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COI Partner Highlight: Anahid Brakke



Anahid Brakke
Executive Director, San Diego Hunger Coalition

Bio:

Anahid Brakke joined the San Diego Hunger Coalition as its Executive Director in January 2015, after ten years of grantmaking in San Diego's philanthropic sector, most recently as the Leichtag Foundation's Director of Self-Sufficiency. During her short tenure, she has tripled the organization's budget, doubled its staff, and recruited seven new board members. Additionally, the Hunger Coalition has launched its School Meals Program, Hunger Free San Diego initiative, and assumed leadership of the Hunger Advocacy Network and Summer Meals Task Force. Anahid has a breadth of experience on poverty issues including hunger and the food system, senior issues, access to care, social equity, workforce development and family asset building. Anahid serves on the San Diego County Childhood Obesity Initiative Leadership Council, Feeding San Diego's Programs & Policy Committee, and is a past Executive Committee Member of the San Diego Food System Alliance. Past leadership positions include Founding Chair of San Diego

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Grantmakers' Food Funders Collaborative, Chair of San Diego Grantmakers' Homelessness Working Group, Executive Committee Member for the Alliance for Regional Solutions, and United Way's Income Vision Council.

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

I made a very deliberate decision to join the nonprofit sector in 2004, after 9 years in healthcare administration and 5 years in the structured finance world (think, "The Big Short"). I moved to San Diego in 2003 and took a sabbatical of sorts. When it was time to go back to work, I wanted something more meaningful and started my career over at the San Diego Foundation. I've been deeply fulfilled ever since!

How did you become involved in the COI?

I got to see the inner workings of the COI when I worked in philanthropy and served on a County Source Selection Committee for the COI contract. I was impressed by CHIP's multi-tiered structure and facilitation of this complex initiative, as well as the array of diverse stakeholders at the table. When I moved to the Hunger Coalition, I was delighted to assume our organization's seat on the COI Leadership Council to represent food insecurity issues.

Why do you stay involved with the COI?

Obesity and food insecurity are closely linked, especially around access to healthy food, so helping to advance the COI goals is progress towards our goals, as well. Also, we share a common focus on systems and policy change. In addition to my involvement on the Leadership Council, the Hunger Coalition team participates in the Schools & After-school Domain, Healthcare Domain, and Government Domain.

What do you love about of your job?

After a decade in philanthropy observing how organizations struggle to find funding for research, communications, advocacy and collaborative work, I really value the role of backbone organizations like San Diego Hunger Coalition and CHIP that can provide these functions for entire networks of organizations. It's exciting to feel like your efforts are a rising tide that lifts all boats. I'm also very fortunate to be surrounded by a passionate, talented and committed staff and board of directors.

What are three words that describe you?

Forthright. Thoughtful. Deliberate.

What is your favorite place in San Diego?

A few favorites: Sunset Cliffs, Balboa Park, Cleveland National Forest, El Borrego Restaurant :)

What do you do for fun?

I really enjoy yoga and hiking. I'm also very social and spend a lot of time with friends eating, drinking and talking about how to make the world a better place.

What is your proudest accomplishment?

In 2009, I produced the San Diego Foundation's report, "San Diego's Changing Climate." This was my first big communications effort to advance a progressive cause by translating research for the general public.

What are your three greatest passions?

Social justice. Good food. Nature.

What might someone be surprised to know about you?

I lived in Tehran, Iran, for a period as a child.

Announcements

- The [2015-2016 State of Farm to School in San Diego County](#) report is now available. The report provides comprehensive San Diego County school district farm to school information including local procurement practices, farm to school activity participation, shared procurement initiatives, and challenges to and recommendations for farm to school growth.
- We'd like to thank Dr. Natalie Muth for her leadership while serving as a co-chair of the COI Leadership Council.
- We have free [5-2-1-0](#) collapsible water bottles, beach balls, seed stakes, and wet erase boards! Contact Nina Ghatan if you would like to pick some up.
- September is National Childhood Obesity Awareness month! For sample tweets, click [here](#). While you are on social media, make sure to "[like](#)" us on Facebook and "[follow](#)" us on [Twitter](#).
- The COI workgroups are in the middle of domain-level strategic planning. If you haven't attended a workgroup meeting in a while, now is a great time to get involved!



