

FEB 2008

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CHP Supports Kelly GROW

The Kelly GROW program — Growing Active, Healthy School Communities — creates an integrated, systems approach to prevention of childhood obesity through an after-school program that teaches active, healthy lifestyles. Kelly GROW



TOP and BOTTOM: Bicycle Transportation Alliance and Community Cycling Center teach bicycle maintenance and pedestrian safety skills to encourage students to walk and bike to school. MIDDLE: Growing Gardens conducts a Youth Grow Garden Club that teaches students about gardening and healthy eating.



students learn bicycle and pedestrian safety, map reading, gardening, and healthy eating skills. Educational programming is offered by four key partners: Growing Gardens, Community Cycling Center, Bicycle Transportation Alliance, and Community Health Partnership, with commitment from

Kelly Elementary School-Schools Uniting Neighborhoods (SUN) program. The Kelly GROW program can be used as a model for developing similar projects in other schools.

Kelly GROW is one of several programs that comprise CHP's Healthy, Active Lents project, which works to increase access to healthy food and active living for Lents' residents.

Using Health Impact Assessments to Promote Healthy Environments

Awareness about the impact of physical and social environments on our health has been increasing in recent years. Certain characteristics of community surroundings such as transportation, adequate housing, access to healthy food, and clean air and water contribute greatly to the health of our communities and our residents. To ensure that these characteristics help support healthy lifestyles, decision-makers outside the realm of public health must consider the health consequences of projects and policies. CHP, along with its strong network of partners, is currently working to make health an important criteria in regional planning through the use of Health Impact Assessments.

The Health Impact Assessment (HIA) tool gathers information about the health benefits and risks of projects and policies that shape communities. The basic components of an HIA include identifying what health outcomes are impacted by a project and assessing the risk and benefit to specific populations. Next, reports are created to inform decision-makers and are used to evaluate the impact of the project. HIA is a

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SAVE THE DATE

Planning for Health

Discussion of Health Impact Assessments with Rajiv Bhatia, MD, MPH from the San Francisco Department of Public Health and the Department of Medicine, University of California, San Francisco.

February 27, 2008

7:00-8:30pm

Portland State University Smith Hall



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New York City: Menu Labeling to Encourage Informed Choices

In January, the New York City Board of Health voted to require restaurant chains to prominently display calorie information on their menus and menu boards. The new regulation will take effect on March 31, 2008 and applies to any New York City chain restaurant that has 15 or more outlets nationwide – about 10% of all New York City restaurants. The Oregon Nutrition Policy Alliance is tracking New York's experience closely as we consider menu labeling initiatives within Oregon – locally or at the state level.

Fast Food Nutrition Quiz

from the California Center for Public Health Advocacy

Which of the following breakfast items that are served at Denny's do you think has the **fewest calories**?

- A. Ham and Cheddar Omelet
- B. Country Fried Steak and Eggs
- C. Three Slices of French Toast with Syrup and Margarine
- D. Three Pancakes with Syrup and Margarine

Which of the following items that are served at McDonald's® do you think has the **most calories**?

- A. Two Big Macs
- B. Two Egg McMuffins
- C. One Large Chocolate Shake
- D. Four Regular Hamburgers

Answers: B. Country Fried Steak and Eggs and C. One Large Chocolate Shake

Partnership Notes

February Special Legislative Session

The 74th Oregon Legislative Assembly is scheduled to meet in February to take care of legislative business that can't wait until 2009. One piece of business that Community Health Partnership is keeping an eye on is a bill that asks the Legislature to develop a Farm-to-School and School Garden Program. Programs of this nature have been shown to increase children's consumption of fruits and vegetables, consequently improving nutrition and preventing childhood obesity. Given CHP's commitment to childhood obesity prevention, we support efforts to increase more nutritious, local foods in our schools.

Healthy Environments...continued from front

multidisciplinary and participatory undertaking, ideally using both qualitative and quantitative data. With an explicit focus on equity, social justice and participation, HIA has the potential to promote citizen involvement in community decisions. Using an HIA can help decision-makers weigh the consequences of a particular plan on health in the community.

Community Health Partnership is working with diverse partner organizations to highlight the importance of health impact assessments in our

region and state, and inform both public health and planning audiences of opportunities to use them. Both the Centers for Disease Control and Prevention and National Association of County and City Health Officials offer online information about health impact assessments:

<http://www.cdc.gov/healthyplaces/hia.htm>

http://www.naccho.org/topics/hdp/land_use_planning/HIA_Resources.cfm

Contributor to this article: Nancy Goff, Portland State University, MPH student.



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Community Health Partnership

Community Health Partnership's mission is to improve the health of Oregonians through advocacy and support of effective public health policy and activities.

Partnership Notes

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