

2011-2012 Local Health Jurisdiction Annual MCAH Reports for Nutrition, Physical Activity and Obesity Programs & Activities

Alameda

- Implemented the Kresge Foundation-funded Food to Families (F2F) project, which employs neighborhood youth to deliver locally grown produce to pregnant women and provides nutrition and cooking classes. **Focus areas: Prenatal weight, Food security**
- Coordinated Alameda County Public Health Department (ACPHD) resource tables and physical activity demos for the Annual NAACP Youth leadership conference of **200 high school youth**. Host site: Acts Full Gospel Church, Oakland, CA. ACPHD participating programs: SIDS Awareness/ Infant Safe Sleep demos; CHDP Services; Nutrition Services- Rethink Your Drink; Sugar Savvy, Cubic Shuffle line dance demo/youth participation. **Focus areas: Physical activity, Adolescents**
- Screening and outreach by Health Information Team at various WIC sites. Monthly outreach themes (presentations, health fairs, educational materials, etc.) included breastfeeding and women's health. Screening asked questions about 14 areas of health, including food availability. As a result of these activities, staff are able to make more appropriate referrals to WIC, CalFresh, and additional community and government resources. Staff assisted other outreach workers and health care providers to be aware of services available from Alameda County MCAH. **Focus areas: Food security**
- The community health outreach worker provided health and nutrition resources, health outreach, referral and linkage to a variety of wellness resources and services for the following community organizations working with MCAH populations: Street Level Health Project, Health and Wellness Outreach, CAPE, Inc., and Casa Vincentia Health & Wellness Outreach. **Focus areas: Nutrition, Physical activity**
- In Alameda County, a rapidly decreasing percentage of women are of healthy weight at the time of pregnancy, suggesting the importance of preconception and interconception health. 32% of women ages 15-44 are overweight or obese, with Latinos and African Americans being at the highest risk of being overweight or obese. To address these disparities, Alameda County is currently engaged in a re-design of its perinatal home visiting services. The re-design will allow for better coordination of both existing and new home visiting and family support programs so that low-income, multi-stressed pregnant women and new mothers receive comprehensive services during the perinatal period and beyond. **Focus areas: Preconception weight & nutrition**
- Convened a Comprehensive Perinatal Services Program (CPSP) providers roundtable on health education, nutrition topics, and "New Nutrition Teaching Methods for use with CPSP Patients." Introduced the USDA MyPlate approach and materials, and how to incorporate them into CPSP nutrition services. Participants included 34 CPSP providers from 12 sites. **Focus areas: Prenatal weight**
- Maternal Access and Linkages for Desired Reproductive Health (MADRE) staff conducted outreach and education for 40-50 high-risk low-income, reproductive age women, including high-risk Mayan women identified who have experienced fetal/infant loss, low birth weight or premature deliveries. As part of the MADRE curriculum, Leah's Pantry

Food Smarts workshops were provided on: healthy eating/ nutrition; reading food labels; healthy food/power food choices; healthy sleep habits; overcoming barriers to physical activity for preliterate (adapted) Mam- speaking women (6 sessions), and for Spanish-speaking women (6 sessions). Other topics included diabetes prevention/management; hypertension/heart disease prevention, and food resources.

Focus areas: Nutrition, Physical activity, Women of Childbearing Age, Preconception weight & nutrition, Diabetes

- MPCA staff actively participated in the Building Blocks Collaborative (BBC) during FY 11/12. ACPHD founded the BBC in 2009 to improve health of the 6000 infants born into poverty every year in the County. The goal of the BBC is create equitable community conditions that support well-being starting from the earliest stages of life. BBC members are from diverse arenas – including local economic development agencies, food access projects, city and county government, community clinics, housing, and parks and recreation – and represent stakeholders committed to community transformation throughout Alameda County. The BBC collaborative scores high in terms of effectiveness on the Wilder Research Collaborative Factors Inventory. **Focus areas: Systems & Environmental changes**
- Provided nutrition training entitled, “What's on Your Plate? Empowering your Clients on their Way to a Healthy Weight,” to 45 MCAH and public health nursing staff on how to promote healthy eating habits and the importance of increasing physical activity in their female clients of child-bearing age. Staff increased skills and knowledge related to: Healthy weight and prenatal weight gain guidelines; nutrient-dense/empty calorie foods; 2010 Dietary Guidelines/MyPlate; food label reading; healthful eating out; local food resources for clients; food portion control, nutrition education resources for clients; food demo and tasting; physical activity; supporting breastfeeding mothers; mindful eating effect on controlling prenatal weight gain. **Focus areas: Nutrition, Women of Childbearing Age, Prenatal weight**
- Assessed the system of care for pregnant women with diabetes at CPSP sites and provided technical assistance as needed to improve access to appropriate care at 8 sites throughout Alameda County. Staff received the 2009 California Diabetes and Pregnancy Program (CDAPP) Guidelines for Diagnosis of Hyperglycemia in Pregnancy and a review of CPSP protocol for client referral to a CDAPP Sweet Success Affiliate or a diabetes specialist. CPSP sites informed of reduction in funding and eventual elimination of California Diabetes and Pregnancy Program by 6/30/12. **Focus areas: Diabetes**
- Provided health education technical assistance to at least five (5) CPSP providers regarding implementation of health education services and resources for culturally appropriate, language-specific health education materials. Per request, provided health education materials on gestational diabetes in Chinese for public health nurses at San Antonio Health Center. **Focus areas: Diabetes**

Alpine

- Hosted the Washoe Tribal Health Fair, a collaborative effort among Alpine County Health, local schools, and community partners. Encouraged parents, students, and

caregivers in making healthy food choices. Suggested activities to help youth and parents become physically active for at least one hour, daily. Engaged community members in supporting clean air, healthy environments, and access to healthy food choices. Outcomes included: change in district school menus to include a salad bar, “Be active for 60 minutes a day” campaign launched at local elementary schools. **Focus areas: Nutrition, Physical Activity, Children, Adolescents, School programs, Systems and Environmental changes**

- Conducted diabetes education among school-aged children and adolescents to increase student knowledge about type II diabetes mellitus. Education focused on the harms of foods high in refined sugars and strategies to make healthier food and drink choices. **Focus areas: Children, Diabetes**

Amador

- WIC staff created a Folic Acid Display, which was brought to all the county WIC clinics during the month of January 2012. Folic Acid information was handed out to all WIC clients during their visit and the ACPH outreach technician supplied clinics with additional folic acid bookmarks to raise folic acid awareness. **Focus areas: Folic Acid**

Berkeley

- Sponsored health fairs on the Berkeley High School and Berkeley Technology Academy campuses. Method’s used: pamphlets, handouts, interactive learning games, and poster presentations providing health-related information and community resources in physical activity & nutrition, sexual health, relationships, alcohol, tobacco, and other drugs. A healthy lunch was provided to all participants. 1000 students from grades 9-12 attended the events. **Focus areas: Nutrition, Physical activity, Adolescents**
- Assembled parent forums for Berkeley Unified School District (BUSD) English Learners, entering Kindergarteners, and Black Family Reunion. Provided health-related information and resources to the BUSD parent community, including information on the following: insurance, physical activity & nutrition, immunizations, oral health, lead prevention, tobacco cessation. Parents received educational materials and a healthy meals cookbook. **Focus areas: Nutrition, Physical Activity, Children**
- Head Start Policy Committee revisited nutrition policies and implemented changes to promote healthy eating and active living at home as well as at centers. **Focus areas: Nutrition, Physical activity**

