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FOUNDATION

We help children grow up healthy

August 22, 2013

City of Long Beach

Mr. Patrick H. West, City Manager
c/o Ms. Shawna Stevens, Assistant Coordinator
2525 Grand Avenue
Long Beach, CA 90815

**Re: The Earl B. and Loraine H. Miller Foundation Grant
For Miller Family Health Education Center**

Dear Mr. West:

The Earl B. and Loraine H. Miller Foundation ("Foundation") has considered your request for a grant of funds from the Foundation for the purpose set forth in your grant application dated May 9, 2013, and received by the Foundation on May 9, 2013 "Application"). The Foundation has approved a grant of funds, in the **amount of, \$80,000** ("Grant") to be paid to the **City of Long Beach Department of Health and Human Service** in accordance with the payment schedule listed below. The payment(s) of the Grant by the Foundation is subject to your acceptance and performance of the following terms and conditions:

1. The City of Long Beach shall use the Grant solely for the purposes set forth in the Application and for no other purpose. This grant is for the period **(7/1/13 through 6/30/14)**. Any portion of the Grant not expended exclusively for the purposes set forth in the Application shall be returned to the Foundation unless prior written approval for use of the Grant for purposes other than as set forth in the Application is received by the City of Long Beach from the Foundation.
2. The grant payment schedule will be in **two installments** as follows:

First payment due upon signed receipt of contract in the amount of \$40,000.

Second payment due on or about February 28, 2014, in the amount of \$40,000.

The Earl B. and Loraine H. Miller Foundation

192 Marina Drive, Long Beach, California 90803

(562) 493-4711 • Fax (562) 493-4719 • www.eandlmillerfdn.com

"Health is a state of

complete physical, mental

and social well-being

and not merely the absence

of disease or infirmity."

Definition of health
World Health Organization

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3. The City of Long Beach will submit two reports to the Foundation on **December 31, 2013 and a final report by April 30, 2014**. Each report shall include a detailed description of the Grant funds expended to the date of the report; the specific use of the expended Grant funds and a general update on the overall activities of the City of Long Beach.
4. The City of Long Beach shall immediately inform the Foundation of any (i) changes in its organization structure; (ii) changes or proposed changes in management and key staff members' (iii) activities that may affect the City of Long Beach's tax-exempt status under the Internal Revenue Code of 1986, as amended and applicable Treasury Regulations, rulings, etc.; (iv) changes in the City of Long Beach's tax exempt status; and (v) material change in the City of Long Beach's financial condition.
5. The City of Long Beach shall not spend any of the Grant funds to (i) carry on propaganda or otherwise attempt to influence legislation within the meaning of the Internal Revenue Code Section 4945(d)(1) and 4945(e); or (ii) influence the outcome of any specific public election or carry on, directly or indirectly, any voter registration drive within the meaning of Internal Revenue Code Section 4945(d)(2).
6. The City of Long Beach will provide the Foundation with a written receipt promptly upon delivery of each payment of the Grant funds.
7. All materials and/or other means of communication dealing with or describing the activities associated with the use of Grant funds by the City of Long Beach shall acknowledge the Foundation's support. Copies of all such printed materials shall be delivered to the Foundation within a reasonable time after publication.

By accepting the Grant and the terms set forth in this letter, the City of Long Beach confirms, that as of date of its acceptance of the terms and conditions of this letter, the City of Long Beach's tax-exempt status, as shown in the final or advance ruling or determination letter previously delivered to the Foundation, has not changed. In the event the City of Long Beach's tax exempt status changes during the term of this Grant or if the City of Long Beach fails to comply with the conditions set forth above, the Foundation reserves the right to terminate the Grant and recoup any previous payments made to the City of Long Beach pursuant to the Grant. The City of Long Beach further understands that by accepting the Grant and the terms and conditions of this letter, the Foundation is not in any manner obligated to provide any additional funds or support to the City of Long Beach.

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Please execute the enclosed copy of this letter and return one signed copy to the Foundation at your earliest convenience and retain the second signed copy for your files.

Very truly yours,


THE EARL B. AND LORAIN H. MILLER
FOUNDATION




Walter M. Florie, Jr.
President and Chief Executive Officer

The terms and conditions of the foregoing letter are hereby accepted by the **CITY OF LONG BEACH**, the Grantee.