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

Your Zip Code Might be as Important to Health as Your Genetic Code

The Interplay of Community Trauma, Diet, and Physical Activity

Landmark National Study Urges Safety Over Speed

Study Finds Promise in New Tactic to Curb Obesity: Address Physician Bias

When and How Should School's Intervene with Obese Children?



Events

Getting Kids to 60: Comprehensive School Physical Activity Program

Webinar | August 22

The CDC's HI-5 Initiative is highlighting real-world interventions that that increase physical activity in students and improve student health within five years. Click [here](#) for more information.

6th Annual North County Grandparents Raising Grandchildren Event

Escondido | August 26

Grandparents Raising Grandchildren event invites relative caretakers, community members, and



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advocates to a community resource fair at the North Inland Live Well Center. Lunch and childcare will be provided. Click [here](#) for more information.

2017 NACHC Community Health Institute and Expo

San Diego | August 27 - 29

The National Association of Community Health Centers CIH conference will foster opportunities for health center professionals and consumer board members to network, share perspectives and best practices, and stay competitive and relevant in the healthcare marketplace. A host of educational sessions and events will be offered on major topics relevant to the operations and governance of health centers. Click [here](#) for more information.

Volunteer Recruitment and Engagement for Active Transportation Non-Infrastructure Programs

Webcast | August 30

Increasing active transportation requires engaging diverse stakeholders towards the common goal. By strategically engaging volunteers from diverse sectors, it's possible to expand the reach of active transportation activities and maximize the return on active transportation investments, such as Safe Routes to School. Click [here](#) for more information.

Advancing Obesity Solutions Through Investments in the Built Environment

Webcast | September 12

The Roundtable on Obesity Solutions is hosting a free webcast that explores the role built environment policies and practices play on the prevention and treatment of obesity. Topics covered include the urban planning, transportation, food systems, and parks and rec. Click [here](#) for more information.

Advancements in Measuring Bicycle and Pedestrian Accessibility

Webinar | September 12

Measures of destination accessibility by vehicle and transit are growing in use, while measurements of pedestrian and bicycle accessibility have taken longer to implement. Join this webinar to learn how organizations are overcoming these challenges and putting the measurements to use. Click [here](#) for more information.

5th Annual Good Food Showcase

Encinitas | September 15

Registration is still open for the Good Food Showcase. The event celebrates the good food movement by bringing together local farms and institutional buyers to support a sustainable regional food system and strives to increase education and awareness of how community well-being is tied to a healthy food system. Click [here](#) for more information.

Academy of Breastfeeding Medicine 22nd Annual International Meeting

Atlanta | November 9 - 12

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.

Sunday Supper: Chef Alex Carballo + CHIP

San Diego | November 19

Join us for a four-course, family-style farm dinner with dancing and drinks to support Community Health Improvement Partners. Click [here](#) for more information.

Research and Resources

Communities Built for Active Living Have Healthier Residents

On average, residents in the top five active living communities nationwide have significantly lower rates of obesity, diabetes, high cholesterol, and rates of depression compared to residents in communities with little active living infrastructure.



Poverty and Breastfeeding: Comparing Determinants of Early Breastfeeding Session Incidents in Socioeconomically Marginalized and Privileged Populations in the FiNAL Study

This study compared determinants of early breastfeeding cessation based on socioeconomically marginalized populations and socioeconomically privileged populations.

Grant Opportunities

Cathay Bank Foundation

Application Deadline: August 31

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. [For more information...](#)



Sundt Foundation

Application Deadline: September 15

Award Amount: between \$1,000-\$10,000

The Sundt Foundation is awarding grants that improve the lives of disadvantaged children and adults. Grants are awarded on a quarterly basis. [For more information...](#)

Caplan Foundation for Early Childhood

Application Deadline: September 30

Award Amount: Varies

The Caplan Foundation for Early Childhood is funding innovative and promising research and development projects that enhance the development, safety, health, education, or quality of life for children from infancy through age seven. [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. Their goal is 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

Award Amount: Varies

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. [For more information...](#)

Children's Obesity Fund

Application Deadline: Rolling

Award Amount: Varies

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...](#)

LA84

Application Deadline: Rolling

Award Amount: \$10,000 or less

LA84 is awarding grants that support youth sports programs and activities. Allowable expenses include sports equipment and renovations to facilities and fields. [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

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