



Bay Area Nutrition and Physical Activity Collaborative (BANPAC) March 20, 2015

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Nutrition and Physical Activity Around the Bay



BANPAC member Wolfram Alderson co-founded the Institute for Responsible Nutrition (IRN) with *The New York Times* bestselling author Dr. Robert Lustig to educate consumers about the health risks of sugar and processed foods. The two are working with Mt. Diablo High School in Contra Costa County to implement an innovative nutritional science program that improves student diets, and they want to create a model that can be transported to other schools. More details can be found in this [article](#).

BANPAC Update

Registration is now open! **

Bay Area Moves! Physical Activity Promising Practices Sharing Forum

April 21st, 2015, 9am-1pm

Lakeside Park Garden Center, Vista Room

666 Bellevue Ave., Oakland, CA

The next BANPAC Promising Practices Sharing Forum will focus on making physical activity available to everyone.

- Learn about successful regional strategies for promoting physical activity.
- Discover how partners are expanding physical activity opportunities in workplaces and parks.
- Find out how partners are supporting equity in school physical education & walking/bicycling programs.
- Enjoy a walking meeting around beautiful Lake Merritt and meet new partners.

Plan to wear comfortable shoes for the interactive discussion about PA and networking activity!

Click [here](#) to register.

Tracking Rethink Your Drink Presentations

We will be holding a drawing at the April Promising Practices Sharing Forum for the quarterly gift card for tracking Rethink Your Drink presentations, workshops, and exhibits. Please enter your RYD activities from February to April 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 PA Subcommittee meets the first Thursday of every month and is currently accepting new members. If anyone is interested in joining please email alice.kawaguchi@phd.sccgov.org.

Upcoming Regional Training and Resource Center Free Trainings

Shared Use Agreements: Hands-On Workshop, ~~Thursday March 12, 9am-Noon~~ Rescheduled to a later date to be determined

Next BANPAC Leadership Council meeting is March 25, 2015 1pm-3:15pm. This will be an in-person meeting hosted by Marianne Szeto, Shape Up San Francisco Program Specialist, at 30 Van Ness Ave., Suite 2300, San Francisco, CA 94102.

BANPAC is distributing free materials to the membership! Listed below are the items that are available. Please email alice.kawaguchi@phd.sccgov.org with the item name, quantity, and mailing address to request materials. These will be distributed on a first-come, first-served basis.

- 20 whiteboards and 20 marker sets for the Living Billboard Campaign
- 10 packs of Potter the Otter Puppets (Approximately 100 sheets each)
- 63 Potter the Otter Books
- 100 Potter the Otter English/Spanish Posters 11x15
- 200 Potter the Otter English/Spanish Posters 15x20
- 170 sheets of Rethink Your Drink Be Sugar Savvy Handout (English)
- 195 sheets of Rethink Your Drink Be Sugar Savvy Handout (Chinese)
- 1482 sheets of Rethink Your Drink Be Sugar Savvy Handouts (Vietnamese)
- 200 sheets of Older Version Rethink Your Drink Be Sugar Savvy Handouts (Vietnamese)
- 1 small roll of Rethink Your Drink Stickers (Approximately 200 stickers)
- 3 large rolls of Rethink Your Drink Stickers (Approximately 1000 stickers each)
- 700 BANPAC 2013 School Wellness Policy Brief

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](#).

March is National Nutrition Month. BANPAC encourages you to eat healthy and choose water! #EatToLive Find ideas and resources to support a healthy body on the [BANPAC website](#).

Trainings, Events, and Workshops

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.

Veggie Rx Convening, March 27, 9:00am-11:30am hosted by Fresh Approach

Veggie Rx is a 16 week behavior change and nutrition education program run by Fresh Approach in partnership with community centers and community based organizations. The convening will be a chance to learn more about how VeggieRx works, what has been successful so far, and the outcomes that have been seen among participants.

Public Health Nutritionists for Healthy Sustainable Change: Helping Communities Join the Movement, May 27-28 hosted by California Conference for Local Health Department Nutritionists

The conference is open to all personnel working in: public health nutrition, local health departments, WIC, NEOP, chronic disease prevention, and nutrition programs that target low-income populations.

Educational Resources

Healthy Community Food and Beverage Toolkit

The American Heart Association developed a Healthy Community Food and Beverage Toolkit which is free online for any community based organization or company. This toolkit will support the improvement of healthy living behaviors and transforming multicultural communities among the Bay Area. Click [here](#) for more information.

