



Los Angeles County Department of Public Health

## Nutrition and Physical Activity Program Newsletter

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### News and Updates

#### The U.S. Playbook to Address Social Determinants of Health

The White House and the [U.S. Department of Health and Human Services](#) (HHS), through the [Centers for Medicare & Medicaid Services](#) (CMS), released several resources to help support federal agencies, states, local and tribal governments to better coordinate health care, public health, and social services. Specifically, the White House is releasing the first ever *U.S. Playbook to Address Social Determinants of Health*.

The Playbook highlights ongoing and new actions that federal agencies are taking to support health by improving the social circumstances of individuals. This includes initiatives by HHS, Department of Agriculture (USDA), [Department of Housing and Urban Development](#) (HUD), the [Department of Veterans Affairs](#) (VA), the [Environmental Protection Agency](#) (EPA), and other federal agencies to align investments to finance community infrastructure, offer grants to empower communities to address health related social needs, and encourage coordinated use of resources and data to improve health outcomes. The Playbook focuses on individual and community-centered interventions with actions grouped into three pillars:

- ❖ Pillar 1: Expand Data Gathering and Sharing
- ❖ Pillar 2: Support Flexible Funding to address Social Needs
- ❖ Pillar 3: Support Backbone Organizations

Download the [Playbook here](#) and read the other resources HHS released including a [Call to Action to Address Health Related Social Needs](#), and a [Medicaid and CHIP Health-Related Social Needs Framework](#). These additional resources build on the Administration's work to advance health equity by acknowledging that peoples' social and economic conditions play an important role in their health and wellbeing.

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## California Fruit & Veggie EBT Pilot



The California Fruit and Veggie EBT Pilot Project in partnership between [UC San Diego Altman Clinical and Translational Research Institute, Center for Community Health, Mother's Nutritional Center](#) and the [California Department of Social Services](#). This project rewards CalFresh EBT participants when they purchase any fresh fruits and vegetables with their CalFresh EBT benefits at any Mother's Nutritional Center store across Southern California.

For every \$1 of your CalFresh EBT that you spend on any fresh fruits and vegetables, you get \$1 back on your CalFresh EBT card (up to \$60 per month) that you can spend on any CalFresh-eligible food (e.g., more fruits and vegetables, bread, grains, nuts, dairy, meat, etc.). Learn more [here](#).

## Partnership Spotlight: Champion Provider Fellowship

The [Champion Provider Fellowship](#) is a two-year fellowship with the goal of training healthcare providers to engage in policy, systems and environmental (PSE) change activities around obesity, chronic disease prevention, and food security. It is a partnership between the [California Department of Public Health](#) and [University of California, San Francisco](#). The [Los Angeles County Department of Public Health](#) has been participating in the fellowship since 2014 and currently has three fellows - Dr. Arlet Arratoonian, Dr. Mindy Troung, and Dr. Saima Khan.

Dr. Arratoonian completed her DDS degree from Ostrow USC School of Dentistry in 2000. She is currently undertaking a Certification Program in Community Oral Health and a Master of Science in Health Care Delivery. Over the past decades, Dr. Arratoonian has provided essential care to underserved communities in various roles, including Dental and Program Director and clinician.

Dr. Arratoonian recently published her first blog, *Beyond the Dental Chair: Dentists as Advocates for Improving Overall Patient Health*, on the Champion Provider Fellowship's website. In her blog, she reflects on how she was inspired to advocate for policies that support oral health and equitable access to healthy food and beverage choices. Read her [full blog post here](#) and learn how she's making a difference with her patients as a Champion Provider Fellow.

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*"This was a wake-up call for me. How many cases of childhood hypertension are going unnoticed?"*

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## Recipe of the Month

### Eggplant & Potato Curry

**Serves:** 6      **Serving Size:** 1 cup      **Ready In:** 1 hour

#### Ingredients:

- ❖ 2 tablespoons Vegetable Oil
- ❖ 1/2 Onion chopped
- ❖ 1 teaspoon Curry Powder
- ❖ 1 clove Garlic minced
- ❖ 2 teaspoons Fresh Ginger grated
- ❖ 1 Green Chili Peppers seeded and chopped
- ❖ 1 Eggplants small, chopped
- ❖ 1 Potato small, chopped
- ❖ 1 Tomato large, chopped
- ❖ 2 tablespoons Tomato Paste
- ❖ 1 teaspoon Salt
- ❖ Black Pepper to taste
- ❖ 1/2 cup Unsweetened Coconut Milk (optional)
- ❖ 4 tablespoons Fresh Cilantro chopped



Photo attribution: My Tu Duong

#### Instructions:

1. Heat oil in a large pot. Add onions and cook until soft, about 5 minutes.
2. Add curry powder, garlic, ginger, and chili pepper. Cook for 3 minutes.
3. Add eggplant and potatoes. Cook for 5 minutes over medium heat.
4. Reduce heat to low and cook until potatoes are tender, about 20 minutes. Stir once or twice for even cooking.
5. Add tomatoes and tomato paste. Add salt and pepper. Stir well.
6. Simmer for 5 minutes.
7. Stir in coconut milk, if using. Add cilantro and serve.