Butte

- Hosted three “Walk a Child to School Days” to encourage walking safely to school and promote the benefits of remaining physically active. Presented on the topics of pedestrian and biker safety, nutrition and physical activity to 350 K-6th grade children and their parents at Oakdale Heights Elementary. **Focus areas: Nutrition, Physical Activity, Children**

Calaveras

- All women who receive a positive pregnancy test provided by the public health department receive information about maintaining a healthy weight during pregnancy. **Focus areas: Prenatal Weight**
- Implemented and evaluated an intervention to promote fruits and vegetables in local markets, developed through Connecting HANDs (Health, Activity, Nutrition, Directions) Coalition for reducing overweight children and youth 5-19 years. Four markets agreed to post colorful educational posters from the UC Cooperative Extension at the front of their stores along with a fresh produce display. Change among members of the intended audience was measured through survey, focus groups, or appropriate evaluation method such as daily increase in fruits, vegetables or grains. **Focus areas: Nutrition, Children, Adolescents, Systems and Environmental Changes**

Colusa

- Formed a prevention coalition to decrease childhood obesity rates in Colusa county. **Focus areas: Nutrition, Children**
- MCAH staff met with healthcare providers and shared Folic Acid Educational materials. Approximately 300 Folic Acid Educational brochures were given to the providers for distribution. Folic Acid Educational materials were also included the Colusa County Public Health outreach folder that is distributed to those who are inquiring about health services and resources in Colusa County. **Focus areas: Folic Acid**

Contra Costa

- N/A

Del Norte

- Hosted annual health fair using themes from the “Rethink Your Drink” campaign. Provided information on community health resources, health education, nutrition and physical activity. **Focus areas: Nutrition, Physical Activity**
- Collaborated with Northcoast Children’s Services to enroll children and their families in Head Start programs. Key objectives included creating opportunities for appropriate screenings in the areas of health, nutrition, growth and development and providing referrals to follow-up for prevention and intervention services. Family education was provided in the areas of child health and development, nutrition. **Focus areas: Nutrition, Children**

El Dorado

- Hosted 6-week long series of chronic disease classes to promote healthy eating, exercise, and self-management techniques among individuals living with chronic disease. **Focus areas: Diabetes**

- Sponsored “Off to a Great Start” fun run and family health fair. Distributed information on WIC, regular exercise, and provided fresh fruits and vegetables from local farmer’s markets. **Focus areas: Nutrition, Physical Activity**
- Partnered with local farmers markets to provide nutrition information to community members. **Focus areas: Nutrition**
- Consultation and technical assistance provided to CPSP providers regarding folic acid and gestational diabetes. Providers are kept informed of current recommendations and tools available to assist in their education and care of pregnant women. **Focus areas: Folic acid, Diabetes**

Fresno

- The Preconception Task Force launched a media awareness campaign to increase awareness of folic acid during the month of January 2012. **Focus areas: Folic Acid**
- County public health nurses conduct weekly, monthly, biweekly home visits during pregnancy, postpartum, and interconception periods. PHNs utilize brochures, booklets, and videos to provide one-on-one education on nutrition. Well-woman clients also receive education related to diet and exercise. **Focus areas: Nutrition, Physical Activity, Women of Childbearing Age**
- Assembled the Childhood Obesity Task Force, a coalition of voluntary agencies whose mission is to decrease obesity in children 5 years old and under. Objectives of the collaborative include provider education, promotion, and tracking for medical providers regarding healthy eating and physical activity, community education, and enhanced use of resources for identifying needs for funding, data collection, and information dissemination. **Focus areas: Nutrition, Physical activity, Children**
- Designed “Babies First” window display for the lobby of the local health department and outlying West Fresno Regional Center, providing information related to preconception/interconception education, healthy lifestyle choices before, during, and after pregnancy, and increasing awareness of folic acid. **Focus areas: Folic Acid**
- Held a community baby shower event, entitled “Pregnancy, Birth, and Baby” designed to inform participants about health issues affecting women of childbearing age and their infants. Interconception health and nutrition were among the topics covered. The goal of the event was to empower women to make positive lifestyle choices and connect them to health and social community resources and services. This event was open to all women who were either pregnant and/or parenting with children under 12 months of age. **Focus areas: Nutrition, Women of Childbearing Age**

Glenn

- 1 Adolescent Family Life Program (AFLP) case manager received training in teen nutrition. AFLP clients are offered nutrition counseling and provided with educational materials on nutrition and physical activity **Focus areas: Nutrition, Physical Activity, Adolescents**

Humboldt

- N/A

Imperial

- Formed the Physical Activity and Healthy Eating (PAHE) collaborative to provide increased awareness healthy eating and physical activity in the community and convene community members and agencies to address healthy eating and physical activity. The collaborative organized events to outreach the community, distributed materials and information, and provided presentations regarding healthy eating and physical activity. Promoted healthy eating and exercise through health fairs; provided support to schools, cafeterias, and local grocery stores; provided food demonstrations for libraries, pre-schools and grocery stores. **Focus areas: Nutrition, Physical activity, Children**
- Information packets were developed for AFLP clients and teenage girls between the age of 15 and 19 on “eating a healthy diet now and for the future.” A draft power point presentation was developed to educate teens on healthy behaviors and preconception health, including healthy eating and physical activity. **Focus areas: Nutrition, Physical Activity, Adolescents**
- One child care provider and one work training center hosted supplementary classes on healthy eating, physical activity, and breastfeeding. Instructors used visual aids, such as “Big Soda Can” with information about sugar in beverages, “MyPlate,” and food models. Providers and instructors distributed handouts with information regarding healthy food choices for children, how to improve family’s eating habits, and increasing family physical activity. **Focus areas: Nutrition, Physical Activity, Children**

Inyo

- MCAH Coordinator participated in a 3 month on-line Cornell University class entitled: Childhood Obesity, an Ecological Approach along with other members of the Team Inyo for Healthy Kids work group. The group developed an action plan to effect change in a designated area of the community related to eating habits. The plan was submitted to Team Inyo and portions of the overall plan have been incorporated into the Team’s activities. **Focus areas: Nutrition, Children, Systems and Environmental changes**
- In collaboration with 4-H, local pediatricians & Toiyabe Indian Health Clinic, MCAH staff facilitated the development of a summer cooking class for children. During the month of July the MCAH staff provided transportation and cooking lessons, leading up to a final class when the students prepared a nutritious lunch for their families. The County Schools provided the kitchen facilities and 4-H conducted the class. Community groups provided financial assistance for the student participation costs and the food. **Focus areas: Nutrition, Children**
- “Trunk or Treat”: the City of Bishop sponsored an annual event that is an alternative for the traditional door to door “trick or treat” activities of Halloween. Agencies and/or

individuals sponsor a car trunk in which either an activity or treat give-away is available for the children. Team Inyo for Healthy Kids was represented at two trunks: Public Health and WIC messaged “Rethink Your Drink” and “Treat your skeleton to calcium” by having an interactive game with prizes of milk or water. First Five did a decorate your plate activity along with nonedible prizes. **Focus areas: Nutrition, Children**

- Eggstravaganza was a giant Easter egg hunt at the Bishop City park sponsored by the City of Bishop. Children of all ages come out for the event along with their families. The found eggs are turned in for small toys. Team Inyo gave away water bottles imprinted with “Rethink your drink” and made an alternative healthy snack served at the Team Inyo tent. **Focus areas: Nutrition, Children**
- Fiesta de Lone Pine is an annual event in the community of Lone Pine that is a spring festival with booths, activities, traditional music and dancing. Team Inyo for Healthy Kids participants from WIC & MCAH staff provided a health snack of carrots and the activity consisted of having children plant a cup of carrot seeds. **Focus areas: Nutrition, Children**

