



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) August 21, 2015

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Nutrition and Physical Activity Around the Bay

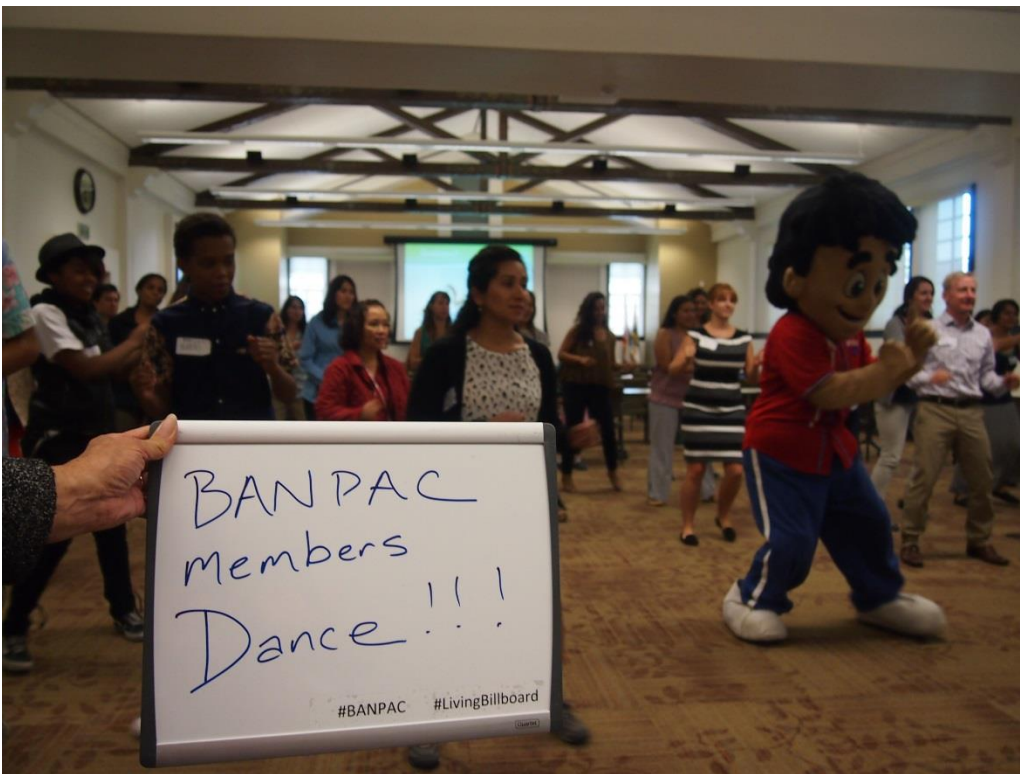
July 21st BANPAC Promising Practices Sharing Forum



The Childhood Nutrition and Physical Activity Sharing forum was successful with close to 50 people in attendance. The forum featured passionate speakers who inspired us with new toolkits, healthy lunchrooms, and school gardens! We are so grateful to everyone who came together to make this event possible. We want to recognize our wonderful guest speakers: O.Johnson (SoFit City), Mary Ann Mills (UC Davis), Kristal Shelden (Dairy Council of California), Jennifer Gacutan-Galang (Santa Clara County Public Health), Nori Grossman (Alameda County Public Health), Matt Belasco (Pittsburg Unified School District), Corinne Quinn (Vallejo Unified School District), and Raegan Sales (Children's Council of San Francisco). We also want to thank the wonderful BANPAC members who attended the event.



Shout out to Tatiana Dykes from Solano County Public Health for being a wonderful hostess/emcee and keeping everything flowing smoothly!



We had an energizing physical activity break led by the inspiring Michael Streby from Sutter Health! Thank you Michael for helping us get our PA on! [Check out the BANPAC Facebook for more photos.](#)

BANPAC Update

Two Physical Activity Success Story Contest Winners!

