<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bringing Our Mission to Life</td>
<td>03</td>
</tr>
<tr>
<td>A Comprehensive Approach</td>
<td>05</td>
</tr>
<tr>
<td>Injury Prevention</td>
<td>06</td>
</tr>
<tr>
<td>Oral Health</td>
<td>08</td>
</tr>
<tr>
<td>Maternal and Child Health</td>
<td>10</td>
</tr>
<tr>
<td>Nutrition and Healthy Lifestyles</td>
<td>12</td>
</tr>
<tr>
<td>Youth Development</td>
<td>14</td>
</tr>
<tr>
<td>Creating a Healthier Future Together</td>
<td>16</td>
</tr>
</tbody>
</table>
Bringing Our Mission to Life

Rady Children’s Center for Healthier Communities (CHC) has been bringing the Rady Children’s Mission to life since 1996.

Our focus? Enhancing the health and development of children through education and advocacy, creating programs and partnerships that reach into the heart and soul of our community.

Our goal? Improve children’s health! It’s all about keeping kids well and communities strong.

Partnerships that Match Passion with Purpose

CHC offers an inspiring array of programs and services, but they all have a lot in common:

• A collaborative approach that builds on the strengths of all our partners.
• Smart, well-researched initiatives that make the most of every resource.
• Unwavering commitment to child health and prevention.
• Proven effectiveness.

And there’s one more thing. CHC depends on you – your support – your passion – your desire to work with us to help kids reach their full potential.

Together, we celebrate the impact we have had – and continue to have – on families, now and for generations to come.
A Comprehensive Approach to Community Health

Rady Children’s Center for Healthier Communities offers a unique and complete approach to health issues impacting children and youth. We:

**ANALYZE.**
What are the issues? Where can we make a difference?

**COLLABORATE.**
We bring people together, building strength and synergy to create impact.

**INNOVATE.**
We test, create and manage, turning innovative ideas into practical prevention and treatment strategies.

**ADVOCATE.**
How can we best promote policy and environmental changes? How can we influence change?

*Fact-based. Heartfelt.*

Our teams bring innovative solutions to the children in our community with impeccable accountability to our donors, our partners and, most important, to the families that we serve.

We make a difference.
Last year alone, CHC’s Injury Prevention programs:

- Served 92,000 people at 32 community events through the Kohl’s Transportation Safety Program.

- Inspected 1,347 car seats for 1,167 families.

- Coordinated with Rady Children’s Rehabilitation and Neurology Departments and the San Diego Unified School District to change pathways of care for concussions.

- Hosted April Pools Days, providing resources to more than 1,000 families at nine community pools.

- Launched a social media campaign, “MyGreyMatterz,” focusing on helmet use for skateboarders.

- Engaged 10,892 students in 20 Schools in our Safe Routes to School Program.
INJURY PREVENTION

Rady Children’s is always there to help kids when they’re hurt, but the Center for Healthier Communities focuses on preventing injuries from happening in the first place.

Task forces address priority areas, including drowning prevention, child passenger safety, home safety, sports and head injury prevention, and pedestrian safety.

Results

CHC is proud to have been a part of important injury prevention programs and initiatives, including:

• **Buckle Up Child Passenger Safety Program**

• **Safe Kids San Diego** coalition, led by CHC, involves Rady Children’s Emergency and Trauma Departments, multiple community organizations and parent champions.

• **Injury Free Coalition for Kids**, a national coalition of children’s hospitals.

• **Safe Routes to School Programs**, preventing child pedestrian injuries and promoting healthy physical activity.

• **Safety First**, an education and safety product distribution program for low-income families.

• **Kohl’s Transportation Safety Program**, providing child passenger seat inspections and education.

• **Rady Children’s Safety Store**, providing low-cost home safety products and free tailored injury prevention counseling.

Award-winning Work

**Safe Kids San Diego** was awarded the prestigious Public Health Champion Award for their participation in reducing childhood injury deaths by more than 50 percent over the past generation.

You Can Help

Support for CHC’s Injury Prevention programs allows us to implement programs that, simply put, save lives.