Kern

- A Steps to Take (STT) training program was implemented to train comprehensive perinatal health workers in identifying obesity as a risk on the Individualized Care Plan. Providers were also trained in the importance of using the nutrition assessments and reassessments to identify weight issues and to use STT materials to educate clients on controlling weight gain during pregnancy. **Focus areas: Nutrition, Prenatal Weight**

Kings

- Created the Kings County Diabetes Coalition to provide ongoing education and resource services for health promotion, obesity, and diabetes prevention for families and the communities of Kings County by creating “healthy eating and active living traditions.” The Coalition raises public awareness and provides education for community members. Sample activities include the promotion of healthy lifestyles and behaviors in schools and the community through various strategies i.e. school-based education and through endorsement of exercise classes and community health events. **Focus areas: Nutrition, Physical Activity, School Programs, Diabetes**

Lake

- N/A

Lassen

- Delivered an educational presentation on Folic Acid Awareness at Lassen County Alcohol and Drug, Promises Program. Educated women on the importance of folic acid preconception health prior to becoming pregnant in order to reduce the risk of birth defects. Lassen County Health Department also hosted a Folic Acid Awareness Month for a Moms group at the Northeaster Rural Health Clinic. Delivery methods included pamphlets, handouts, and demonstrations. **Focus areas: Folic Acid**

Long Beach

- N/A

Los Angeles

- In June 2012, recruited 120 child care centers to participate in a pilot study to assess and improve the nutrition and physical activity practices among licensed child care centers. Conducted a minimum of 25 baseline observational assessments and self-assessments of the nutritional and physical activity environments in child care centers in designated Service Planning Areas. **Focus areas: Nutrition, Physical Activity, Children**
- Los Angeles County Adolescent Family Life Program partnered with AltaMed Health Services Corporation to host De Compras Con Salud y Sabor Workshops. Two hour workshops were offered on a quarterly basis by AltaMed Promotoras to provide clients with information on understanding body mass index, food portions, and reading and understanding food labels and food content when grocery shopping. Together with a local Food Bank, AltaMed provided clients with food baskets containing fresh fruits and vegetables. AltaMed also provided weekly certified parenting classes discussing the importance of healthy nutrition in the home. **Focus areas: Nutrition, Women of Childbearing Age, Food Security**

Madera

- Implemented a chronic disease prevention strategy entitled “Skills for Achieving and Maintaining a Healthy Weight.” Home Visiting Case Managers are still in the process of deciding what will be included in the final strategy. Ideas include measuring weights and heights over time and placing these on a grid, teaching clients how to read food labels, and shopping with a nutritional guide, Rethink your Drink campaign, and MyPlate activities (portion sizes and incorporating more fruits and vegetables into the diet). Electronic scales, measuring devices, and educational materials were purchased to help with the launch of the strategic program. **Focus areas: Nutrition, Women of Childbearing Age**

- Facilitated eight Farmer's Market outreach events to provide an opportunity for local farmers to sell fresh, locally grown fruits and vegetables at affordable prices to Madera County residents. Distribution of WIC vouchers to be used towards the purchase of locally grown food. 3000-350 individuals attended each event. **Focus areas: Nutrition**
- Offered Breastfeeding Benefits and Nutrition for Pregnant Women class to educate pregnant women enrolled in WIC. Pregnant women were also referred to MCAH Home Visiting Programs. **Focus areas: Nutrition, Women of Childbearing Age, Prenatal Weight**
- Clients in the Adolescent Family Life Program participated in a 24 hour diet recall with discussion and goal setting around a healthier intake, with an emphasis on increasing intake of fruits and vegetables. Case managers work with each client to introduce new healthy food items into the diet and provide nutritional education and motivational counseling. **Focus areas: Nutrition, Adolescents**
- Key activities used to promote increased physical activity among adolescent clients also included a baseline study of physical activity, tracking and monitoring improvements over time. Follow-up prescriptions were issued based on each teen's self-efficacy and teens were educated on the healthy benefits of exercise, particularly walking. **Focus areas: Physical Activity, Adolescents**

Marin

- Marin County Health Department offers the Sweet Success program to all CPSP clients with gestational diabetes. **Focus areas: Diabetes**
- The Healthy Eating / Active Living Design Team was developed after a series of community planning meetings with over 30 community stakeholders. An advisory Group was formed to take on the leadership of the Healthy Eating / Active Living plan. The strategic plan for implementation of the Healthy Eating/Active Living program was developed and this plan will be ongoing in the next year. Following the pilot phase, 85% of participants were able to demonstrate increased capacity to promote healthy eating and active living and 100% of participants completing evaluations stated that they were able to provide concrete examples of increased capacity to work towards common goals in healthy eating and active living. **Focus areas: Nutrition, Physical Activity**
- Provided pamphlets, handouts, interactive demonstrations, and hosted a fun run for families and the Marin County Fair. Obesity was a priority topic. **Focus areas: Nutrition, Physical Activity**

Mariposa

- N/A

Mendocino

- Formed the Children's Health Committee, a collaborative effort to address health issues affecting children and youth in Mendocino County. A key objective of the CHC is to provide support and advocacy for health promotion & prevention and physical activity & nutrition. **Focus areas: Nutrition, Physical Activity, Children**
- Mendocino County's Adolescent Family Life Program screened clients for WIC eligibility in order to ensure that eligible individuals received WIC services. In addition, case managers supported healthy food choices and encouraged physical activity among clients. Family resource centers in the local community were engaged to identify and support ways to increase healthy physical activity. **Focus areas: Nutrition, Physical Activity, Adolescents**

Merced

- Implemented the Nutrition and Physical Activity Self-Assessment in Child Care program with PHN certification via a web-based training. The Merced County Community Action Agency Child Development Center was recruited to develop an action plan, host workshops for staff and parents, and complete a program evaluation. **Focus areas: Nutrition, Physical Activity, Children**
- Adolescent Family Life Program case managers provided ongoing education on the importance of proper nutrition and physical activity. Activities included sharing materials from the AFLP website, CDC, and MyPlate resources. Teen clients are educated on the health impacts of chronic disease as a result of obesity. Clients are educated on skills such as economic shopping and healthy meal planning. Teen cookbooks were distributed as a tool to encourage cooking healthy, nourishing meals. WIC and primary care referrals are made as appropriate. **Focus areas: Nutrition, Adolescents**
- AFLP case managers also participated in one-on-one home visit discussions, encouragement, and distribution of pamphlets to promote healthy weight and healthy body image. Clients' current activity levels and physical activity interests were assessed. Case managers helped identify ways to engage in greater variety and increased amount of physical activity. **Focus areas: Physical Activity, Adolescents**

Modoc

- A nutrition education health specialist conducted 12 Harvest of the Month presentations to local preschools and kindergartens. Harvest of the Month curriculum provides materials and resources to support healthy food choices through increased access and consumption of fruits and vegetables as well as encourage daily physical activity. **Focus areas: Nutrition, Physical Activity, Children**

