



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

#### Multi-Session Nutrition Education Classes for Adults in Sonoma County

The nutrition intervention consists of a series of five 30-minute classes. Each class emphasizes the relationship between nutrition and disease, the need to reduce sugary drinks, division of responsibility between parents and children, and the recommended servings and nutritional value of eating fruits and vegetables. A group of participants completed the five-session series at Round Walk Village. With the support of the Promotores de Salud Coordinator, they decided “to keep pushing the envelope.” The group identified two areas of concern: school lunches and cuts in physical education in the Petaluma schools. They intend to first “fact find” and then organize to achieve healthier school lunches and an increase in physical activity during school hours. Here are some of their comments. “You don’t know how hard it is for us moms when our children start the school year and start eating their lunches. They just won’t eat our healthier home-prepared meals because they want us to feed them pizzas like meals that they have in schools.” “My kids gain weight once the school year gets underway.” “I would like to teach nutrition in the schools, like the NCCWB Promotores de Salud do. I also would like to get teachers to learn P.E. activities so that they could have our children moving, and exercising.”

### BANPAC Update

**Save the Date! 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

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

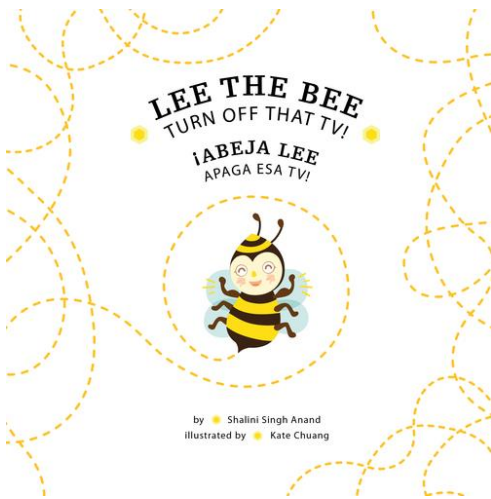
#### BANPAC Leadership Council

- The next BANPAC Leadership Council meeting is June 17, 2015 1pm-3:15pm, at City of Berkeley

### 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.

## 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.

### 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.

### Like us on Facebook!

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



## 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](#). **June is Great Outdoors Month. BANPAC encourages you to get outdoors, enjoy the sunshine, and get active! Share a Living Billboard photo on the [BANPAC Facebook](#) about how you stay active outdoors. Use hashtag #Naturesplayground to tag your photos.** Find other ideas and resources to support physical activity on the [BANPAC website](#).

**Did you know...** the Bay Area moves website portal has parks resources?

**Visit Parks**

<p><b>Healthy Parks Healthy People US (Website)</b></p> <p>Posted 9.11.14</p>	<p><b>Healthy Parks Healthy People Bay Area (Website)</b></p> <p>Posted 9.11.14</p>	<p><b>Let's Move Outside (Website)</b></p> <p>Posted 9.11.14</p>	<p><b>Play here!: Guided outdoor adventures happening in your County Parks (PDF)</b></p> <p>Posted 11.10.14</p>	<p><b>Santa Clara County Parks: What is Healthy Trails? (Website)</b></p> <p>Posted 11.10.14</p>
<p><b>Santa Clara County Parks: Parks for Life Challenge! (Website)</b></p> <p>Posted 5.25.15</p>	<p><b>Santa Clara County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>San Mateo County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>Marin County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>Napa County Parks (Website)</b></p> <p>Posted 11.19.14</p>
<p><b>Solano County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>Sonoma County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>San Francisco County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>Contra Costa County Parks (Website)</b></p> <p>Posted 11.19.14</p>	<p><b>Alameda County Parks (Website)</b></p> <p>Posted 11.19.14</p>

We feature parks websites for the nine counties in the Bay Area. Find a park near you and get outdoors!

## Trainings, Events, and Workshops

[Sunday Streets San Francisco, June 18 from 11am-4pm](#)

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.

#### 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

#### California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5

The California Department of Public Health released its California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5. The curriculum provides nine lessons for 4<sup>th</sup> and 5<sup>th</sup> grade teachers to educate students on how to be safe pedestrians and bicyclists and understand the positive impact that walking and bicycling has on their health and environment.

#### Big Food Sounds a Lot like Tobacco

Center for Science in the Public Interest has developed four graphics that compare quotes from the food and tobacco industries.

