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Community- Academic- Policy Partnership

HEALTHIER COMMUNITIES TOGETHER

We are making a difference in our community!

Healthy Eating Active Living Cities Initiative Passed by Carson City Council

At the April 17, 2012 Carson City Council meeting, Mayor Jim Dear and Carson City Council members, Elito Santarina, Julie Ruiz-Raber, Mike Gipson, and Lula Davis-Holmes, voted unanimously to pass the Healthy Eating Active Living (HEAL) Cities resolution, setting the course for a healthier future for Carson residents. The HEAL resolution sets the stage for the council to adopt city policies that are designed to encourage physical activity and consumption of healthy foods. The UCLA/RAND Prevention Research Center (PRC) and the California Center for Public Health Advocacy, a UCLA/RAND PRC Community Advisory Board (CAB) partner, were instrumental in bringing this initiative to the attention of Mayor Dear and the Council.

Though the Mayor and Council members have already taken steps towards a healthier Carson—including the adoption of the Municipal Facility Food and Beverage Policy, which sets health standards for the types of foods and beverages that can be sold in city buildings and properties, and a Smoke Free Ordinance to reduce smoking in the community—this resolution paves the way for policy considerations, specifically in the following areas:

1. Land Use Policies that support the development of bike and pedestrian plans
2. Zoning Ordinances that promote community gardens and farmers' markets
3. Healthy Food Retail Policies that facilitate increasing healthy food options in retail food establishments
4. Employee Wellness Programs that encourage physical activity breaks at employee worksites

As a result of adopting the HEAL Cities Initiative, the city of Carson will receive a Healthy Eating Active Living City logo to include on their website and will be designated an ACTIVE or FIT city after submitting their qualifying policies. The UCLA/RAND Prevention Research Center will continue to support and participate in collaborative efforts that facilitate the adoption of health and wellness policies designed to improve community health and prevent disease in the City of Carson.

PAUL'S PERSPECTIVE

Hi, everyone! We seem to be entering a new phase in CAPP, with the passage of the HEAL Cities initiative in addition to our growing training opportunities and our announcement of a third round of seed grants. This is exactly the kind of activity that our unique partnership of community members and organizations, academic researchers, and policymakers was designed to help foster. "Community transformation" has become a national catchphrase, but no roadmaps exist that can teach communities what it means or how to do it. It's like Supreme Court Justice Potter Stewart's famous definition of obscenity: "I know it when I see it." I'm starting to think, maybe, that I can begin to see it. Paul Chung, MD, MS, Principal Investigator

Community Voice: Doug Semark, PhD Gang Alternatives Program Receives UCLA REACH Grant to Implement Instant Recess

“Community-based participatory research is a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings.”

– WK Kellogg Foundation Community Health Scholars Program



In early 2012, the Gang Alternatives Program (GAP) received a REACH US grant to increase children’s physical activity. The grant has allowed them to add a 10 minute physical activity break, called Instant Recess, into the daily schedules of students attending GAP after school programs located at 232nd Place Elementary School, Ambler Elementary School, and Wilmington Park Elementary.

GAP is a community-based nonprofit organization that provides services and programs that promote a gangfree lifestyle to young people and their families living in Wilmington and Carson, CA. According to GAP Executive Director, Doug Semark, PhD, nutrition and exercise are important components of developing this healthy lifestyle.

This grant was awarded by the UCLA REACH US (Racial and Ethnic Approaches to

Community Health Across the US) Center of Excellence in the Elimination of Health Disparities, which promotes healthy eating and active living by focusing on dissemination activities and training to achieve sustainable change in organizations serving at-risk African American, Latino, Asian, and Pacific Islander populations.

The REACH Grant has supported the addition of Instant Recess (IR) as a core component of GAP’s gang prevention curriculum, stressing the importance of physical activity and healthy nutrition for staff and students. GAP staff members, trained as Certified Instant Recess Trainers, incorporate IR breaks into their after-school programs, my Gangfree Life and STEP UP! The GAP Instant Recess project is offered at the three participating schools Monday through Friday for students in grades K-5

during after school programs.

In addition to offering IR breaks in school settings, GAP has incorporated Instant Recess breaks, as well as healthy snacks, into all office staff meetings. The Certified Instant Recess Trainers, Victor Medina and Dimmery Davis, say that introducing IR prompted staff to choose to eat healthier food during staff meetings. They believe that people now are inspired to change their lives and that IR has given them the tools to work together to make that change happen.

Overall, the program has been well received by GAP’s organizational staff, participating schools, teachers, and students. The next step, according to Davis, is to bring Instant Recess to teachers and students during the school day.



232nd Place Elementary



Wilmington Park Elementary

Community Partners Speak Out About Community Based Participatory Research

The UCLA/RAND Prevention Research Center (PRC) is committed to improving community health through conducting prevention research that includes community members as equal partners. This collaborative approach, called community-based participatory research, involves community partners in all phases of the research process.