Mono

- The Nutrition and Physical Activity Task Force partnered with Mammoth High School 12th grade Health Science Academy students to create the “75210” curriculum. 75210 concepts were then presented in both English and Spanish to 3rd graders at Mammoth Elementary School. The five concepts of 75210 were as follows: lesson 7 focused on eating a healthy breakfast 7 days a week, 5 emphasized eating 5 fruits and veggies every day, 2 taught about limiting screen time to 2 hours or less each day, 1 looked at participating in at least 1 hour of physical activity each day, and 0 encouraged drinking 0 sugar sweetened beverages. Each lesson included a few key points about the health concept and a fun activity. 20 presentations were given in total and results of the 3rd grade survey showed that the 75210 project not only increased knowledge about health and intent to change health behaviors for the 3rd grade audience, but also for the 12th graders who taught the lessons. **Focus areas: Nutrition, Physical Activity, Adolescents, Children, School Programs**
- 75210 “Simple Steps to Better Health” education and outreach provided via Multi-Cultural Night, countywide Reader’s Theatre program, Fuel for Fun Jamboree, KidApolooza, and Healthy Minds & Bodies Summer Camps in Lee Vining, Mammoth Lakes, and June Lake. 75210 posters displayed and bookmarks distributed throughout Mammoth Unified School District, pediatric clinics, Mono County Libraries, Mono County Office of Education, WIC, Social Services, and community flu clinics. **Focus areas: Nutrition, Physical Activity, Children, Adolescents**
- Mono County Health Department celebrated National Dance Day by partnering with Snowcreek to offer three free Zumba classes. **Focus areas: Physical Activity**
- Collaboration with Mammoth Unified School District Food Manager to reduce competitive foods in the schools and improve the nutritional value of foods served. **Focus areas: Nutrition, Children, Adolescents, School Programs, Systems and Environmental Changes**
- Created the Nutrition and Physical Activity Taskforce (NPAT) to reduce the childhood obesity rate in Mono Country through interagency collaboration, advocacy, data analysis and community awareness, and education. NPAT goals included increasing local families’ awareness about the obesity epidemic in Mono County and creating behavior change through the 75210: Simple Steps to Better Health campaign. **Focus areas: Nutrition, Physical Activity**

Monterey

- 12 local schools were contacted by Monterey County Health Department in partnership with the Nutrition Network to increase school-based physical activity and promote healthy eating. To date, 6 schools that had not previously performed physical activity reached a high level of increased physical activity and received nutrition information on eating healthy. With the assistance of Nutrition Network, schools received free

instruction on physical activity and assistance with developing a school health and wellness policy. **Focus areas: Nutrition, Physical Activity, School Programs**

- Partnered with the Nutrition Network to provide cooking demonstrations to 62 migrant families on healthy eating options and benefits of cooking healthier to decrease childhood obesity. Two cooking demonstrations teaching “How to Cook Healthy with a Crockpot” were provided as part of Binational Health Month in October 2011. Participants were provided with instructions, recipes, and taste tests and a total of 20 Crockpots were given away. **Focus areas: Nutrition, Children**

Napa

- Listed the following MCAH-related collaboratives which improve nutrition and physical activity: Napa County CNAP – First Five Children & Families Commission, Children’s Health Initiative and Certified Application Assistants Collaborative, Countywide Nutrition Action Plan, and Children & Weight Coalition. **Focus areas: Nutrition, Physical Activity, Children**
- The Adolescent Family Life Program invited WIC representatives to speak with clients and provide one-on-one counseling on food choices, reading labels, and Rethink your Drink. **Focus areas: Nutrition, Adolescents**
- AFLP clients are invited to attend free yoga classes, offered 4 hours per week by a volunteer yoga instructor. **Focus areas: Physical Activity, Adolescents**

Nevada

- N/A

Orange

- All Adolescent Family Life Program clients are referred to WIC. AFLP Case managers continued to reinforce the WIC program’s nutritional, healthy weight, and physical activity educational materials. They educated clients about the benefits of healthy nutrition and exercise using health education materials posted on the State MCAH website such as the revised “Easy Meals & Snacks, a Healthy Cookbook for Teens” and “My Plate for Moms.” **Focus areas: Nutrition, Adolescents**
- All AFLP clients were encouraged to incorporate daily physical activity of at least one hour four times a week or as directed by their doctor if pregnant. Clients’ physical activities were assessed at intake and follow up visits. **Focus areas: Physical Activity, Adolescents**

Pasadena

- Collaborated with WIC and BIH to develop a draft of a resource guide to identify childhood overweight resources in the community. **Focus areas: Nutrition, Children**
- A plan to decreased childhood overweight was created through the Club 2B program, which included intensive education and follow-up during pregnancy each trimester, home visits, and mail-in educational information. The program provides support, education, and tracking of high risk clients from Pasadena County's prenatal clinics, teen clinics, overweight/obese pregnant women, diabetics, and those with chronic disease. **Focus areas: Nutrition, Children**
- MCAH-related collaboratives which improve nutrition and physical activity include: Pasadena Unified School District Wellness Centers & Lunch Program, Whole Kids Foundation by Whole Foods, Mother's Club, Healthy Eating Lifestyle Program (HELP), Pasadena Child Development Associates, YWCA Fun and Fit Program, Pasadena Human Services and Recreation Department, Boys & Girls Club Triple Play Program, Pasadena Public Health Department Nutrition and Physical Activity Program. **Focus areas: Nutrition, Physical Activity**

Placer

- Adolescent Family Life Program clients who do not qualify for WIC receive nutrition counseling from case managers to encourage healthy eating. Clients who attend school may participate in physical activity through school programs or by walking to and from school or the bus stop. Those who do not attend school are encouraged to remain physically active by walking around their neighborhoods or playing with their children at local parks. **Focus areas: Nutrition, Physical Activity, Adolescents**

Plumas

- N/A

Riverside

- Updated the "Next Steps" toolkit through collaboration with the California Medical Association and Foundation, California Department of Public Health and Department of Health Care Services, Office of Multicultural Health as well as the US Department of Health and Human Services, Office of Minority Health, State Partnership Grant Program. The toolkit is designed to equip health care providers with strategies to assess and treat overweight and at-risk for overweight in pediatric patients. An online survey was created to track feedback and continue to improve information in the toolkit. **Focus areas: Nutrition, Physical Activity, Adolescents**
- Building Healthy Communities Eastern Coachella Valley worked together to affect healthy changes such as starting a farmer's market with the produce grown in the valley

and building a park where children can play safely outdoors. **Focus areas: Nutrition, Physical Activity, Systems and Environmental Changes, Children**

- The Nurse Family Partnership Advisory Board incorporated “diet and physical activity for the pregnant and parenting woman” and “appropriate play for children” into its curriculum. **Focus areas: Nutrition, Physical Activity, Women of Childbearing Age, Children**

Sacramento

- Sacramento County Public Health continued involvement in the 10 year Sacramento Building Healthy Communities (SBHC) collaborative which is charged with addressing 10 outcomes, including: families have improved access to a health home that supports healthy behaviors; residents live in communities with health-promoting land-use; transportation and community development; Communities support healthy youth development; Community Health Improvements are Linked to Economic Development; and California has a shared vision of community health. **Focus areas: Systems and Environmental Changes**
- 29 current Comprehensive Perinatal Services Providers and 3 community clinics that provide obstetric care were provided with folic acid and MyPlate nutrition health education materials to distribute and discuss with their female clients of childbearing age. **Focus areas: Folic Acid, Women of Childbearing Age**