## 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.

#### **Public Health Advocacy**

##### Bill No. AB 292, Author: Santiago, **Status: Passed Assembly Committee on Appropriations**

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. More information about this year's bill can be found here: [www.cfpa.net/AB292](http://www.cfpa.net/AB292)

##### Bill No. AB 1240, Author Bonta and Thurmond, Status: **Held in Assembly Appropriations**

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. More details about the bill can be found here: [www.cfpa.net/AB1240](http://www.cfpa.net/AB1240)

## Nutrition and Sugar Savvy Articles

"Quality produce: Tri County fresh food hub to offer mobile vegetable markets," *Washington Times-Reporter*

05/26/2015

["Building a healthier community," "Building a healthier community," eMissourian 05/27/2015](#)

["New York City joins alliance for a healthier generation and American beverage association balance calories initiative," EIN NewsDesk 05/27/2015](#)

["Food Desert: A community coping without a grocery store," American Academy of Family Physicians 05/27/2015](#)

["Students create app for healthy eating," WKRC 05/26/2015](#)

## Physical Activity Articles

["Editorial, 5/6: Cheers for fitness progress," Journal Star 5/5/2015](#)

["Report: Seniors in Texas need to be more physically active," The Dallas Morning News 5/24/2015](#)

["Interview with Bob Rauner, Director for Partnership for a Healthy Lincoln," Facebook.com 5/10/2015](#)

["Partnership Healthy Lincoln - Healthy Everyday interview 1," Youtube.com 5/4/2015](#)

["YMCA offers free MEND program for overweight children," Austin 360 5/22/2015](#)

["To combat childhood obesity, mobile music site plays new artists only when device senses movement," MarketingLand.com 5/25/2015](#)

## Funding Opportunities

[Farmers' Market SNAP Support Grants due June 18, 2015](#)

The goals of the FMSSG program are to increase SNAP accessibility and participation at farmers' markets, and support the establishment, expansion, and promotion of SNAP/Electronic Benefits Transfer (EBT) services at farmers' markets. This is a new program, which may continue in subsequent years. Grant funds must be used to conduct tasks that are necessary for SNAP to operate at farmers' markets, and to increase the number and effectiveness of farmers' market participation in SNAP.

[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.

## Job Opportunities

[Wellness Solutions in Santa Rosa is looking for a full time Wellness Coordinator](#) New

The Wellness Coordinator will implement company-wide wellness program to create a culture of wellness, provide customized support to designated locations, and assist in changing individual behaviors to drive risk reduction.

[Health Connected in Redwood City is looking for a Health Education Specialist](#) New

The Health Education Specialist is primarily responsible for delivering Health Connected Puberty Talk and Teen Talk sexual health curricula to 5th through 12th grade students in public schools, community programs, and juvenile detention facilities. In addition, twenty percent of this position will entail coordinating office operations and procedures.

[Santa Clara County is looking for a Health Center Manager](#) New

The Health Center manager will work under the Ambulatory Care Director and in partnership with the Physician Site Director to manage designated ambulatory care sites or facilities.

[Peer Health Exchange is looking for a full time Bay Area Program Manager](#) New

The primary responsibilities of the PHE Bay Area Program Manager will be to assist with the development, management, growth, and evaluation of the Bay Area program. Additionally, the Bay Area Program Manager will lead local strategic investments and assist the Bay Area Program Director and Executive Director. The Bay Area Program

Manager reports to the Bay Area Program Director.

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

The Nutrition Policy Advocate will work under the Managing Nutrition Policy Advocate and will possess policy analysis skills and excellent written communication skills. The Nutrition Policy Advocate will help advance the mission of improving the health and well-being of low-income Californians by increasing their access to nutritious and affordable foods.

The Health Trust in San Jose is looking for a Program Coordinator

The Program Coordinator is responsible for planning, organizing and promoting the Wellness Access and Education health education programs. The focus is on targeted chronic diseases affecting various populations. Through the delivery of evidence base 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](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.

Alice Kawaguchi, RD, MPH  
Bay Area Training and Resource Center and BANPAC  
Santa Clara County Public Health Dept.  
1400 Parkmoor Ave., #120B  
San Jose, CA 95126  
(408) 793-2700



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