

Winter 2022  
Quarterly Newsletter

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**Wishing you a healthy 2022**

We begin our winter newsletter with warm and healthy New Year's wishes for all of our community partners, whether you are back at work after the holidays, or working from home. Nearly two years into the COVID-19 pandemic, this is not how we thought we would be starting 2022. Still, we continue to be inspired by the resilience, strength and dedication of our partner organizations and individuals working to improve health equity in our communities. We are encouraged by the hope that the new year brings and the chance that we may be able to see some of you in person this year once again.

With gratitude,  
*Roshan Bastani, Beth Glenn, Alison Herrmann, Folasade May, and Sylvia Lopez*

**Center News**

**Request for Proposals:  
2022 Community Grants Program to Promote Health Equity**

We invite the submission of proposals for projects to promote health equity by improving health among underserved populations in and around Los Angeles County. Up to ten grants of \$5,000 each are available to support local community organizations in these efforts.

This year, funding priority will be given to proposals that address issues of:

1. Environmental equity and climate change
2. Obesity across the life span
3. Unhealthy alcohol use

**The application deadline is February 11, 2022 at 5pm PST.**

[Click here for full application guidelines](#)

**Welcome Project Coordinator Jessica Tuan**



We hope you will join us in welcoming our newest center member, Jessica Tuan. Jessica is the new Project Coordinator for our Stand Up 2 Cancer project to improve colorectal cancer screening and follow-up in medically underserved communities. She recently graduated from UCLA's Fielding School of Public Health with an MPH in Community Health Sciences. During graduate school, Jessica trained contact tracers and case investigators to mitigate the spread of COVID-19.

**January is Cervical Cancer Awareness Month**

Each year, more than 13,000 women in the U.S. are diagnosed with invasive cervical cancer, and more than 4,200 die from the disease. Cervical cancer is highly preventable, but the pandemic has taken a toll on cervical cancer screening rates, with many women reporting barriers or increased concerns about returning to their providers.



According to a [new survey](#) by Prevent Cancer Foundation, an information gap also contributes to the problem. Half of the women surveyed did not know how often they should be screened for cervical cancer. The numbers were more concerning for younger women and women of color.

**What can you do?**

- Encourage our communities to get screened!
- Participate in campaigns like the American Cancer Society's *Get Screened* campaign. (See below)

**Join Get Screened California Campaign**



The California Dialogue on Cancer has partnered with the American Cancer Society and a coalition of organizations across the state to promote the "Get Screened California" public awareness campaign. The goal is to improve cancer screening rates in diverse communities by using social media tools. Healthcare organizations, community-based organizations, and others are asked to participate by reaching out to local communities with pre-tested messages and other assets.

Learn more at [GetScreenedca.org](https://getscreenedca.org) and access the [#GetScreenedCA social media toolkit](#). You can also learn more about cancer screening recommendations by accessing the American Cancer Society's Get Screened landing pages in [English](#) and [Spanish](#).

**2022 Youth Awards**

The California Endowment is accepting nominations for its 2022 Youth Awards, which recognize youth who have overcome challenges, youth who are achieving health and racial equity through transformative leadership, and organizations who are cultivating pathways for youth power. Five recipients will receive \$10,000 each, and four will receive \$3,000 each.

For more information, visit <https://www.calendow.org/youth-awards/>.

**Healthy Weight Week (January 16 – 22)**



Obesity is a pressing public health and health equity issue, and obesity prevention is one of our Center's focus areas. Healthy Weight Week presents an ideal time to renew focus on healthy eating, physical activity and optimal sleep in order to promote healthy weight. We are pleased to share the following tools to assist our partners in their work toward these goals:

- The U.S. Department of Agriculture (USDA) [MyPlate website](#) and [Start Simple with MyPlate app](#) includes healthy eating tips organized by food groups and simple recipes, such as [meals tailored for Asian, Hispanic/Latino, American Indian/Alaska Native, and Middle Eastern communities](#).
- The American Institute for Cancer Research's [Healthy 10 Challenge](#) tool provides a free, interactive program to build a healthy lifestyle by helping people reach their nutrition and physical activity goals.
- The National Institute of Diabetes and Digestive and Kidney Disease's [Staying Active at Any Size](#), also available in [Spanish](#), provides guidelines and tips for people who are overweight or have been inactive for a long time.