

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 16 "Check. Change. Control!" classes



■ Poster session allowed all attendees to learn more about the programs

in Mandarin and Cantonese. There was an average drop in blood pressure of 11mmHg (systolic) and 8mmHg (diastolic) for participants who regularly attended workshops and recorded readings at least two times per week, which can ultimately improve 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 the communities they serve. Learn how the 2016 grantees intend to invest their \$5,000 over the next year.

- **Alta Med's "Diabetes Group Visit"** program in West Covina demonstrated consistent drops in diastolic blood pressure, and LDL cholesterol and HgA1C levels, over a six-month time frame for their 62 Spanish speaking clients who attended the two cycle program, ultimately decreasing their risks for other chronic conditions.
- **San Gabriel High School's "Health and Wellness Program"** had high schoolers actually eating kale and other superfoods.
- City of Hope is proud to share in the success of our local organizations. To learn more about their program findings, you can view our virtual poster session at <http://www.cityofhope.org/about-city-of-hope/community/community-benefit/healthy-living-grant-program>

## AND THE WINNERS ARE ... ALL OF SAN GABRIEL VALLEY!



■ 2016 Healthy Living Grantees and members of the City of Hope Community Benefit Advisory Council



■ CBAC Co-chairs Vicki Goto and Patricia Duff Tucker announce 2016 grantees

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 given \$5,000 grants to support their work toward improving the health of the people in their communities. "Healthy Living Grants demonstrate City of Hope's commitment to creating healthier communities by supporting grassroots efforts that lower the risk of cancer and diabetes," 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 Health 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, prevent diabetes and promote healthy nutrition and lifestyle changes through health and wellness checks, physical fitness and exercise prescription programs.



■ YWCA-SGV receives their check for the 2016 Healthy Living Grant Program

### 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 project 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 Within

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/or 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 nursing 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

The YWCA will assist parents in developing healthy living practices to combat obesity and change their lifestyles. Parents can also participate in or lead food demonstrations 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](mailto:comm_benefits@coh.org). We would love to hear from you!

City of Hope, 1500 E. Duarte Road, Duarte, CA 91010. [CityofHope.org](http://CityofHope.org)