Intervention efforts, such as our **Child Passenger Safety Program**, can make a tangible difference in reducing fatalities, but rely on individual and corporate philanthropy to reach families. Donations aid in providing adaptive car seats for children with special needs and support our inspection stations and education to the community.
Last year alone, the Anderson Center:

- Provided screenings and education to 451 children with disabilities.

- Facilitated specialized oral health training to 173 healthcare providers.

- Educated 143 high school students about careers in the dental field and good oral health.

- Provided free dental inspections to 337 families at Children’s Care Connection (C3), a program within Healthy Development Services (HDS) at Rady Children’s.
CHC’s Anderson Center for Dental Care is the first center of its kind to offer treatment resources, education and advocacy in oral health for young children and those with complex medical and developmental needs.

Why? Because there’s nothing better than a child’s healthy smile.

Results

Since 1996, the Center is proud to have made important progress in key initiatives, including:

- Passage of a law that requires health plans to cover general anesthesia for surgical dental procedures for children under 7 and individuals with disabilities.
- Development of Welcome Baby Teeth, screening children 0-5 from low income families through primary care medical practices.
- Curriculum development for medical providers.
- Launching Rady Children’s Pediatric Dental Residency Program.
- Partnering with San Diego County Regional Center for the Developmentally Disabled to provide screening and individualized therapy for thousands of children with disabilities.
- Designed a school-based oral health assessment and fluoride varnish program for schools in San Diego and replicated in LAUSD.

SMILE!

Many adults fear going to the dentist! But think of what it would be like if you were a child with a learning disability or physical challenges. The Anderson Center helps providers help these children by creating a better experience. It’s a community resource that gives us all something to smile about.

You Can Help

Support for the Anderson Center allows us to increase access to care and improve the quality of services, including:

- More oral health screenings for children with disabilities.
- Implementation of the fluoride varnish and screening curriculum/program in more schools throughout San Diego.
- Education and training for healthcare providers and parents in pediatric oral health.
Last year alone, the CHC Maternal and Child Health programs:

- Launched Health Stars, bringing physicians and nurse practitioners right into the neighborhoods of low-income and homeless families to teach families important health behaviors through interactive reading and activity sessions.

- Advanced the work of CASA - Community Approach to Severe Asthma, a unique pilot project with our Asthma/Allergy Clinic providing home visits from trained Community Health Workers, to reinforce clinical education and help families address barriers to effective asthma management.
The Center for Healthier Communities is proactive - and innovative - in maternal and child health from pregnancy on, getting families off on the right foot!

Results

For more than 20 years, CHC has launched a wide array of programs and services, including:

- **The Fetal and Infant Mortality Community Action Team**, educating parents about the importance of pre-natal care and recognizing signs and symptoms of pre-term labor.

- **The Developmental Screening Pilot Study**, supported by CHC at the Polinsky Center, became the catalyst for the establishment of Rady Children’s Developmental Screening & Enhancement Program (DSEP).

- **The Partnership for Smoke Free Families Program (PSF)**, a countywide initiative to reduce tobacco exposure for pregnant women and children. Over 10 years, PSF showed a significant decline in smoking during pregnancy, improved the standard of care, became a nationally replicated model, and received the prestigious Public Health Champion Award in 2011.

- **The Partnership for Women’s Health Maternal Depression Program**, screening mothers at routine postpartum visits and linking them to mental health specialists and support services.

- **Immunization for San Diego Kids**, a collaboration to increase child immunizations and decrease personal belief exemptions.

BABY STEPS!

Step by step, CHC strives to bring partners together toward common child health goals, identifying needs, then linking people to providers, communities to clinics and physicians to families.

You Can Help

Support for CHC’s Maternal and Child Health programs provides the opportunity to help a new generation get off to the best and healthiest start.

Funding for Community Health Workers will allow us to expand our CASA pilot project into a comprehensive program and to address additional health inequities, impacting families in our community.

Funding for program coordination and supplies will expand the reach of the Health Stars program, allowing more physicians to bring good health into the community.
Last year alone, CHC’s Nutrition and Healthy Lifestyles programs:

- Engaged more than 150 parents and children in Let’s Get Cooking, hands-on healthy cooking classes.

- Continued to provide leadership in the county-wide Child Obesity Initiative, chairing the Healthcare Domain.

- Published “Rethink Your Drink: Reducing Sugar-Sweetened Beverage Sales in a Children’s Hospital,” in a peer-reviewed journal, sharing the successful model locally and nationally.

