



Champion Provider Fellowship: Supporting Local and State Healthy Food Policies

June 11, 2026

Lena Al-Sarraf, DO

Asian Pacific Health Care Venture,
Inc.

Asian Pacific Healthcare Venture, Inc. (APHCV)

- Federally Qualified Health Center in LA County
- Mission: To be a medical home to our patients by providing personalized, quality health services in a culturally accessible manner
- Serve low-income and underserved Asians and Latinos in Los Angeles County since 1986.
- CFHL funded partner of Los Angeles County Department of Public Health (LACDPH)



APHCV CalFresh Healthy Living Snapshot (FY 2021)

Nutrition Education

- Conducted 101 classes and 15 Rethink Your Drink demonstrations
- Reached 1,700 participants

Food Insecurity Screening and Referral

- Screened 687 patients across 3 clinics
- Referred “x” patients to food resources

Expanded/Mobile Produce Distributions

- Conducted 30 distribution events
- Reached 3,000 participants

Strategic Approach: Chronic Disease & Childhood Obesity Prevention

Comprehensive
Team Approach

Education

Multi-phase
Strategy

Community
Partners
Support

Experience with
Patients

Targeting Childhood Obesity & Chronic Diseases

- 1) Utilize our educational videos for preventive visits & well child visit on health eating & healthy lifestyle choices including physical activities
- 2) Conduct Quarterly workshops with health providers & RD to engage our patient population
- 3) Graphic Visual Aides & statistics to be used in patient rooms to assist in understanding obesity and the link to disease
- 4) Community based clinics work with the school to promote nutritional and physical activity education - ie student presentations, booths at lunch time etc
- 5) Handing out books on healthy lifestyle promotion to our patients from childhood and on

Educating Providers

- 1) Reachout to Providers at Asian Pacific Health Care - invite Dr. Amy Beck UCSF Pediatrician to a QI meeting and share other clinics Champion Fellowship projects
- 2) Educate patients/families with videos
- 3) Reaching out to Community Media targeting our patient population for education on the subject
- 4) Offer resources for physical activities

Champion Provider Fellowship Priority Areas

- Supporting food insecurity screener
- Coordinating with dental health
- Educating adolescents on chronic disease prevention
- **Enhancing communication/media skills**
- **Assisting with CFHL needs assessment and surveys**
- **Providing testimony hearings for state bills**



Lena Al-Sarraf, DO

February 7, 2022



*Healthy Food and
Beverage Standards*

COVID-19 Opened the Door to an Upswing in Childhood Obesity. It's Up to Parents to Slam that Door Shut!

Childhood obesity in the U.S. is on the rise... again!

Numbers reported by the Centers for Disease Control and Prevention prior to the pandemic (2017-2018) showed hard-earned efforts to reverse the growing trend of childhood obesity had worked. However, throughout the pandemic, as children spent more time on screens, less on the playing field and snacked their way through classes, those efforts have been undermined. Today, one in five adolescents are obese (overweight or obese) and obesity numbers following the onset of COVID-19 have risen 2 percent according to the CDC. Tragically, the impact is being felt disproportionately among low-income children and communities of color.

Nutrition and Physical Activity Patient Needs Assessment

- APHCV Health Educators developed surveys with 6 patient focus groups (n=18), asking about their general health education needs. Results:
 - Participants prefer healthcare providers to educate them about how to improve their lifestyle such as healthy eating and physical activities as well as on mental health
 - Participants interested in health education workshops, family caregiver support groups & weekly physical activities for seniors
 - Participants wanted community events/health fairs with games & physical activities to improve mental health and prevent depression

Nutrition and Physical Activity Patient Needs Assessment – Cont.

- Spanish speaking patients and community members shared their feelings of isolation and lack of motivation to exercise
- Resources about community classes/physical activities
- Need for Dental Services & Optometrist Services

Sacramento, CA



California Senate Bill 348

California bill would put added sugar limits on school meals

SB 348 would restrict added sugar in school meals to no more than 25 grams per day.

