



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) August 7, 2014

E-Blast Contents

[Nutrition and PA Around the Bay](#)
[BANPAC Update](#)
[Training, Events, and Workshops](#)
[Educational Resources](#)
[News From Our Partners](#)

[Nutrition and Sugar Savvy Articles](#)
[Physical Activity Articles](#)
[Funding Opportunities](#)
[Job Opportunities](#)

Nutrition and Physical Activity Around the Bay



Congratulations to Hannah Euser from Live Healthy Napa County for her award-winning **Lemon Basil Strawberry-ade** spa water recipe!

Lemon Basil Strawberry-ade Recipe

4 lemons
1.5 pounds strawberries
Small bunch of basil

Rinse all fruits and veggies in clean water. Slice the lemons in thin rounds, and the strawberries in half or quarters depending on size (don't chop too thin or they get a little cloudy). Add a gallon of water plus a good amount of ice. Enjoy!

Tell us what is happening in your Bay Area community! If you would like to submit a success story or Champion story to be featured in an upcoming e-blast, please email it to Gina.Vittori@phd.sccgov.org.

BANPAC Update

SAVE THE DATE - September 17 - Bay Area Moves Physical Activity Promising Practices Sharing Forum and Launch

Please join us for the upcoming BANPAC Bay Area Moves Promising Practices Sharing Forum and Launch on September 17, 2014 from 8:30am to 1pm at the Elihu Harris Building, 1515 Clay St, Oakland, CA 94612. Learn about new and exciting best practices and success stories in physical activity programming! More information to come.

Trainings, Events, and Workshops

[Growing and Funding Equitable Food Hubs Webinar August 14 from 2-3pm EDT hosted by Health Food Access Portal](#)
Learn how you can develop an equitable food hub in your own community. Presenters will highlight how their food hub operations are creating a more equitable and inclusive food system and discuss lessons learned and strategies for success.

[Breakfast for Learning: How Education Groups are Joining Efforts to Improve the Learning Environment through Increased Access to School Breakfast Webinar August 19 at 3pm EDT hosted by Food Research and Action Center](#)

Learn why more education groups are joining efforts to promote greater access to school breakfast so that children of all income levels start the school day alert, attentive, and ready to learn – and how you can join them. The School Breakfast Program serves as a way for school children to start the day with the nutrients they need to support their health and academic potential. Children who eat breakfast perform better academically and experience fewer visits to the school nurse. In fact, research shows that participation in school breakfast has been linked to fewer occurrences

of student hunger, decreased tardiness and absenteeism, and improved focus and cognitive abilities. Unfortunately, the traditional breakfast model where students eat in the cafeteria before the morning bell rings does little to ensure that all students eat a healthy breakfast daily.

School Wellness PSE Teleconference August 20 from 10-11am hosted by CDPH NEOPB

The purpose of the call is to provide LHDs with updates, best practices, technical assistance, and resources to support their school wellness PSE efforts. This teleconference will feature speakers from the statewide Local School Wellness Policy (LSWP) Collaborative and Berkeley Media Studies Group (BMSG). Speakers will share: 1) updates, future events, and support available from the LSWP Collaborative; 2) strategic communications to engage administrators, principals, parents, etc. in school wellness policy initiatives; and 3) RE-AIM evaluation tools and technical assistance for LHDs.

Training Afterschool Meal Program Staff Conference call August 20 at 2pm hosted by Food Research and Action Center

If you are launching new afterschool meal sites this fall or planning on revamping your sites from last school year, consider how you have been training your site supervisors and staff and what adjustments you should be making in your trainings for this year. Putting systems in place now to keep your sites well managed will keep you organized throughout the school year. Join us to learn how sponsors are training their afterschool meal program staff and how state agencies and advocates can support you in this process.

Walk and Bike to School Day hosted by the National Center for Safe Routes to School October 8

October 8, 2014, is International Walk and Bike to School Day, a global event that involves communities from more than 40 countries walking and bicycling to school on the same day. Over time, this event has become part of a movement for year-round SRTS programs and a celebration—with record breaking participation—each October. Today, thousands of schools across America—from all 50 states, the District of Columbia, and Puerto Rico—participate every October.

