

NEOPB's Website: Out with the Old, In with the New

If you haven't already done so, please add the new Nutrition Education and Obesity Prevention Branch (NEOPB) homepage to your list of essential bookmarks:

[NEOPB homepage.](#)

On Friday, August 7, NEOPB's old website (www.cdph.ca.gov/programs/cpns/Pages/default.aspx) will be permanently shut down. Beginning August 8, all of NEOPB's on-line resources will be available on our new homepage, exclusively.

The new homepage organizes NEOPB resources under key headings to make it easier for our customers to find the resources needed to implement nutrition, physical activity, and other health interventions. This format incorporates feedback received from Local Health Departments (LHDs) via a recent survey.

If you have concerns or questions about the new homepage, please contact Michelle Woods at: Michelle.Woods@cdph.ca.gov or (916) 552-9894, or e-mail NEOPBTrainingSection@cdph.ca.gov.

Key Website Dates

Aug 7th

The "NEOPB" old website will be permanently shut down at 5pm.

Bookmark our new homepage!

[NEOPB Homepage](#)

The California Farmer Marketplace

The Office of Farm to Fork, located in the California Department of Food and Agriculture, has released a new tool to help school districts, consumers, food banks, hospitals and other institutions connect directly with California farmers and ranchers who can assist with local procurement.

The California Farmer Marketplace is a free, statewide website featuring fresh California produce, grains, meats, and other products for sale. The Marketplace strengthens local food systems by offering farmers the opportunity to post products and connect directly with school food service directors to increase the amount of healthy California grown and produced foods served in schools and afterschool programs.

Please visit the California Farmer Marketplace online at:

www.cafarmermarketplace.com



Project Directors Meeting Set for November 3-4



CDPH/NEOPB Project Directors Meeting

Hilton Sacramento – Arden West
November 3-4

2015

The California Department of Public Health (CDPH) NEOPB - Project Directors Meeting (PDM) is set for November 3-4, at the [Hilton Sacramento - Arden West](#).

Meeting details will be coming soon – please save the date!

For general questions related to the PDM, please contact Kristi Maryman at: Kristi.maryman@cdph.ca.gov or by phone at: (916) 445-5303.

NEOPB Training Resources

Check out the [NEOPB Training Resources](#) webpage for the latest training related information and calendar of scheduled [NEOPB events](#) and [TRC Trainings](#).

[NEOPB Event Highlights for August and September](#)

2015 Champion Alliance Workshops – August 11 and 25

Policy, Systems and Environmental Change (PSE) in the Early Childhood Setting – August 11

PSE Change - School Wellness – August 20 (date change)

PSE Change - Utilizing Healthy Corner Stores – August 25

PSE Change through Community Gardens – September 1

[TRC Training Highlights for August](#)

Faith Leaders Health Summit – August 13

Child and Adolescent Trial for Cardiovascular Health K-8 School Implementation Training – August 17

Childhood Obesity Conference Materials Now Available Online!

On June 29 - July 2, over 1700 practitioners, researchers, and public health advocates gathered for the 8th Biennial Childhood Obesity Conference in San Diego to discuss emerging strategies, best practices, and effective policies to reduce childhood obesity rates in California and across the nation. All but six states were represented at the conference, making this event the largest and most influential gathering to address the complex issues related to childhood obesity.

Throughout the conference, numerous learning and networking opportunities were provided. Keynote speakers Chelsea Clinton of the Clinton Foundation, U.S. Department of Agriculture Under Secretary Kevin Concanon and Dr. Rishi Manchanda with HealthBegins provided inspiring plenary remarks covering the importance of socio-economic factors when addressing childhood obesity, the power of partnerships, and the history and future of federal food programs for children and youth across the nation.

- [PowerPoint presentations are now online](#) from various breakout sessions.
- Morning plenaries are posted on the [Conference YouTube Channel](#).

Note: Please check the [Conference YouTube Channel](#) in the coming weeks for video recordings of keynote and dignitary speakers.

- For event photos, please view the [Conference Facebook page](#).
- To learn more about the Childhood Obesity Conference and the next conference scheduled for May 30 – June 2, 2017 in San Diego, CA – [please sign up for the e-newsletter here](#).

Thank you to those who attended, and a special thank you to those who were involved in planning the conference. Several NEOPB state and local staff worked very hard at planning this event, and other NEOPB-funded local partners assisted in the planning and/or presented their work at workshops, posters, or exhibited. Planning this conference takes a tremendous amount of effort and it could not have been done without everyone's support.

Interested in joining the 2017 Planning Committee? Email Kristi Maryman at:

Kristi.maryman@cdph.ca.gov or call for any questions related to the conference: 916-445-5303.



Fostering Healthy Nutrition and Physical Activity Environments in Child Care Centers, Preschools, and Family Child Care Homes

Working with young children (ages birth to five), their families and other adult caregivers in early care and education (ECE) settings, such as child care centers, preschools and family child care homes, is an important aspect of primary obesity prevention. Within these settings, it is critical to have healthy site policy development and implementation that guides feeding practices, foods and beverages served, physical activity, staff training and parent education. Partially funded by NEOPB, the “CHOICE: Best Practices for Child Care Nutrition and Physical Activity Environments” manual promotes and supports nutrition and physical activity self-assessment and healthy site policy development in ECE settings. The manual is available for download on the NEOPB website, along with a variety of other ECE resources, on the Early Care and Education Page at:

<http://www.cdph.ca.gov/programs/cpns/Pages/EarlyCareandEducation.aspx>

For ECE technical assistance, contact Monet Parham-Lee at: monet.parham-lee@cdph.ca.gov.

Creating PSE Change: A Camino Del Sol Community Garden Member Finds Success in Health at the Garden

The La Colonia Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX3) neighborhood in Ventura County faced limited accessibility to fresh fruits and vegetables and other healthy foods. The Camino Del Sol Community Garden was created about seven years ago with a vision to help resolve some of the issues around access to healthy foods that this neighborhood faced. The garden is open to local residents from the Colonia neighborhood who can sign up to take care of a designated plot within the garden, preparing the land, planting the food items and maintaining the area during growth and harvest.

One new garden member has shared her story with us. In a letter, she reports that when she joined the Camino Del Sol Community Garden, her blood sugar levels “were out of control.” Her doctor told her that she had type II diabetes and recommended she consume more vegetables. This gardener started by growing zucchini, chard and kale. She initially did not know how to cook her first crop of vegetables when she brought these home after harvest. However, with recipes that she received from friends and accessed on the internet, she learned how to prepare delicious meals using the vegetables. She said she is still amazed at how “fresh and tasty” vegetables can be straight from the garden. This member is proud to announce that after a year in the garden, her blood sugar levels are “under control,” as per her doctor’s assessment.

She has lost 15 pounds and learned to make a “really good broccoli omelet,” as well as other healthy snacks and meals using food grown from the garden. She is grateful for the opportunity the community garden has provided her, notably the accessibility of growing her own vegetables. She thanks the garden staff and community for “giving her a chance at a healthy life.” This member reports that because of the community garden, she has become more physically active through garden activities and responsibilities. As the Community Garden Project through the Camino Del Sol Community Garden continues, we hope to provide these types of opportunities to the community at large and to engage as many people as possible in activities that promote a healthy lifestyle.

Contact information about this narrative:

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For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.
Visit www.CaChampionsForChange.net for healthy tips.