September 2016

COMMUNITY
BENEFIT BULLETIN

A quarterly update from the Department of Community Benefit

HEALTHY LIVING GRANT PROGRAM IMPACTS FELT THROUGHOUT THE SAN GABRIEL VALLEY

2015 Healthy Living Grantees Share Program Impacts

In a room filled with City of Hope staff, community members and the new cohort of Healthy Living Grantees, the six 2015 Healthy Living grantees shared their findings after a year of implementing programs that City of Hope funded. All 2015 grantees made 15-minute presentations and held a poster session. Some programs made inroads into the health status of the communities they served and others taught school children and their families how to walk or bike to school in safe ways. Teenagers grew superfoods in a school garden while non-English speaking ladies worked out in a Zumba class. Below are some of the highlights:

- Pasadena Educational Foundation’s “Sharing a Healthy Start” program actually reduced the number of families that ran out of food at the end of the month.
- American Heart Association delivered its “Check, Change, Control” classes in Mandarin and Cantonese. There was an average drop in blood pressure of 10mm/Hg systolic and 5mm/Hg diastolic for participants who regularly attended workshops and recorded readings at least two times per week, which ultimately improved the heart health of a very vulnerable community.

EDITOR’S NOTE:

In this issue: Discover the impact that the 2015 Healthy Living Grantees made in their communities. To learn more about their program findings, you can view our virtual poster session at http://healthy-living-grant-program.cityofhope.org/.

AND THE WINNERS ARE … ALL OF SAN GABRIEL VALLEY!

On Friday, August 5, the City of Hope community was introduced to the latest cohort of Healthy Living Grant recipients. Through raucous applause, the eight local community organizations were each given $5,000 grants to support their work toward improving the health of the people in their communities. "Healthy Living Grants demonstrate the health of the people in their communities," said Nancy Clifton-Hawkins, community benefit manager for City of Hope.

"It was tremendously exciting to see our first group of grantees tackle a wide range of health, health care and access issues, and this year’s grantees are following in their footsteps," City of Hope recently announced its 2016 Healthy Living Grant recipients.

Altamed — Diabetes Group Visit Program El Monte
Altamed will assist people with prediabetes in making lifestyle changes that reduce their high risk of developing diabetes. Using this model they will expand and enhance programs in El Monte and West Covina.

Azusa Pacific University — Wellness Opportunities for Healthy Living
This program aims to decrease inactivity and provide healthy nutrition and lifestyle changes through health and wellness checks, physical fitness and exercise prescription programs.

Foothill Unity Center — Health Nutrition Education Program
Low-income and homeless families will learn about the relationship between food/nutrition and physical and mental health. The program will support the organization’s primary service, which is to provide food security and health-related services to low-income and homeless families in crisis in the San Gabriel Valley.

Planned Parenthood Pasadena and San Gabriel Valley — Mobile Mammography Expansion
This project strives to increase access to mammography for older women through targeted mobile mammography and health education to vulnerable communities throughout the San Gabriel Valley.

San Gabriel High School Medical Academy — Healthy Living Starts With Me
Building on the work of the school’s Business and Technology Academy’s Health and Wellness Initiative, the Medical Careers Academy, a student-run program, will educate peers about healthy eating while maintaining behaviors, like exercise, to support good health.

Tzu Chi Medical Foundation — Healthy Community in the San Gabriel Valley
San Gabriel Valley residents who face language and culture barriers can improve their health through preventive health education, plant-based diets and physical activity. Classes and workshops will be provided in Chinese and English and take place at clinics in South El Monte and Alhambra. Educational materials will be available in English, Chinese and Spanish.

Western University Health Sciences — Healthy Living and Active Living in Pomona
Health promoters and nursing students — under the supervision and guidance of the university’s faculty — will develop and lead 12-week, age-appropriate healthy living workshops for the community’s parents and children.

YWCA San Gabriel Valley — Healthy Parents and Kids SGV
This YWCA will assist parents in developing healthy living practices to combat obesity and change their lifestyles. Parents can also participate in a lead kernels initiative to learn how to make healthier meals and snacks that use fruits and vegetables.

To deepen understanding about Community Benefit activities here at City of Hope, send us a note: comm_benefits@coh.org. We would love to hear from you!