



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

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News and Updates

Honoring Native American Heritage Month



NATIVE AMERICAN HERITAGE MONTH

On November 1, 2022, the County of Los Angeles adopted a [formal land acknowledgment](#) that recognizes that we occupy land originally and currently inhabited by the Tongva, Tataviam, Serrano, Kizh, and Chumash Peoples. This statement pays respect to the elders and descendants, acknowledges the multigenerational trauma that resulted from the land seizure and the associated atrocities, and commits to reconciliation with the original inhabitants of Los Angeles County. National Native American Heritage Month is a time to honor the Indigenous history, culture, and food.

You can visit this year's [Native American Heritage Month website](#) from the Health and Human Services [Office of Minority Health](#) to find resources, programs, and events that focus on improving the health of AI/AN communities through native language preservation, culturally respectful care, and collaboration with sovereign Tribal nations.

Other resources and upcoming events you can join:

- [Native American Heritage Month](#): This site is a collaborative project of the Library of Congress and the National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, United States Holocaust Memorial Museum and U.S. National Archives and Records Administration.
- [SNAP-Ed](#): Find recipes, cookbooks, nutrition education resources and more!
- [LA County Library](#): See upcoming events, experiences, and authors at a library near you.

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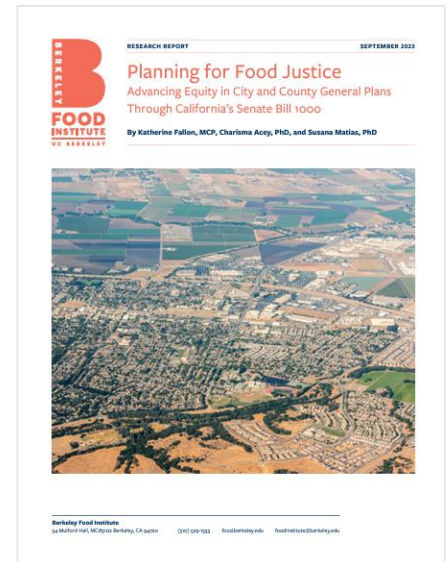
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Planning for Food Justice

Last month, the [UCLA Center for Health Policy Research](#) released its annual [California Health Interview Survey](#). This year, the data showed that a growing number of Californians struggle to access nutritious, affordable food. This increasing rate of food insecurity gives all the more reason to advance food access through policy and community action. According to [Berkeley Food Institute's](#) newest research report, SB 1000 could be an avenue to advance food justice through city and county land use planning.

In 2016, California passed *Senate Bill 1000: The Planning for Healthy Communities Act*, which requires cities and counties with "disadvantaged communities" to incorporate environmental justice into their General Plans. In May 2022, a team composed of BFI Faculty Director Charisma Acey, Co-Associate Faculty Director Susana Matias, and Graduate Student Researcher Katherine Fallon launched a research project to track SB 1000 implementation across the state and assess how effectively this law advances food access policies.

This month, Berkeley Food Institute published the report *Planning for Food Justice: Advancing Equity in City and County General Plans Through California's Senate Bill 1000*. This new BFI Research Report maps out their preliminary research on SB 1000, including an analysis of their SB 1000 database, takeaways from interviews in two case studies, and recommendations to city and county planners and state legislators. Read the report [here](#).



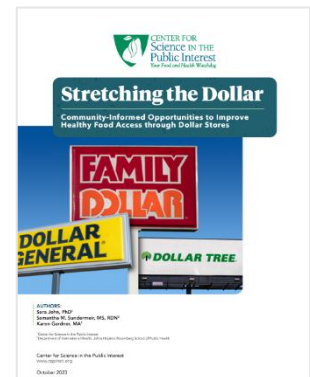
More People, More Active, More Often for Heart Health

The new [World Heart Federation](#) policy brief "More People, More Active, More Often for Heart Health – Taking Action on Physical Activity" outlines the cardiovascular and other health benefits of regular physical activity, and includes recommendations on effective interventions for increasing population levels of physical activity. The recommendations can be adapted, at country and jurisdictional level, with consideration of community needs, culture, geography and the social and economic determinants of physical inactivity. The overarching recommendation is that "All nations develop and implement a comprehensive National Physical Activity Policy, with implementation supported by a funded action plan". Read the full policy brief [here](#).



