

HEALTHY AGING

Promoting Evidence-Based Physical Activity Programs for Older Adults

Catholic Charities of Santa Clara County, Eastside Neighborhood Center

Sanos e Independientes (Healthy and Independent) - \$25,000 to implement evidence-based physical activity and fall prevention programs (Arthritis Foundation Exercise Program, Active Start, Spring Chickens, Healthy Steps) targeting older adult residents of East San Jose to promote wellness and independence.

City of San Jose, Parks, Recreation & Neighborhood Services

Enhance Fitness - \$24,827 to implement Enhance Fitness, an evidence-based physical activity program, within the City of San Jose's system of senior and community centers targeting sedentary and non-active older adults (55+) to improve their functional fitness and wellness.

Live Oak Adult Day Services

Tai Chi Easy - \$14,354 to support staff training to implement the Tai Chi Easy, an evidence-based falls prevention program, at five adult day care and respite sites serving frail, dependent seniors and their family caregivers to improve balance and coordination to prevent falls and promote relaxation.

Portuguese Organization for Social Services and Opportunities (POSSO)

Vida Activa (Active Life) - \$20,000 to support staff training and coaching using the Spring Chickens curriculum and to develop and implement new physical activity programs and organizational wellness policies at POSSO to improve the health and wellness of older adults in downtown and East San Jose.

YMCA of Silicon Valley, Mt Madonna Branch at Centennial Recreation Senior Center

South County Lifelong Fitness Program - \$25,000 to support a collaborative effort between South County Housing and the YMCA's Proyecto Movimiento to provide the Arthritis Foundation's evidence-based physical fitness program to improve the functional fitness and community engagement of low-income older adults, senior housing residents, from Morgan Hill, San Martin and Gilroy.

Supporting Systems and Programs for Caregivers

Alzheimer's Association of Northern California

Resource Database and Community Ambassador Program - \$120,000 over two years to develop an interactive, searchable, resource database and pilot a caregiver peer-to-peer support and education model to increase caregiver access to dementia-focused tools and resources needed to navigate the health care and social services systems in Santa Clara County.

Promoting Community Engagement for Older Adults

Mills-Peninsula Senior Focus

Building Nonprofit Capacity to Engage Older Adults in Community Service - \$60,500 over 18 months to develop community partnerships and education and training opportunities to increase

the capacity of nonprofit and public agency staff (volunteer managers and others) to effectively engage and retain adults, age 55+, to become civically engaged through volunteerism in Santa Clara County.

HEALTHY COMMUNITIES

Promoting the Chronic Care Model through System, Policy and Practice Changes

Hazel Hawkins Memorial Hospital

Community Chronic Disease Management Program - \$99,918 over two years to develop an evidence-based chronic disease management program for patients at the Hospital's rural community health clinics to improve the health of San Benito County residents who suffer from or are at-risk for developing chronic disease.

National Council on Aging (NCOA)

Online Chronic Disease Self-Management Program (CDSMP) - \$149,183 over three years to establish a partnership with NCOA to locally develop, market and deliver the web-based version of Stanford University's Chronic Disease Self-Management Program (CDSMP) model to local health plans, employers, and non-profit service providers in Santa Clara County to increase access to evidence-based chronic care interventions for adults and seniors at all income levels with chronic disease.

Promoting Awareness of Health Disparities and Its Root Causes

Working Partnership USA

Universal Prevention - \$78,000 to build a multi-sector group, the Council on Health, to build diverse leadership and develop policy options and an action plan for a countywide prevention agenda to improve health outcomes of residents and reduce healthcare-related costs in Santa Clara County.

HEALTHY LIVING

Community, Home and School Gardens

Binational Center for the Development of Indigenous Oaxacan Communities, Oaxacan Cultural Project

XNAA NI'A, La Milpa de Nosotros, The Garden That Is Ours - \$12,000 to implement a community garden project to engage multi-generational immigrant families in growing their own culturally relevant vegetables and fruits to increase access to fresh, locally grown food, increase physical activity of garden participants, increase the social cohesion among immigrant families, and decrease the isolation of indigenous immigrants from the wider community in San Benito County.

Fresh Approach

Farmers' Market Outreach Project - \$25,000 to support a pilot outreach and incentive program targeting recipients of federal nutrition programs like food stamps to increase low-income residents' utilization of farmers' markets as a resource for fresh produce in downtown and East San Jose.

Health Elements in General Plans

Greenbelt Alliance

Planning for Healthy Communities: Year II - \$75,000 to continue its advocacy work to increase access to physical activity and nutritious food by incorporating health language in the city general plans of San Jose, Santa Clara, and Mountain View.

Creating Healthy Places

Anzar High School

Operation Healthy Breakfasts - \$53,500 over 18 months to pilot and institutionalize a daily freshly-prepared, nutritious breakfast program at three schools in the Aromas-San Juan Unified School District and document the lessons learned to improve school meal policies, increase access to healthy food for students and increase resources to promote healthy food access policy and system changes for schools and districts in San Benito and Santa Clara Counties.

Public Health Law and Policy

Healthy Food Resource Assessment for Santa Clara County - \$35,800 to develop a report, *Healthy Food Resource Assessment*, that will focus on the lack of access to healthy food among low-income residents of Santa Clara County from resources including community and school gardens, farmers markets, and Community Supported Agriculture.