



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) February 23, 2015

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Nutrition and Physical Activity Around the Bay

Drink Water in Belize

This was spotted in Belize City Harbor. Messages similar to the Rethink Your Drink Campaign such as “bebe aqua” or “drink water” is present in other parts of the world! This is an indicator of a growing awareness about the benefits of drinking water. Keep up the great work!



BANPAC Update

Tracking Rethink Your Drink Presentations

Congratulations to **Feng Ping Yu** who won the quarterly gift card for tracking Rethink Your Drink presentations, workshops, and exhibits. Please enter your RYD activities here: http://www.banpac.org/banpac_tracking_ryd-sugarsavvy.asp

Physical Activity Subcommittee

- The PA Subcommittee is in the process of planning the next BANPAC quarterly meeting and Promising Practices

Forum, which will have a physical activity focus. The forum will be held in April 2015 with the exact date still to be determined.

Upcoming Regional Training and Resource Center Free Trainings

- [Social Media 101 Webinar, February 23, 10:00-11:00 am](#)
- **SAVE-THE-DATE: Wednesday March 4th, 2015 at 1:00 pm-2:30 pm**

Working with Faith Communities- Peer Exchange Call

Learn from your peers working with Latino, African American, and Asian faith communities. This call will feature best practices on how to engage faith-based organizations, promote wellness programs, and identify appropriate tools and resources.

Next BANPAC Leadership Council meeting is February 18, 2015 via teleconference.

Comment [TG1]: This is now in the past.

Bay Area Moves - BAM!

BANPAC created a [Physical Activity Website Portal](#) to help professionals easily access free and low-cost training curricula, websites, and other resources to promote and increase physical activity opportunities for children, youth, families, adults, and older adults throughout the day. The website portal is now live and can be viewed [here](#).

February is National Heart Association Month. BANPAC encourages you to eat healthy and live active to support a healthy heart! Find ideas and resources to support your healthy heart on the [BANPAC website](#).

New Resource to Promote Physical Activity!

A children's book that promotes physical activity instead of screen time is now available. The book is titled, *Lee The Bee, Turn Off That TV!* It's a rhyming story of a little bee who learns that outdoor play is the best way to stay healthy and strong all day long! The book is bilingual (English/Spanish) and includes activity pages, tips for parents, and a sing along jingle. The book was developed by Shalini Singh Anand, the author of *Potter the Otter: A Tale About Water*. Currently the book is being distributed by Kaiser Permanente South Bay through their community partners and in their pediatrics departments and has been very well received. To get books in time for Screen Free Week (in early May), there will be a print order placed in February. Shalini is ready to take orders from organizations and will bundle these to take advantage of group pricing – if a group print order of 25,000 copies can be met the cost would be \$1.35/book.

The author, along with the Lee the Bee mascot, are also available for complimentary book signings & readings. Please contact Shalini with how many books you're interested in ordering: Shalini Singh Anand (author), 310-922-7834, shalsingh@yahoo.com. To view the book please visit: www.booksbyshalini.com

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!

Conference on the Value of Play: Advancing Play in partnership with IPA/USA, February 15-18 hosted by US Play Coalition

The United States Play Coalition is hosting the 2015 conference in Clemson, South Carolina. The conference will feature five tracks on the value of advancing play: Education, Programming, Park and Recreation, Health, and Business/Corporate. Conference attendees will also learn from renowned keynote speakers, Dr. Peter Gray and Dr. Kevin Ross Emery. Attendees of the annual conference come from diverse fields including park and recreation professionals, educators, researchers, health scientists, landscape architects, business leaders, psychologists, parents, physicians, and many more. The two and a half day event will provide numerous opportunities to play, network, and collaborate.

2015 Sacramento Regional Safe Routes to School Summit, February 17 10am-3pm hosted by Sacramento Area Council of Governments in partnership with WALKSacramento

The Safe Routes to School Regional Summit will bring together student walking and biking champions across the greater Sacramento region to share resources, innovative ideas, success stories, and strategies. The goal is to help improve the success of current and future Safe Routes programs in the region.

What's happening in Healthcare? Webinar February 20, 2015, 10am-11am hosted by America Walks

This Webinar showcases two exciting programs from the health care industry. David Pauer of the Cleveland Clinic will describe how doctors, nurses, and other health care workers are modeling healthy behavior through the clinic's employee wellness program, while Jennifer MacDougall will present Blue Cross and Blue Shield of North Carolina Foundation's strategies to increase physical activity, with a strong focus on use of parks and trails for walking.

