Heights community. Participants identified that the absence of sidewalks on Brooks Street and Country Club Lane made it inconvenient and unsafe to walk. Brooks Street is one of the main streets used to enter

and exit the neighborhood. In addition, this intersection, which is over Interstate 5, has a blind spot on a turn where everyone has a right of way, but there are no signs or crosswalks so pedestrians risk being hit by a motor vehicle. Moreover, the bridge has no sidewalk on the south side of the bridge, yet residents walk there because that side is closer to their homes on the west side of the bridge and amenities on the east, including the Boys and Girls Club of Oceanside and the Country Club Senior Center.

### The Work: Solution

During the months of October and November 2021, a dozen Oceanside residents recruited by HCHR Oceanside completed a Resident Leadership Academy. RLAs are multi-week training programs for San Diego County residents who want to learn how to improve their local communities, focusing on topics such as community leadership, active transportation, and healthy food systems. Residents attended a training series of seven sessions, including a local City Council meeting on November 17, 2021, to see local government in action. RLA trainings were conducted in Spanish and included guest speakers such as the Mayor of Oceanside, the Field Representative for local State Assemblymember Tasha Boerner Horvath, and staff from city departments such as Planning and Neighborhood Services.

Resident meetings were held monthly in Spanish to continue building advocacy skills and to facilitate the sharing of perspectives, and HOC meetings were held monthly in English with Spanish translation on the last Monday of every month from 6-7 PM, which is scheduled in the evening to be accessible to residents.



*HCHR Oceanside After Sidewalks*

The Crown Heights Community Enhancements and Improvements project was submitted for funding to the Clean California Grant Program in January 2022. The project was the result of community input received through the HOC as suggestions culminated in a comprehensive package of projects to beautify the neighborhood, while also improving safety and comfort for those walking to destinations throughout and bordering the

neighborhood, including Oceanside High School, El Super Grocery, Boys and Girls Club, Brooks Street Community Pool, Ortega Park, and downtown Oceanside. In fact, only 87.1% of households in Crown Heights have access to an automobile, which is considerably lower than Oceanside's rate of 95.0% (ACS), making them more reliant on safe access to active modes for their transportation needs. Unfortunately, the project was not funded, but the City of Oceanside is re-submitting the application.

### The Impacts: Results

As a result of these HCHR efforts, sidewalk construction on Brooks Street and Country Club Lane began in August 2022 and is expected to be completed in early fall. The sidewalk and curb construction will improve pedestrian safety and encourage active transportation. Plans for a celebration are being developed with residents that contributed to the HCHR efforts to highlight the importance of community engagement.

### Sustaining Success:


Monthly HOC meetings have continued addressing active transportation needs and building and maintaining relationships with stakeholders who can help influence community improvements. In July, VCC staff and Oceanside resident Carmela Muñoz received an email from Fernando Hernandez, Tasha Boerner Horvath's field representative, to inform her that Caltrans had completed additional studies on the Interstate 5 exits on Mission Avenue, which resulted in proposed options to improve pedestrian safety. Improvements may include additional signage and flashing beacons.

### Favorite Quote

"I feel that our participation is very important in the city's decision making. We are the ones who know the most about what is needed in our community. When they take our ideas, let us participate, and listen to our voices, the outcomes are good. I feel that our voices have been heard in regards to the sidewalks. That encourages me to continue participating."  
*-Maribel Castro, Oceanside Resident.*

### Original quote in Spanish:


"Siento que nuestra participación es muy importante en la toma de decisiones de la ciudad. Nosotros somos los que más sabemos que se necesita en nuestra comunidad. Cuando se toman nuestras ideas, nos dejan participar y escuchan nuestras voces, hay buenos resultados. Siento que nuestras voces han sido escuchadas respecto a las banquetas y eso me anima a seguir participando." We will continue to provide physical activity and nutrition training as needed, and we look forward to continuing to help promote healthy behaviors with these students."

Contact Information: Nestor Martinez; [Nestor.Martinez@cdph.ca.gov](mailto:Nestor.Martinez@cdph.ca.gov) 



## ARE YOU READY TO RETHINK YOUR DRINK?

On May 10, 2023, health advocates across the state will come together to continue changing the way Californians think about their drinks for Rethink Your Drink Day—a Statewide Day of Action to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water. Registration for Rethink Your Drink Day opens on Monday, March 6.

For any questions, please reach out to: [CFHL\\_PR@rs-e.com](mailto:CFHL_PR@rs-e.com) 



## Upcoming Adult Direct Education Evaluation Training

Calling all LHDs participating in adult direct education evaluation in Federal Fiscal Year 23! Nutrition Policy Institution is hosting a mid-year check-in. The call will review findings from the FFY 22 evaluation, briefly review the requirements of the project, and introduce common QA/QC issues.

Join us Tuesday, March 21, 2023, at 10:00AM

Join by Zoom: [Mid-Year Check in Zoom Call](#)

Adult DE Evaluation website:

[https://ucanr.edu/sites/http\\_uacanredu\\_sites\\_adultDE/](https://ucanr.edu/sites/http_uacanredu_sites_adultDE/) 





## Nutrition Policy Institute General Announcements

### Have any school district contacts?

They can earn a \$100 honorarium for providing expert feedback on the School District Organizational Assessment Questionnaire (OAQ). The deadline for completion is April 30, 2023!

