

County of San Diego Noteworthy Initiatives
Information for CDPH

County Nutrition Action Partnership

In 2012, the County of San Diego Health and Human Services Agency division of Public Health Services established a County Nutrition Action Partnership (CNAP) to increase healthy food and beverage consumption, and to increase physical activity levels among SNAP-Ed eligible individuals in San Diego County. This built upon the existing regional collaborative that was established as part of the *Network for a Healthy California* and facilitated by the University of California, San Diego. The CNAP is a group of diverse public health professionals and community stakeholders focused on reducing obesity, health disparities, and food insecurity within San Diego's low-income communities by coordinating nutrition and physical activity education, providing nutrition education and obesity prevention resources, and coordinating upstream obesity prevention strategies targeting SNAP-Ed eligible individuals. As an outcome of recent strategic planning, the San Diego CNAP is now focusing its efforts on working collaboratively to identify and implement Farm to Fork (F2F)/Harvest of the Month (HOTM) strategies in various settings countywide. This leverages the local procurement successes of—and will be coordinated with—the work of the larger San Diego County Childhood Obesity Initiative (COI). All SNAP-Ed LIAs participate in the CNAP, along with other USDA Food and Nutrition Service funded programs and community organizations, including:

- Expanded Food and Nutrition Education Program (administered by the University of California Cooperative Extension) to coordinate nutrition education
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to coordinate messages and referrals to the programs
- Feeding America San Diego and San Diego Food Bank to leverage CalFresh outreach and provide nutrition education classes at food distribution events
- Senior, school, and summer meals programs to cross-promote HOTM featured produce
- Eat Fresh (eatfresh.org - a nutrition education web-based tool) is being utilized by funded and non-funded partners, such as County libraries to improve computer literacy and to provide nutrition education

In addition to CNAP, PHS coordinates with a much broader and diverse network of community partners and coalitions to accomplish SNAP-Ed specific objectives and to leverage collective impact. Key partners include: the First 5 Commission of San Diego; San Diego Association of Governments (SANDAG); Circulate San Diego; San Diego County Safe Routes to School Coalition; Complete Streets Task Force; Farm to School Task Force; and COI. COI is a private-public partnership and countywide coalition with the mission of reducing and preventing childhood obesity through policy, systems, and environmental change. The numerous partners of the COI work together to increase healthy eating and physical activity opportunities across several domains, including early childhood institutions, school districts and afterschool programs, local governments, healthcare, business, community, and media.

PHS also collaborates with and provides support to organizations committed to improving the food system, including the San Diego Food Systems Task Force and the San Diego County Food Systems Alliance.

Through these coordinated, complementary efforts, the County of San Diego's CNAP will continue to effectively provide nutrition education and obesity prevention services to the SNAP-

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Ed eligible population and advance policy, systems, and environmental changes that create healthier environments for these residents.

Resident Leadership Academies and implementation of Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention

The Resident Leadership Academy (RLA) and Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX³) are two models that the County of San Diego has implemented as strategies to engage and build the capacity of low-income residents to advance policies and environmental changes that improve the health of their communities.

The RLA is a 10-session in-depth course that teaches residents about the social determinants of health, land use planning and city decision-making processes, food systems, and power structures, and introduces concepts on how to create healthier neighborhood environments through policy, systems, and environmental (PSE) changes. Typically linked to local grassroots networks, RLA participants develop community improvement projects to increase access to healthy food and active living. Since 2010, the County of San Diego, Health and Human Services Agency (HHS) has supported more than 23 RLAs, graduating over 300 residents.

When RLAs are conducted in CX³ communities, RLA graduates form or join existing CX³ teams, providing a continuity that leverages graduates' expertise and momentum. San Diego has six CX³ communities located in five cities throughout the county. Each CX³ team is comprised of three components:

- 1) Residents who are committed to advancing PSEs
- 2) Contracted community based organizations, which host regularly scheduled meetings for the residents and provide on-going support to advance PSEs
- 3) County of San Diego Regional health promotion staff, who connect the teams with other networks to leverage collective impact, provide technical assistance when needed, and coordinate the work with PHS and other NEOP programs.

Below is a list of each of the neighborhoods in the current CX³ project regions (which correspond with the County of San Diego HHS Health Service Regions):

- Central Region: Lincoln Park, San Diego
- East Region: El Cajon
- North Central Region: Linda Vista, San Diego
- North Coastal Region: Vista
- North Inland Region: Mission Park, Escondido
- South Region: Old Town, National City

All six programs began in 2012 when the teams surveyed stores, restaurants, and walkability in the communities, and measured their CX³ indicators and assets. Once the teams received their scores, they developed work plans and strategies to improve the community environments. The teams update their work plans annually, responding to their successes and identifying more opportunities for policy, systems, and environmental changes. In addition to retail conversions, the teams are currently pursuing strategies to increase urban agriculture production and improve walkability to healthy places.

