



# County of San Mateo

## Inter-Departmental Correspondence

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**Department:** HEALTH

**File #:** 23-731

Board Meeting Date: 9/12/2023

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**Special Notice / Hearing:** None  
**Vote Required:** Majority

**To:** Honorable Board of Supervisors

**From:** Louise F. Rogers, Chief, San Mateo County Health  
Tamarra Jones, Interim Director of Public Health Policy, and Planning

**Subject:** Agreement with the California Department of Public Health for the CalFresh Healthy Living Program Grant

### **RECOMMENDATION:**

Adopt a resolution authorizing the acceptance of a grant agreement for CalFresh Healthy Living program from the California Department of Public Health for the term of October 1, 2023, through September 30, 2026, in an amount not to exceed \$1,930,846.

### **BACKGROUND:**

As of 2021, 9.3% of households with children under 18 years of age are expected to experience food insecurity during the year. According to Feeding America, COVID-19 is likely to undo a lot of the good work that occurred over the past few decades, as millions of people are now at risk for food insecurity. Children who are food insecure are at a higher risk for developing chronic diseases like obesity and are more likely to be hospitalized. They also are more likely to have a lower-quality diet, asthma, and anemia.

California Department of Education Fitness Gram data for 2018-19 highlights disparities in fitness levels among 7th graders in San Mateo County. While 87% of Asian students and 81% of White students were considered physically fit, only 49% of Pacific Islanders, 55% of Hispanic, and 66% of Black students were physically fit. According to *All Together Better San Mateo County*, physical fitness has been linked to higher academic performance, better concentration, and increased confidence and self-esteem. Students who are more physically fit are less likely to suffer from stress, anxiety, and depression. In addition, physical fitness helps to develop lifelong habits that can reduce the likelihood of chronic diseases such as diabetes, high blood pressure, and heart failure.

Additionally, data from the California Health Interview Survey shows that only two-thirds of San Mateo County children and teens consume the recommended amount of fruit. Fresh fruits and vegetables are part of a nutritious diet. Good nutrition among young people supports healthy growth and development and can foster good nutritional choices for life.

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The CalFresh Healthy Living Program (CFHL) is actively working to address food insecurity, increase physical activity opportunities, and improve nutrition in San Mateo County. CFHL is a part of the U.S. Department of Agriculture’s Supplemental Nutrition Assistance Program - Education initiative, which provides federal funds to promote healthy eating, physical activity, and access to nutritious foods to reduce the incidence of chronic disease in low-income communities. San Mateo County has been a grantee since 1998.

**DISCUSSION:**

In the next three years, CFHL funding will be used to implement comprehensive local nutrition education, physical activity, and obesity prevention programs. In accordance with the Healthy, Hunger-Free Kids Act of 2010, the grant agreement directs San Mateo County Health (SMCH) to serve as the lead health agency, coordinate with local partners, and involve multiple sectors in spearheading efforts that improve the nutritional status of and increase physical activity opportunities among the County’s low-income population.

In addition to individual and group nutrition education, permissible uses of the funding include interventions that allow multiple community partners to collaborate with SMCH. Specific scope of work objectives will focus on coordinating County-wide nutrition education; increasing access to parks and open space for CalFresh eligible populations through the Park Rx initiative; supporting active transportation to schools and other community locations with the Safe Routes to School Program; reducing sugary beverage consumption; developing strategies for implementing school wellness policies, increasing access to and consumption of healthy foods, increasing physical activity opportunities throughout the day, empowering youth, and increasing peer-to-peer education opportunities and community engagement.

Further, Public Health, Policy, and Planning requests this Board authorize the Chief of SMCH or her designee to execute any subsequent amendments to the agreement that do not exceed an aggregate of \$25,000.

The agreement and resolution have been reviewed and approved by the County Attorney as to form. It is anticipated that 20 organizations or sites will benefit from the CFHL-funded activities through improvements to resident food security, nutrition, or physical activity.

**PERFORMANCE MEASURE:**

<b>Measure</b>	<b>FY 2023-24 Estimated</b>	<b>FY 2024-25 Projected</b>
Number of organizations or sites that benefit from the CFHL funded activities through improvements to resident food security, nutrition, or physical activity	20 organizations or sites	20 organizations or sites

**FISCAL IMPACT:**

The term of the grant agreement is October 1, 2023, through September 30, 2026. The total federal funds included in the agreement is not to exceed \$1,930,846 for the three-year-term, which include 20% (\$321,808) more than the funding allocation projections. This additional amount provides

flexibility for budget allocations and minimizes the administrative burden in the event additional funds become available. Funds awarded above the base funding allocation projection amount are contingent upon available funds. Grant funds in the amount of \$536,346 are included in the PHPP FY 2023-24 Recommended Budget. Similar arrangements will be made for future years.