



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) September 25, 2014

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Nutrition and Physical Activity Around the Bay

We are excited to share that the Bay Area Moves (BAM!) Promising Practices Sharing Forum was a success with over 70 people in attendance. We learned how to lead a walking meeting, physical activity break, and instant recess. We were all inspired by the innovative and impactful physical activity programming happening around the Bay Area. There were five wonderful physical activity programs in the Bay Area that were showcased!

- **Fun on the Run Mobile Physical Activity Program**, *Todd Grames, City of Fairfield Community Resources*
- **Safe Routes to School Walk and Bike to School Day**, *Wendi Kallins, Marin County Safe Routes to School*
- **Cooking Urban Hot Spots with Physical Activity Programming**, *Hilary Bass, Alameda County DSAL*
- **Healthy Parks, Healthy People**, *Michele Gee, Golden Gate National Recreation Center*
- **Sunday Streets San Francisco**, *Scott Reinstein, Livable City*

Presentations will be available at www.banpac.org next week.

All participants gave input on three strategies for the physical activity initiative – creating a web resource portal, engaging physical activity partners, and providing training and TA. Dan McClure spoke about how to implement and evaluate a physical activity organizational policy and challenged us all to get our organizations on board with passing a policy. If you have an organization interested in working on a healthy beverage, food, and/or physical activity policy please contact Gina Vittori at Gina.Vittori@phd.sccgov.org. Thank you to all that attended for participating and contributing to the success of BANPAC!

What participants thought...

“I enjoyed the interactive walking meetings and the office-friendly physical activities.”

“I loved the walking meeting. A great tool to not sitting down all day at a desk.”

“It was very valuable to me to hear about/from various organizations that are all implementing more physical activity policies in communities and workplaces. This has helped me think more about things I would like to work towards.”

Meeting Photos



BANPAC Update

As part of BANPAC' physical activity initiative, Bay Area Moves (BAM!) we will be highlighting physical activity resources and trainings in the BANPAC e-blast.

Silicon Valley Bike Summit on September 30 from 10am-4:30pm hosted by Silicon Valley Bicycle Coalition and Stanford Health Care

The community building event will take place in the Schultz Cultural Arts Hall at the Oshman Family Jewish Community Center in Palo Alto. The summit will feature two guest speakers and a panel discussion on the latest innovations in bicycle infrastructure as well as bicycle friendly businesses and developments.

Let's Get Fired Up For Walking to School this October 8 sponsored by Safe Routes to School

International Walk to School Day is a global event where students in more than 40 countries worldwide walk to school on the same day. This year's event takes place on Wednesday, October 8, making it a great opportunity to leverage momentum for walking to school and Fire Up Your Feet. The **Fire Up Your Walk to School Award**, will be offered during Walk to School month in October. Any school with at least 25 parents, students, or school staff tracking at least one walking activity using the Fire Up Your Feet online tracker will be entered into a drawing for one of these awards. Activity can be tracked anytime during the month of October.

Walk and Bike to School Day, October 8

Need help planning your event? There are a lot of great planning tools and resources available at <http://www.walkbiketoschool.org>. Don't forget to register your Walk and Bike to School Day event [here](#).

SPARK 25th Anniversary

In celebration of the SPARK 25th Anniversary, Spark is excited to team up with *Let's Move!* Active Schools and the President's Challenge, to host the SPARK 25-Day Physical Activity Challenge! The SPARK Challenge runs September 29 - October 31 (25 week days). By participating in the SPARK Challenge, your school could win a \$25,000 SPARK Package!

Track Rethink Your Drink Presentations

Track Rethink Your Drink Presentations [here!](#) You will be entered into a drawing for great prizes!

Encourage Your Physical Activity Partners and County Nutrition Action Plan Partners to Join BANPAC!

Please encourage your partners to join BANPAC - go [here!](#)

Trainings, Events, and Workshops

The Soda Series September 4-October 9 hosted by Ecology Center

A series of conversations on the impacts of sugar-sweetened beverages on families, community and environment.

Warning Labels on Sugary Drinks: Promoting Informed Choices Webinar, September 24 at 11:30am hosted by ChangeLab Solutions

Ian McLaughlin, Senior Staff Attorney and Program Director at ChangeLab Solutions, will moderate the discussion that will feature Harold Goldstein, Executive Director, [California Center for Public Health Advocacy](#), Xavier Morales, Executive Director, [Latino Coalition for a Healthy California](#), and Jim O'Hara, Director of Health Promotion Policy at the [Center for Science in the Public Interest](#).

Berkeley vs Big Soda Fundraiser, September 26, 2014 4pm-6pm hosted by Prevention Institute

This is a great opportunity to meet leaders from Mexico who will discuss their successful campaign to pass a national tax on sugar-sweetened beverages – and the impact they have seen in the year since. You will also learn more about the Measure D campaign strategy.

