



# Bay Area Nutrition and Physical Activity Collaborative (BANPAC) October 23, 2014

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## Nutrition and Physical Activity Around the Bay



**Good. To Go.** is a community-based campaign aimed at increasing San Jose residents' purchase of produce and quality foods. The campaign is organized through a network of on-the-ground, trusted community vendors, including corner store retailers, Fresh Cart mobile produce vendors, and farmers' markets. Participating vendors receive branded materials, marketing assistance, and media coverage to drive consumer demand for the new "Fun. Fast. Fresh" items at *Good. To Go.* outlets. Community residents can purchase competitively priced high quality produce at *Good. To Go.* outlets and delicious 'grab n go' kid friendly snacks at corner stores. For more information go to: <http://healthtrust.org/our-work/eat-well/good-to-go>. To find *Good. To Go.* locations in your neighborhood, visit the online interactive map <http://healthtrust.org/our-work/eat-well>.

Tell us what is happening in your community! If you would like to submit a success story to be featured in an upcoming e-blast, please email it to [Gina.Vittori@phd.sccgov.org](mailto:Gina.Vittori@phd.sccgov.org).

## Food Day 2014 - Social Media Coverage of Food Day Events

BANPAC is encouraging each county throughout the Bay Area to join the movement by doing living billboards at their Food Day events and posting great photos using hashtags: #jointhemovement #livingbillboards #FoodDay2014 #BayAreaMovesBAM! We recommend using one to three hashtags per photo.

Check out a couple of awesome examples of living billboards:



Santa Clara County Binational Health Conference, October 2014



Living billboards in Vietnamese, Spanish, and English for Food Day!

## BANPAC Update

### 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 you 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)

### Physical Activity Subcommittee

- 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.
- Know of a useful physical activity resource that you have been using in your program? BANPAC is creating a physical activity web resource portal that will be launched in December 2014. If you would like to contribute a resource, please provide input by Friday, October 24. Here is the hidden link that will be launching live in Dec.:

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

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

- Community Educator Toolbox Training and Farm to Fork  
October 27 in Vallejo  
Toolbox for Community Educators: 9:00 AM - 12:00 PM  
Farm to Fork: 1:00 PM - 3:00 PM
- Community Educator Spanish Toolbox Training  
October 29 in Napa  
4:00 PM - 7:00 PM
- Save the Date - Laying the Foundation to Support Champions for Change Webinar  
November 13  
9:30 AM – 11:30 AM

### **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!

### **Bay Area Moves - BAM! Update**

#### **October 8, 2014 Walk and Roll to School Day**

Walk and Roll to School Day was a huge success with over 250 events that took place across the nine county Bay Area Region! A photo slideshow of the Walk and Roll to School Day events is posted on the BANPAC main page. Go here to check it out: [www.banpac.org](http://www.banpac.org).

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

#### **Food Day Food Policy Council Webinar October 22 from 8:30am-10:00am hosted by The Center for Livable Future at John's Hopkins; Bloomberg School of Public Health, Food Day 2014, and Roots of Change**

This is a national webinar dedicated to the empowerment of food policy councils and other place-based stakeholder bodies committed to transforming the food system.

#### **Take the Healthy School Fundraiser Challenge for Food Day October 24**

Plan a healthy fundraiser for Food Day (October 24). Not enough time to pull one together? School bites challenge you to commit to planning one for the 2014–2015 school year. From Walk-a-thons and fun runs to hula hoop competitions and cookbooks, there are many ways to earn money for your school while encouraging kids and families to make healthy choices. Start researching ideas, talk to your PTA and offer to help spearhead a healthy school fundraiser today.

#### **5<sup>th</sup> Annual Food Summit, October 29 from 8:30am-5pm hosted by Stanford University**

Food Summit 5 will feature two separate events, a Day program (speakers, a showcase of community organizations and scholarly student food projects, a fabulous lunch, and interactive afternoon discussions between panelists and attendees); and an Evening Film Screening.

