



# OUR COLLECTIVE IMPACT

*eNewsletter* March 2018

## San Diego County Childhood Obesity Initiative



### Mission

The San Diego County Childhood Obesity Initiative is a multi-sector coalition with the mission of reducing and preventing childhood obesity by advancing policy, systems, and environmental change through collective impact.



### Vision

We envision healthy eating and active living resulting in optimal health and wellness for all children and families in the San Diego region.



### Purpose

The San Diego County Childhood Obesity Initiative uses a collective impact model to: coordinate and sustain county-wide efforts to prevent and reduce childhood obesity; provide leadership and vision; create, support, and mobilize partnerships; provide outreach, advocacy, and education; and assess and report on progress toward county-wide goals.



## Partner Highlight- Vi Calvo

**Brief bio:** Vi Calvo, MA, works at the American Council on Exercise (ACE). As the Partnership and Funding Manager of ACE's Community Investment and Engagement initiative, she seeks to increase physical activity opportunities in communities across the nation. She brings over ten years of experience working in the nonprofit sector specializing in cross-sector collaborations, resident engagement, resource development, and research to support community health and well-being. She currently sits on the San



Diego Hunger Coalition Board of Directors as Secretary. Vi earned a B.A. in Communication from UCSB and a M.A. in Nonprofit Leadership and Management from USD.

Vi Calvo- Partnership & Funding Manager,  
American Council on Exercise (ACE)

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

I've dabbled in various nonprofit sectors ranging from academic to health to philanthropy, but realized that community health programmatic work really makes my heart sing. It's the combination of the right and importance of one's health in a strong quality of life and the opportunity to support resident-led solutions that excites me.

### **How did you become involved in the COI?**

Dan Fesperman and Nina Ghatan graciously invited me and fellow ACE coworkers to attend domain meetings in early 2017.

### **Why do you stay involved with the COI?**

The COI Domain meetings are prime examples of the collaborative work I want to see more of in San Diego—multiple sectors gathering on a regular basis to address a common goal. Plus, it's a great setting to meet potential partners, support others in their work, and promote physical activity in our region.

### **What do you love about of your job?**

The people—my coworkers are always up for a walking meeting and ready to lend a hand in our collective efforts to *get people moving*, ACE's mission.

### **What are three words that describe you?**

Achiever, Developer, Learner (from StrengthFinders)

### **What is your favorite place in San Diego?**

San Diego Zoo, especially the orangutan exhibit and the aviaries, which are very peaceful.

### **What do you do for fun?**

I have an 18-month old and I am pregnant—for fun, I like to take naps. But I also love walks, gardening, checking off my to-do list, and oil painting.

### **What is your proudest accomplishment?**

My son, Ricky, likes broccoli. Not sure if this is my accomplishment, but one more step towards 5210!

### **What are your three greatest passions?**

My family, volunteerism, art

### **What might someone be surprised to know about you?**

After Hurricane Katrina, I led a group of 50 fellow college students to help with the relief effort in the New Orleans. We partnered with other relief groups to gut and bleach houses and clear debris. As my first experience leading work in a

vulnerable and underserved community, I learned a lot about institutionalized injustices, group dynamics, how systems work together (and sometimes don't work), and myself. In summary, this experience influenced how I approach my work in communities today.

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## Announcements

- We would like to welcome Dr. Noe Crespo to the Leadership Council. Noe will be filling the Health Equity seat.
- Community Health Improvement Partners is pleased to announce that [Nora Stewart](#) has joined the team as the new Food Systems Program Manager.
- Coastal Roots Farm is hiring a Farm Distribution Coordinator. To view the job description, click [HERE!](#)
- We will have new 5210 materials in stock! Beach Balls, Collapsible Water Bottles, Frisbees, and Dry-Erase Boards. Contact [Lyndsey Tapia](#) if you are interested in picking some up.
- Have an upcoming event, job/ volunteer opportunity, or even a partner accomplishment that you would like to share on the COI social media pages and newsletter? Share the details with [Lyndsey Tapia](#).



Noe Crespo-  
Newest COI  
Leadership  
Council Member



Nora Stewart-  
Food Systems  
Program  
Manager



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## Partner Appreciation



- A special thank you to Deirdre Kleske, panelists, and presenters for making the **Assessing Wellness Policy Implementation: the Who, the Why and the How** workshop a successful and informative event!
- Thank you **Jake McGough** with the YMCA CRS, and **Kristin Haukom** with Alta Planning, for spearheading components of the Schools & After-school Domain workplan!
- Thank you **Shana Wright Bruno** with UC Center for Community Health, for leading activities within the Early Childhood Domain workplan!
- To find out more about these partner efforts and most current workgroup

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# News of Note

[In Response to Research, Schools Boost Physical Fitness Time](#)

[This App Connects Breastfeeding Mothers With Lactation Experts & It Could Be A Game-Changer](#)



[Elementary School Garden to Teach Healthy Eating, Sustainability](#)

[No Downturn In Obesity Among U.S. Kids, Report Findings](#)

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## Upcoming Events



### Policy: One Step on the Path to Walkable, Healthy Food Access Webinar

March 22 | 3-4pm | Free Webinar

This webinar will share policies and strategies that take into consideration the route, travel mode, and the destination to improve safe, convenient, active transportation to healthy food options, a concept known as Safe Routes to Healthy Food. To register click [HERE!](#)

