



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) December 29, 2014

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Nutrition and Physical Activity Around the Bay

Contra Costa County Inspires with Gardens and Water Filling Stations!



Pittsburg Unified School District Child Nutrition Services is on the move! Before the year's end, a garden will be at every school site. The garden at Willow Cove Elementary School earned Director, Matthew Belasco; Garden Supervisor, Michelle DeCoy; Teacher, Elba Ramirez and 5 students the top honor of going to Washington D.C. and harvesting the garden with First Lady, Michelle Obama. There are filtered, refrigerated water filling stations also at the schools, which encourage the students to use refillable bottles, minimizing the waste of disposable water bottles. All disposables used in their kitchens are compostable, which is working to further reduce the carbon footprint of their sites and district as a whole. Because PUSD has full kitchens at each site, much more "scratch" cooking is being implemented as well.

BANPAC Update

SAVE THE DATE FOR OUR NEXT BANPAC QUARTERLY MEETING AND PROMISING PRACTICES SHARING FORUM!

What: [Rethink Your Drink and Pledge the Practice! Pass the Policy! Promising Practices Sharing Forum](#)

When: January 28, 2015 from 9am-1pm

Where: San Francisco Library

Learn about Berkeley's new soda tax and successful strategies for organizational wellness policies in a variety of settings

and meet new partners!

****TWO OPTIONAL TRAININGS OFFERED AFTER THE BANPAC QUARTERLY MEETING**

- 1) Rethink Your Drink Advanced Training from 2-4pm
- 2) Retail Training from 2-4pm

Click [here](#) for more details.

Tracking Rethink Your Drink Presentations

Congratulations to **Tatiana Dykes** who won the quarterly gift card for tracking Rethink Your Drink presentations, workshops, and exhibits.

The next drawing for the quarterly gift card will be held at the January 28th Promising Practices Sharing Forum. Please enter your RYD activities from October 2014 through January 2015 to be eligible for the drawing.

http://www.banpac.org/banpac_tracking_ryd-sugarsavvy.asp

Physical Activity Subcommittee

- Welcome new members Jin Kim from Alameda County Health System, Elaine Lo from San Mateo County, and Lupe Rodarte from the Indigo Program in San Jose!

Upcoming Regional Training and Resource Center Free Trainings

- [Rethink Your Drink Webinar, January 8th 10am-12pm](#)
- [Harvest of the Month Webinar, January 14th 2pm-3:30pm](#)
- [Youth Engagement Training, January 26 9:30am-1:00pm](#)

Next BANPAC Leadership Council meeting New Date and Time

January 21, 2015, More details to come!

BANPAC's NEW Physical Activity Initiative Bay Area Moves - BAM!

BANPAC created a [Physical Activity Website Portal](#) to help professionals easily access free and low-cost training curricula, websites, and other resources to promote and increase physical activity opportunities for children, youth, families, adults and older adults throughout the day. The website portal is now live and can be viewed [here](#).

Parks for Life Challenge! Hosted by the Santa Clara County Parks and Recreation Department

The Parks For Life Challenge is a FREE game that is hosted by the Santa Clara County Parks and Recreation Department to help you and your friends and family get outside and engage in healthy activities in our 48,000 acre park system. Teams of 2 to 3 players sign up, and then choose to participate in outdoor adventures in any one of our 29 regional parks. Document your adventures by posting photos or videos on social media sites!

Leading Lifestyle Fitness Exercises for Older Adults Workshop, January 28 hosted by Go4Life

Do you currently lead activities for older adults and want other ideas? Would you like to start an exercise group with older adults? Participate in this FREE workshop in Foster City and learn how to lead evidence-based exercises to improve strength, balance, flexibility and endurance for older adults from Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH. For more information, please click [here](#). To RSVP, please email elo@smcgov.org.

Conference on the Value of Play: Advancing Play in partnership with IPA/USA, February 15-18 hosted by US Play Coalition

The United States Play Coalition is hosting the 2015 conference in Clemson, South Carolina. The conference will feature five tracks on the value of advancing play: Education, Programming, Park and Recreation, Health, and Business/Corporate. Conference attendees will also learn from renowned keynote speakers, Dr. Peter Gray and Dr.

