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COI Partner Highlight: Introducing Keturah Swenson

Keturah (or Ketty) Swenson completed the Didactic Program in Dietetics at San Diego State University, earning a degree in Food Science and Nutrition, and currently works as a Nutritionist for Child Development Associates (CDA). CDA is a sponsor of several federally funded social services including the Child and Adult Care Food Program (CACFP). Part of her job as the nutritionist is to create trainings and provide nutrition education for approximately 1,250 private in-home child care providers and about 30 preschool center staff who participate in their CACFP program.



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Title: Nutritionist

When did you know that you wanted to work in this career field?

I have always enjoyed learning about how the body works. I enjoy science and food, so getting a degree in nutrition made sense for me, but I didn't know that I would be working as a nutrition educator in the early child development field until I was in college. I became aware of food insecurity problems that we have here in San Diego and realized that helping to ensure that all children have access to healthy foods was important to me.

How did you become involved in the COI?

I became involved in the COI when I began working for CDA. CDA has been a long-time supporter of COI as an agency interested in impacting the health and wellness of children. I got lucky as the nutritionist to be our representative.

Why do you stay involved with the COI?

I have seen the impact that the COI has in the early child development community and I am so inspired by all of the incredible work that is accomplished when we work together.

What do you love about your job?

I love so much about my job! I love getting to work with child care providers, visiting child care facilities and seeing the children enjoy healthy foods, but mostly I love knowing that the work I do helps to ensure that nutritious meals are available to children who may not have otherwise had access to those meals.

What are three words that describe you?

Silly, empathetic, determined

What is your favorite place in San Diego?

Home! I'm a total homebody, so most of the time, there is nowhere I'd rather be.

What do you do for fun?

I like to read, hike, camp, paint a bit, spend time with friends, go to the San Diego Zoo, watch movies, and cook.

What is your proudest accomplishment?

Graduating college!

What are your three greatest passions?

Traveling, being of service to friends & family, and always learning new things.

What might someone be surprised to know about you?

I grew up in southern Arizona on a small family farm where we raised goats and chickens, horses, sheep, cats and dogs, and many other animals. I raised pigs for 4-H and showed them in the county fair for years. I love animals and for the last 18+ years that I've lived in San Diego, I have not owned ONE pet!

Announcements

- We'd like to thank the Leadership Council and Domain Council for their participation in the strategic planning process over the past few months. We look forward to continuing this process with the workgroups later this year.
- Congratulations to San Diego County's Dr. Suzanne Afflalo and Dr. Margarita Santibanez for being selected to participate in the **Champion Provider Fellowship** program!
- CHIP announces the formation of a new **Farm to Institution Council** to serve as a community cornerstone for the Good Food Movement.
- We'd like to welcome Jamie Condon as the new COI intern!
- Deirdre Kleske with the County of San Diego Health and Human Services presented on the **Local Control Accountability Wellness Connection** at the February School and After-school workgroup meeting.
- 2-1-1 San Diego is currently seeking a **Contact Center Supervisor**.



Dr. Santibanez

- California Food Policy Advocates is seeking a [Nutrition Policy Advocate](#).
- City Heights Community Development Corporation is seeking an [Executive Director](#) and a [Leadership Development Program Manager](#).
- MAAC is seeking an [Assistant Director Program Support](#).
- Voices for Children is seeking a [Chief Financial & Operating Officer](#).
- Join the [Fire Up Your Feet Activity Challenge](#) and win cash awards for your school. This activity is free to participate for K8 schools, students, parents, teachers, and community members. It encourages physical activity and promotes health and wellness.

Collaboration Corner

The "Collaboration Corner" is a section of the newsletter where we are asking partners to post collaborative opportunities, such as partnering on grant applications, volunteer opportunities, and other requests COI partners may be interested in supporting. Please email [Nina Ghatan](#) content by the 15th of the month and it will be included in the next newsletter.



