



# Bay Area Nutrition and Physical Activity Collaborative (BANPAC) November 5, 2014

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## Nutrition and Physical Activity Around the Bay

### San Mateo County

San Mateo County's very own Family Health Services (FHS) joined the national movement to deliver a message to promote a just food system and healthy eating. FHS staff and WIC participants enjoyed Food Day/Big Crunch on October 24, 2014 with the taste of fresh foods and the company of Felix the Asparagus. FHS staff also watched a short documentary about innovative ways of reducing food waste and learned about the importance of healthy foods. Please join us again next year!



### Santa Clara County

Santa Clara County Public Health Department LHD celebrated the National Food Day event to inspire Americans to change their diets for the better and improve our food policies. This year Food Day's focus was on issues related to food justice, food access, hunger, obesity, and farm workers. Santa Clara County Public Health Department celebrated the 4<sup>th</sup> annual Food Day by partnering with three (3) local farmers' markets. We presented each farmer with a thank you market bag filled with appreciated gifts. Our celebration included Nutrition Education with cookbooks or aprons to the first 200 participants and the selfie station with empowerment signs.

Check our photos at [#SCCFoodDay](#) and [#FoodDay2014](#)

For more information and resources to inspire good health **all year long**, check website: <http://www.foodday.org/>



## **BANPAC Update**

### **Pledge the Practice! Pass the Policy!**

Congratulations to the **four new Bay Area schools** that have passed and implemented staff school wellness policies! That makes a total of ten schools for 2014! A big shout out to **Mission Education Center** in San Francisco, **Howell Mountain Elementary School** in Napa County, **Sequoia Elementary School** and **International Community School** in Oakland. BANPAC would like to commend their commitment to providing a healthy beverage, food, and physical activity environment for their staff and faculty and parent organizations. All schools were provided a water dispenser, Rethink Your Drink educational materials, and technical assistance. Don't miss the next BANPAC quarterly meeting on Jan 28<sup>th</sup> where these schools will be recognized as policy leaders!

A huge thank you to Tuline Baykal and Dan McClure for providing technical assistance to the schools to help them develop, adopt, and implement their policies!

### **Tracking Rethink Your Drink Presentations**

Congratulations to **Tatiana Dykes** who won the quarterly gift card for tracking Rethink Your Drink presentations, workshops, and exhibits. Please enter your RYD activities from May 2014 through October 2014 here:

[http://www.banpac.org/banpac\\_tracking\\_ryd-sugarsavvy.asp](http://www.banpac.org/banpac_tracking_ryd-sugarsavvy.asp)

### **PA 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!
- Next meeting – November 6 at 3pm, please contact [Gina.Vittori@phd.sccgov.org](mailto:Gina.Vittori@phd.sccgov.org) if you would like to join the PA subcommittee.

### **Upcoming Regional Training and Resource Center Free Trainings**

- [FY15 Activity Tracking Form Training Webinar November 6, 13, or 20 from 1:30-3:pm hosted by CDPH](#)
- [Healthier Schools: School Wellness Policy 101, November 12 from 9am-1pm in Martinez](#)
- [Laying the Foundation to Support Champions for Change Webinar, November 13 from 9:30am-11:30am](#)
- LHD Summit, November 17 from 10am-3pm in Oakland, For information, contact [Amy.DeLisio@phi.org](mailto:Amy.DeLisio@phi.org).
- [CDPH/NEOPB Training and Resource Centers Pre-PDM Meeting, November 19 from 12:15pm-4:30pm in Sacramento](#)
- [CDPH/NEOPB Project Director's Meeting November 20 and 21, 8:30-5pm, 8:00-12:30pm in Sacramento](#)

### **Next BANPAC Leadership Council meeting New Date and Time**

November 12 from 10am to 12pm in Vallejo hosted by Solano County Public Health Dept.

### **Next BANPAC Quarterly Meeting**

Rethink Your Drink and Pledge the Practice! Pass the Policy! Promising Practices Sharing Forum

January 28 from 9am to 1pm at the SF Library

Mark your calendars! More details to come!

