

*Eat Healthy, Move Healthy, Live Healthy*

# RENEW LA COUNTY

## GRANT SUMMARY



**THE LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH (DPH) RECEIVED A \$15.9 MILLION COMMUNITIES PUTTING PREVENTION TO WORK GRANT** from the Centers for Disease Control and Prevention over a two-year period beginning in March 2010. The RENEW (Renew Environments for Nutrition, Exercise and Wellness) LA County initiative was designed to improve nutrition, increase physical activity and reduce obesity, especially in the communities that need it the most.

RENEW LA County worked with more than 25 locally-funded partners to help make LA County a more satisfying place to live, work, learn and play.

**CHOOSE HEALTH LA** was launched to represent all of the public health efforts of RENEW LA County, including the consumer website [choosehealthla.com](http://choosehealthla.com), which offers tips and resources on how to eat healthy, move healthy and live healthy. Choose Health LA continues to represent DPH's chronic disease prevention efforts in LA County.

**CHOOSEHEALTHLA.COM**

# NUTRITION

## NUTRITION AND PHYSICAL ACTIVITY IN PRESCHOOLS

- › A total of 87 preschools in LA County have adopted guidelines that will increase access to healthy food and beverages, reduce access to unhealthy foods and beverages, and increase opportunities for physical activity among children, serving as a model for many more preschools to follow in the future.
- › More than 1400 parents participated in workshops presented in English and Spanish that covered the importance of physical activity and nutrition to spur brain development during early childhood.

ESTIMATED POPULATION IMPACTED:

**2,600**



## SCHOOL NUTRITION

- › The second-largest school district in the nation, Los Angeles Unified (LAUSD), passed the Improving Food and Nutrition Policy, which ensures students have at least 20 minutes to eat, integrates nutrition education into the curriculum and ensures collaboration with DPH to increase salad bars and school gardens.
- › LAUSD increased their purchasing of fresh fruits and vegetables from \$2 million in 2006-07 to \$20 million in 2010 and now procures more locally grown food within a 200-mile radius.
- › Long Beach Unified, ABC Unified and El Monte Union High school districts also made significant nutrition improvements to their menus.

ESTIMATED POPULATION IMPACTED: **850,000**

## BREASTFEEDING PROMOTION

- › Three county-operated hospitals – Olive View, LAC+USC, and Harbor-UCLA Medical Centers – have achieved Baby-Friendly designation, implementing protocols that support breastfeeding among new mothers.
- › The baby-friendly designations were largely made possible due to the Board of Supervisors' creation of a countywide contract for purchasing formula.
- › Additionally, all LA County departments as well as the City of Los Angeles now provide worksite lactation accommodation.

ESTIMATED POPULATION IMPACTED:

**32,000**

## HEALTHY FOOD AND BEVERAGE STANDARDS

- › Ten cities have adopted healthy food and beverage standards, including Baldwin Park, Bell Gardens, El Monte, Huntington Park, La Puente, Long Beach, Pasadena, Pico Rivera, San Fernando and South El Monte.
- › The standards vary, but all require that food and beverages provided at city institutions and facilities meet specific nutrition guidelines, which include limits on fat, sugar and sodium levels, while also restricting sugar sweetened beverages.

ESTIMATED POPULATION IMPACTED:

**277,000**

## COUNTY FOOD PROCUREMENT

- › A policy adopted by the Board of Supervisors in March 2011 now provides DPH the opportunity to review all County food service solicitations to ensure that high quality nutrition standards are incorporated.
- › Three County departments have incorporated nutrition guidelines that will increase healthy options for staff and the community, and DPH will continue to partner with additional County departments to expand options for healthy food and beverages.

ESTIMATED POPULATION IMPACTED:

**300,000**



# PHYSICAL ACTIVITY/BUILT ENVIRONMENT

## PHYSICAL EDUCATION TRAINING

- › Through an innovative professional development train-the-trainer program, teachers from 73 public schools are now implementing physical education requirements in LA County schools more effectively.

ESTIMATED POPULATION IMPACTED:

**30,000**

## JOINT-USE AGREEMENTS

- › Seventeen joint-use agreements have been established in schools, and five district-wide policies have been approved by the school boards, increasing opportunities for free and low cost physical activity during non-school hours.
- › Local community organizations were able to provide programming components including youth soccer, walking clubs and swimming classes or address issues of liability for access to be given to a school site.

ESTIMATED POPULATION IMPACTED:

**28,000**



## INCREASING ACCESS TO WALKING AND BICYCLING

- › The LA County Bicycle Master Plan was approved by the Board of Supervisors and will add 832 new miles of bikeways to unincorporated areas of the County.
- › Seven cities in the South Bay including El Segundo, Gardena, Hermosa Beach, Lawndale, Manhattan Beach, Redondo Beach and Torrance will add more than 200 miles of new bikeways over the next 20 years with the adoption of the South Bay Bicycle Master Plan.
- › The Bike-Friendly Business District (BFBD) pilot program in Long Beach helped increase bicycle trips to and within four business districts in the City of Long Beach – Bixby Knolls, Retro Row, Cambodia Town and the East Village Arts District.
- › Baldwin Park and Azusa passed Complete Streets policies, ensuring that all users – including pedestrians and cyclists – will be taken into account whenever modifications are made to city streets.
- › In Lancaster, the City Council adopted a Master Plan for Trails to increase opportunities for walking and biking safely in the city.
- › In the City of Los Angeles, the Streets 4 People project was approved by the City Council, paving the way for demonstration projects to reclaim underutilized public spaces for pedestrians and cyclists.
- › A healthy design ordinance was adopted by the Board of Supervisors that proposes changes to existing zoning and subdivision regulations that will increase levels of physical activity in unincorporated areas of the County.

ESTIMATED POPULATION IMPACTED: **1,085,000**

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## PUBLIC EDUCATION CAMPAIGNS

- › To educate the public on tips to eat healthy, move more and live better, RENEW LA County launched a consumer website, [choosehealthLA.com](http://choosehealthLA.com), to tell the story of health promotion and chronic disease prevention and encourage users to "Choose Health."
- › A public education campaign on the health impacts of consuming too many sugary drinks was placed on Metro buses and rails, on billboards and transit shelters to ask residents, "You Wouldn't Eat 22 Packs of Sugar, Why are You Drinking Them?"
- › Other original multimedia content created include a series of "Salt Shocker" videos that debuted during World Salt Awareness Week and seven "Healthy Meal Using MyPlate" videos that were released in conjunction with the start of the school year.
- › Santa Monica City TV produced an 8-episode series of "Eat, Move, Live LA" featuring RENEW projects. RENEW scripted the series, developed concepts and researched topics to spotlight the work happening across LA County, and the TV show is being disseminated across 36 public access channels and on YouTube.

ESTIMATED POPULATION IMPACTED:

**3,000,000**

