

# Bay Area Nutrition and Physical Activity Collaborative (BANPAC) Eblast July 7, 2014

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## In Our Community



### **Congratulations to Santa Clara County *Walk with Ease* Program!**

*Walk with Ease* is an evidenced based program developed by the Arthritis Foundation and delivered by the Santa Clara County Public Health Department (SCCPHD) through funding from the City of San Jose's Senior Health and Wellness Initiative at two community centers; Alma Senior Center and Mayfair Community Center. The program is aimed to motivate seniors (65+) to exercise, reduce social isolation, walk safely and comfortably, improve flexibility, strength and stamina, and reduce pain.

In an effort to create sustainable walking programs, the Santa Clara County Public Health Department has identified 6 peer leaders between the two sites to receive training and leadership building skills to provide the program at their respective sites. Eusebio C. (see champion profile above) is a peer leader and a Champion for Change! For more information about the Santa Clara County *Walk with Ease* Program, contact Vanessa Merlano at [Vanessa.Merlano@phd.sccgov.org](mailto:Vanessa.Merlano@phd.sccgov.org).

Tell us what is happening in your 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](mailto:Gina.Vittori@phd.sccgov.org).

## BANPAC Update

### **The BANPAC survey results are in!**

Thank you to the 38 members who completed the BANPAC member satisfaction survey that was emailed out to all members in June. The survey indicates that members find BANPAC most useful for resources and networking with trainings, bi-weekly eblasts, and learning about best practices also useful. More than 65% of respondents reported they are using the BANPAC Rethink Your Drink resources and more than 50% of respondents reported that they are using BANPAC sample wellness policies, the healthy beverage toolkit, and the Potter the Otter materials. For upcoming training topics, the top 6 areas of interest (in order of interest) are 1) healthy food and beverage practices and policies in organizations (63%), 2) engaging youth, providers, and community leaders as Champions for Change (61%), 3) community engagement (55%), 4) federal, state, and local policy education (47%), 5) Promising Practices in Physical Activity Programming (42%), and 6) Cultural Competency (42%). In response to member suggestions about how to improve BANPAC, we will now be including more job opportunities in our eblast and on the BANPAC website. Many of you asked about our next meeting. The next full member BANPAC meeting will take place in September. More information about the meeting will be

sent out in the next eblast! Thank you again for taking the survey. We appreciate your feedback and suggestions for improving BANPAC.

### **Thank you for submitting your contact information updates**

Thank you to the 40 members who updated their contact information to help us provide you with the latest BANPAC news. Please update your information [here](#) if you have not yet had the opportunity to update your information.

## **Trainings, Events, and Workshops**

### **[Growing and Funding Equitable Food Hubs Webinar August 14 from 2-3pm EDT](#)**

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.

### **[APHA 14<sup>th</sup> 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."

## **News from our Partners**

### **From Second Harvest Food Bank**

- **[The USDA Food and Nutrition Service announced that they will extend the deadline for school districts to elect to participate in the Community Eligibility Provision](#)**, an option for schools in high poverty areas to offer breakfast and lunch to all students at no charge while eliminating school meal applications. School districts now have until August 31, 2014 to take advantage of this opportunity for the 2014-2015 school year.

### **From Food Day**

- More and more people are beginning to grow their own food. Today, more than a third of U.S. households have a food garden. Check out [this link](#) from our friends at *Growing Cities*, and learn how you can grow where you are!

### **From Salud America!**

- **[Help get sugary drinks outside of camps](#)**. *Salud America!* has a new #NoCampSugaryDrinks campaign! The American Camp Association (ACA) does NOT require camps to have a healthy beverage policy to gain accreditation. Research shows Latino kids already consume more sugary drinks on average than their peers...they have more to lose when summer camps specifically recruit Latino families and then provide unhealthy sugary drinks at snacks and meals. **Action item:** Join our petition to ask the ACA to add a "no sugary drinks" rule to accreditation standards: <http://www.care2.com/go/z/21258369>

### **From the Horizon Foundation**

- Help needed! Take the poll. In local action, one of our council members introduced a bill to negate our county's nutrition standards  
Action item: Participate in the [Baltimore Sun's poll](#).

## Nutrition and Sugar Savvy Articles

[“Berkeley residents to vote on soda tax in November,” Reuters 7/2/2014](#)

[“Boston health officials take on sugary drinks,” Boston.com 7/1/2014](#)

[“The sweet that costs” San Francisco’s “soda tax” goes further than soda,” SF Weekly News 6/25/14](#)

[“Cooking demonstrations offered at farmers market,” Golegazette.com 6/24/14](#)

[“Shoppers get San Diego grocery store to clean up its act,” KPBS-TV 6/24/14](#)

[“Medical nutritionist creates video series to help kids eat healthy, prevent and reverse childhood obesity,” News Channel 5-TV 6/24/14](#)

## Physical Activity Articles

• [“Targeting overweight workers with wellness programs can backfire,” NPR 7/12/2014](#)

• [“Where not to build a school,” Star Tribune 7/6/2014](#)

• [“Adults think kids have more chances to be active, even though childhood obesity is still a problem,” UoFMHealth.org 7/1/2014](#)

• [“To boost attendance, Milwaukee schools revive art, music, and gym,” NPR 6/23/2014](#)

• [“Walkable cities are both richer and smarter,” The Huffington Post 6/20/2014](#)

• [“Being physically fit may boost school grades,” Dailyrx.com 6/19/2014](#)

## Funding Opportunities

**Healthy Food Financing Initiative Funding!** The Administration for Children and Families, OCS will award up to \$9.5 million to Community Development Corporations for community-based efforts to improve the economic and physical health of people in areas designed as food deserts.

## Job Opportunities

**Second Harvest Food Bank is looking for a part time CalFresh Outreach Specialist:** Provide prescreening application and application assistance at local community agencies and partner organizations that work with low-income communities. Help close the hunger gap in our community!

**Second Harvest Food Bank is looking for a temporary Nutrition Educator-Bilingual English/Spanish:** Provide culturally-competent nutrition education to diverse and low-income populations, including food recipients and clients of SHFB partner agencies and in Santa Clara County. Train volunteer Health Ambassadors and student interns and monitor their work at multiple sites. Conduct food demonstrations for clients and agencies

**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.

**City of Berkeley is looking for a full time Health Services Program Specialist:** This position manages services and planning for delivery of health and education services programs. This may include supervising of medical clinic program planning activities and facilities coordination, supervision of program personnel to assure proper integration for front and back office operations, and evaluation and fiscal and budgetary administration.

A big thank you to Thi Ngo, BANPAC Intern and Vanessa Merlano, Health Education Specialist for contributing to this eblast.

This eblast is posted at [http://banpac.org/banpac\\_announcements.htm](http://banpac.org/banpac_announcements.htm).

Please send updates for future eblasts to [Gina.Vittori@phd.sccgov.org](mailto:Gina.Vittori@phd.sccgov.org).

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***Great Things Start with Good Health***

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