



## Bay Area Nutrition and Physical Activity Collaborative (BANPAC) January 15, 2015

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### Nutrition and Physical Activity Around the Bay

#### Solano County Celebrates New Water Stations!



Dan Mini Elementary School in Vallejo celebrated the opening of their brand new water station with physical activity, spa water tastings, and their very own reusable water bottle (courtesy of Kaiser). Local dignitaries were present as the school district representatives shared the project, which put brand new water stations into several schools in Vallejo City Unified School District.

### BANPAC Update

#### **SAVE THE DATE**

**What:** [Rethink Your Drink and Pledge the Practice! Pass the Policy! Promising Practices Sharing Forum](#)

**When:** January 28, 2015 from 9am-1pm

**Where:** San Francisco Library

Learn about Berkeley and San Francisco's soda tax efforts, successful strategies for organizational wellness policies in a variety of settings, and meet new partners! Please register for the event [here](#).

**\*\*[TWO OPTIONAL TRAININGS OFFERED AFTER THE BANPAC QUARTERLY MEETING](#)\*\***

- 1) Rethink Your Drink Advanced Training from 2-4pm
- 2) Retail Training from 2-4pm

Click [here](#) for more details.

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

The next drawing for the quarterly gift card will be held at the January 28<sup>th</sup> Promising Practices Sharing Forum. Please enter your RYD activities from October 2014 through January 2015 to be eligible for the drawing.

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

### **Physical Activity 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!

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

- [Harvest of the Month Webinar, January 14<sup>th</sup> 2pm-3:30pm](#)
- [Youth Engagement Training, January 26<sup>th</sup> 9:30am-1:00pm](#)
- [Steps to Building Sustainable Physical Activity Programs Webinar, January 27<sup>th</sup> 10am-12pm](#)

**Next BANPAC Leadership Council meeting** January 21, 2015 from 1-3:15 pm at the Sobrato Center for Nonprofits, 1400 Parkmoor Ave, San Jose Cupertino B Room

### **[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](#).

**[Make a New Year's Resolution to Incorporate Physical Activity Into Your Day.](#)** Find ideas and resources to support your resolution to become active 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](mailto:shalsingh@yahoo.com). To view the book please visit: [www.booksbyshalini.com](http://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!

**Getting Your Foot in the Door with Principals and School Boards webinar, January 27 from 1:30pm-2:30pm presented by the Safe Routes to School Technical Assistance Resource Center**

The webinar will focus on sharing resources and hearing from school administration leadership on their experiences in supporting Safe Routes to School programs.

**Leading Lifestyle Fitness Exercises for Older Adults Workshop, January 28 hosted by Go4Life**

Do you currently lead activities for older adults and want other ideas? Would you like to start an exercise group with older adults? Participate in this FREE workshop in Foster City and learn how to lead evidence-based exercises to improve strength, balance, flexibility and endurance for older adults from Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH. For more information, please click [here](#). To RSVP, please email [elo@smcgov.org](mailto:elo@smcgov.org).

**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.

**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**

**13<sup>th</sup> Annual Community Health Symposium, January 22 from 5:30pm-7:30pm hosted by Stanford Medicine Office of Community Health**

The symposium features a wide range of community health services, educational and research projects undertaken by Stanford students, trainees, and faculty in communities here and around the world. For more information please contact Jill Evans at [jille@stanford.edu](mailto:jille@stanford.edu).

**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.

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

## **Educational Resources**

[MyPlate for My Family](#)

[Special Analysis: 2014 U.S. Conference of Mayors Survey on Hunger and Homelessness](#)

## **News from Our Partners**

### **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 launches 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.

## **Nutrition and Sugar Savvy Articles**

["Candy stores are competing for the grown-up sweet tooth,"](#) *Los Angeles Times* 1/3/2015

["Guide for healthy eating may consider environment,"](#) *San Francisco Chronicle* 1/3/2015

["Moms' mission: Empowering schoolchildren to make healthy food choices,"](#) *EastonCourier.com* 1/4/2015

["Kids who eat more fast food get worse grades,"](#) *TIME* 12/23/2014

["Detroit school offers healthy choice at lunch: Salad bar,"](#) *Detroit Free Press* 12/26/2014

["Community gardens in N.J. can grow much more than healthy foods: Opinion,"](#) *NJ.com* 12/23/2014

## **Physical Activity Articles**

["Fitness Xpress attempts record simultaneous group workout,"](#) *Quad-City Times* 1/2/2015