- Launched the Clinician-Community Integration for Wellbeing (CCIW), a collaborative initiative with the aim of improving outcomes for overweight/obese children from underserved communities using a proactive approach and addressing social determinants of health. Partners include 211 San Diego, CHIP, ACE, UCSD and HHSA.
In 2001, the Center for Healthier Communities began focusing on a new and growing problem: childhood obesity. Through family and community-based prevention and education, we’re bringing everyone to the table to create new models of care.

Results

Over the last 15 years, CHC has taken a holistic approach to reaching out to families – with some very satisfying results, including:

• Establishing the City Heights Wellness Center, and creating a “teaching kitchen” to bring communities together with programs and services to support healthy lifestyles.

• Leading multiple Community and School-Based Obesity Prevention Programs.

• Evaluating KEY STEPS, an innovative program providing one-on-one education for 1,200 low-income families with small children, helping them to adopt “key” behaviors to prevent child obesity.

• Working with the County Childhood Obesity Initiative, 211 San Diego, the American Academy of Pediatrics and UCSD and to create a comprehensive database of local programs shared by more than 1,500 healthcare providers.

• Coordinating the WIC Obstetric Outreach & Education Program, sharing guidelines and services to promote healthy weight gain, physical activity, and good nutrition during and after pregnancy.

• Creating the model for Stop! Think! Rethink Your Drink! Integrating education, environmental modification and policy changes to reduce consumption of sugar sweetened beverages (SSBs) among our employees, patients and visitors.

NUTRITION and HEALTHY LIFESTYLES

FOOD for THOUGHT

More than 30% of children and adolescents in the United States are overweight or obese. This is triple the rate from just one generation ago.

You Can Help

Support for the CHC’s Nutrition and Healthy Lifestyles programs means more menu items for our community to choose from in helping reverse the trends in childhood obesity.

Programs such as Let’s Get Cooking and CCIW provide opportunities for funding partners to help reduce childhood obesity and promote better health.
Last year alone, CHC’s Youth Development programs:

- Engaged 276 FACES for the Future students.
- Led Rady Children’s 3rd Summer Medical Academy with 44 students, bringing our alumni total to 122.
- Sponsored two Bridge to Employment students to participate in J & J’s Global Conference in London.
- Educated 1,600 incarcerated youth in group wellness education classes and provided individual education counseling sessions for 1,533 incarcerated youth at Juvenile Hall.
YOUTH DEVELOPMENT

The Center for Healthier Communities explores every aspect of youth development and strives to give all children the best chances to grow up healthy and well.

Results

Since 2003, CHC has reached out with programs that are inclusive, interactive and, most importantly, effective, including:

- A **Hepatitis B Screening and Vaccination Program** for high-risk homeless and incarcerated youth.

- The **Juvenile Hall Wellness Team**, funded by San Diego HHSA, providing individual and group health education for incarcerated youth.

- **FACES for the Future**, a four-year program for at-risk high school students that provides real world experience, professional development and hands-on skills clinics – all designed to prepare youth for careers in healthcare; 489 students have participated since 2009.

- **The RCHSD Summer Medical Academy**, an interactive two-week program in partnership with the UCSD School of Medicine and Skaggs School of Pharmacy. Students explore healthcare careers through lectures, hands-on clinical skills workshops, lab simulations, field trips, career panels and networking.

- **Bridge to Employment**, a program with Janssen Pharmaceuticals, funded by Johnson & Johnson, to increase the number of high school students pursuing careers in science and healthcare.

Grow Up!

**FACES for the Future has had exciting success, with 100% of our students graduating from high school; more than half are the first in their families to do so! High school may not be easy, but programs like this one give students a new view of a healthier future, new skills and the confidence to succeed.**

You Can Help

**FACES for the Future at Hoover High School expanded to Crawford High School in 2015 - but it’s not enough! The program needs more staff to grow and support students navigating these critical years. CHC works closely with the Statewide FACES Coalition with the goal of replicating the program both within California and nationally.**

The Juvenile Hall Wellness Team also sees youth at their most vulnerable point. With funding, we could begin a mentoring program for youth both while they are incarcerated and once they are released, helping to reduce recidivism.