Kevin Ross Emery. Attendees of the annual conference come from diverse fields including park and recreation professionals, educators, researchers, health scientists, landscape architects, business leaders, psychologists, parents, physicians, and many more. The two and a half day event will provide numerous opportunities to play, network, and collaborate.

The Science of Policy Implementation Conference, February 22-25 hosted by Active Living Research

The theme of the 2015 conference, *The Science of Policy Implementation*, explores the process of taking scientific findings from the research field of active living to inform policies, and then ensuring the policies are put into practice to increase population-level physical activity.

National Physical Activity Plan Congress February 23-24 hosted by The National Physical Activity Plan Alliance

The National Physical Activity Plan (NPAP) Alliance is hosting the 2015 National Physical Activity Plan Congress on February 23–24, 2015, in Washington, DC. The Congress will feature keynote speakers, poster sessions, recognition of NPAP Champions, and thematic panel sessions. An important element of the Congress will be sector-based discussions in which attendees will have the opportunity to influence revision of the NPAP. A revised and refined version of the Plan is expected to be released in late 2015.

Free Online Trainings on the World Health Organization (WHO) Health Economic Assessment Tool (HEAT) for Walking and Cycling

This tool is designed to help you conduct an economic assessment of the health benefits of walking or cycling by estimating the value of reduced mortality that results from specified amounts of walking or cycling.

Trainings, Events, and Workshops

13th Annual Community Health Symposium, January 22 from 5:30pm-7:30pm hosted by Stanford Medicine Office of Community Health

The symposium features a wide range of community health services, educational and research projects undertaken by Stanford students, trainees, and faculty in communities here and around the world. For more information please contact Jill Evans at jille@stanford.edu.

Third Annual Childhood Obesity Bay Area Conference 2015, March 6-7 from 9am-5pm in San Francisco

The Childhood Obesity Bay Area Conference brings together remarkable speakers from diverse fields to discuss best practices in obesity prevention. This year's theme, *Building Our Community, Empowering Our Children* highlights the power that strengthening our vibrant community of organizations, politicians, physicians and educators has for empowering our children and adolescents who have been affected by this epidemic. This two-day conference will allow people working in different fields of health, wellness and sustainable food to connect and collaborate. In addition to six keynote addresses, COBA 2015 will feature an array of panel discussions, break-out sessions, slam poetry performances, networking reception with tastings from sustainable wineries, optional garden tours, and small group dinners.

WIC Annual Conference and Trade Show, March 22-25 hosted by the California WIC Association

Plugged In: Harnessing the Power of Collaboration is a statewide multi-track conference featuring the latest research, resources, and best practices in four key areas: Breastfeeding and early feeding, nutrition and healthy eating, leadership and wellness, and cultural diversity and collaboration.

Schedule a FREE Training "Healthcare Changes Impacting Low-Income Seniors and Persons with Disabilities" hosted by the Health Trust

In early fall, people who have both Medicare and Medi-Cal benefits, will receive notifications of a new program, Cal MediConnect where plans will provide all Medicare and Medi-Cal benefits under one health plan. As a trusted resource to those impacted by these upcoming changes, you play a critical role! Through this training, learn how you can best direct and inform individuals you serve. To learn about upcoming trainings or to schedule a free training for your organization please contact sonalip@healthtrust.org.

Educational Resources

[Sugary Drink F.A.C.T.S. \(Food Advertising to Child and Teens Score\) 2014](#)
[Healthy Lands and Healthy Economies: Nature's Value in Santa Clara County](#)
[CDC National Health Report](#)
[Kids Data: A Resource for Your Work](#)
[Model Legislation Requiring Safety Warning for Sugar-Sweetened Beverages](#)

News from Our Partners

From Moving Forward Toward Independence

Napa Valley Life Magazine published an [article](#) about a Teaching Garden at the Moving Forward Program. The garden is being utilized to teach nutrition and vocational skills to adults with learning disabilities in Napa.