Stretching the Dollar: Community-Informed Opportunities to Improve Healthy Food Access Through Dollar Stores

The [Center for Science in the Public Interest](#) (CSPI) released a new report, [Stretching the Dollar: Community-Informed Opportunities to Improve Healthy Food Access through Dollar Stores](#). As the fastest-growing food retailer in the U.S. with more than 35,000 locations across the country, dollar stores are an important and often overlooked source of food for Americans. CSPI's report summarizes the current research, media, and policy landscape and features results from a first-of-its-kind national survey of dollar store utilization and perception.



Key survey findings include:

- Community members had overall positive perceptions of dollar stores.
- Convenience, affordability, and selection of specialty items motivated shopping at dollar stores while low-quality products, product availability, store appearance, and inadequate staffing deterred shopping at dollar stores.
- Dollar store food shopping was secondary to big box stores and supermarkets but played a larger role for shoppers utilizing the Supplemental Nutrition Assistance Program (SNAP).
- Community members strongly supported increasing healthy food and beverage options at dollar stores.

Based on the survey findings and the broader research, news media, and policy context, CSPI developed recommendations to create a healthier retail food environment at dollar stores through policy, corporate, and research action. You can view the executive summary [here](#) and full report [here](#).



UC Master Gardener Training Program

Do you enjoy gardening and want to help others learn how to garden sustainably? Are you a Los Angeles County resident who enjoys volunteering in your community? If you answered YES, [read the 2024 UC Master Gardener Training Program announcement](#) to learn more about the program and to apply.

Need more information? Please join the upcoming informative Zoom session about the training program on [November 29](#) (6:00 -7:00pm PT), [December 12](#) (6:00-7:00pm PT), or [January 4](#) (6:00-7:00pm PT).



Recipe of the Month

Cinnamon-Orange Glazed Sweet Potatoes

Serves: 6 **Serving size:** $\frac{3}{4}$ cups **Ready In:** 40 minutes

Ingredients:

- ❖ 1 $\frac{1}{2}$ cups of orange juice
- ❖ 2 tablespoons honey
- ❖ 1 teaspoon cinnamon
- ❖ $\frac{1}{4}$ teaspoon chili powder (optional)
- ❖ 2 pounds sweet potatoes peeled and cut into small cubes
- ❖ 2 cups raisins

Instructions:

1. In a medium saucepan, bring orange juice, honey, cinnamon, and chili powder to a boil.
2. Add sweet potatoes to the saucepan and simmer, covered, for 15 minutes.
3. Remove cover and add raisins; cook over medium-high heat for 5 minutes or until orange sauce has thickened.
4. Serve immediately.

Chef's Tips:

- ❖ Substitute honey for brown sugar.

Nutrition Facts Per Serving: 180 calories, 45 mg of sodium, 44 g carbohydrates, 4 g fiber, 3 g protein, 0 g of fat.

Find [this recipe](#) and other healthy recipes at [CalFresh Healthy Living](#).



Webinars

Prevention and Management of Type 2 Diabetes Through the Integration of Cooking Skills into Nutrition Education

November 29/9:00 am

Join this webinar hosted by Michael & Susan Dell Center for Healthy Living to learn about the details of and results from two different health programs — one focused on combined cooking skills and nutrition education for adults with Type 2 Diabetes with elevated HbA1c; and the other adding cooking classes to individuals enrolled in the National Diabetes Prevention Program. Register [here](#).



Funding Opportunities

Community Navigator Programs

Close Date: November 30, 2023

The Center for Nonprofit Management announced a new funding opportunity, made possible through the County of Los Angeles' allocation of American Rescue Plan funds. This program aims to make direct investments in community organizations to provide community navigator services to communities impacted by the COVID-19 pandemic. The Community Navigator Program aims to support and strengthen the efforts of community organizations dedicated to accelerating the economic and social recovery from the COVID-19 pandemic, with a focus on highly impacted communities. Learn more [here](#).

