California Conference of Local Health Department Nutritionists

The CCLHDN Dish

President's Message

CCLHDN

CCLHDN Board 2013-2014

President **Laurie Somerhausen**Yolo County

President Elect **Elaine Emery**Stanislaus County

Past-President **Niaomi Hrepich**Monterey County

Treasurer **Shauna Stratton**Shasta County

Secretary **Sujatha Ganesh**San Mateo County

Greetings CCLHDN! 2014-2015 brings with it many changes. I am happy to announce the 2014-2015 CCLHDN Board. Please welcome Elaine Emery back from "retirement" as our new President-Elect. Sujatha Ganesh will stay on as Secretary, and Shauna Stratton continues as Treasurer. I want to thank Niaomi Hreipich for staying on one more year as Past President and I will continue as your President for one more year, please note the new married name! Unfortunately, Colleen Ogle has moved on from her County Health Department and was not able to step into her role as CCLHDN President. We want to thank her for her long commitment to CCLHDN. We have two more goodbyes to make. Our Leadership Grant comes to an end September 30th and with that, also the funding for our staff Melody Steeples and Lacey Vizcay. They have been so important to the work we've been able to accomplish over the last 3 years and CCLHDN has become much stronger with them. I personally want to thank them for all of the support and wish them the best in their next endeavors.

The Board had ample notice that our funding was ending and held two strategic planning meetings to discuss what the next few years will look like for CCLHDN. We'll be looking at strengthening the work around our purpose, "To build leadership capacity among local health department nutritionists...", building an active membership that is inclusive of all county nutrition programs, supporting public health as a career choice by engaging more with the dietetic internship programs, continuing to represent CCLHDN actively within professional organizations, and continuing to be a forum for sharing innovative public health strategies and evidence based nutrition practices. We'll utilize our committees to help us achieve this and utilize our website as a forum for sharing information. I think it will be an exciting year but we'll need your help and input to help us achieve the work. If you have yet to sign up for a committee, please do so. We have 4 committees this year, Partnership, Conference Planning, Communications, and Policy. An e-mail will be coming shortly with a description of each committee and how to sign up. Committees are a great opportunity to get involved in CCLHDN, network with other nutritionists and help us make a difference in public health. Thank you for your continued support and I look forward to seeing everyone in person soon.

Good Bye Colleen!

I wanted to take this occasion to let you know that, after much contemplation, I have recently made some changes in my career path that have taken me out of the realm of Public Health Nutrition. Unfortunately this move also takes me out of CCLHDN but I want to thank you for the opportunity to serve as your President-Elect in 2013-2014. Although I will miss my association with all of you, I know that the Board will continue to lead the organization in a way that will help CCLHDN follow its vision of "...all Californians living in healthy, vibrant and active communities". All my best to you and have a

Welcome Back Elaine!

Hello! My name is Elaine Emery RD and I am from Stanislaus County. For those of you that know me, you may have remembered that I had retired after 23 years as the Nutrition Services Manager in August 2013. I had decided that pubullet lic health is truly my interest and decid- ed to come back on a part time basis. When I was asked if I would consider being President Elect for CCLHDN, it did not take much thought since I am passionate about this group and look for- ward to working with everyone on the board and broader organization to keep moving CCLHDN forward. For those who are new to this organization, I hope to meet you and also spark that fire. This is a great organization and I

will work very hard to keep it strong.

We Want to Hear From

Are you using CCLHDN Forum? The forum offers a convenient way to communicate with all public health nutritionists to ask questions, get ideas, and share successes and resources. We encourage all members to subscribe for email notifications and visit the forum routinely. You can visit the forum at http://cclhdn.org/member-forums/. To begin posting or responding to member questions registration is required.

2014 Conference Online

This year's annual conference was held
in San Jose, CA on April 28th & 29th. To
view the presentations and resources
from the 2014 conference, visit:
www.cclhdn.org/2014conference.

.

great year ahead! Colleen

Nutritionists in Action! Food Policy Councils

In response to growing concerns about food deserts, child obesity rates, contamination of water, air, and soil, and other issues, there is considerable interest and support around local food systems across the nation. Local food policy councils have been forming across the country to identify and propose research, policies, and initiatives to improve local food systems. A food policy council is a group of stakeholders from many sectors of a food system. Food policy councils often operate as a nonprofit, quasi-governmental entity or within a government agency, and support both community and local government needs. This month, USDA Secretary Tom Vilsack announced a federal initiative to provide direct technical support to rural communities to help them build strong local food systems as part of their community's economic action plans. This presents an opportunity for local health department nutritionists to get involved and address issues of concern, such as hunger and food access. Many CCLHDN members are already involved. CCLHDN recently held a partnership committee meeting to discuss county efforts related to food security and local food systems. Contra Costa, Nevada, San Bernardino, Merced, Napa, Colusa, Kern, and Riverside counties participated and reported their efforts; coordinated through local food policy councils or County Nutrition Action Partnerships (CNAP). Common themes included: working with food banks to establish policies and increase healthier foods including fruits and vegetables, expanding farmers' markets and acceptance of EBT, and various projects addressing food insecurity and food access. Some innovative efforts include: Nevada County exploring a partnership with Habitat for Humanity to establish



a community garden at a new complex they built; Kern County starting a seasonal farmers' market (FM) at the public health department that will accept EBT,

WIC and Senior FM vouchers; Riverside County managing a mobile fresh van funded by Wal-Mart to provide access to fruits and vegetables in food deserts. This is just a sampling of the innovative projects mentioned. You can access the complete notes on CCLHDN website. CCLHDN is also investigating a webinar on "How to start a food policy council" which will be offered in the near future, so watch your emails or log onto CCLHDN website.

Changes! Changes!

Exciting news for our WIC participants! The program has a new and improved set of food packages! The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk. From a basic set of milk, eggs, cheese, cereal, beans, peanut butter and juice, an interim rule helped update the food packages to include a wider variety of foods like fruits and vegetables and whole grains, soy products and tortillas. It



provided WIC State agencies greater flexibility in prescribing food packages to accommodate the cultural food preferences of WIC participants. The interim packages aligned with the 2005 **Dietary Guidelines for Americans** and infant feeding practice guidelines of the American Academy of Pediatrics and were launched in 2009. With the final rule in place in 2014, the new food packages will include yogurt as a partial substitute for milk and more whole grain and fish options for women and children as well as additional fruits and vegetables for children. Go WIC! Hooray to a

healthier generation!!

NEOPB"....?

Network for a Healthy California is now Nutrition Education and Obesity Prevention Branch (NEOPB) in an effort to emphasize increased efforts in obesity prevention and to identify and address the needs of the SNAP-ED diverse target populations throughout the State. As a result, Local Health Departments are now overseeing nutrition education and providing funding to support NEOPB's goals to provide a comprehensive, multi-level, evidence-based, public health approach for serving local jurisdictions. This is done by directing services and connecting with regional and statewide Network campaigns, focusing activities on all levels of the social ecological model to support behavioral change, institutionalizing NEOPB programs into existing social and health delivery systems and building the capacity of low-income communities and partner agencies to provide NEOPB interentions.

Share your best practices, success stories and pictures with fellow CCLHDN colleagues!

WINTER 2015 ISSUE Deadline: **December 15th**

Send articles and pictures to Nori Grossmann at nori.grossmann@acgov.org