



County of San Bernardino, Department of Public Health
Nutrition Program Overview - 2012

For more information, please contact:
(909) 387-6320

www.sbcounty.gov/eatwell



Network for a Healthy California

The *Network for a Healthy California* is a public health initiative led by the California Department of Public Health. For more information, please visit www.networkforahealthycalifornia.net Community members are encouraged to become Champions for Change by visiting www.cachampionsforchange.net

Network for a Healthy California Targeted Campaigns

The *Network for a Healthy California Campaigns*, encourage Californians to eat the recommended amount of fruits and vegetables and be physically active every day for better health. Our regional outreach is conducted throughout San Bernardino, Riverside and Inyo Counties through the targeted campaigns. For more information, call (909) 387-6320.

—Children’s Power Play! Campaign

The *Power Play! Campaign* is a state-wide initiative to encourage 9, 10 and 11 year old children and their families to eat fruits and vegetables and be physically active for 60 minutes each day as a way to help combat childhood overweight and reduce chronic disease. The campaign provides free bilingual (English/Spanish) nutrition education materials and training to eligible teachers and youth leaders. For more information, contact Sonia Vega: sonia.vega@dph.sbcounty.gov

—Latino Campaign

The *Latino Campaign* encourages Latino adults and their families to eat fruits and vegetables and be physically active every day for better health. Outreach is conducted in grocery stores, farmers’ markets, festivals and through community-based organizations and events. For more information, contact Leticia Salazar Allen: lallen@dph.sbcounty.gov

—African-American Campaign

The *African-American Campaign* encourages African-American adults and their families to eat fruits and vegetables and be physically active every day for better health. Outreach is conducted at grocery stores, health care providers, festivals and through faith- and community-based organizations and events. For more information, contact Teslyn Henry-King: thentry-king@dph.sbcounty.gov

—Worksite Program

The *Worksite Program* encourages employers of low-income Californians to promote a healthy workplace. Resources are provided to employers to improve access to healthy foods, including more fruits and vegetables, and to increase opportunities for physical activity. For more information, call (909) 387-6320.

—Retail Program

The *Retail Program* reaches families where they shop for groceries through recipe demonstrations and taste testing. Merchants are also provided promotional materials featuring fruits and vegetables to showcase in their stores, including posters and recipe cards. For more information, contact Maureen Medina Tran: mmedina@dph.sbcounty.gov

—Physical Activity Integration

Physical Activity Integration is designed to encourage and enable organizations that reach children at schools, families at events, and adults at worksites by providing training to site staff on integrating safe and fun physical activity into their nutrition education efforts. The *Network for a Healthy California—Desert Sierra Region*, Be Active Resource Directory includes free & low-cost and accessible physical activities, nutrition, and health assistance resources. To view or download the directory, visit <http://www.sbcounty.gov/eatwell> in the physical activity section. For more information, contact Pamela Sampson: psampson@dph.sbcounty.gov.

Desert Sierra Health Network (DSHN)

The DSHN, established in 2002, is a regional collaborative comprised of individuals and organizations that support access to healthier food and physical activity. Any individual or organization with this focus is welcome to request a membership packet. There are two standing and two ad-hoc committees: Youth & Family Wellness/Rethink your Drink, Worksite Wellness, Mini-grant Ad-Hoc and Communications Ad-Hoc. For more information, contact Elisa Guichard-Mora: eguichard@dph.sbcounty.gov

Registered Dietitian and Health Educator services provided to the following programs:**Child Health & Disability Prevention (CHDP) Program**

The CHDP provides free preventive health examinations to children throughout San Bernardino County: screening for vision, dental and hearing, nutrition assessments, tests for diabetes and anemia. For more information, contact Maribet Brute: maribet.brute@dph.sbcounty.gov

Childhood Lead Poisoning Prevention Program (CLPPP)

The Childhood Lead Poisoning Prevention Program helps families identify and care for lead burdened children and to prevent exposure to lead. For more information, contact Maribet Brute: maribet.brute@dph.sbcounty.gov

Senior Nutrition Program

The Department of Public Health (DPH) Nutrition Program provides dietitian services to the Department of Aging and Adult Services in the form of technical expertise and quality assurance for the Senior Nutrition Program. The DPH Nutrition Program also provides a health educator to implement the We Can! Healthier Aging Program that promotes healthy eating and safe physical activity to seniors. For more information, call (909) 387-6320.

Correctional Facility Inspections

The DPH Nutrition Program provides a dietitian to participate in the state mandated inspections of local correctional facilities with the dietitian's role primarily focused on the adequacy and appropriateness of menus served in the facilities. For more information, call (909) 387-6320.