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Community Agriculture Planning Project

In San Diego County, a significant majority of low-income residents indicate that there are days of the week when they do not eat a single fresh fruit or vegetable. To address how urban planning can improve local agriculture, County of San Diego Health and Human Services Agency (HHSA) is working in partnership with the International Rescue Committee (IRC) through San Diego's NEOP program to lead the Community Agriculture Planning Project (CAPP). CAPP represents a first-of-its-kind partnership in San Diego between public health, city planners, community-based organizations, and residents to come together to improve healthy food systems. The purpose of CAPP is to increase community-based food production and access to healthy food in urban areas in order to prevent obesity and develop sustainable food systems.

CAPP seeks to increase access to healthy food environments in multiple partner cities across San Diego County. Each CAPP team engages the residents and stakeholders that participate in CX3 teams, and builds partnerships with city planners to develop and enhance local plans and policies that support community agriculture projects. CAPP, which started in 2014 and it is still considered a pilot, includes the following four components:

- training, relationship-building and visioning
- analysis, community engagement, and developing initiatives
- implementation
- evaluation

Live Well San Diego

Live Well San Diego is the County of San Diego's vision for creating healthy, safe, and thriving communities. *Live Well San Diego* began in 2010 as a health strategy of the County's Health and Human Services Agency but was then adopted by the Board of Supervisors as a county-wide vision, and was expanded to become a broader and longer-term effort to improve the health and wellbeing of all County residents.

Live Well San Diego includes:

Three components:

- **Building Better Health** calls for improving the health of all residents and supporting healthy choices
- **Living Safely** calls for ensuring residents are protected from crime and abuse, neighborhoods are safe, and communities are resilient to disasters and emergencies
- **Thriving** calls for cultivating opportunities for all people and communities to grow, connect, and enjoy the highest quality of life

And four strategies:

1. **Building a Better Service Delivery System:** Improving the quality and efficiency of County government and its partners in the delivery of services to residents, contributing to better outcomes for clients and results for communities

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2. **Supporting Positive Choices:** Providing information and resources to inspire county residents to take action and responsibility for their health, safety, and well-being
3. **Pursuing Policy and Environmental Changes:** Creating environments and adopting policies that make it easier for everyone to live well, and encouraging individuals to get involved in improving their communities
4. **Improving the Culture Within County Government:** Increasing understanding among County employees and providers about what it means to live well and the role that all employees play in helping county residents live well

Live Well San Diego is a collective action model for bringing about changes and improvements across 10 indicators in the County. It involves partners in all sectors—from government, to business, to schools, to faith-based, and community organizations—through a shared purpose. *Live Well San Diego* also engages leadership from the community both within and outside of the County of San Diego government to identify priority needs and make long term change. NEOP and COI are among several obesity prevention programs in San Diego County that are structured to contribute to the larger collective action that defines the *Live Well San Diego* vision. In addition, five Regional *Live Well San Diego* Leadership Teams bring together local organizational leaders and community members to prioritize, plan, and collectively advance strategies to ensure their communities are healthy, safe, and thriving. *Live Well San Diego* partners and County programs such as NEOP help to implement the community's vision.

Parents in Action: Faith-Based Wellness Program

San Diego's Faith-Based Wellness Program, implemented by the UC San Diego Center for Community Health as part of San Diego's NEOP program, implemented a six-week leadership series of classes called Parents in Action. The course was designed to empower parents to enact changes in schools and throughout their communities. The Faith-Based Wellness Program coordinated efforts with a facilitator from California Project LEAN (Leaders Encouraging Activity and Nutrition) and the United Women of East Africa Support Team, which provided the meeting space and helped with logistics..

Fifteen parents, in this case all mothers, at 13 San Diego County schools around the City Heights neighborhood of San Diego participated in the Parents in Action program. After the sessions were completed, participants decided to form an advisory wellness committee representing the participating schools. The committee's focus has been to increase awareness of barriers Muslim girls face when trying to access physical activity opportunities. For example, it can be difficult for Muslim girls to participate in standard physical activity while following modesty standards. The committee met with the local YMCA and established a schedule for woman-only pool hours. The women and girls now enjoy swimming together and being physically active. In the future, the committee will continue its mission to encourage development of a culturally competent physical activity policy for Muslim girls, and to implement systematic policies in the future.

Quote from a participating parent

"After completing the parent leadership sessions, I am not only a parent, but I became an engaged parent who has a voice and contributes to the changes in my children's school and my neighborhood," mother Laila Ali said of the Parents in Action program.