Join @MomsRising and @CSPI on Friday, September 26th from 1 pm to 2pm EDT for a #FoodFri tweetchat to discuss healthy school fundraising

Schools have started implementing USDA's Smart Snacks that improve the nutrition of snacks and drinks sold through the a la carte line at lunch, school stores, and vending machines. Fundraisers during the school day are also getting healthier. While some states are providing some limited exemptions for school fundraisers, many are going with just healthy fundraising options. This tweetchat will be an opportunity to share resources, generate discussion, and draw attention to the issue.

South County Worksite Health and Wellness Recognition Luncheon on September 29 from 11:45am-12:45pm at Mama Mia's Restaurant

Worksite wellness luncheon to honor organizations committed to the health and well-being of their employees and to the health of the community. Santa Clara County Board of Supervisor Mike Wasserman, Morgan Hill Mayor Steve Tate, and Gilroy Major Don Gage will be attendance. Luncheon tickets may be purchased for \$20.

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.

Food Day October 24, 2014

Click here to register your event and find food day [events](#) in your area. Attending these events is an excellent way to meet people in your community interested and involved in nutrition policy issues such as reducing SSB consumption.

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."

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.

Educational Resources

2014 National Prevention Strategy Annual Report

The achievements listed throughout the report demonstrate the nation's progress and highlight the collective impact of the federal government and its partners to improve the health and quality of life for individuals, families, and communities.

Fact Sheet: SB 1000 (Monning): The Sugar Sweetened Beverages Safety Warning Act

The fact sheet provides the background information about the SB 1000 addressing the who, what, when, and why. This includes information regarding obesity, diabetes, and the effects of sugary beverages.

FarmRaiser

FarmRaiser connects farmers and food artisans to student-led fundraisers, turning energetic students into healthy-eating advocates that sell locally-grown and -made products.

WellSAT

Wellness Schools Assessment Tool provides a standard method for quantitative assessment of school wellness policies.

State School Health Policy Database

View the latest policy updates from the National Association of State Boards of Education.

How to Enforce a Wellness Policy

A guide for parents and community advocates if they are concerned that their school or district is not following its wellness policy.

School Bites Food Resources

Resources for parents to make the school environment healthier for children.

For healthy class party planning ideas, click [here](#).

Supporting a Healthy Lifestyle Among Low-Income Children: Key Findings from the 2011 California Children's Healthy Eating and Exercise Practices Survey

A Children's Fact Sheet released by the State Nutrition Education and Obesity Prevention Branch (NEOPB). The fact sheet highlights California's progress toward meeting the *2010 Dietary Guidelines for Americans*, the *Healthy People 2020 Objectives*, and the *2008 Physical Activity Guidelines for Americans* among 9- to 11-year-old children from low-income families, using data from the 2011 CalCHEEPS. It provides promising strategies to facilitate policy, system, and environmental changes that increase support for healthy eating, regular physical activity, and reduced screen time as the norms for California children.

Calfresh/EBT Toolkit for CSA Farmers and Farm Stands

Learn to expand customer base and increase buy in. To get started contact CA Department of Social Services EBT Specialist Dianne Padilla-Bates before you start the process. Apply [here](#).

News from our Partners

From SSB listserv

- The SF Soda Tax Campaign is requesting support through volunteers and donations. They are looking for phone banking volunteers as the election day draws near. If you are interested in volunteering please contact Chris Selim at info@choosehealthsf.com. The campaign is also asking for donations because they still need \$5,000 in order to print their campaign signs. Donations can be made [here](#).
- The Pew Charitable Trusts, Robert Wood Johnson Foundation, and the American Heart Association released a national poll that shows that the vast majority of parents of school-age children support having strong national nutrition standards for all foods and beverages sold in schools. You can see the [national press release data](#), [infographic](#), [GA poll results](#), and [SC poll results](#).
- View the latest blog from [Choose Health SF](#) by Christina Goette.
- CSPI launched a campaign calling on companies--including Sunny Delight, Pizza Hut, Amazon--to stop using back-to-school to market unhealthy food to kids and their families. Sunny Delight's Book Spree program encourages parents, teachers, and students to collect 20 labels for Sunny D in exchange for 20 unspecified books. Amazon.com is promoting Oreo cookies and Ritz crackers as "Favorites for Lunchboxes." Pizza Hut's BOOK IT! Program is promoting pizza through encouraging reading. Additionally, candy companies Hershey and Tootsie Roll Industries are promoting candy as "Back to School Snacks."

From Food Day

The [infographic](#) from The James Oliver Food Foundation compares the United States to other countries when it comes to food education.

