



Los Angeles County Department of Public Health

## Nutrition and Physical Activity Program Newsletter

Issue 126 | June 2024



### News and Updates

#### Parks After Dark Evaluation Brief, May 2024

A new study from [UCLA Center for Health Policy Research](#) shows Parks After Dark achieved intended goals by providing recreational programming in safe environment.

Parks After Dark, the free Los Angeles County program that provides a safe space for people primarily during evening hours, fosters stronger feelings of community and closer connections among neighbors, according to a report from the UCLA Center for Health Policy Research (CHPR).

Key takeaways from the study:

- ❖ A survey of attendees in 2023 found that 93% felt safe at Parks After Dark.
- ❖ Of attendees who did not meet the recommended activity guidelines for their age, 76% participated in at least one exercise or sports program at Parks After Dark.
- ❖ The vast majority of those surveyed expressed high levels of satisfaction with 97% saying they would attend again.

Overall, the program had more than 405,000 unique visits throughout its eight-week run in summer 2023. The most popular activities were movie nights, concerts, and sports clinics and games. Read the full report [here](#).



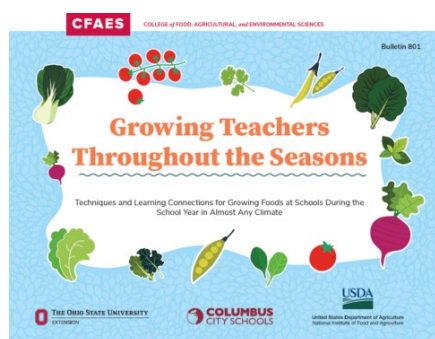
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## CalFresh Healthy Living at Parks After Dark

Join Parks After Dark for some family fun this summer! CalFresh Healthy Living funded partners will be in attendance at resource fair events on Thursday evenings until August 1. Bring the whole family out for free fitness and nutrition classes, fruit and vegetable distributions, and much more.

Download informational flyers in [English](#) and [Spanish](#). View the schedule for your local park at <https://parks.lacounty.gov/pad>.



## Growing Teachers Throughout the Seasons

A new resource to address barriers to school gardening is available: *Growing Teachers Throughout the Seasons (GTS)*. The free resource provides a step-by-step guide for teachers to plant, maintain, harvest, prepare, and taste 9 different foods (one each month, September through May) using three growing methods: seed starting under LED lights, raised beds with season extension, and hydroponics. GTS is applicable at all grade levels, including early care and education, for

teachers of all subjects, in a range of settings including classrooms, libraries, and garden clubs. Growing Teachers Throughout the Seasons is data-driven and teacher informed. These free online modules were developed by Ohio State University Extension, Ohio Farm to School, and the state's largest school district, Columbus City Schools. Access the modules [here](#).

## Community Health Profiles

The [Los Angeles County Department of Public Health](#) launched its latest [Community Health Profiles](#). These profiles provide key data on over 100 indicators affecting health and wellbeing for 179 communities within Los Angeles County. The profiles emphasize the significant role local environments play in influencing health outcomes, with data intended to fuel improvements in community conditions and resident health.



The new *Community Health Profiles* are the most geographically expansive to date, covering the majority of Los Angeles County, including incorporated cities, unincorporated areas, Service Planning Areas, Supervisorial Districts, and Los Angeles City neighborhoods and Council Districts with populations over 20,000, based on 2022 population estimates. The profiles data are categorized into 11 thematic areas: Demographics, Social Determinants of Health, Physical Activity & Nutrition, Tobacco Use, Housing and Health, Community Safety, Environmental Justice, Perinatal and Infant Health, Behavioral Health, HIV and Other Sexually Transmitted Infections, and Healthcare Access. This data represents the most recent and relevant statistics available, offering a snapshot of the health and wellness for communities across the county. To learn more, click [here](#).



## Recipe of the Month

### Sparkling Strawberry Lime Mint Water

**Serves:** 6      **Serving Size:** 1 cup      **Time:** 10 minutes

#### Ingredients:

- ❖ 1 liter sparkling water
- ❖ 1 pint strawberries, sliced
- ❖ 2 limes, juiced
- ❖ ¼ cup mint leaves

#### Instructions:

1. Put sliced strawberries and mint leaves in a pitcher and crush them until the fruit is broken up and the leaves are bruised. Add the juice of two limes.
2. Add ice to pitcher.
3. Pour sparkling water over ice.
4. Garnish glasses with a lime slice and a strawberry (optional).
5. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.

**Nutrition Facts Per Serving:** 40 calories, 1 mg of sodium, 11 g carbohydrates, 3 g fiber, 1 g protein, 0 g total fat.

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



## Webinars

### Building Pediatrician and Hospital System Capacity to Promote Food Security

June 25/12:00 pm

The American Academy of Pediatrics, Share Our Strength- No Kid Hungry, Children's Hospital Association, and Food Research & Action Center have created a five-part webinar series that dives deeper into how pediatricians and other healthcare professionals can promote food security at the clinical, community, state, and national level. The series includes presentations from experts, a lived experience panel, an open discussion around WIC data sharing with USDA, and a presentation from USDA's Dr. Caree Cotwright. Register [here](#).