Photo courtesy of Dunk Tank Marketing

News of Note

- [Chula Vista Parents Make the Difference](#)
- [New Vending Deal Worth at Least \\$530K to San Diego](#)
- [Restaurants Pledged to Make Kids' Meals Healthier - But the Data Show Not Much Has Changed](#)
- [Why Kids Shouldn't Sit Still in Class](#)
- [Sleep Proves Important Aspect of Health, Research Shows](#)



Events

Exploring Community-Wide Interventions That Have Health Impact in 5 Years (HI-5): An In-Depth Look at Public Transportation Expansion

Webinar| April 26, 2017

This web forum series highlights specific interventions identified in the HI-5 initiative, and will provide stakeholders with the opportunity to hear real world examples of how local and state-level organizations have expanded public transportation to meet needs of their communities. Click [here](#) for more information.



Healthy Kids Day

Lemon Grove| April 29, 2017

The YMCA CRS, Lemon Grove HEAL Zone, and Community Health Improvement Partners will be hosting [Healthy Kids Day](#) at the Lemon Grove Recreation Center and Academy Athletic Field. Come dressed ready to play, meet the Mayor of Lemon Grove, dance to the DJ, jump in the bounce houses, eat healthy snacks, compete for prizes, and more!

Activate Change: Stand for Health in Today's Challenging Landscape

San Diego| May 2, 2017

Save the date for an upcoming forum hosted by Arboreta Group and the San Diego County Childhood Obesity Initiative titled, "Activate Change: Stand for Health in Today's Challenging Landscape" on Tuesday, May 2 from 8am-3:30pm, location to be determined. This free event will feature leading health policy and nonprofit advocacy experts in an interactive and thought-provoking workshop designed to build the capacity of nonprofits and community-based organizations to advocate for policy decisions that influence health throughout San Diego County. Please contact [Nina Ghatan](#) for more information.

Fresh Cinema

San Diego| May 13, 2017

Save the date for "Fresh Cinema," an event hosted by the Media Arts Center from 11am-5pm at the Digital Gym. Fresh Cinema will feature three food related films, followed by conversations with scientists and food demonstrations. Click [here](#) for the save the date.

9th Biennial Childhood Obesity Conference

San Diego| May 30-June 2, 2017

Registration is open for the 9th Biennial Childhood Obesity Conference. The conference theme is "Good Health for All: Addressing Equity where we Live, Learn, Work, and Play". Click [here](#) for more information.

Early Childhood and Education Physical Activity Training

San Diego| June 3, 2017

Dr. Diane Craft will lead the Early Childhood and Education Physical Activity Training for preschool teachers, childcare providers, and others who work on behalf of young children. Two sessions will be available, one in English and one in Spanish, at no cost. Click [here](#) for more information.

The Academy of Breastfeeding Medicine 22nd Annual International Meeting

Atlanta| November 9-12, 2017

Experts from around the world will present research on important topics and discuss new findings to support and promote breastfeeding worldwide. Click [here](#) for more information.

Physical Activities for Young Children: Lead with Confidence

Online| On Demand

This module prepares the early care and education professional to plan and implement physical activities with young children and includes a wealth of practical, low cost, and easy-to-implement activities. Click [here](#) for more information.

Family Child Care: Overcoming Barriers to Lead Fun Physical Activities

Online| On Demand

This module provides practical, economic solutions to the barriers that can influence a family child care provider's ability to lead successful physical activities whether the issue is space, cost or provider ability. Learn from a leading physical education expert about fun ways to incorporate more physical activity into every day. Click [here](#) for more information.

Research and Resources

Getting to Equity in Obesity Prevention: A New Framework

There is substantially higher obesity prevalence in U.S. racial/ethnic minorities compared to white populations. By using an equity-oriented obesity prevention framework, organizations can address the social determinants of health that systematically disadvantage our communities.