Nutrition and Sugar Savvy Articles

["Healthy, Hunger-Free Kids Act taking out more than fat," Star News 9/15/2014](#)

["USDA, state leaders kick off statewide farm to school celebration; Governor O'Malley declares Sept. 15-19 as Homegrown School Lunch Week," Maryland.gov 9/15/2014](#)

["Oakland schools implement new health rules, limit parties with sweets," OaklandNorth.net 9/15/2014](#)

["School lunches are getting healthier, more balanced," The News-Herald 9/12/2014](#)

["Meatless Monday' is not an evil vegetarian plot," Chicago Tribune 9/12/2014](#)

["Robert Reich: Why Berkeley is back at the center of a fight of the people against the powerful," Alternet 9/8/2014](#)

Physical Activity Articles

["Food companies' US calorie-cutting pledge could stall, researchers say," Fox News 9/17/2014](#)

["Online gym is not a good solution," Minnesota Daily 9/16/2014](#)

["School district, city get community moving," YourValleyVoice.com 9/15/2014](#)

["Board adopts new physical education standards," KBHB-FM 9/15/2014](#)

["Cobb's kids get moving: Local schools among top in nation in campaign to end childhood obesity," MJDOnline.com 9/14/2014](#)

["High levels of physical activity linked to early academic achievement," MedicalNewsToday.com 9/12/2014](#)

["New DCF fitness campaign has kids jumping through hoops," News-press.com 9/14/2014](#)

Job Opportunities

[Santa Clara Valley Health & Hospital System is looking for a registered dietician fluent in Spanish for a part time position in the Pediatric Healthy Lifestyle Center \(PHLC\)](#)

The dietician will be part of the PHLC's multidisciplinary team and will perform nutritional assessments and develop medical nutrition therapy (MNT) plans for pediatric patients in the out-patient setting. They will be responsible for evaluating patient outcomes to MNT treatment and for recommending appropriate actions to help improve medical

conditions by calculating dietary requirements, monitoring laboratory data, and meeting with patients and their families. If you are interested in this position please email Dr. Antonia Charles at antonia.charles@hhs.sccgov.org.

New*

[Second Harvest Food Bank of Santa Clara and San Mateo is looking for a full time Community Nutrition Manager \(Bilingual\)](#)

The Community Nutrition Manager will lead and manage the Community Nutrition Program. Ensure compliance with nutrition education grants, including complex tracking and evaluation protocols. Plan, implement and evaluate culturally competent nutrition education interventions to diverse and low-income populations by providing nutrition, health, food safety and sanitation, and consumer information to SHFB partner agencies and program participants in Santa Clara and San Mateo Counties. New*

[Wisewords in San Francisco is looking for a Health Educator Advisor](#)

This is a consulting role with a time commitment of 1-4 hours per month (varies on the amount of requests you get). Set your own rate and schedule your own calls. Candidates must have excellent communication skills and have 5+ years of experience as a health educator. New*

[Public Health Foundation Enterprises in Oakland is looking for a Public Health Research Assistant](#)

The Research Assistant will assist with a variety of research activities including assisting section chief, project coordinator or project operation officer in surveillance data collection and data entry, contacting hospitals, provider offices, immunization registries, and laboratories for information; survey development; newsletter creation; literature reviews with a summary of findings; presentation material; and other organizational office tasks as needed. New*

[Tiburcio Vasquez Health Center in Hayward is looking for a full time Community Health Grant Writer](#)

The Grants Writer is primarily responsible for the development, assessment and evaluation of TVHC programs and our grant, fiscal and operational and reporting relationship with the Health Resources Services Administration (HRSA). Principal duties include the development, coordination, writing and compilation of grants, including identifying grant opportunities and coordinating grant development with TVHC staff.

[Kaiser Permanente in Oakland is looking for a full time Compliance Program Manager](#)

Provides professional/technical guidance to team member and employees at large and presents complex information throughout the organization. Impacts the achievement of key functional and/or KP objectives that have direct and significant business impact. Contributes to the development of the department's objectives and participates in the development of the annual risk assessments, work and audit plans.

[The County of Napa is looking for a full time Bilingual \(Spanish\) Health Education Specialist for the WIC Program](#)

The Health Education Specialist plans, develops, coordinates and implements public health education programs. This includes staff education, individual and group teaching, professional consultation and information dissemination related to public health. The Health Education Specialist will also act as the Local Vendor Liaison (LVL). Please note that this is a bilingual (Spanish) required position.

[United Way in San Jose is looking for a part time Bridge to Kindergarten Teacher's Aide](#)

The Teacher's Aide will be assigned to work with an experienced Kindergarten teacher. Bridge to Kindergarten prepares children for a successful kindergarten year by teaching important skills needed to transition to school and beyond, including socio-emotional, behavior, simple academics and motor skills.

[SPARK in San Francisco is looking for a part time Volunteer Intern](#)

This volunteer internship will be coordinated by the Bay Area Program Director, and the Regional Program Manager, in support of the Program Team across the Bay Area. Volunteer interns can expect to support projects that advance the

goals of the organization while building a professional portfolio.

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 Gina.Vittori@phd.sccgov.org.

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