

Resident Leadership Academy



Healthy Works, which is the County of San Diego's Communities Putting Prevention to Work (CPPW) program, is funded by the federal Centers for Disease Control and Prevention through the American Recovery and Reinvestment Act from March 19, 2010 to March 18, 2012. The goal of the grant is to reduce chronic disease through environmental and systems changes that target three focus areas: healthy physical activity, healthy nutrition, and healthy school environments.

Focus Area: Healthy Physical Activity and Healthy Nutrition

Background: Communities with limited access to fresh fruits and vegetables, high concentrations of alcohol outlets, few recreation facilities and higher rates of street crime are more likely to have poor health outcomes. Within San Diego County, specific geographic areas often experience disproportionate rates of overweight and obesity, resulting in a higher prevalence of chronic disease.

Outcome:

- Develop and implement a community-based Resident Leadership Academy whose participants will assess their neighborhoods, determine and prioritize needs, and implement a Community Improvement Project to support physical activity and healthy eating.

Deliverables:

- Develop a Resident Leadership Academy curriculum that emphasizes community building principles, leadership and management practices, and skills for creating healthy and livable communities.
- Implement a Resident Leadership Academy in four regions.
- Each of the four Resident Leadership Academies will implement a neighborhood-scale Community Improvement Project to support physical activity and healthy eating.

Contractor: Community Health Improvement Partners (CHIP)

Subcontractors: Community-based organizations in four regions:

- North Region: Vista Community Clinic
- East Region: Lemon Grove School District
- Central Region: Project New Village
- South Region: Olivewood Gardens and Learning Center

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Photo by Tim Wagner for HEAC