From SSB Listserv

[Berkeley: Mayor, in a first move toward implementing soda tax, appoints council subcommittee](#)

Nutrition and Sugar Savvy Articles

["Farmers' market program teaches students nutrition," The Desert Sun 12/11/2014](#)

["Can Caleb's Kola help Pepsi restore the 'cool' to cola?," Advertising Age 12/8/2014](#)

["Health groups fear bill could lead to return of pizza, fries in schools," TheHill.com 12/12/2014](#)

["Congress eases First Lady's school lunch guidelines," CBS News 12/10/14](#)

["Congress puts potatoes on menu for low-income moms," ABC News 12/11/2014](#)

Physical Activity Articles

["Oakland classroom takes a stand for preventing sedentary students," San Francisco Chronicle 12/11/2014](#)

["Overweight, obesity in black women linked to occupational sitting," Healio.com 12/11/2014](#)

["U.S. falls behind on exercise, gets fatter," USA Today 12/10/14](#)

Funding Opportunities

Build Health Challenge Grant due January 16, 2014

The Bold, Upstream, Integrated, Local, Data-Driven (BUILD) Health Challenge is a national award program designed to support community collaborations that are working to give everyone a fair chance to be healthy. BUILD Health will award up to \$7.5 million in grants, low-interest loans, and program-related investments over two years to strengthen partnerships among hospitals, nonprofits, local health departments, and other community organizations to improve the health of low-income neighborhoods within cities with populations greater than 150,000.

Job Opportunities

[The Health Project in Half Moon Bay is looking for a full time Executive Director](#) *New

The Executive Director of THP is responsible for upholding the vision of the organization, executing its policies and programs, and managing the overall performance of the organization in accordance with the policies and authorizations as defined by the Board of Directors. The Executive Director represents THP publicly and is responsible for maintaining productive relationships with individual donors, parents, supporting foundations and all community partners, including Cabrillo Unified School District.

[The Silicon Valley Bicycle Coalition is looking for a full Time Executive Director](#) *New

The Executive Director is accountable to the board of directors for the successful performance, leadership, and management of SVBC within broad policies set by the board. She or he is SVBC's principle spokesperson and is responsible for community and stakeholder relations along with financial sustainability.

[The Health Trust in San Jose is looking for a part time Senior Advocate Program Coordinator](#) *New

The Program Coordinator is responsible for leading and coordinating all aspects of the Senior Peer Advocate Program, under the Healthy Aging Initiative, including development, implementation and evaluation. The goal of the Senior Peer Advocate is to increase the number of seniors who are able to access needed services by removing barriers such as

language, cultural norms, isolation and lack of knowledge about what is available and how to access it.

The Health Trust in San Jose is looking for a part time Agents for Change Program Coordinator *New

The Program Coordinator is part of The Health Trust's Initiatives Team and will lead the AGENTS for Change program under the Healthy Aging Initiative. The Program Coordinator is responsible for leading and coordinating all aspects of the AGENTS for Change program. AGENTS for Change is a group of constituents, caregivers and other stakeholders engaged in advocacy and social action around home and community based services, safety net services, and policy systems to support older adults.

The University of California is looking for a full time Nutrition Educator *New

Working under the general supervision of the Expanded Food and Nutrition Education Program (EFNEP) Manager and Nutrition Advisor, the EFNEP educator is responsible for implementing and evaluating the Youth EFNEP Program in Alameda & West Contra Costa County in coordination with the other program educators.

The Health Trust in San Jose is looking for a full time Housing Case Management Specialist

The Housing Case Management specialist is responsible for managing a caseload comprised of clients receiving assistance through the Housing Subsidy Program. The position performs complex, advanced technical and administrative tasks and assists clients in the initial and annual application process; conducts detailed interviews to obtain complete and accurate information; develops and accumulates available housing resources and implements the processes necessary to assist clients secure and maintain stable, safe, and affordable housing and related services in Santa Clara County.

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

A special thank you to all that contributed to this e-blast! A big thank you to Thi Ngo, BANPAC Intern. Please send updates that you would like included in upcoming e-blasts to alice.kawaguchi@phd.sccgov.org.

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

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