



# OUR COLLECTIVE IMPACT

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## COI Partner Highlight: Introducing Paige Metz

Paige Metz received her B.S. in Physical Education from Cal Poly San Luis Obispo. After graduation, she spent 10 years teaching 6th, 7th, and 8th grade Exercise and Nutritional Science (ENS) at Twin Peaks Middle School (2001 California Middle School Physical Education Program of the Year).



During this time, Paige was one of the first physical educators in the country to earn recognition as a Nationally Board Certified Teacher [and was named the 2003...](#)

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## 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

## Announcements

- Community Health Improvement Partners (CHIP) is happy to announce that Prem Durairaj has joined our team as director of food systems and research. Prem is excited to apply his business perspective and passion for food security and sustainability at CHIP, where he will support better connected, less wasteful, healthier, and more productive food systems in San Diego. Please join me in [welcoming Prem to San Diego and to CHIP!](#)

- COI webinar on Regional Approaches to Childhood Obesity Successes, Barriers, and Organizational Structures is now available for viewing [online](#).
- We are currently seeking an [intern](#) to support the COI.
- Jewish Family Service is seeking a [Director of Nutrition Services](#).
- Circulate San Diego is seeking a [Director of Programs](#).
- UCSD Center for Community Health is seeking a temporary expert, [Program Manager](#).
- Alliance for Healthier Generation is seeking a [Healthy Schools Program Manager](#) to join its Northern California team.
- The state is accepting applications for its next cohort of the [Champion Provider Fellowship](#), which aims to "advocate for institutional, community, and state-level strategies that can improve physical activity and nutrition resources for their patients and communities."
- Join the [Fire Up Your Feet Activity Challenge](#) and win cash awards for your school. This activity is free to participate for K-8 schools, students, parents, teachers, and community members. It encourages physical activity and promotes health and wellness.
- Kyung (Kay) Rhee, MD, MA, MSc, associate professor of pediatrics at the University of California, San Diego, is leading a randomized, open-label [trial](#) to evaluate a guided self-help treatment for childhood obesity in the primary care setting.



## News of Note



["Reducing Childhood Obesity in San Diego." a University of California TV Podcast with Cheryl Moder](#)



[FUESD, Local Growers Benefiting from Good Food Rebate Program Grant](#)

- [Mother's BMI During Pregnancy Has Little Effect on Risk of Childhood Obesity](#)
- [Researcher Seeks to Bridge Breastfeeding Disparity](#)



## Events

### Love Your Heart

San Diego County| February 14, 2017

Love Your Heart is an annual event that will take place on February 14, 2017, during which the County of San Diego and its partners will provide free blood pressure screenings to the public at select sites throughout the San Diego region and Mexico. The goal of Love Your Heart is to activate residents to "know their numbers" and take charge of their own heart health. Click [here](#) for more information.



### The Role of Public Health in Complete Streets

Webinar| February 15, 2017

How can professionals in public health and transportation work together to create streets that are safe and convenient for a variety of active transportation choices? The National Complete Streets Coalition will be hosting webinar to show how professionals from diverse backgrounds can put

Complete Streets principles into action. Click [here](#) for more information.

### **The Potential Role of Sleep in Obesity Prevention Management: A Virtual Workshop**

Webinar| February 17, 2017

Roundtable on Obesity Solutions is hosting a webinar to examine the experimental and epidemiological evidence about sleep and obesity risk in children and adults and population-level interventions. Click [here](#) for more information.

### **Nutrition and Physical Activity Forums**

San Bernardino| February 25, 2017

The California Department of Education is hosting statewide Nutrition and Physical Activity Forums. Attendees will learn tangible methods on integrating wellness policies, edible gardens, nutrition education and physical activity at early childhood sites. Click [here](#) for more information.

