



# banpac

Bay Area Nutrition &  
Physical Activity Collaborative

Bay Area Moves! Making Physical Activity Available for All

## PROMISING PRACTICES SHARING FORUM

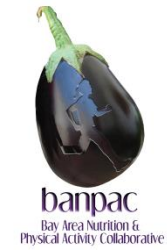
### APRIL 21, 2015





# Agenda

- Welcome and Updates
- Setting the Scene for Increased Physical Activity
- Walk Around the Park-Physical Activity Break-  
Networking-Living Billboard Activity
- Physical Activity Promising Practices Exchange
- Closing, Prize Drawing, Evaluation



# BANPAC Updates

- Leadership Council Introductions (Gwenn White)
- Member Recognition (Alice Kawaguchi)
- Member Survey Results (Jaime Flores)
- Highlight New Resources (Gwenn, Shalini Anand, Jaime Flores)



# The Results Are In! (67 responses)

- Most useful thing about being a BANPAC member: Resources (77.6%), Networking (67.2%), and Trainings (53.7%).
- Most useful training and technical assistance topics: Rethink Your Drink (62.7%), Harvest of the Month (25.4%), Youth Engagement (25.4%), Sustainable Physical activity Programs (25.4%)
- Most useful resources on the BANPAC website: Rethink Your Drink Educational Materials (52.2%), Sample Wellness Policies (44.78%), Potter the Otter Materials (41.8%)



# Survey Results: BAM!

- 31.34% of members used the portal, 68.66% have not used the web portal
- How members learned about the web portal:  
Referral from BANPAC member (42.1%),  
BANPAC training (36.8%), Eblast (15.8%)



# Survey Results: Moving Forward

## Top 5 topics:

- Healthy Food and Beverage Practices and Policies in Organizations (50%)
- Community Engagement (48.3%)
- Healthy Food and Beverage Strategies in Schools and Childcare Settings (43.1%)
- Promising Practices in Physical Activity Programming (41.4%)
- Cultural Competency (41.4%)



# What members had to say

“Love your trainings, would love to attend more of them”

“(Include) member progress (in eblasts), or updates of work done by other members”

“(Would like to see in eblast) Things that, as a region, we can become more aligned. Include projects our counties are working on and share the ideas; common messaging not just among our own county, but around the Bay region. The common messaging State mandate should come from BANPAC so the whole region is on board.”



# BANPAC Physical Activity Web Portal

The screenshot shows a web browser window with the URL [www.banpac.org/banpac\\_resources\\_bay\\_area\\_moves.htm](http://www.banpac.org/banpac_resources_bay_area_moves.htm). The page features a navigation menu with links: home, about banpac, announcements & jobs, join banpac, banpac initiatives, meeting materials, and events. A large logo for "BAM BAY AREA MOVES" is prominently displayed, with the text "bay area nutrition & physical activity collaborative (banpac)" underneath. Below the logo is a "Dropdown List of Resources" section. The main content area includes a video player with the title "Bay Area Moves (BAM!) 2014 BANPAC Meeting & Physical Activity Promising Practices Sharing Forum September 17, 2014" and the BANPAC logo. To the right of the video player is a grid of resource buttons:

- Nutrition Education & Obesity Prevention Approved Physical Activity Resources
- Physical Activity Sample Polices
- Physical Activity TOOLS
- Track Your Physical Activity
- Simple Ways to Incorporate Physical Activity into Your Day
- Bay Area Moves Regional Trainings and Events
- By Population & Type of Activity
- Where Can I PLAY?

[http://www.banpac.org/banpac\\_resources\\_bay\\_area\\_moves.htm](http://www.banpac.org/banpac_resources_bay_area_moves.htm)



# “Lee the Bee-Turn Off the TV”





# Team FNV

**PREPARE** *to be*  
**MARKETED TO**

# Setting the Scene for Increased Physical Activity



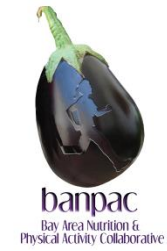
Physical Activity Break, Networking, Living Billboard Activity

# **WALKING MEETING: THE BAM 1.6K**



# BAM 1.6K Setup

- 2 Walking Routes (You will be assigned to Evens or Odds)
- 3 stations on each route
- Resources: Index cards with questions, pencil, snack



# BAM 1.6K Instructions

1. Make a new connection! Find someone in your walking group who you do not know and discuss the question on the first index card. Write down your answers and turn them into the first station. (Remember to write down your name on the card to be entered into the prize drawing.)
2. Along the routes, take a photo with a Livingbillboard and post to the BANPAC Facebook. Please tag yourself!
3. Find new discussion partner and repeat for the second and third stations.
4. After you have completed all three stations, you can enjoy the walk back with your new connections!
5. Take this time to use the restroom and have some snacks.
6. Please be back in your seat by 11:20 am for the Promising Practices Sharing Exchange.



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# Raffle Drawings and Evaluations