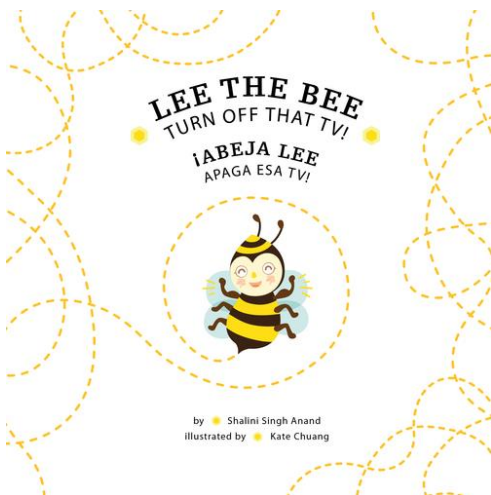
Congratulations to O. Johnson for his physical activity success story of SoFitCity and Ana Villalobos for her success story of the Concord Junior Giants! Their stories will be posted on the Bay Area Moves web portal and they will receive 100 Lee the Bee books.

Contest Details

The PA Subcommittee is distributing 100 Lee the Bee books to the first 6 people who submit a physical activity success story meeting the requirements. The story will be posted on the BANPAC website and shared on the BANPAC Facebook. The PA subcommittee will review the story submissions and contact you directly. Please email alice.kawaguchi@phd.sccgov.org for details and to submit your success story.

Success Story Requirements

- The success story must be physical activity related.
- There must be at least one success listed.
- There must be at least one challenge listed.
- There must be at least two photos, approved for posting on the website, included with the success story.



Lee the Bee is a story about a Bee who spent too much time watching TV and discovers a new world outside of the house. A great book to share with children to decrease screen time and encourage physical activity!

Tracking Rethink Your Drink Presentations

Congratulations to Gwenn White from Contra Costa County for winning a \$15 gift card raffle for tracking Rethink Your Drink presentations, workshops, and exhibits. Please enter all your RYD activities from July, August, and September to be entered into the next raffle at the September Promising Practices Sharing Forum:

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

BANPAC Leadership Council

The last BANPAC Leadership Council meeting is August 20, 2015 12:30pm-4:30pm in Alameda County. The next meeting is scheduled for September.

Physical Activity (PA) Subcommittee

The PA Subcommittee is in the process of developing a regional walking challenge. The PA Subcommittee meets the first Thursday of every month; please contact thi.ngo@phd.sccgov.org if you would like to become involved with PA activities for BANPAC.

Trainings, Events, and Workshops

2015 Bay Area Wellness Symposium in San Francisco, August 25, 9am-12pm hosted by the American heart Association

The symposium will feature keynote speaker Professor Jeffrey Pfeffer from Stanford University. There will be a panel discussion, fitness break, and a breakout session.

Santa Clara County Nutrition and Physical Activity Monthly Themes, September 1, 1pm-4:30pm

The Nutrition and Physical Activity Monthly Themes Calendar and Toolkit were designed to help promote consistent nutrition and physical activity messaging throughout Santa Clara County. This training is designed for individuals wanting to promote nutrition and physical activity. No nutrition or physical activity experience is required!

Social Media Workshop, September 10, 1:30-2:30pm hosted by Santa Clara County-United for Health

In today's changing landscape of new media and communication tools, it helps to have an expert to assist in guiding the way. **Partnerships to Improve Community Health** is pleased to present a Social Media Workshop for our partners and the community with John Snow Inc. (JSI). JSI is a public health consulting firm working on domestic and global issues to improve the health of vulnerable and underserved populations. To sign up, please email Jyll Stevens at jyll.stevens@phd.sccgov.org.

10th Annual Food Assistance Training, September 22, 8:30am-12pm hosted by the Santa Clara County

At this interactive training participants will earn or update their knowledge on current food assistance programs. They will interact with experts who will provide up-to-date information on food assistance programs and gain insight on how best to access local services to assist clients in obtaining and maintaining benefits.

Sunday Streets Berkeley, October 18, 2015 from 11am-5pm

Sunday Streets is also called Open Streets, where streets are closed to vehicles for a day so that people may use the space for other physical and social activities.

