

CHLAKids Executive Summary

Glendale Adventist Medical Center is the recipient of a coveted grant that has uniquely positioned the hospital with the ability to implement the Los Angeles County Department of Public Health's Early Childhood Obesity Prevention Initiative (ECOPI), Choose Health Los Angeles Kids in the areas of Glendale, La Cañada, La Crescenta, and Montrose.

Choose Health LA Kids is a population health, early childhood diabetes and obesity prevention initiative. Funded through First Five LA, the program is designed to target children 0-5 years of age and their families. Its goal, is to implement community based education, skills building, and environmental changes that promote physical activity and healthy eating. This will be emphasized through community outreach and cross-sector collaboration.

GAMC/CHLAKids will assess the needs of the community through a nutrition and physical activity community needs assessment. The assessment will be done through key informant interviews, focus groups, and surveys. We will promote community assistance programs and refer eligible parents of children 0-5. In addition, a sustainable 30 parent coalition will be created to ensure that participants feel empowered to pro-actively make changes in their environments through community and civic engagement. Likewise, parents and their children will have the opportunity to participate in, and experience food demonstrations that show how to prepare healthy and nutritious meals; engage in grocery store and farmers markets tours; have access to information for pre and post natal services and, be able to utilize a community resource guide that has been created outlining available free to low cost resources for families with children 0-5 years in the aforementioned SPA 2 communities. In addition, GAMC/CHLAKids employees will work with local restaurants to make healthier options available on their children's menu thus, making the healthy choice, the easy choice. Restaurants who volunteer to participate in the initiative will receive public recognition for making healthy meals for 0-5 year olds available. The employees will likewise work with parents and local grocers to facilitate change in the retail environment so that healthy produce is easily accessible and visible.

GAMC will employ various comprehensive outreach methods in order to target the specified population. These methods include, but are not limited to; the distribution of CHLAKids funded nutritional education information in Spanish and Armenian; the utilization of social media to promote food demonstrations and other events as well as, advertisements in local newspapers.

Through this grant GAMC plans to reach 4,500 children between the ages 0-5 and their families who reside, work, and access social, family, community, and healthcare services in Glendale, La Canada Flintridge, La Crescenta, and Montrose. GAMC plans to achieve this through enhancing its existing relations with FQHC and WIC Glendale; the Glendale Unified School District; working with the Glendale Healthy Kids network of 250 pediatricians that serve 700 uninsured children, the Glendale Healthier Community Coalition, and other local community based organizations that work for or on behalf of families with children.