San Benito

- Qualifying teens in the Adolescent Family Life Program (AFLP) participated in WIC. Case managers passed out information and show videos on healthy eating and healthy recipes. Case managers also review and talk to teens about the importance of maintaining a healthy weight. **Focus areas: Nutrition, Physical Activity, Adolescents**
- AFLP clients maintained a weekly log of when and how long they participated in physical activity. Case managers encouraged all teens to join a gym and engage in physical activity at least 3 times a week. Local gyms provided discounts to students for year-long memberships. **Focus areas: Physical Activity, Adolescents**
- San Benito County Health Department provided ongoing communications with CPSP providers regarding trainings and resources, including newly revised state weight gain grids and Alameda County nutrition tools. **Focus areas: Nutrition, Prenatal Weight, Pre-Conception Weight and Nutrition**
- Stork’s Nest incentive program for high-risk and low-income families distributed materials on folic acid and perinatal nutrition, as well as a guide to accessing health care, education, and counseling resources to women of childbearing age in San Benito County. **Focus areas: Nutrition, Women of Childbearing Age, Prenatal Weight, Pre-Conception Weight and Nutrition**

- Farmer’s Market held monthly during summer to serve general residents of San Benito County and their guests. An estimated 4,000 individuals attended weekly. **Focus areas: Nutrition, Food Security**
- Provided educational materials to 4th and 5th grade students at 2 local schools using the Power Play Curriculum. Upon evaluation, students self-report increased awareness and overall increase in the number of students participating. **Focus areas: Nutrition, Physical Activity, Children**
- San Benito County Health Department MCAH staff are active participants in the YMCA Healthy Youth Collaborative. Together, the Healthy Youth Collaborative looked at best practices in nutrition and nutrition education at local schools. San Benito County MCAH is also working with Hollister School District to update the District Wellness Policy to address nutrition and physical activity. **Focus areas: Nutrition, Children**
- Participated in the Nutrition and Fitness Collaborative of the Central Coast. Objectives included the following: to increase access to clean, free drinking water in all public venues, increase access to healthy foods in low-income neighborhoods by promoting the establishment of farmers’ markets and other alternative produce sources that accept Electronic Benefit Transfer cards, and promote the adoption of comprehensive farm-to-institution programs that include school gardens, local purchasing of fruits and vegetables, salad bars, and comprehensive nutrition education, where the school cafeteria encourages healthy eating and staff model healthy eating and lifestyle behaviors. **Focus areas: Nutrition, Children, Food Security, Systems and Environmental Changes**
- The Healthy Youth Partnership was formed with the goal of encouraging consumption of healthy foods and beverages among school-aged children, reducing prevalence of overweight and obesity, and using Hollister as a model community for school wellness policies related to improved nutrition. The Collaborative will work to increase the physical activity levels of children in the county and develop a revised version of the Hollister school district “Wellness Policy”. **Focus areas: Nutrition, Physical Activity, Children**

San Bernardino

- N/A

San Diego

- Updated existing CPSP nutritional education to include education about changing physical activity to empower overweight and obese women to change their health behaviors to promote fitness and improve maternal outcomes. Patients maintained weekly exercise logs in order to reinforce messaging and encourage regular physical activity. **Focus areas: Physical Activity, Women of Childbearing Age, Prenatal Weight, Perinatal Weight and Nutrition**

- Implemented an obesity and pregnancy pilot project among CPSP providers targeting overweight and obese pregnant women. Physical activity and nutrition education were incorporated into existing CPSP activities. Comprehensive perinatal health workers also provided monthly (or more frequently as needed), one-on-one meetings with patients through the postpartum period. An incentive was given to patients who attended at least 5 meetings. Pre-intervention and Post-intervention surveys were used to ascertain patients' knowledge of class material, exercise and diet behaviors, opinion of the educational program and willingness to try its recommendations. CPSP providers also tracked pregnancy weight gain throughout each trimester. **Focus areas: Nutrition, Physical Activity, Women of Childbearing Age, Prenatal Weight, Perinatal Weight and Nutrition**
- Hosted several health fairs and outreach activities to promote healthy eating, physical activity, and distribute information on Folic Acid. Examples include: *Live Well! San Diego* Summit, Text4Baby Health Fair, Southwestern College Health Fair, How We Live, Health Festival, A Day of the Child – Health Fair, Women's Resource Fair, and Lincoln High School Health and Community Resource Fair. **Focus areas: Nutrition, Physical Activity, Children, Adolescents, Women of Childbearing Age, Prenatal Weight, Perinatal Weight and Nutrition, Folic Acid**
- San Diego County Adolescent Family Life Program case managers discuss nutrition & weight as part of individual service plans to create realistic, measurable goals for clients. During the AFLP Spring event, staff served healthy foods such as chicken dogs instead of hot dogs, water bottles instead of juice packets, and stuffed Spring Eggs with tangelos instead of candy. **Focus areas: Nutrition, Adolescents, Children**
- During the summer, First 5 tips are reviewed to help clients take advantage of warm weather to promote children's healthy life styles, including daily physical activity. Medical Residents from UCSD attended home visits between client and case manager to address the importance of healthy eating and daily physical activity as a way to prevent diabetes and to reduce obesity. AFLP staff promoted free Zumba classes that were held at local libraries. **Focus areas: Physical Activity, Adolescents, Children**

San Francisco

- San Francisco Health Department worked with community organizations to promote development of community gardens in schools and after-school programs. **Focus areas: Nutrition, Children, Food Security**
- Developed and translated (Spanish and Chinese) client education and outreach materials on preconception health and folic acid supplementation. All materials were made available to Castro-Mission Health Center staff and incorporated into electronic health record women's health templates. Go Folic! materials included in Everywoman California preconception Health Toolkits. Results from chart reviews found increasing documentation of addressing key items related to preconception health. **Focus areas: Nutrition, Women of Childbearing Age, Preconception Weight and Nutrition, Folic Acid**

- In the Spring of 2011, the SF Child Care Wellness Collaborative, a subcommittee of the county's Childhood Obesity Prevention Task Force (COPTF) was created. Members include: Children's Council, SF State, Head Start, WuYee, MCAH Child Care Health Project and key supporting agencies (First 5, WIC). The subcommittee meets monthly to work towards adapting the national Let's Move and Nutrition and Physical Activity Self Assessment for Child Care (NAPSACC) criteria to develop a local, "Healthy Apple Award" that recognize Excellence in Physical Activity and Nutrition among childcare programs. **Focus areas: Nutrition, Physical Activity, Children**
- A pilot feasibility survey was distributed in December 2011 to child care providers and health experts, to identify which guidelines of Let's Move and NAPSACC were feasible to implement in SF childcare programs and which would affect the health of children. Responses were used to formulate the bronze/silver/gold standards of the "Healthy Apple Award" and the technical assistance needed for best practices in the areas of Nutrition, Physical Activity and Screen Time. **Focus areas: Nutrition, Physical Activity, Children**
- Participated in the First 5 San Francisco Children and Families Commission, to oversee the implementation and funding of the First 5 SF vision. Provided program evaluation and fiscal review of over \$25 million in grant allocation throughout the city. Provided oversight of program initiatives, including Family Resource Centers of high quality throughout the city, universal preschool, and the childcare health program (MCAH) and mental health consultations. **Focus areas: Nutrition, Physical Activity, Children, Systems and Environmental Changes**
- The MCAH Childhood Obesity Taskforce assessed disparities in childhood overweight/obesity status, nutrition, and physical activity opportunities. The purpose of the taskforce is to develop and enforce policies to ensure nutrition and physical activity opportunities in childhood environments and improve the prevention of childhood obesity in clinical healthcare. Over the past year, the Taskforce drafted an epidemiological report of childhood overweight and obesity, evaluated the feasibility and significance of implementing "Let's Move" nutrition and physical activity policies in childcare centers, and increased communication between pediatric primary care clinic and pediatric obesity outpatient specialty clinics within San Francisco and the greater San Francisco Bay Area. **Focus areas: Nutrition, Physical Activity, Children, Systems and Environmental Changes**
- Adolescent Family Life Program activities used to promote healthy nutrition and healthy weight include weekly nutrition classes and a drop-in consultation with a certified nutritionist. **Focus areas: Nutrition, Adolescents**
- SF AFLP also offered weekly soccer and weekly yoga classes, summer walking field trips, and a Wellness Fitness Center opening was scheduled for Fall 2012. **Focus areas: Physical Activity, Adolescents**