2024 Youth Garden Grant

Close Date: December 15, 2023

Since 1982, the Youth Garden Grant from KidsGardening has supported school and youth educational garden projects that enhance the quality of life for students and their communities. In 2024, fifty programs will receive award packages consisting of a cash prize and a variety of gardening tools and supplies. Any organization in the United States or US Territories planning a new or improving an existing garden program that serves at least 15 youth between the ages of 0 and 18 is eligible to apply. Learn more [here](#).

Partnerships for Local Agriculture & Nutrition Transformation in Schools (PLANTS)

Close Date: January 22, 2024

The Chef Anne Foundation will begin seeking proposals -applications open November 27th - for projects led by groups of local partners with systemic and equity-driven approaches to transforming school food supply chains. Projects should seek to build and strengthen relationships among community-based food system stakeholders and School Food Authorities as well as expand scratch cooking in schools in order to build more nourishing school meal programs. Learn more [here](#).

Farm to School Grants

Close Date: January 12, 2024

The Patrick Leahy Farm to School Grant Program is designed to increase the availability of local foods in schools and help connect students to the sources of their food through education, taste tests, school gardens, field trips, and local food sourcing for school meals. Grants can launch new farm to school programs or expand existing efforts. Learn more [here](#).



What We're Reading

PHI Study: Participants in Food as Medicine Program Showed Clinically Significant Improvements in Managing Diabetes

Public Health Institute

A study of Abbott's Healthy Food Rx, a food as medicine program that provides home-delivered medical prescriptions of healthy food to help address diabetes, found that participants had lower A1C levels, improved diabetes self-management, and improved overall diet quality and food security. Read [here](#).

Americans Will Waste Nearly 312 Million Pounds of Food This Thanksgiving

ReFED

Research shows that more than 312 million pounds of food will go to waste in the United States this Thanksgiving. That food is valued at \$609 million dollars and could provide eight meals for each of the 38.3 million people grappling with food insecurity in this country. Read [here](#).

Looming WIC Funding Shortfall Would Jeopardize Access to WIC's Proven Benefits and Disproportionately Harm Black and Hispanic Families

Center on Budget and Policy Priorities

WIC is facing a funding shortfall for the first time in decades due to higher-than-expected participation and food costs, jeopardizing access to this highly effective program and risking disproportionate harm for Black and Hispanic families. Read [here](#).

Growing Produce and Food Justice in South L.A.

United Way of Greater Los Angeles

For the past five years, Crop Swap LA has addressed food insecurity and promoted food justice in South L.A. with its urban farming work. The goal is that families in the neighborhood have access to healthy produce while creating a sustainable food supply chain that better serves the needs of the local residents. Read [here](#).

Changing the Global Obesity Narrative to Recognize and Reduce Weight Stigma: A Position Statement from the World Obesity Federation

Last month, a working group convened by the World Obesity Federation published recommendations to end weight stigma globally, including engaging in legislative and policy efforts and promoting human rights-based approaches. Read [here](#).

State Supplemental Nutrition Assistance Program Policies and Substance Use Rates

American Journal of Preventive Medicine

Food insecurity is associated with the development of substance misuse and use disorders. This study sought to estimate associations between state Supplemental Nutrition Assistance Program (SNAP) eligibility policies and substance-related outcomes. Read [here](#).

Food Insecure Veterans Are Less Likely to Seek Help

Civil Eats

Only a small proportion of eligible veterans have enrolled in food assistance programs, which can have significant negative impacts on their physical and mental health. Read [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Food Smarts Facilitator Training	Nov. 29 & Dec. 13/10:00 am	Self-Paced with Live Session	Register here
FFY 24 Civil Rights Webinar	Jan. 09/9:00 am	Virtual	Register here
FFY 24 Civil Rights Webinar (Spanish)	Jan. 10/9:00 am	Virtual	Register here
Emotional First Aid for CFHL Training	Jan. 19 & 26/10:00 am	Virtual	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.