By **Benita Gingerella** on Feb. 09, 2023



“California public school meals’ nutrition standards will conform to the American Academy of Pediatrics recommendations that children consume no more than 25 grams of added sugar per day.” Feb 8, 2023

SB 348 Cont.



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Improves the health of children by:

- Reduces added sugars and salt content in school meals.
- Requires schools to give children adequate time to eat a school meal.
- Allows for more food to be served to older children when needed.
- Maximizes and expands upon new federal summer childhood nutrition programs.

Physician Testimony Request



Testimony Timeline

- Senate Education Committee
Testimony Wednesday, March
29 2023
- Assembly Education Committee
Testimony Wednesday, June 28
2023



Public Testimony



SB 348 Skinner
Pupil meals.

<https://www.senate.ca.gov/media/senate-education-committee-20230329/video>

SB 348 – Media Coverage

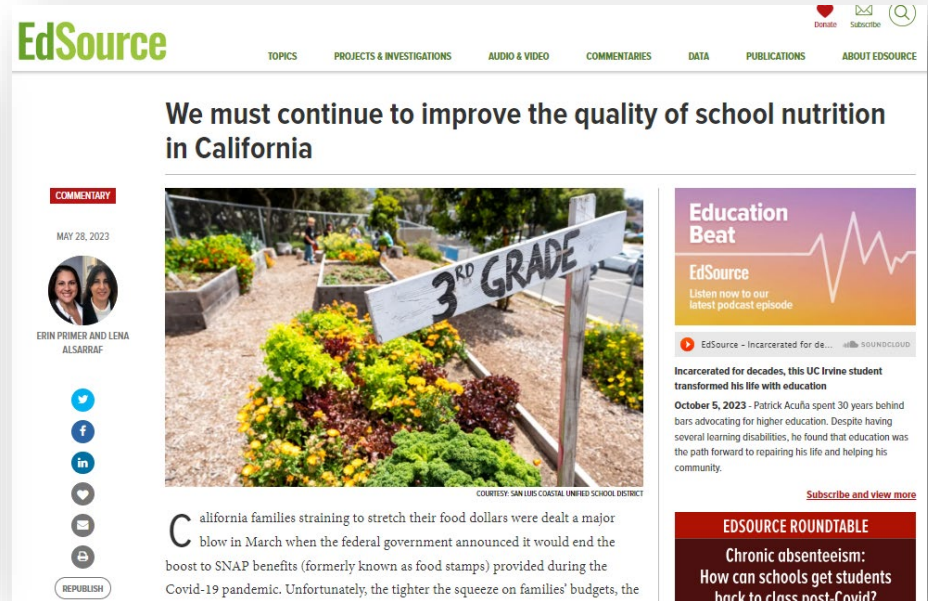


Photo source: <https://edsource.org/2023/we-must-continue-to-improve-the-quality-of-school-nutrition-in-california/691576>
<https://app.criticalmention.com/app/#clip/view/cc8c93da-6568-4480-b842-6ed7a62e0331?token=590bb2e6-0ac4-4bbd-917a-fdf5a38c4876>

SB 348 Update

- Reached Governor Gavin Newsom's desk on September 13, 2023, waiting for his signature to sign into law

The Lookout: Eleven 2023 Education Bills Submitted to Gov. for Approval

Another bill introduced by Skinner, SB 274, would ban schools from suspending students between the sixth and the twelfth grade for behaviors that fall under the disruption or defiance category.

Oct 6, 2023

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Photo source: <https://sdvoice.info/the-lookout-eleven-2023-education-bills-submitted-to-gov-for-approval/>

Lessons Learned



- Importance of partnership in chronic disease prevention
- Impact of providing testimonies; understanding state legislation process
- Effective communication is key in raising awareness
- Champion Provider Fellowship media training was vital in supporting work

Next Steps

- Joined Champion Provider Fellowship Mentor program
- Partnered with LACDPH's Cardiovascular Program
- Continued to connect with American Heart Association
- Continued working with CFHL and promote healthy lifestyle to patients and community



Thank You!

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