



# Community- Academic- Policy Partnership

## HEALTHIER COMMUNITIES TOGETHER

### Planning for a Healthier Future in Carson

Cities across the nation are adapting policies and practices that transform their communities into livable spaces that support healthy eating and active living. Locally, the city of Carson has taken major steps in this direction by developing a new Master Plan for Bikeways to support residents' interest in increasing physical activity. We recently spoke with Sheri Repp-Loadsman, Planning Officer for the city of Carson, to discuss the planning department's role in community transformation.

According to Ms. Repp-Loadsman, city planning departments began to take a critical role in community land use and transportation in the 1970's. This role came about as a result of environmental concerns voiced by social justice and environmental organizations, which brought to light the damage caused by air pollutants and dependence on fossil fuels. Subsequent governmental legislation and regulation made it possible for local, county, and state governments to become involved in shaping the built environment, in part through land use decisions.

In the 1980's and 1990's, the New Urbanism concept introduced the idea that appropriate design for the built environment could raise the quality of life for community residents. It provided a clear vision for community transformation with its emphasis on walkability, connectivity, mixed use of shops, offices, apartment buildings, and homes, as well as mixed housing, quality architecture and urban design, and traditional neighborhoods.

Ms. Repp-Loadsman and other young city planners in Carson were driven by this potential for community transformation and believed they could improve the quality of life for Carson residents by adopting selected New Urbanism ideas. Evidence of these ideas can be seen in the new Carson Street Corridor as well as the Boulevards of South Bay developments where live/work environments co-mingle — housing, workforce, transit, shopping, schools, and restaurants, all within close proximity.

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*The need to reinvest in communities and engender health equity is a common thread for all community-based organizations.*

### PAUL'S PERSPECTIVE

*Community transformation is the new watchword in health. The City of Carson is well on its way to becoming a forward-looking model for how city planning can spark community transformation. Providence Little Company of Mary's Creating Opportunities for Physical Activity (COPA) program and its partnership with Instant Recess is another example of community transformation, this time through programs and people. Finally, I'd like to congratulate our new Seed Grant winners, the South Bay Center for Community Development and the Los Angeles Trust for Children's Health — Neighborhood Action Councils of concerned citizens are another pathway to community transformation, and few institutions are as potentially transformative as our public schools. Paul Chung, MD, MS, Principal Investigator*

“Health is not relative: a community or nation is only as healthy as its least healthy member.”  
- Prevention Institute



## Community Voice: Jim Tehan and Alina Bueno Nadsady Providence Little Company of Mary Transforms Communities from the Inside Out

“Our focus is on the underserved where the needs are great,” Alina Bueno Nadsady tells me when we speak about Providence Little Company of Mary’s outreach to their community. Jim Tehan, Service Area Director of Community Partnerships and Grants Manager, and Bueno Nadsady work together strengthening services and partnerships throughout the South Bay region. They recently spoke with me to share more about Providence Little Company of Mary’s partnership with the UCLA/RAND PRC and specifics of their community work.

### When did Providence Little Company of Mary’s (PCLM) partnership begin with the UCLA/ RAND PRC?

We began our partnership in 2000. At that time, Director Dr. Mark Schuster was interested in the work we were doing in adolescent health. Our program ACES, Adolescent Coping Education Series, fit well with the PRC’s research.

### How does prevention feature in the mission of PCLM?

Health prevention has been the cornerstone of the work PCLM has done in the communities we serve. As a complement to the direct services at our hospitals, community outreach is focused on prevention through increasing opportunities for wellness education, providing access to free and low cost health services, and linking people to community health services through insurance enrollment using the Promotora Model.

Which South Bay commu-

nities do you serve? We serve 14 communities of the South Bay, with a specific focus on Harbor City, Lawndale, Gardena, Hawthorne, San Pedro, and Wilmington. The services we provide include mobile health clinics, diabetes education and management, Vasek Pollack Clinic—a low cost health clinic for adults without health insurance, and physical activity programs, such a COPA (Creating Opportunities for Physical Activity) and Instant Recess.

### How have your programs transformed the communities you serve?

Our biggest impact, in terms of community transformation, has been with our COPA program. In 2001, we trained one cohort of teachers in the Lawndale School District on methods to increase the physical activity of their students using curriculum and workbooks designed by PCLM Physical Education experts. Today, COPA is implemented in all schools in Lawndale and has extended into the community. We train school teachers, noon aides, principals, city government officials, and hold community wide physical activity events. In addition, we received Instant Recess grants, which have allowed us to expand to the libraries, the Mayor’s office, PTAs, Sports Leagues, and other locations throughout Lawndale. Now we have deep support throughout the city and it has become a movement in Lawndale.

What has been the key to your success in expanding this program from a small group of teachers to one

### that is community wide?

We understand that we cannot do this work alone, and that partnering with others in the community is essential. Once our initial program was established, we began to build an organic network based on our natural partners. For example, working with students connected us with parents and principals, who in turn connected us to PTAs and libraries. The network spontaneously grew as we listened to the needs of our partners and now we are embedded in the community.

### What is the next step for COPA and Instant Recess?

As a result of making long-term commitments to our communities, we have learned a lot about building collaborative partnerships to support health promotion and community transformation. Our model for bringing exercise into a community setting can now be transplanted to other geographic areas. We have recently developed a partnership with St. Peter and St. Paul Church in Wilmington to implement our diabetes education program. Through this initial relationship we will be able to offer them additional workshops in physical exercise. As with our Lawndale program, we will be receptive to the need of community members, connect with natural partners, and promote healthy eating and active living to improve health and prevent disease.