The Science of Policy Implementation Conference, February 22-25 hosted by Active Living Research

The theme of the 2015 conference, *The Science of Policy Implementation*, explores the process of taking scientific findings from the research field of active living to inform policies, and then ensuring the policies are put into practice to increase population-level physical activity.

National Physical Activity Plan Congress February 23-24 hosted by The National Physical Activity Plan Alliance

The National Physical Activity Plan (NPAP) Alliance is hosting the 2015 National Physical Activity Plan Congress on February 23–24, 2015, in Washington, DC. The Congress will feature keynote speakers, poster sessions, recognition of NPAP Champions, and thematic panel sessions. An important element of the Congress will be sector-based discussions in which attendees will have the opportunity to influence revision of the NPAP. A revised and refined version of the Plan is expected to be released in late 2015.

Free Online Trainings on the World Health Organization (WHO) Health Economic Assessment Tool (HEAT) for Walking and Cycling

This tool is designed to help you conduct an economic assessment of the health benefits of walking or cycling by estimating the value of reduced mortality that results from specified amounts of walking or cycling.

Trainings, Events, and Workshops

The evidence base for the Satter Eating Competence Model Webinar, February 25 from 10am-11am hosted by Ellyn Satter Institute

Constructs of the Satter Eating Competence model do not focus on specific foods or portion sizes and are thus out-of-step with traditional nutrition guidance. However, studies across age groups, socioeconomic position, and cultural perspectives reveal eating competence to be a global construct associated with personal health promotion, fewer cardiovascular risk factors, better dietary quality, food resource management skills, sleep quality, weight status, parent food behaviors, and decreased preschool child nutritional risk. The research-based evidence supporting nutrition education and counseling that are grounded in eating competence is robust and compelling. This webinar details this research and describes how to measure eating competence to assess your outcomes.

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.

Bag the Junk's National School Contest: The Smart Snacks Roundup March 6 deadline

Contest participants must submit a creative photo, video or narrative describing how their school has implemented Smart Snacks. Bag the Junk's National Contest, "Smart Snacks Roundup" is designed to create an online forum where schools can share their "best practices" for implementing the new regulations. Support for this contest was provided by

the Robert Wood Johnson Foundation and the National Education Association Health Information Network.

WIC Annual Conference and Trade Show, March 22-25 hosted by the California WIC Association

Plugged In: Harnessing the Power of Collaboration is a statewide multi-track conference featuring the latest research, resources, and best practices in four key areas: Breastfeeding and early feeding, nutrition and healthy eating, leadership and wellness, and cultural diversity and collaboration.

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

Early Childhood Online SNAP-Ed Toolkit

The Early Childhood Online SNAP-Ed **Toolkit** provides quick access to resources to support and promote healthy eating and physical activity in early care and education settings. Developed with the Contra Costa Child Care Council, the toolkit is organized by resources that help assess, plan, implement, and evaluate SNAP-Ed efforts.

A Step-by-Step Guide: Using the Healthy Hospital Food, Beverage, and Physical Activity Environment Scans

The Centers for Disease Control and Prevention (CDC) has released this new online resource for hospital administrators, nutritionists, human resources employee health staff, and other interested supporters.

Creating Healthier Hospital Food, Beverage, and Physical Activity Environments: Forming Teams, Engaging Stakeholders, Conducting Assessments and Evaluations

This tool can be used to assess and improve food and beverages offered by hospitals in cafeterias, vending machines, or other eating areas, as well as physical activity offerings such as stairs, walking trails, fitness centers, classes, and programs.

News from Our Partners

California Center for Public Health Advocacy (CCPHA)

California Senate Majority Leader Bill Monning introduced Senate Bill 203 requiring a simple warning on the front of containers of soda, sweet teas, sports drinks and energy drinks. The label, developed by a national panel of public health experts, would read: STATE OF CALIFORNIA SAFETY WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay.