Turning the Curve on Obesity Prevalence Among Fifth Graders in the Los Angeles Unified School District, 2001-2013

After multiple decades of increasing childhood obesity prevalence in the United States, findings

from recent studies suggest that prevalence has leveled or is decreasing in some populations. However, demographic and socioeconomic disparities in prevalence remain and may be increasing.

[Can Childhood Obesity Be Prevented Before Conception?](#)

The upcoming groundbreaking Cleveland-based study will explore whether an exercise and nutrition program designed for mothers before they conceive will result in less childhood obesity.

Grant Opportunities

Kaiser Permanente San Diego

Application Deadline: June 15, 2017

Award Amount: up to \$45,000

KPSD's funding priority needs are: Access to Health Care; Cardiovascular Disease; Mental and Behavioral Health; Obesity, Overweight and/or Diabetes (including Health Eating Active Living). To be eligible, an applicant organization (or fiscal agent), must have operations in California and be a local, state, or federal government agency operating for public purpose, or one of the following types of nonprofit organizations: 501 (c)(3) tax-exempt organization with a 509 (a) designation; 501 (c)(19); 501 (c)(8) or 501 (c)(10); or a local, state, or federal government agency, including any of its subdivisions that perform substantial governmental functions. [For more information...](#)



Cathay Bank Foundation

Application Deadline: August 31, 2017

Award Amount: up to \$10,000

The Cathay Bank Foundation considers grants in health prevention and education targeted to conditions such as diabetes, obesity, asthma; insurance enrollment of uninsured children and adults; mental health services; and fitness and nutrition. Grant awards generally range from \$1,000 to \$10,000. All nonprofit organizations wishing to apply for a grant through the Cathay Bank Foundation must first submit a Letter of Intent (LOI). [For more information...](#)

Brittingham Family Foundation

Application Deadline: Rolling

Award Amount: Award amounts vary

The Brittingham Family Foundation is a private foundation whose goal is to be an enlightened community partner by supporting education, arts, social services, youth, health and the environment. Our goals are to make grants that are transformational in scale, build partnerships with other non-profits to increase our impact, and to support and address the needs of our local community. The Foundation evaluates grant requests throughout its fiscal year from the following states: CA, CO and WI. [For more information...](#)

Cal Wellness Grant

Application Deadline: Rolling

Amount to be Awarded: Award amounts vary

The mission of The California Wellness Foundation is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention. Cal Wellness makes grants to nonprofit organizations, public agencies, religious organizations and tribal governments. To apply for funding, applicant organizations must generally have a valid tax exempt status under Section 501(c)(3). Applications begin with a LOI. [For more information...](#)

Children's Obesity Fund

Application Deadline: Rolling

Award Amount: Award amounts vary

The Children's Obesity Fund seeks to educate parents and children about the rising obesity rates in America, reverse the statistics and dangerous trends, and help prevent the next generation from continuing down this alarmingly unhealthy road. The fund would like to give money and support nonprofit organizations who share the goal of eliminating the epidemic of childhood obesity. [For more information...](#)

Opus Community Foundation

Application Deadline: Rolling

Award Amount: up to \$10,000

The Opus Community Foundation welcomes and encourages grant proposals from organizations that support its objectives and are within the service areas of Opus Bank. The Opus Community Foundation areas of focus include education and community health. Grant applications for requests up to \$10,000 are accepted on a rolling basis and there are no specific deadlines. [For more information...](#)

How do you like our eNewsletter? [Send us feedback.](#)

We actively seek newsletter content from our partners. If you or your organization would like to submit content, please [email](#) it to Nina Ghatan.

The San Diego County Childhood Obesity Initiative is a public-private partnership facilitated by [Community Health Improvement Partners](#), a San Diego-based 501(c)3.

Disclaimer: The newsletter is for educational purposes only and does not constitute an endorsement of any product, resources, legislation, or intellectual content included in the newsletter outside of specified workgroup activities or official partnership statements approved by our Leadership Council.

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