### **California Farm to School and Garden Conference**

Modesto| March 27 - 29, 2017

The conference will offer a series of workshops, panels and discussions that will be of significant educational and networking value to attendees who will represent all facets of the farm to school movement, including farmers, distributors, government representatives, procurement officers, educators, and food program administrators. Click [here](#) to learn more.

### **Public Health Champion Awards Ceremony**

San Diego| April 3 - 9, 2017

The County of San Diego Health and Human Services Agency (HHSA) is proud to announce the Live Well San Diego 16th Annual Public Health Champion Awards. This honor recognizes extraordinary achievements, by an individual and organization, in areas of public health service that protect and promote the health of the local population. The awards were created to recognize the role of public/private collaboration in advancing optimal health and wellness in the county's diverse populations. Click [here](#) to learn more.

### **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 details.

## **Research and Resources**

### **Transit Oriented Development Report**

Circulate San Diego Released a Transit Oriented Development ("TOD") Report that highlights the benefits housing affordability, economic development, and the climate. This report recommends a variety of specific, detailed, and actionable policy reforms that can be adopted city-wide to implement TOD.



### **Genetic Risk Linked With Response to Fast-Food Ads**

Genetic predisposition and sensitivity to environmental cues jointly give rise to maladaptive human behaviors, such as unhealthy eating. Despite the dramatic rise in obesity rates, the relationship between these factors is not well understood. The study shows that children genetically at risk for obesity exhibit stronger reward-related responses to real-world food cues (i.e., food advertisements) in the nucleus accumbens, a brain area canonically associated with reward processing.

### **Long-Term Benefits of Skin-to-Skin Contact Between a Mother and a Child**

This study indicates that Kangaroo Mother Care (KMC) had significant, long-lasting social and behavioral protective effects 20 years after the intervention. Coverage with this efficient and scientifically based health care intervention should be extended to the 18 million infants born each year who are candidates for the method.

### **Report Card Shows Obesity, Food Access, Physical Activity & Equity by County**

The new Salud America! Report Card highlights health issues by county with data, policy solutions, research, and stories to support healthy changes for Latino kids.

### **The Truth About Sugary Drinks and Preschoolers**

Salud America! has released Sugary Drinks and Latino Kids research materials to highlight young children's sugary drink habits and policies working to reduce consumption.

### **USDOT Transportation Toolkit**

A new toolkit from the U.S. Department of Transportation provides resources for communities to better understand transportation planning, including accessibility and safe spaces for walking and biking.

### **New Legislation Database on State and Federal Policies Related to Obesity**

This database tracks state and federal policies related to obesity and diet-related diseases in areas including access to healthy foods, breastfeeding, farm and gardens, school nutrition, physical activity, food assistance programs, etc.

## **Grant Opportunities**

### **Kresge Foundation: Emerging Leaders in Public Health**

Application Deadline: February 20, 2017

Amount to be Awarded: up to \$125,000.

It is an 18-month, leadership development initiative aimed at helping current and future local public health leaders advance innovative models which improve their organizations and position them for new opportunities to meet the changing health needs of their communities. Participants will receive coaching on leadership, organizational development, communications strategy and financing models, as well as a grant up to \$125,000 to develop and implement their transformative concept. [For more information...](#)



### **Foundation Grant by S. Mark Taper Foundation**

Application Deadline: February 28, 2017

Amount to be Awarded: \$250,000+.

The S. Mark Taper Foundation, founded in 1989, is a private family foundation dedicated to enhancing the quality of people's lives by supporting nonprofit organizations and their work in our communities. The Foundation will consider Letters of Intent (LOIs) from organizations in southern California that are 501(c)(3). LOIs accepted between December 1, 2016 - February 28, 2017. [For more information...](#)

### **Brittingham Family Foundation Grant**

Application Deadline: Rolling.

Amount to be Awarded: 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. [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. [For more information...](#)

### **Foundation Grant by Opus Community Foundation**

Application Deadline: Rolling.

Amount to be Awarded: 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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