APHA 14th Annual Meeting and Expo, November 15-19 in New Orleans

The American Public Health Association's 142nd Annual Meeting and Exposition will open with a look at the universal story of migration chronicled through the writing of Pulitzer Prize-winning author Isabel Wilkerson. A gifted storyteller, Wilkerson will share her experiences while researching and writing *The New York Times* bestseller "The Warmth of Other Suns."

Educational Resources

Healthy Resources for Walking and Biking to School from Change Lab Solutions.

[On the Move](#)

[Get Out and Get Moving](#)

[Incorporating Safe Routes to School into Local School Wellness Policies](#)

[Model General Plan Language Supporting Safe Routes to Schools](#)

Healthy Resources for Nutrition in preschools from Farm to Preschool

[Fact sheet for child care centers](#)

[Fact sheet for family child care providers](#)

[Growing farm to preschool in your state: a how-to guide](#)

My Plate Resources for Kindergarten from USDA

[Discover My Plate: Nutrition Education for Kindergarten](#)

News From Our Partners

From the 8th Biennial Childhood Obesity Conference

[Call for proposals! Deadline extended through August 28, 2014](#)

The Call for Proposals opened July 1, 2014 and the quality of submissions so far has been fantastic. There have been some requests for extensions from potential speakers, and we want to make sure that everyone has a chance to have

their proposal considered! Originally scheduled to be closed on Thursday, July 31st, Conference Planning staff has decided to extend the deadline until Thursday, August 28th, 2014 to allow 4 additional weeks to prepare and submit a proposal.

From SSB Listserv

Fortune published an article today criticizing the SF soda tax saying that it won't decrease obesity. The author's point of view is based primarily on the flawed Fletcher paper that came out in Health Economics earlier this year. If folks on this list could comment on the [article](#), that would be helpful.

Today, Representative Rosa DeLauro introduced the Sugar-Sweetened Beverages Tax Act of 2014 (SWEET Act), a bill to levy an excise tax of one cent per 4.2 grams (one teaspoon) of caloric sweetener. Co-sponsors include Representatives Moran and Norton. This would raise \$10 billion a year for soda-related disease prevention programs via the Prevention and Public Health Fund established by the Affordable Care Act. For more information, contact Kelly Horton in Rosa DeLauro's office at Kelly.Horton@mail.house.gov.

From Public Health Institute

The City of Berkeley has a soda tax on the November ballot. For more information about the campaign please click [here](#).

From The CDC

We're making progress in creating and enhancing places to be physically active in our communities. More than half of US youth live in neighborhoods that support physical activity. Today 54.5% of youth have access to parks or playground areas; recreation centers, community centers, boys' and girls' clubs; and walking paths or sidewalks, according to the [State Indicator Report on Physical Activity, 2014](#).

Nutrition and Sugar Savvy Articles

["Introducing the national soda tax,"](#) *The New York Times* 7/29/2014

["Kids' packed lunches often fall short of dietary guidelines,"](#) *Reuters* 7/28/2014

["States rebel against smart snack standards-House GOP puts 'heat and eat' back in the spotlight,"](#) *Politico* 7/25/2014

["Let them eat cake: States battle nutrition standards to defend the all-American bake sale,"](#) *TakePart.com* 7/27/2014

["Most cynical give of the week: PepsiCo's \\$1.2 Million to keep kids slim,"](#) *Inside Philanthropy* 7/24/2014

["Study finds kids prefer healthier lunches. School food lobby refuses to believe it,"](#) *Mother Jones* 7/22/2014

Physical Activity Articles

["Exercise including weight lifting crucial for overweight, obese children,"](#) *WWL-TV* 7/28/2014

["Sitting can be fatal: Get up and move around, walk,"](#) *Visalia Times Delta* 7/26/2014