CCPHA is collecting signatures in support of SB 203 through an [online petition](#). For additional information visit www.SodaWarningLabel.org

California Convergence

As in years past, California Convergence has initiated its 2015 policy prioritization process and this year they are seeking to align with as many partners as possible, involve more youth, and lift up community voices to identify synergies among emerging food and physical activity issues across the state. They are asking for your input and that of your community partners to [DOWNLOAD](#) the survey, [FILL IT OUT](#) and [SHARE!](#)

Leadership for Healthy Communities

Leadership for Healthy Communities release a video called [“Cause and Effect: How public policy impacts the childhood obesity epidemic](#)

Shape Up San Francisco

Join SF Bay Area Youth, public health officials, and concerned community members in an exciting new campaign to [OPEN the TRUTH](#) about the tactics of the beverage industry and the negative health impacts of its products. The campaign launched January 12, 2015.

The [Open Truth campaign](#) aims to:

- 1) Increase awareness about how sugary drinks are making us sick;
- 2) Expose the tactics of the sugary drinks industry, which targets young people, parents, and communities of color in order to increase profits and brand loyalty; and
- 3) Inspire policy changes that will increase access to healthy drinks, limit marketing to kids, educate consumers, and provide funds for sugary drink education.

Anyone can join the Shape Up SF listserv [here](#) to receive the latest updates. Click [here](#) for the January newsletter.

SSB listerv

Open Truth campaign ads are up in the Bayview Hunters Point neighborhood in San Francisco. Photos are of the Youth Speaks/The Bigger Picture poets featured in the campaign. They were able to secure funding for transit shelters, posters in stores, billboards, and bus ads. More bus ads coming starting at the end of the month. View the press release [here](#).

Santa Clara County Public Health Department

The next Tobacco-Free Coalition quarterly training will be focused on the retail environment: [Healthy Stores for a Healthy Community](#). This workshop will be held on Monday, February 23, 2015 from 2:30-5:00 pm at The San Jose Sobrato Center for Nonprofits (Cupertino B Conference room). This workshop will have a variety of speakers working in healthy retail projects and campaigns including The Health Trust, Hispanic Chambers of Commerce, and Santa Clara County Public Health Department. Participants will have the opportunity to hear about the results from the Healthy Stores for a Healthy Community Campaign, in addition to networking with various community organizations. RSVP by Friday, February 20 to Kevin Chieng at kevin.chieng@phd.sccgov.org.

Nutrition and Sugar Savvy Articles

["California lawmakers propose new sugary-beverage warning label," KPBS 2/12/15](#)

["Update: Beverage industry pushes back against bill for warning labels on sugary drinks in California," KCBX 2/11/15](#)

["Where people around the world eat the most sugar and fat," Washington Post 2/5/15](#)

["CT lawmaker proposes soda and candy tax to curb childhood obesity," Examiner.com 2/5/15](#)

["N.J. schools can't refuse students lunch without parental notice under new law," NJ.com 2/5/15](#)

["The importance of healthy food options in our schools," SanJoseInside.com 2/4/2015](#)

["Kids in the Kitchen at South Elementary," KRCG-TV 2/3/2015](#)

Physical Activity Articles

["Infographic: Active kids learn better," ActiveLivingResearch.org 1/28/15](#)

["Kids' exercise guidelines need more focus on brain development," WTAQ-FM 2/4/2015](#)

["Setting the Pace: Fitness groups lead by example and encourage exercise in African-American communities," AL.com 2/3/15](#)

["BEST doing its best to keep kids drug-free," TahelquahDailyPress.com 2/3/15](#)

["Got P.E.? Settlement says schools must prove they provide it," KQED 2/3/15](#)

["School promotes health with new fitness program," MyFox Tampa Bay 2/3/15](#)

Funding Opportunities

[Research to Evaluate the CDC Heads Up Concussion Initiative in Youth Sports due February 25, 2015](#)

CDC Heads Up campaign is a series of educational initiatives that all share a common goal: help protect children and adolescents from concussions and other serious brain injuries and their potentially devastating effects. CDC's Injury Center intends to commit up to \$1,650,000 total funding over the entire 3-year project period with a maximum of \$550,000 per award per year. This funding will support one cooperative agreement to rigorously evaluate the implementation and effectiveness of concussion education and awareness programs that use CDC's Heads Up training, toolkits, and other materials within local youth sports organizations (leagues, clubs) or high school sports.