San Joaquin

- San Joaquin County Health Department provided health promotion flyers to Community Health Outreach Workers (CHOW) each month. Each CHOW was required to hand out at least 50 flyers regarding “Healthy Women/Healthy Bodies” to women in the community. The “Healthy Women/Healthy Bodies” class series focused on Women’s Obesity & Diabetes Prevention to improve maternal health of women with diabetes or gestational diabetes. **Focus areas: Women of Childbearing Age, Diabetes**
- San Joaquin County Adolescent Family Life Program provided health education and nutrition discussion during client visits, along with educational materials, MCAH Teen Cookbook, and WIC referrals. **Focus area: Nutrition, Adolescents**
- AFLP case managers discussed clients’ current activity levels and encouraged clients to engage in daily physical activity in a safe environment, or in household areas. Clients are encouraged to use Wii exercise DVDs, participate in Physical Education programs at school, or go for walks when safe in the neighborhood. **Focus areas: Physical Activity, Adolescents**

San Luis Obispo

- Adolescent Family Life Program staff distributed and discussed MCAH healthy cook books with clients. Nutrition information was also addressed during one-on-one interactions with clients to include diet, exercise, and lifestyle. Nutrition and health is addressed and documented in the Individual Service Plan on a quarterly basis, and when appropriate, referrals to a nutritionist are made. Guest speakers on health and nutrition are incorporated into teen support groups. **Focus areas: Nutrition, Adolescents**
- Stroller walking groups have been coordinated for socialization and exercise among AFLP clients. Exercise is also addressed in the Individual Service plan. **Focus areas: Physical activity, Adolescents**

San Mateo

- Get Healthy San Mateo County (GHSMC) is a collaborative of government and community based organizations, schools, businesses, and individuals that develops and supports strategies to reduce and prevent obesity and other health risks related to unhealthy eating and lack of physical activity, particularly among children. During 2011, GHSMC provided about \$100,000 in small grants to community organizations throughout San Mateo County. Funded projects address systems issues, policy changes, and focus efforts on upstream work around nutrition and physical activity. GHSMC worked closely with community based organizations to reduce the barriers to accessing healthy food and improve opportunities for healthy living and physical activities. **Focus areas: Nutrition, Physical Activity, Food Security, Systems and Environmental Changes**

- San Mateo County Health System supported community partners in participating in a Soda Free Summer campaign, which included workshops to community leaders and provided materials on sugar content of food and beverages.
- Hosted a county-wide Walk to School Day on October 5, 2011
- Get Healthy San Mateo County was involved in creating and disseminating the following publications throughout the community:
 - Sip on This – describing the link between sugar-loaded beverages and obesity in San Mateo County. Discouraging sugar-loaded beverage consumption to prevent overweight and obesity in our county
 - Healthy local Food: Ingredients for a Sustainable Food System – discussing the importance of a sustainable food system and how to support policies around sustainable foods
- Adolescent Family Life Program key activities to promote healthy nutrition and healthy weight included referral to WIC, education regarding healthy pregnancy nutrition & healthy weight gain during pregnancy, discussion of healthy infant/toddler nutrition, and warnings against the use and danger of using diet pills.
Focus areas: Nutrition, Adolescents
- AFLP activities promoting physical activity included referral to Boys & Girls Club, Parks & Rec, discussion of the importance of physical activity, and encouraging clients to take their child(ren) out for walks to neighborhood parks. **Focus areas: Physical Activity, Adolescents**

Santa Barbara

- Gestational diabetes roundtables and trainings were held for healthy professionals partnering with Santa Barbara County Health Department in response to higher rates of type II diabetes mellitus and gestational diabetes among the Latina and Mixteco populations.
- Submitted Seeds of Change grant proposal to prepare low-income Latinas in Santa Barbara County who have metabolic disorders, including obesity, prior gestational diabetes mellitus, and type II diabetes mellitus for subsequent pregnancies. The program will incorporate education in the form of classes and metabolic testing. It will engage MCAH family nurse practitioners and public health nurses in the antepartum and early postpartum period for preconception and inter-conception anticipatory guidance and referrals. The Seeds of Change program will also include a local Promotora model to provide health education and prevention messaging to women during their childbearing years that can positively affect readiness for subsequent pregnancy, influence long-term health and create a shift within the family for generations to come.
Focus areas: Nutrition, Women of Childbearing Age, Diabetes
- Formed county-wide coordinating council led by the Santa Barbara County Health Department 'Healthy Eating Active Living Toward a Healthy Santa Barbara County' (H.E.A.L.T.H.Y S.B.C). HEALTHY SBC met on a bi-monthly basis with the following goals:
 - Assuring 'Health in all Policies.'

- Working with county and city planners to support built environments that facilitate physical activity and access to low-cost healthy food.
- Developing standard media messaging

Focus areas: Nutrition, Physical Activity, Systems and Environmental Changes

- An internal Santa Barbara County Fitness Promotion Committee was initiated with key PHD stakeholders. An MCAH Director attended these meetings. The goals were to assist with meeting the priorities of HEALTY SBC as well as making 75% of food and drinks available in PHD vending machines were healthy options and creating an employee Fitness webpage. Santa Barbara Public Health Department planned the conferences ‘Best Practices in Fitness Promotion’ and ‘Promoting Fitness Through Policy Change’ and constructed an Obesity Plan Webpage for the public. **Focus areas: Nutrition, Physical Activity**
- Participated in the Partners for Fit Youth Collaborative (PFY). The purpose of the collaborative was to improve the health of youth and their families through education, intervention, outreach, and environmental changes, to prevent chronic disease, and to promote fitness and healthy weight. PFY provides an opportunity for community members in Santa Barbara County to interact on behalf of the well-being of the population. Its focus is on advocating policies, outreach and programs that assist Santa Barbara County families in promoting healthy eating and increasing physical activity. As such, PFY directs the majority of its efforts and resources to policy and environmental approaches to the prevention of childhood overweight and chronic diseases in youth. **Focus areas: Nutrition, Physical Activity, Children, Systems and Environmental Changes**
- For 2011, SB County Obesity Prevention Obesity Prevention Plan focused on worksite wellness. The Fitness Promotion & Obesity Prevention Project Team (FIT POP) implemented some low-cost, common sense fitness promotion methods, for example posting signs to use the stairs, improving vending machine food/beverage options and establishing guidelines for foods served at meetings, encourage walking and exercise groups. **Focus areas: Nutrition, Physical Activity, Systems and Environmental Changes**
- Folic acid educational materials were distributed at Family Day in the Park and Family Fitness and Baby Fair to reach out to pregnant and parenting women and their families. **Focus areas: Folic Acid**
- Adolescent Family Life Program case managers and staff collaborated with WIC to provide culturally appropriate dietary guidelines. Case managers assisted clients to develop a goal to achieve or maintain a healthy weight and refer to CPSP providers to monitor diet and weight gain. Because most clients live with their families, AFLP staff work with clients’ families to promote good nutrition. **Focus areas: Nutrition, Adolescents**
- AFLP staff encouraged daily physical activity or minimally, at least four times a week, or as allowed by a physician if pregnant. Staff are responsible for promoting and modeling regular and frequent physical activity. **Focus areas: Physical Activity, Adolescents**

