



## Bay Area Nutrition and Physical Activity Collaborative (BANPAC) July 8, 2015

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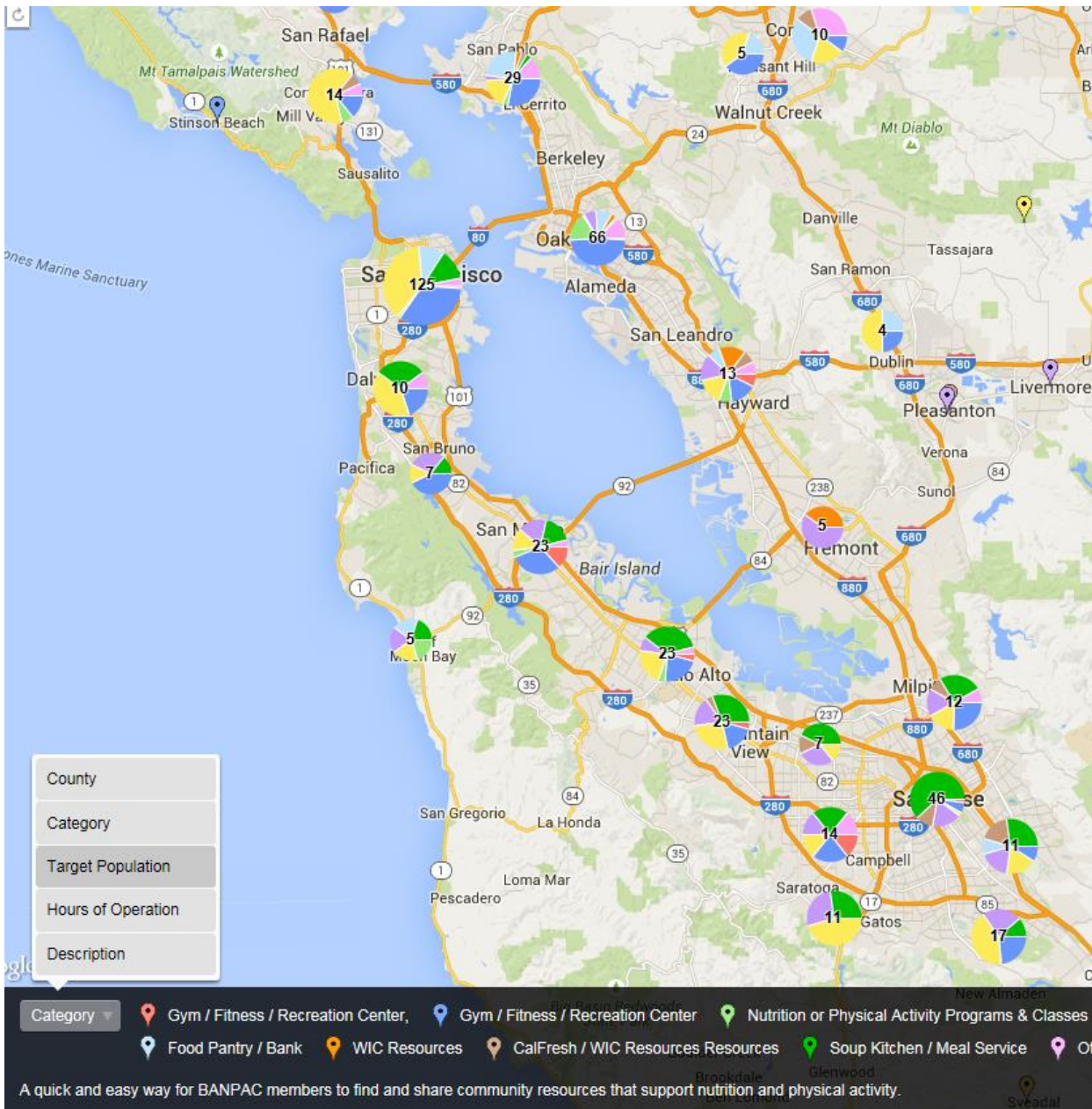
[Like us on Facebook and post a photo for the Living Billboard Campaign to receive 100 Dexter and Martina books! See details below.](#)

### Nutrition and Physical Activity Around the Bay

#### [Bay Area Moves - BAM!](#)

Introducing the BANPAC Nutrition and Physical Activity Resource Directory on the Bay Area Moves web portal.

