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SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future

Facilitated by UC San Diego Center for Community Health

October Newsletter

USDA Extension of Free Meals For Students Through 2020-2021 School Year

The USDA previously extended child nutrition waivers through December 2020. After a huge effort to advocate for the extension of schools meals through the 2020-2021 school year, USDA has granted this extension. The child nutrition waivers allow for flexibilities through June 30, 2021 including (1) permitting meals to be served outside of typical meal times, (2) allowing parents and caretakers to pick up meals for students, and (3) allowing Summer Food Service Program and Seamless Summer Option meals to be served in all areas at no cost.



Congratulations to Dr. Douglas Ziedonis!

Dr. Douglas Ziedonis has been appointed as [Executive Vice President for University of New Mexico Health Services and Chief Executive Officer of the UNM Health System](#). In these roles, he will oversee education, research, clinical, and community activities starting on December 1, 2020. We have been so lucky to be led and advised by Dr. Ziedonis in our

efforts to fight for justice and build health equity for all low-income communities. We cannot wait to see the impact Dr. Ziedonis will continue to make in his new position!



Blanca Melendrez Named Community Hero

Congratulations to the Executive Director of COI, Blanca Melendrez, who is a recipient of the [2020 Northgate Market JUNTOS Award!](#) The newly created JUNTOS Award salutes outstanding leaders who uplift the Latinx community through their humanitarian and philanthropic contributions. Blanca has two decades of senior management and administrative experience overseeing large-scale public health programs that focus on health and racial equity. We are so proud of Blanca's dedication to serving low-income communities of color!



Partner Highlight: YMCA Wellness Champion Model

The YMCA Childcare Resource Service (YMCA-CRS) Wellness Champion Program helps child care providers in San Diego County implement best practices in nutrition and physical activity. Maria Paula Rodriguez Leon is a child care provider who enrolled in the program and received support to enhance the quality of nutrition and physical activity at her child care site. Rodriguez Leon operates a small family child care center in La Jolla.

The children she cares for range in age from 6 months to 2 years of age. After completing the Site-Level Assessment Questionnaire (SLAQ), program staff focused on supporting Rodriguez Leon in introducing family style meals to children, more ideas for gardening activities for young children, materials and ideas to teach structured physical activity to toddlers, parent engagement strategies, and a more robust site wellness policy. At the end of the program, Rodriguez Leon was able to achieve success by creating sustainable improvements in all areas the program staff supported in!



Free Mindfulness Classes and Recordings from UC San Diego Center for Mindfulness

The UCSD Center for Mindfulness is providing classes on multiple different topics including:

- [Longing for Compassion with Equality in the World](#)
- [Taking a Breath to Reduce Anxiety](#)
- [Care for the Caregiver](#)
- [Open Awareness Meditation](#)
- [Steadying the Heart with the Breath](#)
- [Giving & Receiving Compassion](#)

Click [here](#) to sign up for free live practice sessions.



UnitedHealthcare and Champions for Health

The UnitedHealthcare Community Plan of California's Quality Department Health Education and Cultural and Linguistics team is partnering with Champions for Health to sponsor free virtual health education classes for both members and non-members of UHC. Upcoming topics for October and November are Women's Health, Diabetes Management, and a COVID-19 update for San Diego County. Click [here](#) to register for classes offered in both Spanish and English.

As flu season quickly approaches, Champions for Health is also promoting flu clinics. They have created several flyers in different languages to spread awareness for services being offered. Click [here](#) to access these flyers. Click [here](#) to view the spreadsheet for the schedule of flu clinics opening across San Diego.



Grant Opportunity: USDA

Application due by January 8, 2021

USDA is offering a total of \$10 million and up to \$100,000 per application to help implement farm to school programs to improve access to local foods in eligible schools. For more information, click [here](#).



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