**Ready to help?** Send your contacts this flyer: [Feedback Flyer](#) and have them contact Janice Kao: [jankao@ucanr.edu](mailto:jankao@ucanr.edu)

### Interested in seeing your evaluation data in real time?

NPI is looking for five LHDs to help pilot the data dashboard tools. Interested? Contact Kaela Plank: [krplank@ucanr.edu](mailto:krplank@ucanr.edu)

Upcoming Cross-Project Office Hours  
on March 16, 2023, 11-11:45am.

Register in advance for this meeting:

[Zoom Data Meeting](#)

### Earn \$100 and help us ensure our assessment tool is helpful and easy to use!

The UC Nutrition Policy Institute (NPI) has developed the School District Organizational Assessment Questionnaire (OAQ) to measure school districts' healthy eating and physical activity practices. We need *input from school district personnel* to ensure the tool is practical and useful. *Will you spend 1-2 hours completing the assessment and responding to survey questions to help improve the OAQ?*

The tool was developed for the California Department of Public Health's CalFresh Healthy Living program (also known as California SNAP-Ed) and will be used by school districts across the state to assess their nutrition and physical activity practices, guide CalFresh Healthy Living programming, and capture advances made over time.

We realize how valuable your time is and how much you are being stretched every day. Therefore, we are offering you a \$100 honorarium for providing your expert feedback about the OAQ.

#### The process is simple:

- If you are interested in this opportunity, please let us know by reaching out to Janice Kao via email: [jankao@ucanr.edu](mailto:jankao@ucanr.edu).
- Someone from NPI will reach out with a copy of the assessment tool as well as a brief feedback survey for you to complete. We will also help you complete the required documentation to receive the \$100 honorarium.
- Complete these tasks by April 30, 2023!

Please email [EvaluateSNAPEd@ucanr.edu](mailto:EvaluateSNAPEd@ucanr.edu) if you have any questions. Someone will follow up with you in 1-2 days.



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips.



## CalFresh Healthy Living Training Resources

Check out the [Training & Events webpage](#) for the latest training information and calendar of scheduled events.

### LHD Learning Communities – 3<sup>rd</sup> and 4<sup>th</sup> Quarter!

Two dynamic and engaging virtual events will be held later this year to support learning, networking, and resource sharing with your CDPH local agency community.

#### **We want to hear from you!**

Do you have a specific topic or activity you would like to learn more about? Let the CDPH Training Team know by emailing us at

[NEOPBTrainignSection@cdph.ca.gov](mailto:NEOPBTrainignSection@cdph.ca.gov).

For information regarding CalFresh Healthy Living Statewide Training events and resources, email [CFHLStatewideTraining@leahspantry.org](mailto:CFHLStatewideTraining@leahspantry.org).

[CalFresh Healthy Living Statewide Training Resources](#)

[CalFresh Healthy Living Statewide Training Learning Platform](#)



## Grant and Partnership Opportunities

### **Whole Kids Foundation Garden Grant**

The Whole Kids Foundation (WKF) Garden Grant Program application period is open now through March 1, 2023. The program provides support for schools and non-profit organizations that seek to transform outdoor spaces into learning gardens. For more information or to apply, visit [WKF Garden Grant Program webpage](#).

### **School Breakfast and Summer Meal Grants**

The California Department of Education plans to award competitive grants to schools to start up or expand the School Breakfast Program and Summer Meal Programs. Awards of up to \$15,000 per



school site, for nonrecurring expenses incurred when initiating or expanding an SBP or SMP, will be granted. The deadline to apply is March 1, 2023. For more information, visit [the School Breakfast and Summer Meal Grants webpage](#).

### 2023 Youth Garden Grant Recipients Announced

KidsGardening.org has announced the [2023 Youth Garden Grant recipients](#)! Fifty organizations throughout the United States were selected to receive \$500 for “school and youth educational garden projects that enhance the quality of life for youth and their communities.” The following California organizations will receive the grant, along with garden supplies.

Los Angeles Unified School District (Los Angeles, California)

Madera Unified School District (Madera, California)

Norte Vista High School (Riverside, California)

Santa Clara County Office of Education (San Jose, California)

The Bay School (Santa Cruz, California)

Congratulations to all receiving the grant to support the expansion of school gardening educational programs! 🧩



## Public Web Store Front Closing

CDPH NEOPB will be closing the [Public Web StoreFront](#) permanently on **March 31, 2023**. This change will not effect the [Web StoreFront](#) and its [authorized users](#). NEOPB publications and printed materials are still available at no cost on the Web StoreFront. For any questions or concerns please contact [neopbcustomer@cdph.ca.gov](mailto:neopbcustomer@cdph.ca.gov) 🧩



## LHD Connect Newsletter Survey

CDPH is asking its readers to take a quick, 2 minute survey, about the LHD Connect newsletter. Please provide your feedback by scanning the QR code or following this link.

<https://www.surveymonkey.com/r/9B77GHW>



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