Santa Clara

- Adolescent Family Life Program case manager activities to promote healthy nutrition and healthy weight included: a food/meal journal to help clients record and reflect on food intake and choices; distribution of recipe books, tips for shopping and meal preparation; grocery store visits to help with food selection, label reading, and maximize use of Cal-Fresh or WIC support; linkage to local resources; praise and encouragement for steps taken and gradual incorporation of healthy habits. **Focus areas: Nutrition, Adolescents**
- AFLP case manager activities to promote physical activity included: validation of the amount of motivation needed to exercise; identifying physical activities that may already be part of a clients' daily life – such as walking to school and playing with children; provide local resources for exercise, including information of local parks, discuss family-friendly hobbies and sports to introduce new forms of physical activity. **Focus areas: Physical Activity, Adolescents**

Santa Cruz

- Comprehensive Perinatal Services Staff and Public Health Nurses attended educational training 'Obesity in Pregnancy; A Life Course Perspective' on November 15, 2011. **Focus areas: Prenatal Weight**
- Santa Cruz County Public Health Department provided technical assistance to Jovenes Sanos, a youth advocacy group, to ensure a noticeable increase of fresh fruits and/or vegetables in at least 2 corner markets in south county. Youth were trained in customer survey implementation and data collection method. Several markets in Watsonville agreed to work with Jovenes Sanos in order to develop a system for increasing the availability of fresh local produce into corner markets. After the system is developed, it will be rolled out to other corner market stores. **Focus areas: Nutrition, Food Security, Systems and Environmental Changes**
- Santa Cruz Adolescent Family Life staff used Ellyn Satter's concepts including family meals for the teen's child to change some of teen parenting behaviors. Case managers also used WIC's materials with food pictures to encourage increased consumption of fruits and vegetables, including examples and discussion about portion size and 24 hour recalls. **Focus areas: Nutrition, Adolescents**
- AFLP public health nurses encouraged walking in order to prevent PMAD and constipation among clients who were overweight/obese. **Focus areas: Physical Activity, Adolescents**
- Distributed golden carrot awards to local restaurants meeting nutritional criteria. Added additional criteria for sugar-sweetened beverages, locally grown food, and on-site preparation of food and translated nominations into Spanish. Representatives from the Public Health Department and United Way divided upon the winners and issued awards. **Focus areas: Nutrition, Systems and Environmental Changes**

- Formed the Go For Health! (GFH!) Collaborative to work toward improving the nutritional and physical health of children in Santa Cruz county, with particular focus on low-income and at-risk children, networking of service agencies, and creation of a clearinghouse for childhood obesity prevention information sharing and related events. GFH! Hosted the first Central Coast “Health from Field to Sea” Regional Summit to discuss coordination of policy and local advocacy efforts in the Healthy Eating Active Living movement, attend by over 60 individuals representing Santa Cruz, San Benito, Monterey, San Luis Obispo and Santa Barbara counties. GFH was also named a finalist in International “Common Good Award” competition through United Way Worldwide.
Focus areas: Nutrition, Physical Activity, Children, Systems and Environmental Changes

Shasta

- Healthy Shasta hosted a “Walk This Way” outreach event to promote physical activity, nutrition and participate in other health promotion activities. **Focus areas: Nutrition, Physical Activity**

Sierra

- Distributed materials on Type II diabetes to parents and guardians of students in Sierra County Middle/High Schools through an ongoing collaborative with Sierra County School district. **Focus areas: Diabetes, Adolescents**
- Sierra County MCAH formed a collaborative with the local WIC program to improve awareness of services provided in Sierra County and improve the quality of life for young children and their families through nutrition and exercise education across the lifecycle. **Focus areas: Nutrition, Physical Activity, Children, Adolescents, Women of Childbearing Age**

Siskiyou

- Received the Supplemental Nutrition Assistance Education Program (SNAP-ED) and Community Transformation Grant (CTG). Primary components of the CTG included Safe Routes to School – improving the walking and biking routes for Siskiyou families and improving nutrition in the work place through decreasing use of sugary beverages. The SNAP-Ed grant was funded through the CalFresh Program. Reducing sugary beverages and improving food stamp recipients’ food choices to include more fresh fruits and vegetables were key aspects of the 2011-2012 agenda. **Focus areas: Nutrition, Physical Activity, Systems and Environmental Changes**

Solano

- The CPSP consultation team/roundtable held an information session on WIC and CPSP nutrition services as a means to show the difference between the two programs and to inform providers of what program to refer clients. MyPlate resources developed by the state were also shared with providers. **Focus areas: Nutrition, Prenatal Weight**
- The Adolescent Family Life Program received a grant from the Health Education Council called the “Healthy Eating-Active Living” (HEAL) Grant. With this grant, they were able to provide clients with healthy cooking and exercise classes, including dance classes, yoga, weight lifting, and a “mommy walking group” at the local mall. Each AFLP individual service plan included WIC referral and a plan for how the case manager would promote and model healthy diet and reinforce healthy nutrition. **Focus areas: Nutrition, Physical Activity, Adolescents**

Sonoma

- Adolescent Family Life Program activities to promote healthy nutrition and healthy weight included: providing AFLP cookbook/recipes, partnering with doctors from residency programs presenting healthy diet/exercise instruction in classrooms at teen parent schools, referring to WIC, presenting healthy lifestyle educational materials to clients & follow-up discussions, creating program policies & activities to promote/model healthy diet & weight, assisting clients to develop goals to achieve & maintain healthy weight, tracking progress, and staff receive trainings on nutrition and healthy lifestyles. **Focus areas: Nutrition, Adolescents**
- AFLP key activities to promote physical activity included: encouraging exercise (walking, running, sports, dance, TV or video workouts), school PE classes, encouraging clients to play with their child, distribution and review of exercise handouts, assisting clients to develop activity goals – following-up on their progress, program policies & activities to promote/model exercise, and staff trainings on nutrition and healthy lifestyles. **Focus areas: Physical Activity, Adolescents**
- AFLP increased staff competency in the key areas of Physical Activity/Nutrition by incorporating additional nutrition and exercise guides into case management activities to address obesity in teens. The focus of the staff and case manager training was prevention of childhood obesity, using clinical tools and local resources to improve healthy lifestyles for families and individuals, and introducing the new CalFresh Program. **Focus areas: Nutrition, Physical Activity, Children, Adolescents**
- MCAH participated in a workgroup to adapt the Automated Telephone Self-Management Support (ATSM) program for use with postpartum women who had been diagnosed with gestational diabetes during their pregnancy. The program was piloted in Sonoma County to help women prevent the development of Type 2 diabetes and other chronic illnesses. Women were assisted to adopt healthy behaviors while caring for a young infant. Information about local resources was integrated into a script for health coaches to guide women to services that they need. The script was tested with a focus

group of Latina women to determine whether messages were culturally appropriate.