## Community-Academic-Policy Partnership Seed Grants Awarded



The UCLA/RAND PRC and the Community-Academic-Policy Partnership project received a record number of qualified applications for the final round of community research seed grants this fall. Two organizations were selected as recipients of one-year seed grants to carry out research in their communities:

1. South Bay Center for Community Development
2. Los Angeles Trust for Children's Health

**South Bay Center for Community Development:** The South Bay Center for Community Development (SBCD) received a seed grant to evaluate the impact of their Neighborhood Action Councils (NAC) on participants' relationships with local institutions and public systems.

According to Taylor Brady, SBCD's Director of Development, the Neighborhood Action Councils are derived from a unique community development model developed by Dr. John Knight at the Asset-Based Community Development Institute at Northwestern University. Conventional community development models are advocacy-focused and designed to direct community members to take action on a particular issue affecting a local

community. In contrast, the NAC's asset-based model builds the capacity of community members to develop their own ideas and plans for community change. The emphasis is on building connections among community members, encouraging the formation of strong supportive relationships, and empowering the members to take collective action.

The seed grant will be used to evaluate the capacity of this community development model to facilitate participants' relationships outside the core NAC group, building relationships on a broader scale including institutions such as schools and other public systems.

**Los Angeles Trust for Children's Health:** The LA Trust received a seed grant to improve the sexual health care of adolescents. This innovative research study will introduce a mobile health application that is designed to promote responsible sexual health behaviors, prevent transmission of the STI, Chlamydia, and decrease unintended pregnancies among ethnically diverse adolescents in Carson and Jordan High School Wellness Centers.

More information will follow on LA Trust's project in future newsletters.

*"The determinants of health are beyond the capacity of any one practitioner or discipline to manage... We must collaborate to survive."*

*Mitchel and Crittenden, Washington Public Health*

## Update: Evaluation Workshop Series

The Evaluation for Real Outcomes Workshop Series, offered by the UCLA/RAND PRC and sponsored by the CAPP grant, is now complete. Three sessions

that included the what, why, and how of evaluation as well as an overview of analysis, data management, and communication, were held between September

2012 and January 2013. Across the three sessions, 24 members of CAB organizations and their affiliates attended.

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Today the challenge for Ms. Repp-Loadsman and other city planners is to balance the competing needs of issues related to quality of life and business interests. With degrees in both social work and city planning, Ms. Repp-Loadsman is able to look at the community transformation dilemma from all angles and work closely with all partners to help the city balance these competing needs. She believes that collaboration between the city and its community partners, including businesses, residents, and non-profits, will add value and opportunities for building a healthier future for Carson.

## OUR PARTNERSHIPS

Boys & Girls Clubs of Carson	Los Angeles Unified School District Wellness Centers
Behavioral Health Services	Los Angeles County Department of Public Health, Service Planning Area 8
California Center for Public Health Advocacy	Providence Little Company of Mary Medical Center
Carson Family Resource Center	South Bay Family Health Care Center
Carson Academy of Medical Arts at the Carson High Complex	South Bay Center for Community Development
Centinela Youth Services	UCLA/RAND Prevention Research Center
City of Carson	UCLA Geffen School of Medicine, Department of Pediatrics
City of Los Angeles Council District 15	UCLA Fielding School of Public Health
Gang Alternatives Program (GAP)	The Youth, Family, School, and Community Partnership in Action (YFSC-PIA)
Harbor Community Clinic	
Los Angeles County Department of Health Services	

## Local Health Policy Efforts Make Headlines!

**DAVIS, Calif., November 6, 2012.** The following is a statement from Dr. Harold Goldstein, Executive Director of the California Center for Public Health Advocacy (CCPHA) and a leading proponent of public policies to address growing public health concerns, regarding the defeat of El Monte's Measure H, the "Soda Tax."

"The city of El Monte grabbed national headlines for its groundbreaking efforts to protect the safety and health of its residents and their children. Mayor Andre Quintero's proposed Measures H and C, which would have raised a penny an ounce on sugary beverages, opened a new level of discourse about the importance of public policies to build healthier communities.

With half (50.2%) of all El Monte children overweight and at elevated risk for chronic diseases like diabetes, the El Monte soda tax was a bold, assertive and smart policy. It identified a major driver in the obesity crisis and sought to make sugary drinks pay for programs that could reverse their harmful impact.

Rather than working toward a solution to the obesity problem they took the lead in creating, the beverage industry poured millions of dollars into stopping this small community-driven effort. They spent an unprecedented \$1.5 million to drown out the voice of El Monte residents. And while Big Soda may have stopped this measure, Mayor Quintero and advocates of children's health in El Monte have pioneered a new idea, shed light on a problem that is not going away and paved the way for future policies that will hold the beverage industry accountable for the harm they do to our children and our communities."

### Harold Goldstein, DrPH

Executive Director, California Center for Public Health Advocacy

### UCLA/RAND Prevention Research Center

650 Charles E Young Drive South  
Room A2-125 CHS  
Los Angeles, CA 90095-6900  
Phone 310-794-3000  
Website: [www.ph.ucla.edu/prc](http://www.ph.ucla.edu/prc)

Questions? Comments?

**Sheila W. Lamb, LCSW**  
UCLA/RAND Prevention Research Center  
Research Associate  
[sheila.lamb@lausd.net](mailto:sheila.lamb@lausd.net)

This publication is supported by the Community Academic-Policy Partnership Grant. PI: Paul Chung, MD,MS. Funded by I-RC4RR031365. Its contents are solely the responsibility of the authors and do not represent the official views of the UCLA/RAND Prevention Research Center or UCLA Fielding School of Public Health.