CITY OF LONG BEACH
(GRANTEE)

By:  Assistant City Manager
EXECUTED PURSUANT
TO SECTION 301 OF
THE CITY CHARTER.
Title: City manager
Date: 10.29.13

APPROVED AS TO FORM
10/16, 2013
CHARLES PARKIN, City Attorney
By: 
LINDA T. VU
DEPUTY CITY ATTORNEY

**City of Long Beach Department of Health and Human Services
Health Promotions and Wellness Program Expansion**

Funding Opportunities, Programming and Board Strengthening

Since 1906, the City of Long Beach Department of Health and Human Services (Health Department) has provided public health and human services to Long Beach residents. As one of only three city-operated health jurisdictions in the State of California, the Health Department is able to fulfill its mission by providing locally designed and controlled programs to meet the specific needs of Long Beach area residents. The department plays a key role in the community by promoting wellness and addressing the changing patterns of disease that impact the public's health. Moreover, through advocacy and organized community efforts, the Health Department assists community partners to facilitate health promotion and injury prevention. The Health Department's Bureau of Community Health is proud to remain a leader and strong community ally in the fight against obesity in Long Beach. The Bureau operates numerous health promotions programs focused on obesity prevention, chronic disease management and wellness.

The Bureau of Community Health currently has two new potential funding sources. The Childhood Obesity Prevention and Advocacy (COPA) Program submitted a proposal to Kaiser Permanente South Bay Medical Center for \$25,000 to support the development of a Learning Garden on-site at the Main Health Department office to educate children and adults about healthy lifestyle choices. Awardees will not be announced until June 2013, but initial feedback from Kaiser Permanente has been very positive and the Health Department is optimistic that funds will be received. The Health Department also recently applied for a 2013 Healthy Communities Grant from the U.S. Conference of Mayors for \$25,000. If awarded, selected cities will have the opportunity to build upon existing healthy lifestyle programming by receiving steeply discounted Weight Watchers memberships for local residents who qualify based on health status and financial need. Fundees for this program will be awarded in June 2013. The Health Department continues to research funding opportunities for existing and new health promotions programs, and remains active in numerous health collaborative groups and coalitions throughout the City to ensure that efforts are aligned with other community-based organizations' activities and community members' needs. The Bureau of Community Health regularly reviews programs and services to ensure that they are still relevant and desired. Most grant-funded programs require mid-term reports and final reports, which allows staff to assess strengths and weaknesses and realign objectives to have more impact.

The Board of Health and Human Services (Board) is the advisory body for the Health Department, City Council and City Manager on all matters related to City health efforts, funding and administration of the department. The Board currently has 13 active members, with 2 open spots. The Health Department is committed to strengthening the Board by keeping them up-to-date on all Department programs and services, and has 1-2 staff members present on program activities and successes at each monthly meeting. This past April, the Manager of the Bureau of Support Services and the City Health Officer attended the Miller Foundation's workshop, "Building Healthy Teams." They found the training to be very informative and plan to utilize some of the skills learned with the Board. In addition, every two years the Board has a mandatory ethics training and certification.

Background and Need

The United States is facing a pandemic of physical inactivity and overweight/obesity, with dire consequences for the health of its citizens. Over 50% of California adults are classified as physically inactive, and 57% of California adults are overweight or obese, conditions that can be linked to physical inactivity. In Long Beach, the rates are even higher with 63.7% of adults classified as overweight or obese, and 66% of adults reporting that they do not meet physical activity guidelines or do not participate in any physical activity (LA County Dept. of Public Health, 2011). Childhood obesity/overweight rates have remained steady yet still high in Long Beach with 47% of 5th, 7th and 9th graders classified as overweight or obese (LBUSD, 2011). The statewide cost of obesity and physical inactivity in California has reached more than \$45 billion (Diamant AL, et al. UCLA Center for Health Policy Research).

Consuming a healthy diet and being physically active remain keys in the prevention of chronic disease. Consuming a healthy diet helps prevent high cholesterol and high blood pressure and helps reduce the risk of developing chronic diseases, including several of the leading causes of death: heart disease, cancer, stroke and diabetes. In Long Beach in 2011, the leading cause of death was heart disease, with the Central and North areas of Long Beach having the highest hospitalization rates (Long Beach Community Health Assessment, 2012). Physical activity not only lowers disease risk but also offers a range of benefits including increased physical and emotional wellbeing.