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

#### **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!

#### **Best Foot Forward-Walkability Strategy Summit, November 8-9 hosted by California Walks**

Join a broad base of walk, health, equity, and sustainability organizations and advocates to craft a shared vision and action plan to advance walkability across California.

**Thinking Ahead to Active Transportation Program Cycle II: Key Takeaways from Successful Cycle I Applications Webinar, November 13 from 10-11am hosted by National Partnership**

The National Partnership has reviewed many of the 148 applications that were awarded through the statewide and small urban/rural competition and will share some of the elements that made those applications successful as well as suggest changes for the guidelines and application. Learn about funding opportunities available from health agencies, how federal health dollars applicable for walking and bicycling are administered, and steps for collaboration among transportation and health advocates and agency staff.

**Health Funding Webinar, November 18 from 11am-12pm hosted by Advocacy Advance**

Learn about funding opportunities available from health agencies, how federal health dollars applicable for walking and bicycling are administered, and steps for collaboration among transportation and health advocates and agency staff.

**Opening the Doors and Gates-Harvest Gathering Hosted by Bay Area Open Space Council, November 20 from 10:00am-1:00pm**

Bay Area Open Space Council in partnership with [ChangeScale](#), our Harvest Gathering will focus on these questions. We will learn about innovative projects around the Bay Area and engage in a discussion about how to connect more people to nature. For more information or to attend contact Annie at [annie@openspacecouncil.org](mailto:annie@openspacecouncil.org).

**Using Pilot Projects to Implement Protected Bike Lanes Webinar, December 3 from 12 to 1pm hosted by the Association of Pedestrian and Bicycle Professionals**

Learn from other professionals' pioneering projects to implement protected bike lanes in their communities.

**Winning Campaigns Training in Santa Barbara, December 5-7 hosted by Santa Barbara Bicycle Coalition**

On December 5-7, 2014, Santa Barbara Bicycle Coalition is hosting a Winning Campaigns Training during which participants will learn to plan, fund, and run campaigns to transform the transportation landscape in cities and states.

**Trainings, Events, and Workshops**

**Primary Prevention for Change: A Community Approach to Health, Safety and Equity Training November 5 from 9:30am-3:30pm hosted by Prevention Institute**

Prevention Institute is offering a no-cost, one-day training to Bay Area community-based organizations, public health departments and other interested groups, focusing on understanding and analyzing the community factors that shape health, safety, and equity.

**Strengthening the Community Prevention Landscape: New CDC Grants and the Road Forward Web Forum, November 13 from 11:00am-12:30pm hosted by the American Public Health Association, Prevention Institute, Health Institute and Trust for America's Health**

The web forum will discuss the six new funding awards from the Centers for Disease Control and Prevention (CDC). New grantees will also share their plans.

**Strategies for Implementing Smart Snacks in School: Learning from 8 Districts' Successes in Controlling Junk Food and Maintaining Revenue Webinar, November 14 from 10:00am-11:30am hosted by Illinois Pacific Institute**

The Illinois Public Health Institute will host a webinar for schools, nutritionists, public health professionals, and other interested individuals about the strategies in the tip sheets. The webinar will feature presenters from CDC and participating school districts.

**Child Care Nutrition and Physical Activity Forums, November 15 from 8:00am-5:00pm hosted by the California Department of Education**

The California Department of Education (CDE) is offering four Nutrition and Physical Activity Forums statewide. The forums will highlight and demonstrate methods for integrating nutrition education, edible gardens, wellness policies, and physical activity into child care center classrooms and day care homes. Participants will learn ways to create

learning environments that maximize opportunities for children to develop healthy eating habits and to move their bodies to learn. These forums will provide a unique platform where early childhood educators can express challenges and develop solutions toward supporting active living and healthy eating environments. All attendees will leave having received a variety of tools and resources that can immediately be utilized in the day care home or child care center classroom.

