

California Conference of Local Health Department Nutritionists

# The CCLHDN Dish



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2012-2013**

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The new CCLHDN logo will be revealed at the Annual Conference!

**President's Address**

Dear Fellow CCLHDN Members,

Wow, can you believe it is already 2013? The Board, Committees and Staff have been busy putting organizational guidelines into place, working on the *Network* leadership grant and planning the upcoming conference. In November I represented CCLHDN at the NEOP Statewide Collaborative (NSC) along with CCLHO, CHEAC and CAN-Act. I discussed how CCLHDN is developing leadership capacity of its members and supporting our members during this transition time. If you haven't already renewed your membership, I encourage you to do so, check the website at [www.cclhdn.org](http://www.cclhdn.org) for more information. You can now pay for membership online! While you are on the website, check out the various resources and tools on the online learning collaborative and learn how you can take advantage of the Peer Exchange program offered. This program allows you to send your nutrition staff to another county to discuss first-hand topics like organizational structure, community partnerships, and public health interventions.

I want to encourage all members to find one way to become more involved with CCLHDN in 2013. There are a variety of ways that you can do this. One way is to volunteer on one of the Committees: Conference and Training, Partnerships, or Communications, another is by sharing helpful resources to add to our learning collaborative. Lastly, **mark your calendar for the Annual Meeting and Leadership Forum held at the UC Davis Alumni Center on March 19-20, 2013.** This year's theme is "A Healthier California- One Community at a Time." Your attendance helps grow the strength of CCLHDN and provides opportunities for networking and getting support from your colleagues across the state. Day 1 will focus on building the knowledge and skill base of the Health Department Nutritionists and Day 2, the Leadership Forum, will focus on building partnerships with stakeholders who share our collective goals. You can learn more at [www.cclhdn.org](http://www.cclhdn.org). We hope to see you there.

Happy New Year,  
*Niaomi*

Niaomi Hrepich, RD  
Monterey County



**Statewide Chronic Disease Prevention Framework Development**

As Past-President, I represented CCLHDN on a CCLHO-CHEAC committee that developed a Chronic Disease Prevention Framework this past year. This collaborative effort, with representatives from CHEAC, CCLHO, CCLHDN, CCLDHE (health educators), CCLHDM (data managers), and DPHN (nursing directors) is part of a *Network* Leadership Project. The Framework is envisioned as a means to address the chronic disease crisis through a common policy agenda for California. The goal is to foster a state-local partnership to implement the Framework in a coordinated fashion through all chronic disease prevention programs state-wide.

The Framework is based on the successful tobacco-control model and emphasizes social and environmental determinants of health to support sustainable individual behavior change. It incorporates the Spectrum of Prevention's range of strategies, and use

of a Health Equity lens for all chronic disease prevention work. In October the team met with Dr. Ron Chapman, Director of the CDPH and numerous staff members to review the Framework and talk about future collaboration efforts around its launch and adoption. A planning workgroup will begin meeting with state representatives early in 2013 to strategize about the Framework's synergy with the Affordable Care Act and the Let's Get Healthy California efforts, and discuss a possible statewide Chronic Disease meeting to be co-hosted by the CCLHO-CHEAC Chronic Disease Committee and CDPH in the Fall of 2013. Dr. Wendel Brunner will give CCLHDN an overview of this project at the Leadership Forum on March 20th, and I will keep CCLHDN updated on this exciting opportunity to address disease prevention in a comprehensive way.

- Terri Fields Hosler, MPH, RD (Shasta County)

## Member Perspectives– The Power of the Peer Exchange

In the last year, eight exchanges between 16 counties have taken place, with plans for more in 2013. We caught up with Program Directors Steven Baldwin and Suzanne Bogart in Los Angeles (Host county), and Alameda County (Mentee county) Program Director, Diane Woloshin to discuss the value of this program.

On September 12<sup>th</sup>, 2012, Alameda County was warmly greeted by a team of LA health department nutrition program staff in a cozy conference space. The agenda for the 2-day meeting offered ample space to discuss “the story behind the story – to really get a sense of what our visiting partners have experienced,” says LA. According to both teams, this candid, ‘real world’ approach to discussing programs, organizational structure, budget, and strategic plans allows for in-depth conversations and interactions between two counties doing similar work. Like most Peer Exchange attendees, LA and Alameda stated that face-to-face time, including formal discussions and the informal chats (lunch, dinner, etc.), are a key benefit to participation. They foster relationships and allow space for important questions and discussion topics to emerge.

Spending time in another county’s environment is important too, according to Alameda. It allows for networking with a broader group of staff that doesn’t occur at meetings or via webinars. Being emerged in the day-to-day operations, and if possible, seeing an activity at the host county can fuel ideas for program improvements. *Alameda suggests that mentee counties do their homework before they go. Email the staff or visit the host county’s website to get an understanding of the programs they offers.* This can help identify differences and similarities between the two counties, and helps each site ask more specific questions and to dive deeper into topic areas they are most interested in.

Return on Investment is a hot topic in public health, and it’s no different for the Peer Exchange program. Is it worth the time and energy? Undoubtedly, yes!, according to both teams. Is prep time reasonable? Another yes! LA states, “To prepare, we developed the agenda (with Alameda), we invited staff to come and share at certain times, we invited senior management....a small amount of time invested compared to the outcomes received”.

**Interested in sharing ideas, best practices, or strategizing with your CCLHDN colleagues? Now is the time to start planning for a FY13 exchange!** Exchanges can take on a peer-to-peer sharing model or a teaching/learning model, it’s up to you! It’s all about strengthening your ability to provide excellent programs, sharing best practices, and building relationships to grow your network. Please visit [www.cclhdn.org](http://www.cclhdn.org) for more details or contact the program coordinator at [rebecca@can-act.net](mailto:rebecca@can-act.net) to get started.



## A Healthier California, One Community at a Time

### 2013 Annual Meeting & Leadership Forum

Join us on March 19th and 20th at the UC Davis Alumni Center in Davis, CA for this “can’t miss” opportunity to enhance your skills and network.

**Act soon, because the deadline for the Early Bird registration 1/31/13.**

Please visit [this page](#) on the CCLHDN website for everything you need to know, including online payment!

See you there!



### CCLHDN Website: What’s New?

Been to [www.cclhdn.org](http://www.cclhdn.org) lately?

We’ve been developing the site into an online learning collaborative designed to help bring the best practices and relevant resources to you.

Here are some of the things you can access:

- County CNAPS
- watch CCLHDN– hosted webinars
- view our calendar
- register for the conference
- Pay with credit card through PayPal for dues and conference fees
- Helpful info about the Peer Exchange Program
- CCLHDN current events, forms, and details on membership.

We need your help to grow this valuable resource. Send us your county’s CNAP, nutritionist job descriptions, or other resources that will help our members provide effective nutrition programs. Resources or questions about the site can be sent to [rebecca@can-act.net](mailto:rebecca@can-act.net).

### Contribute to the CCLHDN Newsletter!

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

**JULY 2013 ISSUE**

**Deadline:  
June 15th**

Send articles and pictures to  
Nori Grossmann at  
[nori.grossmann@acgov.org](mailto:nori.grossmann@acgov.org)