["California schools face lawsuit over physical education classes,"](#) *Los Angeles Times* 7/27/2014

["Parents of obese kids may be more ready to tackle diet than exercise,"](#) *Reuters* 7/25/2014

["Walking can reduce your risk of diabetes, obesity,"](#) *Sioux City Journal* 7/18/2014

Funding Opportunities

Funding opportunity from Robert Wood Johnson Foundation

The RWJF Culture of Health Prize is awarded to communities that have placed a priority on health and creating powerful partnerships within communities to make a change. The \$25,000 prize honors those communities that are committed to, not only providing access to good quality care, but also to addressing the barriers to better health by transforming our neighborhoods, schools, and businesses so that good health flourishes. This is an incredible opportunity to showcase the work of your unit and how it has impacted your community. The cash prize will be designated to a local US governmental or tax exempt public charity (i.e. housing organization, or MRC unit with 501c3 status). Up to 10 communities will be awarded this prize. Deadline is September 17, 2014.

Funding opportunity from The National League of Cities

The National League of Cities (NLC) announced its third round of the Cities Combating Hunger through Afterschool

and Summer Meal Programs (CHAMPS) initiative by inviting cities across the nation to apply for grant awards of up to \$50,000 to launch or expand, as well as build awareness of, the Afterschool and Summer Meal Programs. Through CHAMPS, mayors and other city officials can ensure that children in their community have access to healthy meals year-round by implementing and supporting the federal child nutrition programs.

Job Opportunities

Collective Roots is looking for a full time Executive Director: This position will report to the Board of Directors, the Executive Director (ED) will have overall strategic and operational responsibility for Collective Roots' staff, programs, financial health, and execution of its mission. Ensure ongoing programmatic excellence, rigorous program evaluation, and consistent quality of finance and administration, fundraising, communications, and systems; finalize strategic plan and develop schedules and manage resources needed to achieve goals.

Kaiser is looking for a part time Clinical Health Educator II, Grade 587: Serve as a member of a multidisciplinary Primary Care Team in a clinical setting providing group and one-to-one counseling and education, in conjunction with the facility Health Education Department. Conducts brief disease management, lifestyle and health risk counseling with patients and family members one-to one and promotes prevention and self-care strategies.

Natural Resources Defense Council is looking for a full time Health Policy Advocate: The Policy Advocate will work with NRDC's Food and Health Programs, a diverse team of lawyers, policy specialists and scientists, to address public health threats from agriculture and toxics in the environment.

El Camino Hospital is looking for a part time Bilingual Program Educator: This position will be responsible for delivering the 5210 Smart Start Preschool Parent program and supporting the 5210 elementary school program delivering programs at PTA/PTO and ELAC meetings. The Program Educator will be expected to perform assigned duties in schools and community venues in Campbell and Sunnyvale. Some programs may be delivered in Spanish. If you are interested in this position please send your resume to: Jeremy Loader, 701 East El Camino Real, Mountain View CA 94040, Youth Nutrition Program, Palo Alto Medical Foundation, loaderj@pamf.org.

Sacred Heart is looking for a full time La Mesa Verde Program Manager: Develop and implement this urban gardening initiative that will engage, empower, and educate low income families, inspire them to volunteer and build community within their neighborhoods, and articulate and advance policy priorities for their community around a healthy food access platform.

Sacred Heart is looking for a full time Advocate for the Self Sufficiency Leadership Programs: Develop and implement this leadership development program that aims to engage, empower, and educate people from diverse socio-economic backgrounds, inspire them to volunteer and build community within their neighborhoods, and articulate and advance policy priorities for their community.

Eblasts are sent out every two weeks and posted at http://banpac.org/banpac_announcements.htm.

Please send updates that you would like included in upcoming eblasts to Gina.Vittori@phd.sccgov.org.

BANPAC is funded by California Dept. of Public Health's Nutrition Education and Obesity Prevention Branch and Kaiser Permanente.

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Great Things Start with Good Health

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.