Pathways to Policy: A Step-by-Step Playbook for Young People Who Want to Change the World

To create this guide, ChangeLab Solutions collaborated with The Bigger Picture, the Pediatric Leadership for the Underserved (PLUS) Program at the University of California San Francisco, and Youth Leadership Institute (YLI). The Bigger Picture has activated hundreds of high school students through arts-based education on the structural and environmental causes of type 2 diabetes, but they quickly recognized that their students don’t want to just identify problems; they want to solve problems. Pathways to Policy can help them do just that, providing guidance on next steps to make their communities healthier.

Download Pathways to Policy Playbook below as well as useful handouts about the 10 steps of advocacy, the 3 branches of government, and examples on how to get support from parents and peers.

Sugary Beverage Consumption Among California Children and Adolescents

Published last month, his policy brief examines patterns of sugary beverage consumption among children and adolescents in California. Using data from the California Health Interview Survey (CHIS), this study found that while sugary beverage consumption decreased among adolescents ages 12-17 between 2011-12 and 2013-14, it increased among children under age 12 between 2009 and 2013-14. The trend among children under age 12 may be attributed to a shift in sugary beverage consumption from soda to sports and energy drinks. Establishing and strengthening policies that focus on reducing consumption of sugary beverages could counter the increasing consumption trend among younger children as well as result in further reductions in consumption among teens. Read brief here.
Complete Parks: Creating an Equitable Parks System

Parks bring people together. When people recall happy childhood memories, parks often come to mind because they’re the backdrop for birthday parties and family barbecues, sledding in the snow, playing until sundown. Parks are where many kids meet their first friends, where they learn to swim or play soccer or basketball. When we gather in parks to celebrate milestones, to laugh together and bond, these public spaces become special and important. We reconnect in parks, with nature and with our neighbors.

Everyone should be able to enjoy a great local park. But the current reality is that in many neighborhoods, people can’t use parks safely or easily. The benefits of parks are not fairly distributed across groups of people, and there are clear patterns by class and often by race. Closing this gap calls for an intentional approach; it won’t happen on its own or by happenstance.

This document describes a new approach — the Complete Parks approach — and how it can be used to create a Complete Parks system. It also introduces the 7 elements of a Complete Parks system.

Interactive Cancer Risk Matrix

The World Cancer Research Fund and the American Institute for Cancer Research have published their third compendium of information about diet and cancer risk. They created an online, interactive toolkit with a matrix to give information on how different aspects of diet, as well as body weight and physical activity, might be linked to cancer risk. The strength of the evidence that any such link might be a truly causal factor has been put into one of three categories. Download matrices here.

‘Convincing’ or ‘probable’ evidence that the link is causal is regarded as strong enough to support a recommendation for cancer prevention but any single conclusion does not represent a recommendation in its own right. ‘Limited-suggestive’ evidence is regarded as too limited to support a recommendation (because the quality or amount of evidence was inadequate, or it was too inconsistent), even if there was a suggestion that there might be an effect.

Find more information about how the evidence was judged and Cancer Prevention Recommendations.
A Roadmap for Health in All Policies

What happens when all the government agencies in a town, county, or state work together to build healthier communities? How do these jurisdictions actually do it? How do governments commit to, develop, and sustain a HiAP approach? ChangeLab Solutions developed *A Roadmap for Health in All Policies* to help answer these questions. This resource provides strategies for collaboration, challenges to consider, and concrete guidance and inspiration. Because HiAP is fundamentally about good governance, this roadmap focuses on using policy to build and institutionalize the public sector’s ability to collaborate across government departments, agencies, and offices. *A Roadmap for Health in All Policies* is part of their growing library of HiAP materials. These resources explain the ins and outs of HiAP, including steps and strategies from concept all the way to implementation. It also provides model policies that you can customize to meet your community’s needs. Together, these resources will help you create a healthier, more equitable future for your community.

## Webinars

**Shifting Narratives: Using AAPI Wealth Data for Racial Justice**
**Thursday, June 7, 2018, 10:00 AM Pacific**

This is a collaborative webinar with the Asset Building Policy Network (ABPN) about Asian American and Pacific Islander (AAPI) Wealth data and the importance of including more nuanced data about AAPIs, in order to counter the post-racial narrative that uses AAPI wealth status data to make the case that institutional racism no longer exists. Join ABPN as they reflect on the historical context of AAPIs in the US, examine the challenges in data about AAPI groups across time, and engage in a discussion of AAPI data and wealth narratives in the current climate. Register here.

**Community Partnerships**
**Thursday, June 7, 2018, 10:00 AM Pacific**

Connecting with community networks and partners enhances collaboration, increases access to resources, and opens new doors for conducting outreach to families. Partners can help provide innovative and engaging programming, assist with increasing awareness, and support overall operations. Join FRAC to learn how to initiate and strengthen community partnerships as a strategy to boost summer meals expansion. Register here.