Grant Objectives

The Department of Health and Human Services proposes to build upon the success of the creation of the Health Promotions and Wellness Program from the 2012-2013 grant period and expand activities for the community. The Health Department is requesting funding from the Earl B. and Loraine H. Miller Foundation to further enhance its citywide health promotion and wellness activities through the expansion of community health education efforts, and the development of a free exercise program for residents in partnership with California State University Long Beach. Renewal funding for the 2013-2014 grant period will support the following objectives:

OBJECTIVE 1: Implement the newly created Wellness Toolkit throughout the City, and assist organizations and residents with utilizing it.

During the 2012-2013 grant period, the Health Department Wellness Coordinator developed a Healthy Lifestyle (Wellness) Toolkit to be used as an educational tool to teach and mobilize community members and organizations to promote healthy active lifestyles with the ultimate outcome of healthier children and families in Long Beach. During the new grant period, the Wellness Coordinator and Health Department staff will distribute the toolkit to other City departments, community-based organizations, community collaboratives and residents and inform them on how to best implement it. A minimum of two community trainings will be held.

The Wellness Coordinator will also continue to promote health and wellness initiatives throughout the city, engage the community at citywide events, meetings and workshops to encourage healthier lifestyles, and maintain the online Let's Move Long Beach calendar of events. Incentives, which were purchased and utilized during the previous grant period, will still be offered at events to engage residents and endorse healthy eating and active living. These incentives included items such as pedometers, healthy recipe books, placemats, grocery bags and water bottles. The Coordinator will attend a minimum of 8 community events throughout Long Beach.

OBJECTIVE 2: Expand community health education for residents and service providers throughout the city, by hosting monthly educational forums on public health topics at the Miller Family Health Education Center (MFHEC).

Health education is an integral part of health promotion and prevention efforts. It forms knowledge, skills, and positive attitudes about health and motivates individuals to improve and maintain their health, prevent disease, and reduce risky behaviors. The promotion of healthy lifestyles and the prevention of disease through lifestyle changes can improve the health of people today and in the future.

For the 2013-2014 grant period, the Health Department will expand the scope of its wellness efforts and coordinate monthly public health education forums at the Miller Family Health Education Center (MFHEC). The MFHEC has a history of successful community education events, can accommodate a large number of attendees and has the ability to host the events in multiple languages through the built-in translation equipment. These forums will be taught primarily by Health Department Program Coordinators and professional Department staff. In addition, lessons from the Wellness Toolkit will also be expanded upon at these monthly forums. A minimum of 12 forums will be held.

OBJECTIVE 3: Develop and coordinate a free exercise program for community members in partnership with the Department of Kinesiology at California State University, Long Beach.

The Health Department is proposing to further expand its health promotion and wellness activities by replicating the very successful 100 Citizens program from California State University, Northridge (CSUN). The 100 Citizens program is a free exercise program that was created by Dr. Steven Loy, a Professor in the Department of Kinesiology at CSUN (a letter of support from Dr. Loy for the Long Beach Health Department is attached to this proposal). It is implemented by Kinesiology students from CSUN on a volunteer basis. The two main objectives of the CSUN 100 Citizens program are to:

- a) Make a positive healthy impact to the local community by teaching and engaging residents in exercise. As a result, individuals will become more active and serve as role models to their families, friends, and co-workers.
- b) Involve Kinesiology students in community work that is relevant to their studies. As a result, they will gain not only valuable skills in terms of exercise instruction but they will have a better understanding of the importance of exercise. The students will become more conscious of the obesity epidemic and how they can apply their skills and knowledge as human movement specialists in addressing it.

The Health Department is proposing to develop and coordinate a 100 Citizens program in partnership with the Department of Kinesiology at California State University, Long Beach (CSULB). This program will be free to community members, with a focus on residents in the Central and North areas of the city where larger health disparities exist. While the program will be based on the original CSUN 100 Citizens program, it will be tailored to the partners and community in Long Beach and will include components of nutrition education and healthy eating promotion. The Health Department aims to form free classes in at least two parks or city facilities, including the Miller Family Health Education Center.