### **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."

### **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.

### **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](mailto:sonalip@healthtrust.org).

### **Educational Resources**

#### **5 tip sheets to help schools implement Smart Snacks in School**

The Illinois Public Health Institute released 5 tip sheets to help schools implement Smart Snacks in School. The tip sheets are: "Finances: Strategies to Maintain Revenues with Healthier Competitive Foods Standards", "Creating and Implementing Policies for Healthier Competitive Foods Standards", "Improving Access to Healthy Foods and Beverages Through Healthier Competitive Foods Standards", and "Improving Cafeteria Strategies to Support Healthier Competitive Foods Standards".

#### **Safer People, Safer Streets: Summary of U.S. Department of Transportation Action Plan to Increase Walking and Biking and Reduce Pedestrian and Bicyclist Fatalities**

The United States Department of Transportation (DOT) released a report that describes a new initiative to improve pedestrian and bicycle safety.

#### **Crossing With Confidence: Managing Risk When Creating Crossing Guard Programs in California**

Change lab solutions developed a tip sheet to discuss the legal process of developing a crossing guard program.

#### **CDPH Open Data Portal**

The California Department of Public Health today launched its [Open Data Portal](#), which will allow user-friendly access to the data it collects about important public health issues. This data can be used to craft solutions to public health concerns while providing more transparency in government.

### **News from our Partners**

#### **From Choose Health SF**

With less than two weeks before the election, the American Beverage Association just dropped another \$1.1 Million in

San Francisco bringing their total spent in San Francisco up to \$9.1 Million. They know how close this race is going to be. The best way to help is by helping spread the message to voters in San Francisco and you can do it from anywhere in the country.

All you need is a computer, Internet, and a phone. Click [here](#) to get started helping San Francisco win this!

### **SSB listserv**

The Bigger Picture Campaign (UCSF Center for Vulnerable Populations) and Youth Speaks have kicked off a creative campaign bringing awareness to the connections between big soda and Type 2 Diabetes and other preventable chronic diseases. Join the conversation about Type 2 Diabetes [here](#).

### **Center for Science in Public Interest**

On Monday, November 10 from 1pm to 2pm ET, join CSPI, Meatless Mondays, Physicians Committee for Responsible Medicine, Produce for a Better Health Foundation, NutritionFacts.org, and Grist's Nathanael Johnson for a tweet chat about #PlantBased diets.

### **Nutrition and Sugar Savvy Articles**

["U.S. Coke sales have dropped so it's selling to nations that don't have an obesity epidemic...yet,"](#) *Huffington Post* 10/29/14

["Would a tax on soda kill nation's beverage industry,"](#) *The Olympian* 10/28/2014

["Soda-makers try to take fizz out of Bay area tax campaigns,"](#) *NPR* 10/27/2014

["Ban or tax nutrition-poor food? One medical group says yes,"](#) *Medscape.com* 10/27/2014

["Better food labels won't make you less fat,"](#) *BloombergView.com* 10/27/2014

["John Oliver calls out big sugar in time for Halloween, says trick-or-treating not much of a treat,"](#) *MedicalDaily.com* 10/27/2014

### **Physical Activity Articles**

["Farmington, Victor, Ontario County walking and bike projects win \\$2.8 in funding,"](#) *Wayne Post* 10/29/14

["The C-Suite Insider: Clif Bar CEO Kevin Cleary Pays Workers to Exercise 2.5 Hours a Week,"](#) *Good Morning America* 10/29/2014

["Stallings: Why is Texas roads agency ignoring bike, pedestrian needs?"](#) *Houston Chronicle* 10/28/2014

["Boot camp program fighting obesity in Denver Hispanic community,"](#) *CBS Denver* 10/28/2014

["Running group sets sights on finish line in race against obesity,"](#) *CBS New York* 10/27/2014

["New city program lets doctors 'prescribe' bike-sharing memberships"](#) *Globe Correspondent* 3/27/2014

### **Funding Opportunities**

#### **Walk Friendly Community Applications due December 15, 2014**

The Walk Friendly Community designation, awarded from bronze to platinum, is given to applicant communities that have demonstrated a commitment to improving and sustaining walkability and pedestrian safety through comprehensive programs, plans, and policies. The program will begin accepting applications for the ninth round on November 3, 2014, with the deadline for submission on December 15, 2014.