A quick and easy way for BANPAC members to find and share community resources that support nutrition and physical activity. Featuring CalFresh resources, food pantry resources, and recreation centers.



The map lists free and low cost nutrition and physical activity resources across the nine county Bay Area Region: Alameda County, Napa County, Solano County, Sonoma County, Santa Clara County, San Mateo County, San Francisco County, Contra Costa County, and Marin County.

You can search for resources by inputting your zip code into the search box in the top right corner of the map. You can also select the button on the bottom left of the map to search by county, category, target population, hours of operation, and description.

[Click here to find resources!](#)

## BANPAC Update

**Register NOW! 07.21.15, 9am-1pm**

*Nutrition and Physical Activity, What's New in Schools Around the Bay?*

BANPAC Promising Practices Sharing Forum and Membership Meeting

Location: Solano County Events Center

601 Texas Street, Fairfield, CA 94533

## HIGHLIGHTS

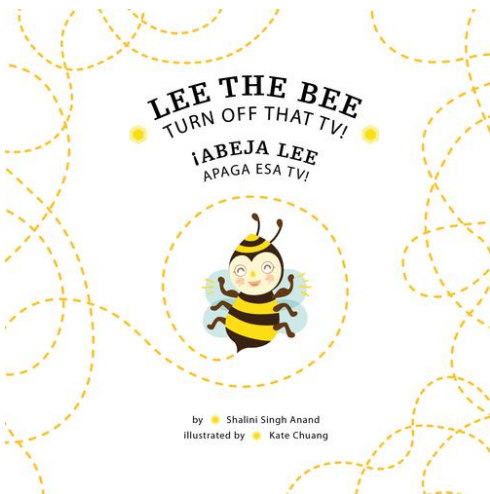
- Find out the legislation surrounding schools from Center for Public Health Advocacy
- Learn about using the Nutrition and Physical Activity Monthly Themes Calendar and Toolkit developed by Santa Clara County
- Engage in a discussion about nutrition and physical activity promising practices with a panel of school representatives from across the Bay Area
- Participate in a mix of hip hop, jazz, and Latin style cardio dance with Michael Streby, former Walt Disney World performer and current physical activity enthusiast
- Take home a bag of free Rethink Your Drink and Potter the Otter resources!

## Physical Activity Success Story Contest!

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](mailto: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!



**Like us on Facebook & Receive Free Booklets!**

BANPAC is distributing 100 Dexter and Martina books to the first 40 people who both like the BANPAC Facebook Page **AND** post a picture for the Living Billboard campaign to the BANPAC Facebook page during the month of June.

Information on the Living Billboard Campaign can be found here:  
[http://www.banpac.org/banpac\\_initiative\\_living\\_billboard.htm](http://www.banpac.org/banpac_initiative_living_billboard.htm)

You can email your mailing address to [alice.kawaguchi@phd.sccgov.org](mailto:alice.kawaguchi@phd.sccgov.org) after you have successfully liked the BANPAC Facebook page and posted a photo.

- **Dexter and Martina in Pyramid Power!**

This 17-page booklet from Kaiser Permanente teaches children about sugar consumption. The book discusses the amount of sugar in every can of soda and how much it can amount to over time. This is a powerful resource with an important message: drink water.