Food Day 2015: Toward a Greener Diet, October 24

This year's Food Day will celebrate a green and healthy diet that is packed with fruits, veggies, whole grains, and lean sources of protein, and that is produced with care for the environment, farm animals, and the people who grow, harvest, and serve it. A greener diet is beneficial to both human health and to the environment. It leads to less chronic disease, better soil, more and cleaner water, and cleaner air.

Educational Resources

Trends in U.S. Local and Regional Food Systems

This report provides an overview of local and regional food systems across several dimensions. It details the latest economic information on local food producers, consumers, and policy, relying on findings from several national surveys and a synthesis of recent literature to assess the current size of and recent trends in local and regional food systems.

From Start to Finish: How to Permanently Improve Government Through Health in All Policies

This comprehensive toolkit is intended for anyone interested in building healthier communities through more collaborative and efficient policymaking, and includes best practices and lessons learned from community leaders who are doing exactly that.

News from Our Partners

Timpany Center Diabetes Prevention Study

Timpany Center is recruiting participants for their study. Participants will receive gift cards, walking shoes, healthy meals at each class, cooking classes, gym membership with access to: pool, fitness center, group exercise classes and

individual fitness plan, weekly raffle prizes and giveaways, blood sugar and cholesterol screening. Eligibility: Individuals with Indigenous Heritage including: American Indians, Alaska Natives, Native Hawaiians, Pacific Islanders and those Indigenous to the Americas. [Find out more on their Facebook.](#)

California Center for Public Health Advocacy

Time to Eat: Lunchtime Supports Learning

Bill No. AB 292, Author: Santiago, **Status: Referred to the Senate Appropriations Committee**

AB 292 would ensure that CA students have adequate time to eat lunch. Specifically, the 20 minutes of recommended time after being served. Many students miss out on the benefits of school lunch due to time pressures, such as long lines and wait times, insufficient points of service and scheduling constraints. When students don't have enough time to eat lunch they miss out on the full benefits of nutritious school meals.

Nutrition Incentive Matching Grant Program

Bill No. AB 1321, Author: Ting, **Status: Referred to the Senate Appropriations Committee**

AB 1321 would create a statewide consumer incentive program for purchasing healthy fruits and vegetables, benefitting low-income families and California's economy.

Vehicle speeding fine increase in school zones to fund Safe Routes to School

Bill No. SB 564, Author: Cannella, **Status: No further progress this year; eligible for reconsideration in 2016**

The bill will require a \$35 fine for traffic violations that occur when passing a school building or school grounds. The additional fines will be deposited in the State Highway Account in the State Transportation Fund, for purposes of funding school zone safety projects within the Active Transportation Program.

Nutrition and Sugar Savvy Articles

["Study: School lunches now healthier at racially diverse schools,"](#) *The Hill* 07/27/2015

["The 'Happy Meal effect': Little bribes spark better eating habits,"](#) *University of Southern California* 07/27/2015

["Beverage industry sues to stop San Francisco health warnings on sugary drinks,"](#) *The Wall Street Journal* 7/24/2015

["FDA proposes pacing sugar guide on food labels,"](#) *The Wall Street Journal* 7/24/2015

["Americans are finally eating less,"](#) *The New York Times* 7/24/2015

Physical Activity Articles

["Boys & Girls Clubs of America and Nestle kick off National Fitness Challenge,"](#) *Virtual Press Office* 7/23/2015

["What's behind a Birmingham neighborhood's motivation to exercise?"](#) *Next City* 7/23/2015

["Designers hope to measure how a new Bronx park changes lives,"](#) *Next City* 7/8/2015

["New battle against obesity, free bus rides for 10 squats,"](#) *Click 2 Houston* 07/22/2015

["Standing desks at schools: The solution to the childhood obesity epidemic?"](#) *The Washington Post* 07/21/2015

["Too much TV low physical activity may worsen cognitive function,"](#) *Medical News Today* 07/21/2015

Funding Opportunities

School Garden Grants due October 31

Whole Kids Foundation created the School Garden Grant Program in partnership with FoodCorps to provide a \$2,000 monetary grant to fund school gardens and related activities. The School Garden Grant program provides a \$2,000 monetary grant to a K-12 school, or a nonprofit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds. The application window will be open from September 1 - October 31, 2015.