Sweet Revenge Mini-Grant due February 27, 2015

The Health Trust and FIRST 5 Santa Clara County announced a mini-grant project opportunity, at the screening of Sweet Revenge: Turning the Tables on Processed Food, January 29. The project will be awarding one-time mini-grants to host viewings of Sweet Revenge in local communities throughout Santa Clara County. The goal is to engage a diverse level of stakeholders to increase awareness of the health risks associated with high levels of sugar consumption.

Farm to Preschool Mini Grant due March 3, 2015

The Urban & Environmental Policy Institute (UEPI) is requesting applications for innovative Farm to Preschool (F2P) projects that strengthen relationships between children and healthy, local foods in the state of California. This mini-grant project is funded through the generosity of The Honest Company. The F2P mini-grants will support new and expanding F2P projects in California through funding, technical assistance, and the creation of a Learning Community—a network of ECE providers learning with and from each other.

Job Opportunities

Center for Science in the Public Interest (CSPI) based in Washington is looking for a Nutrition Policy Associate **New***

The Nutrition Policy Associate advocates for improved nutrition and health policy with local, state and federal policy makers and engages health professionals, academics, and concerned citizens in supporting nutrition policies. This position reports to the Director of Nutrition Policy. Please send a cover letter indicating relevant experience and interest, and résumé, to hr@cspinet.org, and include "NPAssoc" in the email subject line.

Fruitful Minds from Berkeley is looking for a full time Executive Director **New***

Fruitful Minds is an award winning non-profit that trains college students to teach nutrition lessons in local elementary and middle schools. Located in UC Berkeley and Saint Mary's College, Fruitful Minds has improved the lives of over 2000 students and their families. Fruitful Minds is looking for an Executive Director to lead the organization through its next phase of growth. The position is currently approved for a competitive salary as a small non-profit, however, due to the current funding levels of the organization, the Executive Director will work without compensation or benefits until 30% of the budget funds or \$45,000, are secured (expected within the first 6 months). If you are interested, please email hchowdhary@berkeley.edu for more information.

San Francisco Department of Public Health is looking for a full time temporary Public Service Aide **New***

The Public Service Aide will provide administrative support to ensure accurate permit, fees and other data. The individual will research, compile, and analyze information regarding environmental health permits, fees and other data.

San Francisco Department of Public Health is looking for a Health Program Coordinator II Ergonomics Coordinator **New***

Ergonomics Coordinator is responsible for developing, implementing, monitoring and improving a comprehensive Ergonomics Injury & Illness Prevention Program for SFGH, with primary emphasis on reducing hazards and promoting/providing a safe environment for staff. Essential functions include: overall project management, developing and conducting staff training; conducting ergonomic workstation evaluations, and making recommendations and modifications to comply with regulatory requirements, prevent injuries, minimize Worker's Compensation costs, and reduce liability; providing technical information and advice to departmental personnel; developing and presenting reports for hospital leadership; and performing related duties as required.

Stanford Prevention Research Center is seeking a part-time Wellness Coordinator

Duties include event coordination and planning logistic, facilities management for 6 large events per year and ongoing biometric logistics. The Wellness Coordinator will coordinate day-to-day operations for growing the Wellness Champion

Network and Healthy Department Grant Program and prepare, distribute, administer and process questionnaires and tests, score test measurements and questionnaires, and code data for computer entry for Biometric screenings and/or pilot programs. Type, edit and organize data.

La Clinica of Oakland is looking for a full time Health Educator I- Bilingual Spanish/English

The Community 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. They will also be responsible for the facilitation of workshops and health education classes to patients and community member.

Kaiser Permanente of San Francisco is looking for a full time Clinical Health Educator I

The Clinical Health Educator I will serve as a member of a multidisciplinary Primary Care Team in a clinical setting providing group and one-to-one counseling and education, in conjunction with the facility Health Education Department.

The Health Trust in San Jose is looking for a part time Community Health Promotions Program Coordinator

The Program Coordinator is responsible for planning, organizing and promoting the department's health education programs. The focus is on targeted chronic diseases affecting various populations. Through the delivery of evidence based chronic disease interventions, the goals of the position are to assist participants to adopt healthy lifestyles, provide awareness of available health services and provide disease management skills.

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 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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The Bay Area Training and Resource Center is a project of the Public Health Institute in partnership with the Santa Clara County Public Health Department and is funded by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch.

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