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

Congratulations to Tatiana Dykes from Solano County for winning a \$15 gift card raffle for tracking Rethink Your Drink presentations, workshops, and exhibits. Please enter all your RYD activities from May, June, and July here to be entered into the next raffle at the July 21<sup>st</sup> Promising Practices Sharing Forum: [http://www.banpac.org/banpac\\_tracking\\_ryd-sugarsavvy.asp](http://www.banpac.org/banpac_tracking_ryd-sugarsavvy.asp)

### **BANPAC Leadership Council**

- The next BANPAC Leadership Council meeting is July 15, 2015 12:30pm-4:30pm, at Alameda County

### **Physical Activity (PA) Subcommittee**

- The PA Subcommittee is in the process of planning and evaluating the BANPAC quarterly meeting and Promising Practices Forums, and enhancing the resources on the BAM (Bay Area Moves) web portal. The PA Subcommittee meets the first Thursday of every month; please contact [alice.kawaguchi@phd.sccgov.org](mailto:alice.kawaguchi@phd.sccgov.org) if you would like to become involved with PA activities for BANPAC.

### **Trainings, Events, and Workshops**

[Ninth Annual Edible Garden Tour hosted by Common Ground Garden, July 18 from 9am-1pm in Palo Alto](#)

The tour will highlight mini-orchards, grey water catchment systems, gardening demos, medicinal herbs and vegetables. Learn new water-saving, green-thumb gardening tips. This is an opportunity to connect and share ideas with other gardeners.

[Coordinated Approach to Child Health \(CATCH\) free physical activity training hosted by Champions for Change, July 28 from 9am-11:30am in Salinas](#)

CATCH is proven to prevent/reduce childhood obesity. The CATCH Kids Club (CKC) is an evidence-based physical activity and nutrition education program for children K – 8. This hands-on, physically active session will highlight strategies to integrate CKC fun structured physical activity and nutrition education into school, after school/summer recreation programs. For more information or to RSVP contact Maggie Barrera at [barreramr@co.monterey.ca.us](mailto:barreramr@co.monterey.ca.us).

[National Conference on Health Communication, Marketing, & Media, August 11-13 hosted by National Public Health](#)

### Information Coalition

This conference brings together individuals representing academia, public health researchers and practitioners from federal and state government and the private sector, and provides a forum for collegial dialogue within and across these disciplines.

### 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**

### Is your drink sugar packed?

This webpage has a sugar calculator making it easier to identify how much sugar people consume. There is a quick drink look up tool, a tool that converts grams to packets of sugar, and a sugar consumption tool.

### How to Use Economic Data from Community Commons

This webpage takes you step by step through economic data and how to generate maps.

## **News from Our Partners**

### Children Now

Children Now has an updated website. Their website shares the latest on key issues critical to children's future and resources on local, state, and national levels.

### Active Access

San Mateo County's Active Access and Parks & Recreations present Passport to Parks! Follow a series of clues to find local parks this weekend and earn a chance to win prizes! To begin with the first clue, go to [www.smchealth.org/passport2parks](http://www.smchealth.org/passport2parks).

### California Center for Public Health Advocacy

#### **Time to Eat: Lunchtime Supports Learning**

Bill No. AB 292, Author: Santiago, **Status: In Senate, awaiting committee assignment**

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.

#### **Breakfast After the Bell**

Bill No. AB 1240, Author: Bonta and Thurmond, **Status: Held in Assembly Appropriations Committee Suspense file, no further progress this year**

When students are hungry, they can't focus and they struggle to learn. The Breakfast After the Bell bill will improve students' academic achievement, attendance, and mental and physical health by ensuring that more children in California, particularly those served by high-need schools, have access to school breakfast. The "guarantee" for breakfast increases based on need at each individual school site.

#### **Nutrition Incentive Matching Grant Program**

Bill No. AB 1321, Author: Ting, **Status: In Senate, awaiting committee assignment**

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: Referred to Assembly Committee on Transportation**

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**

"The 2015 US Dietary Guidelines lifting the ban on total dietary fat," *The Journal of the American Medical Association* 06/23/2015

"Sugar vs. high-fructose corn syrup: Is one sweetener worse for your health?" *CBS News* 06/22/2015

"No, sugar is not the new heroin," *Fortune* 06/17/2015

"South LA's food desert may be getting some organic, homegrown relief," *LA Weekly* 06/17/2015

"UCSF launches health beverage initiative," *University of California, San Francisco*

### **Physical Activity Articles**

"Cam Newton teams with Carolinas HealthCare to fight childhood obesity," *The Charlotte Observer* 06/23/2015

"Walking school bus is healthy fun," *Community Advocate* 06/23/2015

"Senate Committee unveils DRIVE Act; Needs more to support bicycling and walking," *Safe Routes to School* 06/23/2015

"23% of kids think playing video games is exercise, new study finds," *Yahoo! News* 06/23/2015

"De Blasio, City Council get praise for putting \$6.6M for gym teachers in 2016 budget," *Daily News* 06/24/2015

### **Funding Opportunities**

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.