#### **2015 Environmental Justice Small Grants due December 15, 2014**

The Environmental Protection Agency's (EPA) Office of Environmental Justice has announced the opening of its Request for Applications (RFA) for the 2015 Environmental Justice Small Grants (EJSG) Program. The EJSG Program provides funding for eligible applicants for projects that address local environmental and/or public health issues within an affected community. The total estimated amount of funding available for awards under this solicitation for fiscal year 2015 is approximately \$1,200,000. EPA anticipates awarding up to four grants per EPA region in amounts of up to \$30,000 per award for a two-year project period.

## Job Opportunities

### [Santa Clara County is looking for a full time Health Center Manager](#) New

The Health Center manager will work under the direction of the Director, Ambulatory Care and in partnership with the Physician Site Director and manages designated ambulatory care sites or facilities.

### [Stanford Hospital and Clinics in Palo Alto is looking for a full time Quality Analyst in the Cardiovascular Health Department](#) New

Under the direction of the clinical outcomes manager, the Quality Analyst is responsible for providing overall statistical and analytical support to the service line clinical outcomes measurement and quality initiatives, including data extraction, descriptive and inferential statistical data analysis, registry submission, data reporting and report generation to stakeholders throughout the service line.

### [Public Health Institute in Oakland is looking for a .40 FTE Program Associate I](#) New

The Program Associate will assist FACES for the Future staff in researching curriculum standards and relevant issues in global health, drafting newsletter content for a variety of global health focused outlets, coordination of advisory committee meetings and travel logistics, drafting global health curriculum modules and piloting modules in classrooms with current FACES for the Future students.

### [Alameda County is looking for a full time Public Information Assistant](#) New

Under the general direction of the Public Information Supervisor, assists in the development, maintenance, coordination and marketing of public information for the Hayward Area Recreation and Park District.

### [Alameda County Public Health Department Nutrition Services is looking for Community Health Champion Peer Health Educators](#)

Under general supervision performs outreach, recruitment and retention activities to low income residents of Alameda County; secures a location at no cost that is accessible to the residents and imparts a required number of workshops which include nutrition education, cooking and physical activity demonstration components to a minimum number of residents

### [San Francisco Department Of Health is looking for a full time Health Worker II, Behaviorist Assistant](#)

The Behaviorist Assistant (BA) works as a member of the primary care team providing services to patients in medical clinics consistent with the PCBH service delivery model. In general, the job of the BA is to address patients' psychosocial and other health-related needs, including assisting patients with linkage to community resources and providing information and other interventions to patients aimed at supporting disease self-management and improved quality of life.

### [The City and County of San Francisco is looking for a Health Program Coordinator 3](#)

The Program Director reports to the Director of Transitions and works alongside various medical, mental health, and substance abuse use managers and programs across the Department of Public Health. This position works week days but does require occasional work on evening and weekends.

### [La Clinica in Vallejo is looking for a full time Bilingual Community Health educator I/II- Spanish/English](#)

The Health Educator is responsible for training, coordination and implementation of the volunteer Promotores program, outreach and enrollment assistance activities in the clinic and community setting. The Health Educator is responsible for the facilitation of workshops and health education classes to patients and community members.

### [Santa Clara County is looking for a full time Clinical Dietician II-Spanish Speaking](#)

The Clinical Dietician will perform initial and follow-up nutrition assessment of patients, identify patients with nutritional issues associated with various diseases and risk factors, and counsel patients in out-patient clinics in groups or as individuals.

E-blasts are sent out every two weeks and posted at [http://banpac.org/banpac\\_announcements.htm](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 [Gina.Vittori@phd.sccgov.org](mailto:Gina.Vittori@phd.sccgov.org).

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

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