Read below to learn more about what our community members are saying regarding their experience in participating in community based participatory research.

Mike Ballue, BHS/NCAAD: Our agency feels honored to be a participant in the (CBPR) process. To have an academic resource with the knowledge to be a teacher AND the sincere interest to be a partner and friend in that process is priceless.

Doug Semark, PhD, Gang Alternatives Program: CBPR makes both of us better. I think that the PRC and the idea of CBPR empowers an agency to do things it can't do alone. At the same time, our agency's participation enables the PRC to have a reach and access to community in ways it cannot do itself.

Paz Velasquez, YFSC-PIA: Dr. Lesser (Geffen School of Medicine at UCLA) included us from start to finish in his research project and valued our input every step of the way. As a result, our youth will speak during a medical conference about "their" research on fast food restaurants.

Kim Richards, Boys and Girls Club of Carson: Dr. Cowgill taught us how to think about data and outcomes in a new way and we are still using his suggestions in our programs today!

Evaluation Workshop Series to Begin in September

As follow-up to the introductory evaluation workshop held in April 2012, designed for those with no or limited experience with evaluation, the UCLA/RAND PRC will offer a three-part Evaluation Workshop Series, beginning in September 2012.

The workshop series will be offered free of charge to all members of PRC CAB organizations, and will be held at the Gang Alternatives Program headquarters in Wilmington, CA.

Attendees will be asked to attend all three workshops as each session will build upon knowledge gained at

prior sessions. Attendance at the previous session held in April is not required.

Workshop 1: Evaluating for Effective Programs: Is the program making a difference? will be held on Friday, **September 14**, 9am-1pm. Participants will learn to explain the reasons for and uses of program evaluation as well as identify needs and opportunities at their own organizations.

Workshop 2: Outcome Measurement: Developing Outcome Indicators will be held on Thursday, **November 15**, 9am-1pm. Participants will learn to

identify sources of data and choose credible data collection methods for measuring program effectiveness as well as develop an evaluation plan of their own.

Workshop 3: Using Data for Understanding and Communicating Program Impact will be held Friday, **January 25**, 9am-1pm. Participants will learn about appropriate types of analysis for data collection methods and to clearly present and communication evaluation results.

For more information, or, to register, go to: <http://uclaevaluation.eventbrite.com/>

News and Updates: Funding Opportunity

The third CAPP SEED grant announcement was released on July 12, 2012. Non-profit and public organizations that are either current CAB members or sponsored by a CAB organization are encouraged to apply! Letters of Intent are due Aug. 24, 2012 and full applications should be submitted by Sept. 14, 2012 to lindseythompson@mednet.ucla.edu.



*Building the Public
Research Base with
Community
Partners*

*Health is a state of
complete physical,
mental and social
well-being, and not
merely the absence
of disease or
infirmity.*

—World Health

Organization 1948

OUR PARTNERSHIPS

Boys & Girls Club of Carson
Behavioral Health Services/NCADD South Bay
California Center for Public Health Advocacy
Carson Family Resource Center
Carson High School
Centinela Youth Services
City of Carson
City of Los Angeles Council District 15
Gang Alternatives Program (GAP)
Los Angeles County Department of Health Services

Los Angeles Unified School District Wellness Centers
Los Angeles County Department of Public Health, Service Planning Area 8
Providence Little Company of Mary Hospital
South Bay Family Health Care Center
South Bay Center for Community Development
UCLA/RAND Prevention Research Center
UCLA Geffen School of Medicine, Department of Pediatrics
UCLA Fielding School of Public Health
The Youth, Family, School, and Community Partnership in Action (YFSC-PIA)

TO YOUR HEALTH – Healthy Reads to Increase Your Health IQ

Exercise Might Boost Kids' Academic Ability

Promoting physical activity among young school kids can end up improving their academic performance, a new study suggests.

Italian researchers tracked 138 children aged 8 through 11 who took mental acuity tests under a series of conditions that sometimes involved physical activity and sometimes did not. "Schoolteachers frequently claim that students lose attention and concentration with prolonged periods of academic instruction, first study author Maria Chiara Gallotta, at the University of Rome, said in a news release. "The key elements of learning, particularly important during development, are attention and concentration. Our study examined the relationship between exertion and the attention and concentration levels of schoolchildren."

The findings appear in the March issue of *Medicine & Science in Sports & Exercise*.

Over a three-week period, the children sat for three exam sessions of 50 minutes each. Before the first test they had all engaged in some form of physical exertion. Before the second test they had only engaged in academic exercises. And the third time, they had participated in both physical and academic activity. All the tests were structured to gauge concentration skills as well as the speed with which the kids responded and the quality of their answers.

The children performed best following either physical activity or academic activity, but less well when both were combined before testing.

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