["Getting to core of children's fitness,"](#) *Houston Chronicle* 12/26/2014

["Is too much TV watching affecting your child?"](#) *Fredericksburg.com* 12/29/2014

["Will exercise & nutrition slow down early puberty?"](#) *Philly.com* 12/24/2014

## Funding Opportunities

### Build Health Challenge Grant due January 16, 2014

The Bold, Upstream, Integrated, Local, Data-Driven (BUILD) Health Challenge is a national award program designed to support community collaborations that are working to give everyone a fair chance to be healthy. BUILD Health will award up to \$7.5 million in grants, low-interest loans, and program-related investments over two years to strengthen partnerships among hospitals, nonprofits, local health departments, and other community organizations to improve the health of low-income neighborhoods within cities with populations greater than 150,000.

### 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.

## Job Opportunities

### The YMCA of Mountain View is looking for a full time Health and Wellness Coordinator New\*

Under the supervision of the Health & Wellness Director, the Health & Wellness Coordinator (HWC) serves an important role in engaging members, creating community amongst members, and facilitating a safe and welcoming environment so that YMCA Members and guests can feel inspired to reach their fitness goals.

### The Mission Neighborhood Health Center in San Francisco is looking for a full time Youth Services Health Educator New\*

As a member of the Youth Services team, the Health Educator is responsible for conducting outreach to increase utilization of services; supporting the implementation of Mission Neighborhood Health Center's youth development and health education programs; and conducting health education/family planning counseling in Teen Clinic. Requires some evenings and weekends.

### Sonoma County is looking for a full time Human Services Aide New\*

This position provides routine, non-technical assistance and supportive services to clients and staff; and acts as a liaison between professional staff, disadvantaged individuals, and groups in the community. Typical duties include greeting clients; assisting clients with questions and the completion of forms and applications; evaluating client service needs and providing information and guidance regarding various services and resources; scheduling clients for meetings, workshops, or trainings; entering client information into databases and/or spreadsheets; generating receipts and reports; and translating documents and conversations.

### John Muir in Walnut Creek is looking for a full time Worksite Health and Fitness Specialist New\*

Provides health education and screenings for community members, corporate clients, John Muir Health volunteers and John Muir Health employees.

### Kaiser Permanente in San Rafael is looking for a full time Senior Health Educator in Worksite Wellness New\*

Provides high quality and cost effective project management, consulting, or technical expertise in a specific area of health education. Develops and implements local and region wide integration of health education programs, services and systems which may bridge multiple departments or facilities. Manages complex health education services, promoting the continuum of care.

### The Health Project in Half Moon Bay is looking for a full time Executive Director

The Executive Director of THP is responsible for upholding the vision of the organization, executing its policies and programs, and managing the overall performance of the organization in accordance with the policies and authorizations as defined by the Board of Directors. The Executive Director represents THP publicly and is responsible for maintaining productive relationships with individual donors, parents, supporting foundations and all community partners, including

Cabrillo Unified School District.

The Silicon Valley Bicycle Coalition is looking for a full time Executive Director

The Executive Director is accountable to the board of directors for the successful performance, leadership, and management of SVBC within broad policies set by the board. She or he is SVBC's principle spokesperson and is responsible for community and stakeholder relations along with financial sustainability.

The Health Trust in San Jose is looking for a part time Senior Advocate Program Coordinator

The Program Coordinator is responsible for leading and coordinating all aspects of the Senior Peer Advocate Program, under the Healthy Aging Initiative, including development, implementation and evaluation. The goal of the Senior Peer Advocate is to increase the number of seniors who are able to access needed services by removing barriers such as language, cultural norms, isolation and lack of knowledge about what is available and how to access it.

The Health Trust in San Jose is looking for a part time Agents for Change Program Coordinator

The Program Coordinator is part of The Health Trust's Initiatives Team and will lead the AGENTS for Change program under the Healthy Aging Initiative. The Program Coordinator is responsible for leading and coordinating all aspects of the AGENTS for Change program. AGENTS for Change is a group of constituents, caregivers and other stakeholders engaged in advocacy and social action around home and community based services, safety net services, and policy systems to support older adults.

The University of California is looking for a full time Nutrition Educator

Working under the general supervision of the Expanded Food and Nutrition Education Program (EFNEP) Manager and Nutrition Advisor, the EFNEP educator is responsible for implementing and evaluating the Youth EFNEP Program in Alameda & West Contra Costa County in coordination with the other program educators.

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 [alice.kawaguchi@phd.sccgov.org](mailto:alice.kawaguchi@phd.sccgov.org).

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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](http://www.CaChampionsForChange.net).