Drink Different: Feasible Strategies to Reduce Obesity

This study examines the effects of sugar-sweetened beverage consumption. Results found that for every 10 percent increase in the consumption of sugar-sweetened beverages, the obesity rate increases by 0.8 percent.

Let's Cook with Kids/ Vamos a Cocinar con los Niños

This book of healthy, kid-friendly recipes encourages parents to involve their children in the meal preparation process.

Establishing a Farm-To-School Program: A Model School Board Resolution

Farm-to-school programs connect schools with regional or local farms, offering a variety of benefits to everyone involved. Programs typically include creating farm-fresh salad bars and serving local foods in the cafeteria; introducing educational opportunities such as planting school gardens, cooking demonstrations, and farm tours; and establishing waste management programs, like composting.

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 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.

Nutrition and Sugar Savvy Articles

[“Food fight brewing in Washington over school lunch standards,” McClatchy Washington Bureau](#) 03/04/2015

[“School breakfast is just the beginning,” The Huffington Post](#) 03/03/2015

[“KCS advocates for healthy school lunches,” WBIR](#) 03/03/2015

[“More children eat fruit in school, study shows,” The New York Times](#) 03/04/2015

[“Prior Lake High debates leaving federal school lunch program,” Star Tribune](#) 03/04/2015

[“Study: Eat school lunch after recess,” Brigham Young University News Release](#) 1/13/2015

Physical Activity Articles

[“Bike plan lists 170 ways to make cycling safer in Mountain View,” Mountain View Voice](#) 03/04/2015

[“Cabarrus County doctors prescribe exercise to patients,” Time Warner Cable News](#) 03/04/2015

[“Kids enjoy exercise more when they do it with friends, don’t feel as self-conscious,” Medical Daily](#) 03/03/2015

[“Safe Routes Philly prepares for Bike to School day,” Bicycle Coalition of Greater Philadelphia](#) 03/03/2015

Funding Opportunities

[Health Partnership Grants deadline April 27, 2015](#)

The Health Trust makes grants for projects that advance select strategies under three initiatives: Healthy Living, Healthy Eating, and Healthy Aging. The Health Trust welcomes Letters of Intent (LOI) for innovative and creative projects that support one or more of our initiatives, place a strategic focus on health promotion and disease prevention, and closely align with our Grant Criteria. The majority of Health Partnership Grants are in the \$25,000 to \$100,000 range.

Job Opportunities

[San Francisco Aids Foundation is looking for a full time Positive Reinforcement Opportunity Project Health Educator Associate](#) New*

The Positive Reinforcement Opportunity Project (PROP) Health Educator Associate is responsible for supporting the PROP Program and/or other Stonewall administrative, operational, and health education activities designed and delivered to drug-using gay men and other men who have sex with men (G/MSM), The Health Educator Associate will be called upon to maintain all aspects of the Positive Reinforcement Opportunity Project (PROP) – Including maintaining program integrity and access to all target groups of substance users, including and not limited to: street and venue-based outreach, recruitment, retention, counseling, case management, support,, data collection, hospitality, shopping, reporting,

[The Health Trust in San Jose is looking for a Per Diem Program Associate](#) New*

The Program Associate is responsible for providing peer led workshops on oral health, nutrition and/or chronic conditions (such as Diabetes). The Program Associate will lead and/or co-facilitate workshops and deliver the curriculum content.

[UCSF Benioff Children’s Hospital in Oakland is looking for a full time Health Education Coordinator](#)

Provide a range of client-centered services that link client with health care, psychosocial education and other services that ensures timely, coordinated access to medically appropriate levels of health, mental health and support services, and continuity of care. Key activities include on-going assessment of the client’s needs and personal support systems, client-centered health education and advocacy, and review of utilization of services.

[Breathe California in Daly City is looking for a full time Project Coordinator](#) New*

The Project Coordinator is responsible for overseeing and implementing all program activities, logistics and outreach to

conduct a city-wide smoke free advocacy policy campaign in San Francisco. This is a two-year position.

Fresh Approach in Concord is looking for a full time Executive Director

Working under the strategic direction of the Board of Directors of Fresh Approach, the Executive Director of Fresh Approach serves as the Chief Executive Officer of the organization to ensure organizational success and sustainability as the organization pursues the accomplishment of its mission.

Genentech in San Francisco is looking for an MPH/MS intern for Patient Centered Outcomes Research

The intern will conduct a comprehensive review of world-wide regulatory and health technology assessment decisions to determine how patient-centered clinical trial outcomes data used in the current global drug development environment.

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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