**How to Get into the Partnership Game: A Healthcare Playbook for Community Developers**
**Tuesday, June 12, 2018, 10:00 AM Pacific**

How can Community Development Corporations, Community Development Financial Institutions and affordable housing developers leverage their assets and expertise for effective partnerships with hospitals and healthcare systems? Join PHI’s Build Healthy Places Network for a special preview of the forthcoming resource “Healthcare Playbook for Community Developers” and learn how three cross-sector leaders are building impactful partnerships across the community development and healthcare sectors. Register here.

**The California Healthy Places Index Launch**
**Thursday, June 14, 2018, 10:00 AM Pacific**

PHI’s Public Health Alliance of Southern California is launching the California Healthy Places Index (HPI)—a powerful new resource that offers actionable data and policy solutions for healthier community conditions statewide. The HPI provides user-friendly scores for each community and detailed data on specific policy action areas that shape our collective health, including economics, education, transportation, housing and more—along with comprehensive policy guides. Learn more during the live webinar introducing the Index and interactive mapping tool. Register here.
An Overview of the National Institutes of Health All of Us Research Program
Thursday, June 21, 2018, 10:00 AM Pacific

This webinar focuses on providing the audience with an overview of the NIH All of Us Research Program, a key element of the Precision Medicine Initiative (PMI). All of Us is a participant-engaged, data-driven enterprise supporting research at the intersection of human biology, behavior, genetics, environment, data science, computation, and much more to produce new knowledge with the goal of developing more effective ways to treat disease. The webinar also will highlight the program’s engagement efforts with community and healthcare provider organizations. The audience will learn about how to become involved with All of Us and will be able to share information with those they serve and/or represent. Register here.

Funding Opportunities

Application Due Date: June 7, 2018

Policies for Action was created to help build the evidence base for policies that can help build a Culture of Health. They are interested in learning how national, state or local policies can promote lifelong health and health equity for individuals, families, and communities; as well as what enabling factors promote the adoption and spread of good policies. Learn more here.

Food and Agriculture Service Learning Program
Application Due Date: July 9, 2018

The Food and Agriculture Service Learning Program is intended to increase the knowledge of agriculture and improve the nutritional health of children and to bring together stakeholders from the distinct parts of the food system to increase the capacity for food, garden, and nutrition education within host organizations or entities, such as school cafeterias and classrooms, while fostering higher levels of community engagement between farms and school systems. The initiative is part of a broader effort to not only increase access to school meals for low-income children, but also to dramatically improve their quality. Learn more here.

Racial and Ethnic Approaches to Community Health (REACH)
Application Due Date: August 7, 2018

CDC announces the availability of fiscal year 2018 (FY18) funds to implement DP18-1813 Racial and Ethnic Approaches to Community Health (REACH). This 5-year initiative is to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease, specifically for African Americans/Blacks, Hispanic Americans, Asian Americans, Native Hawaiian/Other Pacific Islanders, American Indians, and Alaska Natives, by: Supporting culturally tailored interventions to address the preventable health behaviors of tobacco use, poor nutrition and physical inactivity; Linking community and clinical efforts to increase access to health care and preventive care programs at the community level; Supporting implementation, evaluation and dissemination of practice- and evidence-based strategies on the four topic areas of tobacco, nutrition, physical activity, and community-clinical collaborations that ultimately lead to reduced health disparities in chronic conditions of hypertension, heart disease, Type 2 diabetes, and obesity. Learn more here.
**Recommended Reading**

*A Socioecological Approach to Addressing Tobacco-Related Health Disparities*

In observance of World No Tobacco Day on May 31, the Office of Minority Health (OMH) recommends the National Cancer Institute monograph, *A Socioecological Approach to Addressing Tobacco-Related Health Disparities*. Tobacco use is the leading cause of early and preventable death in the United States among all population groups, however tobacco control and smoking cessation strategies have not impacted all groups equally. This publication provides an overview of tobacco-related health disparities research regarding tobacco use among racial/ethnic minorities, LGBT populations, and low socioeconomic status populations, and suggests successful approaches of tobacco control. View this title [here](#).

**Ambient Music and Food Choices: Can Music Volume Level Nudge Healthier Choices?**

Ambient music is ubiquitous in almost all restaurant and retail settings. We examine how the ambient music influences food choices. The results of three experiments (one field study and two lab studies) show that low volume (vs. high volume or no) ambient music nudges consumers towards more healthful food choices. Read article [here](#).

---

**Training Resources**

<table>
<thead>
<tr>
<th>Title</th>
<th>Date / Time</th>
<th>Format</th>
<th>Location</th>
<th>Info</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Determinants of Health: The Impact on Physical Activity (PA) in the SNAP-Ed Population</td>
<td>Wednesday June 13 9:00 AM</td>
<td>In-Person</td>
<td>Ventura</td>
<td></td>
<td>Register Here</td>
</tr>
<tr>
<td>IGNITE! Session #4: “Sustain It!” A Webinar to Support your CA SNAP-Ed Coalition</td>
<td>Thursday June 14 10:00 AM</td>
<td>Webinar</td>
<td>---</td>
<td>Flyer</td>
<td>Register Here</td>
</tr>
</tbody>
</table>

Visit the CDPH Trainings and Resources page for the latest training related information and calendar of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

---