School Nutrition and Physical Activity Policies due May 8, 2016

The FOA encourages Research Project Grant (R01) applications that propose to: (1) foster multidisciplinary research that will evaluate how policies (federal, state and school district levels) can influence school physical activity and nutrition environments, youths obesogenic behaviors (e.g., nutrition and physical activity behaviors), and weight outcomes; (2) understand how schools are implementing these policies and examine multi-level influences on adoption and implementation at various levels (e.g., federal, state, school district, and school); and (3) understand the synergistic or counteractive effect of school nutrition and physical activity policies on the home and community environment and

body weight.

Voices for Healthy Kids Request for Award accepted on a rolling basis

The Voices for Healthy Kids' Strategic Campaign Fund is awarding grants with a mix of lobbying and non-lobbying resources to support strategic issue advocacy campaigns focused on fighting childhood obesity through state, local, and tribal public policy campaigns aligned with the Voices for Healthy Kids policy priorities outlined above. Applications must be specific to an individual campaign for public policy change in one state, local or tribal geographic location.

Shopko Community Charitable Grants accepted on a rolling basis

Shopko Foundation recognizes that education is fundamental to an individual's health and functionality in society. To achieve its vision, the Shopko Foundation believes in supporting community projects that may be accessed by, and our contribution made well known to, customers and teammates of Shopko. Funds will support established non-profit organizations with a proven record of success in maintaining solid, critical programs or innovative new organizations and programs supported by established non-profits or successful leadership. Consideration will be given to grant proposals that: help citizens of all ages maintain or improve their physical health; and, help students succeed in school and become self-sufficient adults.

Job Opportunities

Nutrition Coordinator/Consultant, Go Kids, Inc in Santa Clara County

Assist with the administration of the Child Care and Adult Food Program (CACFP) for Go Kids, Inc. center based programs and contracted agencies. Conduct regular site visits to Go Kids, Inc. and Estrella sites to review completed required CCFP forms. Conduct quarterly visit to Go Kids, Inc. and Estrella sites to monitor for compliance to health and safety regulations as required by CCFP. Create, review, revise and distribute cycle menus as needed to compile with CCFP nutrition standards. Input cycle menus into Minute Menu Review and test menu production records for compliance with the CCFP health and nutrition standards. Compile data on food costs to monitor excessive expenditures and assist in the control food costs. Conduct food cost analysis as needed. Please contact Kelly Mercurio for more details and how to apply at Kellym@GOKIDS.ORG

Nutrition Educator, University of California Cooperative Extension (UCCE) in Santa Clara County

Nutrition Educator for University of California Cooperative Extension (UCCE) in Santa Clara County, conducting adult classes in Spanish and English using UC-approved curriculum. The University of California is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, protected veteran status or other protected categories covered by the UC nondiscrimination policy.

Programs Coordinator, Silicon Valley Bicycle Coalition

Under the supervision of the Deputy Director, the Education Programs Coordinator supports the Safe Routes to School Program and other educational efforts by providing program coordination, education, and support to school districts, school sites, and community partners. This position will be running or supporting programs that engage youth grades K-12 as well as programs that provide bicycling safety and skills education to the general public, and shall assume accountability for the results in achieving the outlined goals and objectives of those programs.

Research Health Coach, Palo Alto Medical Foundation

Working under the direction of the Principal Investigator and Research Intervention Manager the Research Interventionist is responsible for delivering lifestyle interventions per protocol, assisting with study intervention material development, and participating in data collection and quality control processes.

Program Assistant for Healthy and Active Before 5, Contra Costa Child Care Council

This administrative position serves as a support to the HAB45 Executive Committee and Director. The Program Assistant is responsible for general administrative support, documentation of projects, research, and supporting the creation of communications content.

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! 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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