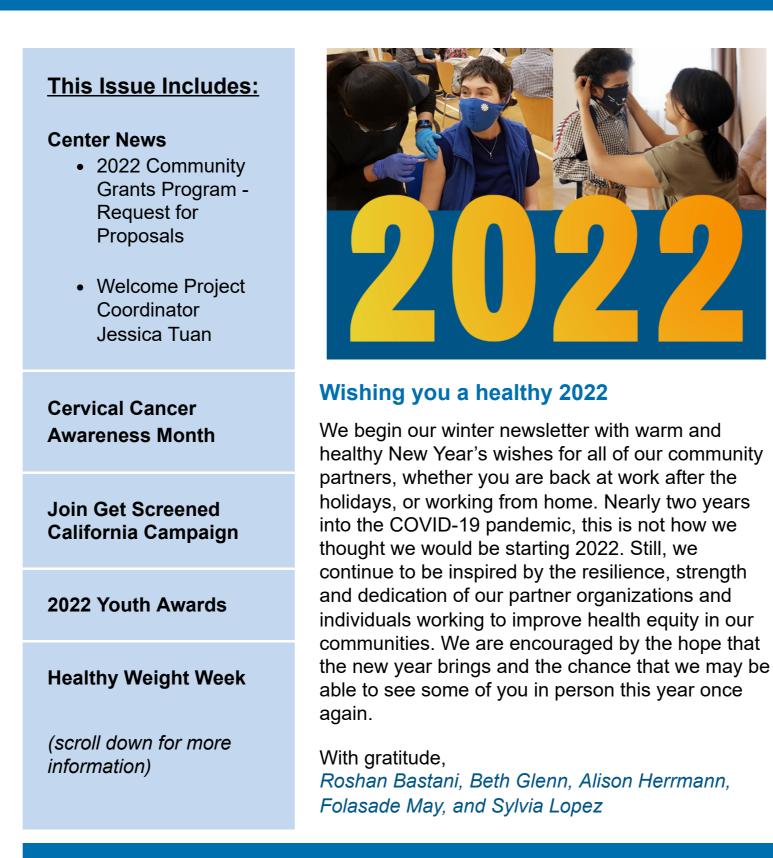


Winter 2022 Quarterly Newsletter



**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:

Environmental equity and climate change
 Obesity across the life span
 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 <u>new survey</u> 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 <u>Getscreenedca.org</u> and access the <u>#GetScreenedCA social</u> <u>media toolkit</u>. You can also learn more about cancer screening recommendations by accessing the American Cancer Society's Get Screened landing pages in <u>English</u> and <u>Spanish</u>.

### 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)



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) <u>MyPlate website</u> and <u>Start</u> <u>Simple with MyPlate app</u> includes healthy eating tips organized by food groups and simple recipes, such as <u>meals tailored for Asian</u>, <u>Hispanic/Latino, American Indian/Alaska Native, and Middle Eastern</u> <u>communities</u>.

 The American Institute for Cancer Research's <u>Healthy 10 Challenge</u> 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 <u>Staying Active at Any Size</u>, also available in <u>Spanish</u>, provides guidelines and tips for people who are overweight or have been inactive for a long time.

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