### **Job Opportunities**

The Public Health Institute is looking for a full time Program Director I for the Bay Area Regional Health Inequities Initiative (BARHII)

The Director position is responsible for strategic planning in conjunction with BARHII membership and staff as well as the overall management and coordination of the activities of BARHII, including fundraising and budget management, oversight of all personnel functions and developing relationships with external organizations. BARHII is a forum in which health departments teach and learn from each other, as well as use the principles of evidence-based public health and the collective influence of local public health officials to advance policies that promote health equity.

The City of Cupertino is looking for a full time Sustainability Coordinator (Management Analyst)

This position performs a wide variety of complex, specialized, and advanced research, administrative, and analytical duties in support of municipal and community-wide climate mitigation, adaptation and resilience. Reporting to the

Assistant to the City Manager/Sustainability Manager this position will also directly support the Public Works Environmental Programs Division in attaining its materials management and storm water objectives and the Community Development Department in its CAP-driven greenhouse gas emissions CEQA streamlining efforts for development projects.

The City of Cupertino is looking for a full time Utility and Efficiency Analyst (Management Analyst)

This position performs a wide variety of complex, difficult, and specialized advanced financial, accounting, research, administrative, and analytical duties in support of three unique Division's (Public Works, Administrative Services and Sustainability) functions, operations, and program areas; provides support of various administrative and environmentally-oriented operations and activities within, including financial analysis, analysis of utility billing and municipal conservation activities, special projects, research studies and facility assessments, budget analysis, and other specialized functions. Appointment to this position is limited and will end no later than two years from the date of appointment.

California Food Policy Advocates in Oakland is looking for a full time Nutrition Policy Advocate

Daily activities generally include research, analysis, writing, speaking, and advocacy with numerous community partners as well as decision makers and administrators at the federal, state, and local levels.

UC Davis is looking for a full time Evaluation Analyst IV

Under general direction of the Nutrition Education and Evaluation Analyst V, responsible for a full range of evaluation services to the UC CalFresh NEP being implemented by 31 UCCE county programs. Responsible for evaluation services in three areas: 1) evaluation data management and analysis, 2) evaluation training and technical assistance, and 3) evaluation design and implementation.

City Slicker Farms in Oakland is looking for a full time Director of Advancement

The Director of Advancement is responsible for overseeing the planning, implementation, and monitoring of development efforts for City Slicker Farms, including fundraising strategy development, donor cultivation, securing major gifts, grant writing and management, annual fund administration, and assisting in the oversight of the final phase of the organization's Capital Campaign.

Asian Americans for Community Involvement is looking for a full time Youth Development Coordinator

Under the supervision of the Associate Director of Behavioral Health Services, the Youth Development Coordinator plans, implements, supervise, and evaluate alternative activities in Project AMPLIFY areas including education, art, technology & multi-media projects. Develop leadership and foster healthy relationships, with all members and larger community, by providing a safe space for alternative activities for youth.

The Health Trust is looking for two full time Program Associate, Community Workers

The Community Worker (CW) is a funded position under the FRC Initiative. The CW will provide promotion, prevention, and early intervention information, resources, and support to families with children prenatal through age 5, focusing on topics, such as, but not limited to; school readiness, physical health, behavioral and social and emotional health, nutrition, and early literacy.

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! Please send updates that you would like included in upcoming e-blasts to [alice.kawaguchi@phd.sccgov.org](mailto: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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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 1-877-47-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).



