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Healthcare/Food Security/Faith

### Assessment Instruments

### General Resources

### PSE-Specific Resources

- **Directing Community Benefits Resources from Local Hospitals to Nutrition, Physical Activity and Obesity Prevention Efforts in Low-Income Communities**
- **Healthy Churches**
- **Healthy Food Distribution at Emergency Food Sites**
- **Prescription for Change**
- **Supplemental Food Resources are Widely Available at Community Sites**

*Elements in this compendium may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.*

## ASSESSMENT INSTRUMENTS

**Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention- Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

- CX<sup>3</sup> - NF6 Emergency Food Outlet Survey
- CX<sup>3</sup> - NF6 Food Banks Survey

[http://www.cdph.ca.gov/programs/cpns/Pages/CX3\\_T2\\_FoodBank\\_EmergFoodSurvey.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/CX3_T2_FoodBank_EmergFoodSurvey.aspx)  
url also includes survey administration instructions and a training PowerPoint.

**Faithful Families Eating Smart and Moving More Community Assessment—North Carolina State University** (English and Spanish)

<http://www.faithfulfamiliesmm.org/>  
<http://www.centertrt.org/?p=intervention&id=1090>

## GENERAL RESOURCES

**Cal Fresh Applications - County Social Service Departments**

<http://www.benefitscal.org/>

**What Works in Healthcare—Wisconsin Department of Health and Family Services**

<http://www.dhs.wisconsin.gov/publications/P4/p40142.pdf>

## PSE: Directing Non-Profit Community Benefits Resources to Nutrition, PA, and Obesity Prevention Programming in Low-Income Communities

**Affordable Care Act Tax Provisions**

<http://www.irs.gov/uac/Affordable-Care-Act-Tax-Provisions>

**HEAL Zones - Kaiser Permanente**

<http://healzones.org/>

## PSE: Healthy Churches

**Healthy Churches—Emory Prevention Research Center**

*Promoting Healthy Lifestyles in Southwest Georgia.*

<http://web1.sph.emory.edu/eprc/docs/Spring2011.pdf>

**Health Ministry Guide - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB) \*Coming Soon!**

## PSE: Healthy Food Distribution at Emergency Food Sites

**Food Banks – Farm to Family Programs—California Association of Food Banks**

This site provides information about produce distribution, healthy backpack weekend programs, and healthy food donation policies: [www.cafoodbanks.org](http://www.cafoodbanks.org) and <http://www.cafoodbanks.org/farm-family>

**Stocking the Shelves with Produce—Feeding America**

Resource to assist food banks adopt policies and practices to offer and promote healthy food.

<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/nutrition.aspx>

**PSE: “Prescription for Change”****Exercise is Medicine—Exercise is Medicine.org**

*Resources and step by step plan for a simple, fast and effective tool for using exercise as a ‘medicine’ to help prevent or manage many of the most common chronic health conditions. Public Action Guide including resources for Physical Activities with a Disability.*

[http://www.exerciseismedicine.org/assets/page\\_documents/PublicActionGuide\\_HR.pdf](http://www.exerciseismedicine.org/assets/page_documents/PublicActionGuide_HR.pdf)

**Heart Clinic Arkansas—St. Vincent Heart Clinic Arkansas**

*Cardiology clinic supported the creation of a “medical mile” designed to inspire and to make wellness-oriented lifestyle changes. Partnered with National Park Service River Trails and Conservation Assistance Program and Little Rock Parks and Recreation.*

[http://www.heartclinicarkansas.com/medical\\_mile.htm](http://www.heartclinicarkansas.com/medical_mile.htm)

**National Recreation & Park Association: Taking the Plunge to a Better Health**

*Program links the healthcare system and local park and recreation agencies to increase physical activity in overweight or obese youth from disadvantaged urban communities. The link provides a general description. Contact the organization to obtain more info.*

<http://www.nrpa.org/Grants-and-Partners/Recreation-and-Health/Park-Prescriptions/>

<http://www.parksandrecreation.org/2012/April/Parks-a-Prescription-for-Health/>

**Park Prescriptions—Institute At The Golden Gate**

<http://www.parksconservancy.org/assets/conservation/environmental-sustainability/pdfs/park-prescriptions-2010.pdf>

**Prescription for Health Program—Washtenaw County Public Health, Michigan**

[http://www.ewashtenaw.org/government/departments/public\\_health/health-promotion/prescription-for-health/prescription-for-health](http://www.ewashtenaw.org/government/departments/public_health/health-promotion/prescription-for-health/prescription-for-health)

**Walk with a Doc—walkwithadoc.org**

*A free, non-profit program for anyone interested in taking steps for their health.*

<http://www.walkwithadoc.org/>

**PSE: Supplemental Food Resources are Widely Available at Community Sites**

For resources on CalFresh, Meals on Wheels, and Summer Meal Programs:

- [www.cafoodbanks.org](http://www.cafoodbanks.org)
- <http://mealcall.org/us/>
- <http://www.cde.ca.gov/ds/sh/sn/summersites.asp>

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