



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

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News and Updates

National Hispanic Heritage Month



National Hispanic Heritage Month is observed each year from September 15 to October 15 to celebrate the achievements, histories, traditions, and cultural diversity of Hispanic/Latino Americans. Although Hispanic/Latino Americans tend to live an average of 1.3 years longer than non-Hispanic whites, they are generally in poorer health. According to the [Centers for Disease Control and Prevention \(CDC\)](#), in 2022 approximately 16 percent of Hispanics were in fair or poor health, compared to 13.5 percent of white Americans. Hispanic health is shaped by several factors, including language and cultural barriers, lack of access to preventive care, and lack of health insurance. People who lack access to quality health care are less likely to receive preventative care and more likely to have chronic health conditions and die prematurely.

Throughout the month, the [U.S. Department of Health and Human Services \(HHS\) Office of Minority Health \(OMH\)](#) will focus on advancing *Better Health Through Better Understanding* for Hispanic/Latino individuals by providing them with culturally and linguistically competent health care services, information, and resources. Visit the [OMH Hispanic Heritage Month website](#), available in English and Spanish, for more information, health resources, shareable graphics, social media messaging, virtual backgrounds, and downloadable templates.

[MyPlate.gov](#) is also celebrating National Hispanic Heritage Month by highlighting MiPlato resources.

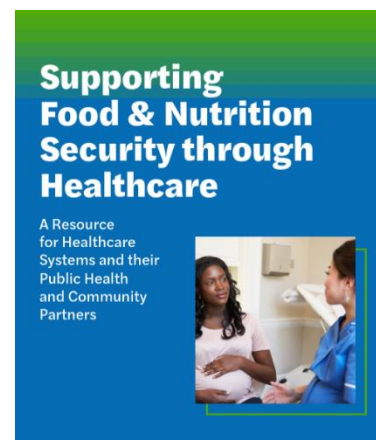
- ❖ **For consumers:** [MiPlato en español](#) webpage features tip sheets, printable resources, graphics, over 1,000 healthy recipes and more!
- ❖ **For professionals:** [MiPlato toolkit](#) includes sample and customizable meal plans, meal tips, recipes, and a guide for health professionals.

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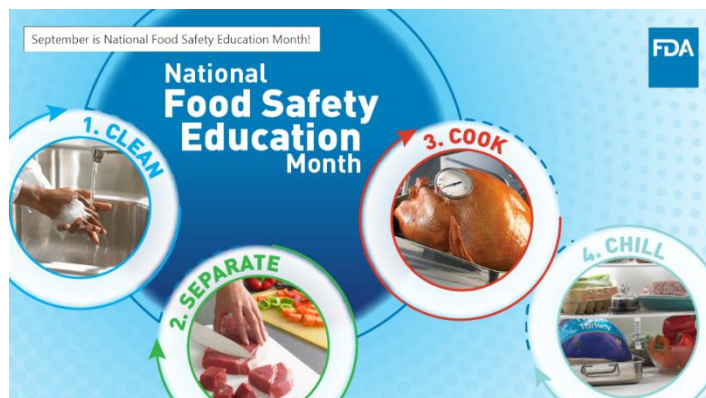
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Supporting Food & Nutrition Security Through Healthcare

[Nutrition and Obesity Policy Research and Evaluation Network](#) (NOPREN) released a new guide to support healthcare systems provide nutritious food, or resources to access nutritious food, to high-risk patients. This resource summarizes the ways in which healthcare systems, public health practitioners, and public health allies can partner to support food and nutrition security in their communities through programs, policies, and practices. It is written with a lens towards supporting actors to work together to address diet-related health disparities, including healthcare systems and payors, state health agencies, local health departments, and other public health allies such as universities, community-based organizations, and Centers for Disease Control and Prevention (CDC) grantees. Read the full guide [here](#).