### School Food: Too Good to Waste Webinar

March 27 | 1-2pm | Free Webinar

This webinar will discuss Smarter Lunchrooms Movement principle and practices to help increase consumption of nutritious foods and reduce waste. It will share current laws and mandates as well as best practices around the state. All attendees are welcome. To register, click [HERE!](#)

### 48th Annual Chicano Park Day Celebration

April 21 | 10am-5pm | Chicano Park

The annual celebration will be held in historic Chicano Park, located in the Logan Heights community, south of downtown San Diego under the San Diego-Coronado bridge. This event will include traditional live music and dance, lowrider car show, vendor booths, kids arts workshop and speakers. For more information, click [HERE!](#)

### Lunch with the League

April 24 | 11:30am-1:30pm | Tom Ham's Lighthouse Restaurant

Dr. Greg Duncan, Distinguished Professor from the School of Education at UC Irvine, will discuss the significance of preschool mathematics for academic achievement. Price includes full lunch with drinks and dessert. To register click [HERE!](#)

## National Farm to Cafeteria Conference

April 25-27 | Cincinnati, Ohio

Hosted by the National Farm to School Network, this biennial event will convene a diverse group of food service professionals, farmers, educators, students, representatives from nonprofits and government agencies, public health professionals and more for three days of learning, networking and movement building. For more information and to register, click [HERE!](#)

## CleanMed Conference & Exhibition

May 7-9 | San Diego

At CleanMed, you'll learn about the latest trends from thought-provoking speakers, make new connections with peers and suppliers, and bring back ideas you can implement immediately for significant cost savings. To register, click [HERE!](#)

## Vision Zero Cities Conference

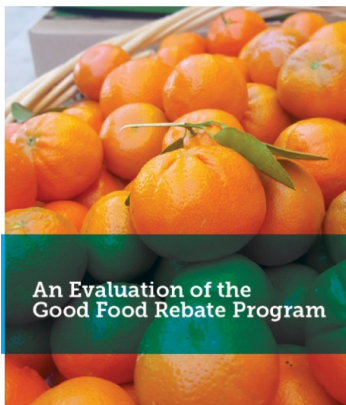
November 7-8 | New York City

Save the date for the 4th Annual Vision Zero Cities conference. This will give you the opportunity to talk with your peers across the nation and learn about the most promising Vision Zero strategies across the globe.

To keep up with conference details, click [HERE!](#)

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# Research and Resources



Community Health Improvement Partners (CHIP) is proud to release [An Evaluation of the Good Food Rebate Program](#), a research report providing background into farm to school and procurement incentive strategies, GFRP pilot design, program implementation, results, and lessons learned.

The [Healthy Eating Plate & Healthy Eating Pyramid](#), created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in

the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices.

[Kale and Health](#). Kale is seemingly everywhere—in salads, soups, and even in chip form. Nutrition experts at Harvard T.H. Chan School of Public Health explain the health benefits of this leafy green and offer up some cooking suggestions.

The [2018 Physical Activity Guidelines Advisory Committee Scientific](#)

[Report](#) demonstrates that, in addition to disease prevention benefits, regular physical activity provides a variety of benefits that help individuals sleep better, feel better, and perform daily tasks more easily.

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# Grant Opportunities



## Parents for Healthy Kids Grant

Application Deadline: April 6

Award Amount: Up to \$1000

This grants are designed for parents or parent groups (e.g. PTAs, PTOs, other) to lead school-based physical activity and nutrition initiatives and to engage more parents in student and family health. For more information, click [HERE!](#)

## School Breakfast Grant

Application Deadline: April 6

Award Amount: \$2000-\$3000

This grant will help support increased breakfast participation with new alternative breakfast programs, including breakfast in the classroom or grab and go. To be eligible for the Start Up grant funding, schools must participate in the National School Breakfast Program and have a free and reduced percentage of 40% or greater. For more information, click [HERE!](#)

## Game on Grant

Application Deadline: April 6

Award Amount: \$500-\$1000

This grant is for physical activity and nutrition initiatives that support schools' efforts to improve school and student health and become nationally recognized as a health-promoting school. K-12 schools where greater than 50% of students are eligible for free/reduced-price meals may receive priority, but all schools are encouraged to apply. For more information, click [HERE!](#)

## Advancing Wellness Grants Program

Application Deadline: Ongoing

Award Amount: Award amounts vary

The mission of 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, click [HERE!](#)

## Weingart Foundation

Application Deadline: Ongoing

Award Amount: \$10,000 - \$25,000

The primary purpose of the Small Grant Program is to increase access to funding and strengthen the capacity of small, community-based, and developing organizations. Highest priority is given to organizations or programs that provide



greater access for people who are economically disadvantaged and underserved. For more information, click [HERE!](#)

### **Brittingham Family Foundation**

Application Deadline: Ongoing

Award Amount: Award amounts vary

The Brittingham Family Foundation is a private foundation whose goal is to support education, arts, social services, youth, health and the environment. Through transformational grants that build partnerships with other non-profits to increase impact, and to support and address the needs of our local community. For more information, click [HERE!](#)

### **Children's Obesity Fund**

Application Deadline: Ongoing

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 support non-profit organizations who share the goal of eliminating the epidemic of childhood obesity. For more information, click [HERE!](#)

### **LA84**

Application Deadline: Ongoing

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, click [HERE!](#)

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

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