Focus areas: Diabetes

Stanislaus

- All Adolescent Family Life Program clients received a nutritional assessment to determine educational level and needs. Case managers provided ongoing education on the importance of proper nutrition and achieving and maintaining BMI. These activities were carried out using the materials from the State AFLP website and CDC and My Plate websites. Teen clients were educated on the health impacts of chronic disease as a result of obesity and the importance of maintaining healthy weight for self and children. Clients were taught life skills such as meal planning and shopping. The Teen cookbooks were also given as a tool to encourage the cooking of nutritious meals. Referrals made to WIC and primary care physicians as appropriate. **Focus areas: Nutrition, Adolescents**
- Various community based organizations were represented in the Food Security Task Force working to ensure basic food security needs are met. CBOs were also part of the Built Environment Advisory Group as well as the Smart Valley Places grant, helping to educate residents on the health impact of the built environment and how to get involved in planning decisions to improve their health and that of their families for the long term. **Focus areas: Food Security, Systems and Environmental Changes**
- The following modules were taught to women participating in MCAH programs: Pregnancy and Diabetes, Low Fat Lifestyle, Weight Management and Healthy Eating. **Focus areas: Nutrition, Prenatal Weight, Preconception Weight and Nutrition**
- Stanislaus County Promotoras were invited to a training on cardiovascular disease in women and physical activity. They also hosted Community Kermes Festival Event, which was a Saturday, all-day event to promote protective factors within Latino community and culture, such as food, dancing, music, activities for children, and health resources. About 300 people showed up for the event. **Focus areas: Nutrition, Physical Activity**
- Healthy Birth Outcomes program participants were taught classes on infant health and nutrition. **Focus areas: Nutrition, Children**
- Materials on the importance of folic acid were distributed to 10 family resource centers and to the First Step program. A presentation on the importance of folic acid and preconception health was given to all 10 FRCs as well as to the First Step program in January 2012, for a total of 13 class sessions. **Focus areas: Folic Acid**
- MCAH staff attended a regional workshop on the Smart Valley Places initiative in August 2011 as part of the Stanislaus County team. MCAH delivered a presentation on the health impact of the built environment (including physical activity & obesity) to the Community Leadership Initiative held in West Turlock as part of that city's Smart Valley Places Initiative, with 13 community members attending. MCAH staff also began attending the quarterly Sustainable Communities Steering committee meetings in May and helped create the Sustainable Communities Vision Survey distributed to stakeholders and the public in Spring 2012. **Focus areas: Nutrition, Physical Activity, Systems and Environmental Changes**

- The Built Environment Advisory group for *Framework for a Thriving Stanislaus* approved 2 indicators for long-term tracking of progress towards framework goals. These included the 1) average annual per capital vehicle miles traveled and 2) percentage of Stanislaus County workers who walk to work. **Focus areas: Physical Activity, Systems and Environmental Changes**
- Health Services Agency (HAS), upon advice of MCAH staff, supported the City of Modesto's July 2011 Urban Greening Grant to improve tree cover in Airport Neighborhood, a highly impoverished area with a large number of ethnic minorities and limited opportunities for physical activity. HSA supported the People's Garden Grant Program application of the East Stanislaus Conservation District to put in a community garden in the West Modesto area, an area with a high percentage of racial and ethnic minorities and people living in poverty and that is considered a food desert. HSA also supported a grant application by the West Modesto/King Kennedy Neighborhood Collaborative for a California Department of Food and Agriculture Specialty Crop Block Grant Program to help provide affordable fresh produce in West Modesto (for the farm, community garden, farmers' market and CSA program). **Focus Areas: Food Security, Systems and Environmental Changes**

Sutter

- N/A

Tehama

- The Adolescent Family Life Program provided WIC Services along with nutrition and healthy weight client education by case managers. Case Managers have helped teens to get access to WIC with transportation services and modeled healthy behaviors during visits. MCAH Director assisted with the Nutrition Education and Obesity Prevention grant funding to focus on our teens' nutrition in the near future. There is also the availability of possible collaboration with WIC Nurse to do a home visit. **Focus Areas: Nutrition, Physical Activity, Adolescents**

Trinity

- Trinity County is in the process of forming a County Nutrition Action Plan (CNAP). The community activities developed through CNAP will have focused goals and interventions targeting obesity prevention. Activities that TCAN participated in for FY 2011-2012 included: Nutrition Olympics at two different venues; Children's Festival May 2012 and Salmon Festival Oct 2011, and Screen Free Week, during May 2012, which provided Information regarding healthy activities to do with your family at variety of businesses around Weaverville. **Focus areas: Nutrition, Physical Activity, Children**

- The Trinity County Activity and Nutrition Collaborative planned community outreach events to educate families about healthy eating and physical activity and increase knowledge of community services available to Trinity County residents. TCAN also seeks to promote and educate community children (ages 3-11) on the benefits of fruit and vegetables and physical activity and provide more opportunities for community participation in physical activity. TCAN had three main events for Fiscal Year 2011-2012. Community events provided by TCAN were:
 - 1) Nutrition Olympics at the Salmon Festival - The goal of the Nutrition Olympics event was to provide an interactive way to educate children and their families about nutrition (fruits and veggies) while combined with physical activity.
 - 2) Screen Free Week – This event was promoted through-out Trinity County by a variety of community agencies, Public Health, WIC and the schools and local businesses. The objective was to promote physical activity and healthy eating choices to all residents of Trinity County.
 - 3) Nutrition Olympics at the Children’s Festival - The children festival is the largest children’s event in Trinity County and approximately serves 400-500 children and families. **Focus areas: Nutrition, Physical Activity, Children**

Tulare:

- Adolescent Family Life Program Staff provide clients with educational materials, pamphlets and brochures on healthy nutrition. The teens are given a healthy cookbook and the food pyramid is discussed. Clients are also referred to WIC and health care centers for additional nutrition classes. **Focus areas: Nutrition, Adolescents**
- Case managers made scheduled home visits to their Perinatal Clients part of the admission assessments and information included the Women’s Health and Wellness tool as well as educational pamphlets on importance of nutrition and folic acid for women of child bearing age. **Focus areas: Folic Acid, Preconception Weight & Nutrition**

Tuolumne

- N/A

Ventura

- In fiscal year 2011-2012, 175 parents and 506 providers attended workshops/trainings on childhood obesity prevention and educational materials were distributed to 258 providers during consultations. **Focus areas: Nutrition, Children**
- Advocates for a Lifestyle of Exercise and Nutrition in Ventura County (A LEAN VC) developed and launched a website called Healthy Ventura County as a healthy eating, active living resource for the community. The website contains various health topics

and information focused on healthy eating and active living, and local events and activities that Ventura County residents can participate in. **Focus areas: Physical Activity, Nutrition**

- Some of the Ventura school districts (K-12) implemented policy changes at the schools (e.g., healthy fundraisers, school wellness policies, etc.). Each A LEAN VC subcommittee [1) Healthy Families and Communities, 2) Coordinated School Health K-12, 3) Healthy Living Initiative for Individuals 55+, 4) Workplace Wellness, 5) Health Care, 6) Policy and the Built Environment] sponsored forums and trainings related to healthy eating, active living, obesity prevention, and related topics in the community. Each A LEAN VC subcommittee also gave out Healthy Champion Awards during National Nutrition Month at the County Board of Supervisors meeting to 6 organizations who served as models in the community for promoting healthy lifestyles, nutrition, and physical activity. A LEAN VC was also awarded 2 grants this past year (CDC and Kaiser Permanente) to implement obesity prevention policies and programs. **Focus areas: School Programs, Systems and Environmental Changes**
- Ventura County Adolescent Family Life Program staff received training on the My Plate nutritional guidelines, nutritional label reading, and obesity guidelines. Case managers were taught effective ways to work with clients in regard to the importance of physical activity and nutrition and provide resources to AFLP clients. **Focus areas: Nutrition, Physical Activity, Adolescents**

Yolo

- N/A

Yuba

- N/A