National Food Safety Education Month



Each September for 25 years, in recognition of [National Food Safety Education Month](#), health educators and consumers have focused on the most effective ways to avoid foodborne illness, often called food poisoning. According to the [Centers for Disease Control and Prevention](#), 48 million persons — or 1 of every 6 people get foodborne infections each year. Of those, 128,000 are hospitalized, and 3,000 die from their foodborne illness.

Foodborne illness is unpleasant and potentially dangerous for everyone, but you can avoid getting sick by following simple steps – Clean, Separate, Cook, Chill, and if at a higher risk, then possibly avoiding certain foods. FDA has many resources (listed below) that can help you stay healthy and safe.

This year we want to bring special attention to people who are at higher risk and help them, their family members, and caregivers by highlighting food safety information to avoid foodborne illness. High-risk people include children under 5 (as their immune systems are not fully developed) and those with immune systems weakened by pregnancy, aging, certain chronic diseases or autoimmune disorders, and immunosuppressive treatments.

FDA Food Safety Resources for People at Higher Risk

- ❖ [Safe Food Handling](#)
- ❖ [Food Safety for Pregnant Women, Their Unborn Babies, and Children Under Five](#)
- ❖ [Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases](#)

Grow LA Gardens

[Registration is now open](#) for *Grow LA Gardens Initiative* classes! Learn the basics of growing your own vegetables through a series of four-week classes offered around Los Angeles County. This fall, these low-cost classes will be offered at 9 sites from Pomona to Long Beach.



Experienced [UC Master Gardener](#) volunteers lead the small classes where participants learn the ins-and-outs of soil preparation, irrigation, planting, pest management, and harvesting. In addition to learning the basics of successful gardening, participants meet other gardeners in their community and build a new network of gardening friends. Classes will be offered in-person and as a hybrid (in-person, virtual).



Recipe of the Month

Pozole

Serves: 4

Serving size: 1 ½ cups

Prep time: 15 minutes

Ingredients:

- ❖ Nonstick Cooking Spray
- ❖ 1 pound Pork lean, cut into small cubes
- ❖ 1 ½ cups Onion chopped
- ❖ 2 cups Chicken Broth reduced-sodium, divided
- ❖ 16 ounces Tomato Sauce canned, no added salt
- ❖ 4 Ancho Chiles dried, stemmed, seeded, and torn into strips
- ❖ 2 cloves Garlic
- ❖ 1 teaspoon Cumin ground
- ❖ 1 teaspoon Oregano dried
- ❖ 1 ½ cups Hominy canned and drained
- ❖ Optional: shredded cabbage, sliced radishes, chopped onion, dried oregano



Instructions:

1. Spray a large pot with nonstick cooking spray and place over medium-high heat. Add pork, turning to brown all sides. Add onion and cook for 5 more minutes to brown onion.
1. Put 1 cup broth, tomato sauce, chiles, and garlic in a blender container and cover with a tight fitting lid. Blend until mixture is smooth. Add mixture and remaining cup of broth, cumin, oregano, and hominy to the pot.
2. Bring to a boil; reduce heat and simmer, covered, for 1½ hours or until meat is very tender.
3. Serve hot with cabbage, radishes, onion, and dried oregano, if you like.

Nutrition Facts Per Serving: 320 calories, 550 mg of sodium, 37 g carbohydrates, 9 g fiber, 30 g protein, 7 g fat.

Find [this recipe](#) and other healthy recipes at [EatFresh.org](#).



Webinars

Move Your Way Webinar

September 21/10:00 am

The Office of Disease Prevention and Health Promotion is inviting those who are committed to helping people live healthier lives through increased physical activity to a webinar all about Move Your Way® — the promotional campaign of the second edition of the Physical Activity Guidelines for Americans. Register [here](#).

School Food Innovator Series: Strategies for Freshly-Prepared

September 27/1:30 pm

The Center for Ecoliteracy will break down new state guidance for freshly-prepared meals, hear from a regional food hub that partners with local schools, and learn strategies for serving fresh, local school meals from the California Food for California Kids® Network. Register [here](#).

