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# Pajaro Valley Community Health Trust

## 2018-2019 GRANT LIST

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### Diabetes and Contributing Factors

**Digital Nest** – (\$7,500) Digital NEST will continue to build its wellNEST program -providing healthy food choices to youth and providing health- and nutrition-focused education classes and experiences as part of its youth development and workforce education mission. The focus of year two of wellNEST will be to continue reinforcing the strong connection between youths' own dietary and exercise habits and choices, and workplace wellness. Project funding will support the work of a part-time intern to manage the kitchen and work with the youth leadership units of the NEST, the Contributing Member Groups. They will be involved in helping to incorporate wellNEST as an ongoing theme at Digital NEST, to include a family nutrition night, educational activities on food sourcing and preparation, and workplace wellness education.

**Farm Discovery** – (\$15,000) This program will offer scholarships, stipends and wages for up to 75 local youth to develop farming, food production, cooking, preservation and employment skills involving meaningful physical activity in Farm Discovery's immersive summer programs at Live Earth Farm.

**Food, What?!**, - (\$7,500) This project will provide youth empowerment and food justice education that uses food and farming as the vehicle for growing healthy, strong and resilient teens. Funding provides food education, empowerment and leadership development for Watsonville-area youth; healthy, organic fruits and vegetables in a weekly summer produce box for Watsonville-area youth and their families; and stipends for Watsonville youth to take on leadership roles as Food What "Junior Staff" and "Community Educators."

**Girls, Inc.**, - (\$10,000) Funding will support three programs for middle school girls: Friendly PEERsuasion, Will Power/Won't Power and Smart Choices. These health-focused programs provide education on well-being and healthy lifestyles. They also prepare girls for high school and plan for college. All three programs discuss managing stress in healthy ways that curtail overeating, substance abuse, and depression. Each program offers workshops on making decisions, setting and achieving goals, assertive communication and refusal skills.

**Life Lab** – (\$15,000) Health Trust support is helping Life Lab maintain and expand school garden and nutrition education programs in Pajaro Valley Unified School District elementary schools, helping young children develop lifelong healthy eating habits.

**Natividad Medical Foundation** – (\$7,500) Grant funds will be used for the "5 Steps to Prevent Diabetes Program," a community-based, scientifically proven health promotion education program for safety net populations with varying levels of English proficiency and health literacy and differing cultural values and beliefs. 5 Steps to Prevent Diabetes curriculum serves as a validated diabetes prevention education program for at-risk populations with a focus on content proven to result in increased consumption of fruits and vegetables, daily physical activity and use of strategies that increase access to healthful foods for those living in poverty.

**Pajaro Valley Loaves & Fishes** – (\$7,500) Improve access to safe, sanitary, hearty and convenient foods, easy to chew and ready-to-eat, with high nutritional value for persons without stable housing, living in a single room occupancy unit or shelter, or just living on the streets day-to-day.

**Second Harvest Food Bank** – (\$7,500) Passion for Produce empowers participants to take control of their health through good nutrition and physical activity. Passion for Produce is increasing healthy food access and consumption,

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easing the stigma and increasing the dignity around food assistance, and fostering healthy exercise and diet behavior changes. Nutrition education is finding its efficacy as peer-based and relationship-driven; Second Harvest is facilitating and empowering individuals to improve nutrition and make their own diet changes.

**Teen Kitchen Project (TKP)** – (\$10,000) Funding will allow TKP to significantly increase its reach and impact in the community of Watsonville by increasing both the number of teen chefs from Watsonville and the number of medically-tailored meals delivered to people in Watsonville. The program engages teens ages 13-19 in preparing, cooking and packaging meals. Meals consist of organic ingredients, which include fresh vegetables and fruit, whole grains and hormone-free poultry. Clients are referred to TKP by social workers and nurse navigators based on the clients' needs, current lack of food access, and their inability to prepare meals for themselves.

**United Way Jovenes SANOS** – (\$15,000) Funding will allow Jovenes SANOS to increase youth development opportunities and elevate youth voice in Pajaro Valley, as well as addressing social determinants of health and root causes of health issues in our community by increasing knowledge of HEAL, hosting round-table conversations with local leaders, and furthering health related ordinances/policies.

**Watsonville Family YMCA** – (\$7,500) The Watsonville Family YMCA is requesting the Health Trust's support to reduce the prevalence of overweight and obesity and related chronic diseases in Latino adults and children in Watsonville through their Diabetes Prevention Program (DPP).

### Oral Health

**Salud Para La Gente** – (\$10,000) Funds will help provide subsidized dental care to eligible, uninsured, low-income residents served by Salud Para La Gente's Dental team.

### Access to Care

**Community Action Board of Santa Cruz County** – (\$10,000) CAB's Thriving Immigrant Collaborative Initiative will promote increased Access to Care to physical and mental health services through outreach, education and case management for vulnerable Pajaro Valley immigrants in this climate of fear and trauma.

**Community Bridges** – (\$15,000) La Manzana Community Resources will provide culturally appropriate Cognitive Behavioral Therapy in Spanish to Pajaro Valley residents at the downtown Watsonville offices.

**The Diversity Center** – (\$10,000) To train Pajaro Valley health care providers and those in training about the needs of LGBTQ+ individuals and their families.

**Encompass Community Services** - (\$7,500) Funds will support a portion of the annual hours of a nurse on the Medication Assisted Treatment (MAT) team for clients with Opioid Use Disorder at Sí Se Puede and to purchase equipment & supplies for new clinic space for MAT services at Si Se Puede.

**Family Service Agency of the Central Coast** – (\$10,000) Funding to support services for survivors of child sexual abuse and their parents/partners, Latinas with a cancer diagnosis and their loved ones, and seniors facing the many challenges of aging who need peer support in the Pajaro Valley.

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**Jacob's Heart Children Cancer Support Services** – (\$10,000) Funds from this request would be used to improve quality of life for families of children with cancer in the Pajaro Valley: to reduce stress and anxiety, improve emotional wellbeing and provide tools to process grief and trauma in a healthy manner.

**Santa Cruz Community Ventures** – (\$2,500) Funds will be used to provide health-related incentives for low-income families with newborn children.

**Vista Center for the Blind** – (\$10,000) Vista Center's Safe & Healthy Living helps people who are blind/visually impaired overcome the physical & emotional impact of sight loss to remain independent, employed & mobile. Participants will receive a psychosocial assessment and case management support to connect them with local resources. Experienced teachers provide an orientation and mobility training to master activities such as cane use, crossing streets, public transportation and walking with a guide dog. Vista's social recreation group provides opportunities for people who are blind/visually impaired including art, reading, cultural events, hiking, shopping, and dining out to create and maintain social relationships. The daily living skills teachers help clients live safely and become more independent by teaching cooking, medication and health management, housekeeping, personal hygiene, and money/paperwork.

### Health Professions

**Watsonville High School Health Academy**- (\$5,000) This project helps students from the Watsonville High School Health Academy pursue their goals of going into health professions. Students will be able to participate in mentor/student dinners that the school will host semi-annually to expose students to professionals who work in health careers of interest to students. The academy provides hands-on training that gears students toward careers in health and science-linked professions.

**Aptos High School, Pajaro Valley High School, Watsonville/Aptos Adult Education, Watsonville High School and Cabrillo College**- \$2,500/each. Scholarships for Pajaro Valley students pursuing careers in the health professions.