#### Chef's Tips:

- ❖ You may use yogurt instead of coconut milk.
- ❖ Add cubed chicken or beef for a hearty meal.

**Nutrition Facts Per Serving:** 220 calories, 486 mg of sodium, 33 g carbohydrates, 6 g fiber, 5 g protein, 9 g of fat.

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



## Webinars

### **The FED Principle Webinar: A deep dive into Fidelity, Equity and Dignity in Produce Prescriptions**

January 17/11:00 am

Join this webinar hosted by Wholesome Wave to explore The FED Principle®, a new model that centers on the core values of Fidelity, Equity, and Dignity (FED) in the Produce Prescription (PRx) field. A variety of speakers from the field, including a PRx program practitioner, will provide an overview of the newly created FED Community Workbook, an equity framework that outlines common language and valuable examples you can incorporate in your PRx program. Register [here](#).



## Funding Opportunities

### **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](#).

### **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 27<sup>th</sup> - 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](#).

### **GUSNIP Produce Prescription Program**

Close Date: February 28, 2024

The primary goal and objective of the GusNIP Produce Prescription Program is to demonstrate and evaluate the impact of projects on (1) the improvement of dietary health through increased consumption of fruits and vegetables; (2) the reduction of individual and household food insecurity; and (3) the reduction in healthcare use and associated costs. Estimated total funding for FY24 is \$5,280,800 for grants up to \$500,000. Learn more [here](#).





## What We're Reading

### **Availability and Quality of Healthy Foods Vary by Store Participation in SNAP and WIC in Low-Income California Neighborhoods**

Journal of Hunger & Environmental Nutrition

A study looked at small convenience grocers in low-income areas in California shows WIC and SNAP bring healthy foods to neighborhoods. Read [here](#).

### **Invisible in the Data: Broad 'Asian American' Category Obscures Health Disparities**

STAT

This STAT article highlights the importance of data disaggregation and how lumping all Asian Americans, Native Hawaiians, and Pacific Islanders into a single Asian category is harmful to people's health. Read [here](#).

### **Data Exchange Crucial to 'Food is Medicine' Success**

Food Bank News

Engaging community-based organizations and helping them exchange data with health care providers will be crucial to advancing Food is Medicine efforts. Read [here](#).

### **Food Insecurity and Housing Instability Are Inextricably Linked**

Food Research & Action Center

Across the nation, tens of millions of people are struggling to keep up with skyrocketing rents, stagnant incomes, and the end of COVID-19 pandemic-relief supports, which have resulted in growing food insecurity and housing instability. Read [here](#).

### **Differences in Infant Diet Quality Index by Race and Ethnicity Predict Differences in Later Diet Quality**

The Journal of Nutrition

This study investigated the racial, ethnic, and language (English or Spanish) differences in infant diet quality, later diet quality, and weight status at 2–5 y, and whether these differences were explained through infant diet quality among participants in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Read [here](#).

### **'Farm To Corrections' Project Provides Fresh Produce to People in Prison, Boosts California Growers**

University of California Agriculture and Natural Resources

Three facilities within the California Department of Corrections and Rehabilitation are part of the Harvest of the Month project, which aims to serve seasonal, locally grown produce to people who are incarcerated in California. Read [here](#).



## CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
FFY 24 Civil Rights Webinar	Jan. 09/9:00 am	Virtual	<a href="#">Register here</a>
FFY 24 Civil Rights Webinar (Spanish)	Jan. 10/9:00 am	Virtual	<a href="#">Register here</a>
Save the Food California EcoChallenge	Jan. 17/10:00 am	Virtual	<a href="#">Register here</a>
Emotional First Aid for CFHL Training	Jan. 19 & 26/10:00 am	Virtual	<a href="#">Register here</a>
Fostering Nourished Families Training	Jan. 24/10:00 am	Virtual	<a href="#">Register here</a>
Trauma Informed Principles for School Garden Education	Feb. 13 & 27/10:00 am	Virtual	<a href="#">Register here</a>
Building Nourishing Pantries	Feb. 15 & 22/10:00 am	Virtual	<a href="#">Register here</a>
Trauma-Informed Customer Service for PEARS Demographic Data Collection	Feb. 21/10:00 am	Virtual	<a href="#">Register here</a>

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](mailto:tmarquez@ph.lacounty.gov).