### Preschools SHINE Webinar

July 2/1:30 pm

This webinar will provide Child and Adult Care Food Program (CACFP) child care centers and day care home providers an overview of the CDSS Preschools SHINE program and how to apply to become a certified SHINE site. Attendees will learn how to meet the eligibility criteria, the benefits of becoming a certified SHINE site, and more. Register [here](#).



## From Waste to Plate: Strategies for Reducing Food Waste in School Food Programs

July 8/10:00 am

Explore innovative strategies and best practices for minimizing food waste in school food programs, from procurement to meal service and beyond. This webinar hosted by Chef Ann Foundation will discuss the environmental, economic, and social impacts of food waste in schools and share actionable solutions for waste reduction. Register [here](#).



## Funding Opportunities

### Addressing Childhood Obesity and Health Inequities

Close Date: June 27, 2024

A new funding opportunity from the Robert Wood Johnson Foundation aims to advance social, economic, and physical factors that contribute to obesity. The call for proposals seeks projects with the potential to support, sustain, and evolve the field in promoting systems-level change to prevent childhood obesity, address structural racism, and advance health equity. Learn more [here](#).

### LA2050

Close Date: June 28, 2024

LA2050 is a community-guided initiative, operated by the Goldhirsh Foundation, driving and tracking progress toward a shared vision for the future of LA. They are looking for organizations with innovative ideas to address the top 10 issues selected by Angelenos to award a total of \$1 million. The 10 issues fall under five goal categories: connect, learn, live, play, and create. Learn more [here](#).

### Sprouting School Gardens Grant

Close Date: June 30, 2024

To help more schools create or expand their school garden-based programs, Sprouts Foundation announced their new Sprouting School Gardens Grants. Grants range in size from \$5,000 to \$10,000 and support school garden program operations, program supplies, and educator stipends that help school gardens thrive. Eligible applicants include schools or 501(c)(3) nonprofits running programs on school campuses in communities where Sprouts Farmers Market has stores. Learn more [here](#).

### Growing Healthy Kids Grant

Close Date: June 30, 2024

The Growing Healthy Kids Grant supports programs that teach children, and their families, how to grow, cook, and eat healthy foods. Grants range in size from \$5,000 to \$10,000 and support healthy lifestyle and nutrition education programs outside of the school day and community programs for children and their families. Applicants must be 501(c)(3) nonprofits operating in communities where Sprouts Farmers Market has stores. Learn more [here](#).

## Wellness Across the Lifespan Grant

Close Date: June 30, 2024

Wellness Across the Lifespan Grants from support programs that help young adults and vulnerable populations achieve and maintain healthy lifestyle behaviors and nutritious eating. Grants range in size from \$5,000 to \$10,000 and support health and nutrition education through hands-on cooking, community gardening programs, and healthy lifestyle programs. Applicants must be 501(c)(3) nonprofits operating in communities where Sprouts Farmers Market has stores. Learn more [here](#).

## Lots of Compassion

Close Date: June 30, 2024

Mrs. Meyers Clean Day and KidsGardening designed the Lots of Compassion Grant program to support local leaders looking to transform vacant lots into gardens to help grow compassion in their community. Grantees will receive \$20,000 each to transform a vacant lot into a garden. A total of \$200,000 will be awarded in 2024. Learn more [here](#).

## Community Grant Proposals

Close Date: August 16, 2024

The UCLA Kaiser Permanente Center for Health Equity, in collaboration with the UCLA Jonsson Comprehensive Cancer Center and Doctora Monica Salinas, invite the submission of proposals for projects to promote health equity by improving health among underserved populations in and around Los Angeles County. Up to ten grants of \$5,000 each are available to support local community organizations in these efforts. Learn more [here](#).



## What We're Reading

### Biden-Harris Administration Makes History Launching New Suite of Summer Nutrition Programs to Help Tackle Hunger and Improve Healthy Eating for Millions of Children

USDA Food and Nutrition Service

The U.S. Department of Agriculture announced the launch of “SUN Programs: USDA’s Summer Nutrition Programs for Kids,” to help improve nutrition security during the summer months. Read [here](#).

### Digital Devices Can Help Clinicians Prescribe Physical Activity

STAT

Clinicians are starting to incorporate data from smart watches and smart phones as part of physical examinations. They also are increasingly prescribing wearables to promote more physical activity amount their patients. Read [here](#).

## SNAP Consumer Choice Research Brief

### FRAC

The Supplemental Nutrition Assistance Program (SNAP) empowers program participants to make choices about what food is right for them. Through SNAP, people with lived experience of hunger and poverty can make decisions for themselves and their families without shame or stigma. Should SNAP restrictions be enacted, SNAP recipients would lose the equity of using an EBT card to purchase food like any other customer. Read [here](#).



## CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Los Angeles Area Harvesting Connections: Promising Practices Summit	Jul 17/9:00 am	In-person	<a href="#">Register here</a>
Making the Healthy Choice the Easy Choice PSE Learning Collaborative	Jul 25; Aug 01; Aug 08; Aug 15; Aug 22/10:00 am	Webinar	<a href="#">Register here</a>
Smarter Lunchrooms Movement 101: An introductory Webinar Series	Aug 22; Aug 29; Sep 05/ 1:00 pm	Webinar	<a href="#">Register here</a>

Visit the [CalFresh Healthy Living Training page](#) 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).