#### **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.

### **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**

#### **Healthy Halloween Kit**

Halloween is all about getting creative and having fun - from tricking out your costume to making cool, ghoulish treats. The Healthy Halloween Kit has tricks and treats you can try that make good for you fun too!

#### **Food Day 2014 Dinner Party Kit**

The kit is filled with fun activities, conversation starters, and recipes that you can use and share on October 24.

#### **Building Community Commitment for Safe, Stable, Nurturing Relationships and Environments**

The publication provides guidance to mobilize communities to create safe spaces and settings that keep kids safe and support their healthy development."

#### **State Funding Exception Policies**

The National Association of State Boards of Education has created a new handout on state fundraising exemption policies under the Smart Snack rules. These rules allow states to set a specified number of school fundraisers involving food and beverage items not meeting Smart Snacks. "If states choose not to take action, by default no exemptions will be allowed."

#### **Sugar Overload: Retail Checkout Promotes Obesity**

CSPI's new report examines the prevalence and healthfulness of foods and beverages in retail checkout aisles.

#### **Recipes for Healthy Kids**

A recipe book to use at home.

### **News from our Partners**

#### **From CDPH**

The 8<sup>th</sup> Biennial Childhood Obesity Conference is now open. The conference will be from June 29-July 2, 2015 in San



Diego. There is a request for poster, exhibit, and roundtable applications at this time with an April 1, 2015 deadline.

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

["Drinking sugary soda linked to cell aging," MedicalNewsToday.com 10/17/14](#)

["How long will it take to burn off that soda?," CBS News 10/16/14](#)

["What does Michelle Obama turn out for? A turnip," The Tampa Tribune 10/15/14](#)

["Corner stores in NE Denver part of pilot program for food deserts," The Denver Post 10/14/2014](#)

["Asian American's diet not as healthy as previously believed," TheHealthSite.com 10/14/2014](#)

["Dominos Smart Slice celebrates National School Lunch Week by offering new educational tool," PRNewswire.com 10/13/2014](#)

["Chronicle recommends S.F. soda-tax measure," SF Gate 10/5/14](#)

### **Physical Activity Articles**

["Grant-funded school fitness center in Meriden aims to keep kids active," Record-Journal 10/15/14 \(Connecticut\)\\*](#)

["Study: Children spend 14 minutes outside each day," Channel3000.com 10/15/14 \(Wisconsin\)\\*](#)

["More physical activity improved school performance," MedicalXpress.com 10/14/2014](#)

["Schools add yoga to help students unwind," Orlando Sentinel 10/13/2014 \(Orlando, FL\)](#)

["Here's what PBOT wants to do with \\$173.8 million in new transportation revenue," BikePortland.org 10/13/2014](#)

### **Job Opportunities**

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

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. **New\***

[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. **New\***

[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. **New\***

[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. **New\***

[Natural Resources Defense Council \(NRDC\) is looking for a Winter/Spring 2015 Research Intern](#)

Research interns work with the Litigation Team's attorneys and program assistant on factual research and analysis to support developing and active cases. They may also do some legal administrative work from time to time. Interns are invited to participate in litigation planning and strategy meetings.

[Arthritis Foundation in San Francisco is looking for a full time Program Coordinator](#)

The Program Coordinator position is responsible for the planning, organizing, implementing and evaluating of community engagement initiatives, programs and services throughout the GWR (forum, seminars, JA activities, speakers bureau, health fairs and expos).

[Education Pioneers in Oakland is looking for a full time Program Manager, Bay Area](#)

The program manager will be responsible for managing the planning and implementation of the Graduate School Fellowship. The person will also oversee the development of strategic relationships with education organizations in Northern California.

[Mothers against drunk driving \(MADD\) in San Francisco is looking for a full time Walk Manager](#)

The Walk Manager is responsible for the implementation, coordination, and management of cost-effective Walk events to meet budgeted goals, through building a robust volunteer base of community leaders, corporate partners, and victim survivors to raise awareness and meet financial goals. The majority of performance is based on volunteer management and development, event production and aggressive revenue generation.

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).

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