California Health Interview Survey Annual Data Release

October 4/12:00 pm

Join the UCLA Center for Health Policy Research (CHPR) on Wednesday, October 4, 2023, as we release the full 2022 CHIS data and highlight key findings. UCLA CHPR Director and CHIS Principal Investigator Ninez A. Ponce, PhD, MPP, and CHIS Director Todd Hughes will walk through some of the notable results on topics including access to care, mental health, health insurance, hate incidents, food insecurity, intimate partner violence, and COVID-19. Register [here](#).



Funding Opportunities

Community Change Grants

Close Date: October 9, 2023

America Walks and generous Active People, Health Nations partners are excited to announce another round of our popular Community Change Grant program. This program will award 15 grantees \$1,500.00 in community grants for projects related to creating healthy, active, and engaged places to live, work and play. Learn more [here](#).

LA Food Equity Fund

Close Date: October 30, 2023

Community Partners and the Los Angeles County Chief Sustainability Office launched the LA Food Equity Fund, which will invest over \$9.8 million of American Rescue Plan Act (ARPA) funding into communities across LA County. Building on the community-centered equity approach of the Los Angeles Food Equity Roundtable and its Food Equity Roundtable Action Plan, these grants aim to alleviate food and nutrition insecurity and build a more sustainable and resilient food system. Learn more [here](#).

Community Food Projects Competitive Grant Program

Close Date: October 30, 2023

The CFPCGP is intended to bring together stakeholders from distinct parts of the food system and to foster understanding of national food security trends and how they might improve local food systems. Understanding that people with low incomes experience disproportionate access to healthy foods, projects should address food and nutrition security, particularly among our nation's most vulnerable populations. Learn more [here](#).



What We're Reading

New Study Reinforces Power of SNAP to Reduce Health Care Costs

Benefits Data Trust

A new study by the Benefits Data Trust reinforces the power of the Supplemental Nutrition Assistance Program (SNAP) to reduce health care costs. More specifically, the study found that one year of SNAP participation reduces health care costs by 16 percent and pharmacy costs by 21 percent. Read [here](#).

College Students Deserve Better Access to Food Assistance

California Budget and Policy Center

A new fact sheet by the California Budget and Policy Center explores current food assistance eligibility requirements and how policymakers can better support college students in meeting their educational goals. Read [here](#).

Program Puts Food as Medicine Front and Center

Food Bank News

The nation's largest produce prescription program is addressing poverty through a multi-million contract with health insurer Blue Cross Blue Shield, which gives it a steady stream of consistent funding to provide healthy food. Read [here](#).

Prescriptions For Fresh Fruits and Vegetables Help Boost Heart Health

NPR

In a new study, researchers evaluated the impact of “produce prescriptions” which provide free fruits and vegetables to people with diet related diseases including obesity, diabetes, and hypertension. Read [here](#).

Water First School Drinking Water Intervention Shows Promise in Preventing Childhood Overweight

University of California's Nutrition Policy Institute

A study led by Dr. Anisha Patel from Stanford University, along with researchers from the University of California's Nutrition Policy Institute and UC San Francisco, finds that a school-based intervention to enable and promote tap water consumption can prevent overweight in 4th-grade students. Read [here](#).

Food Bank is First in World to Get Zero-Waste Certification

A series of small changes has enabled Second Harvest Food Bank of Orange County to whittle away waste in its operations, making it the first food bank in the world to be certified for its sustainability efforts. Read [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Civil Rights Webinar	Oct. 03	Live Webinar	Register here
Food Smarts: Waste Reduction Training	Nov. 07	Self-Paced with Live Session	Register here
Around the Table Facilitator Training	Multiple Dates	Self-Paced with Live Sessions	Register here
Food Smarts Facilitator Training	Nov. 29 & Dec. 13	Self-Paced with Live Session	Register here

Visit the [CalFresh Healthy Living Training page](#) (hosted by Leah's Pantry) for the latest training-related information and calendar of all scheduled trainings and events. Please seek approval from your Project Manager and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the Nutrition and Physical Activity Program newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov.