



## Bay Area Nutrition and Physical Activity Collaborative (BANPAC) February 10, 2016



### Hydrate Your Heart!

February is heart month so keep your heart healthy by drinking water. Take a pass on that one-sided love affair with sugar sweetened beverages and fall in love with spa water:

[http://www.banpac.org/sugar\\_savvy\\_curr/2012/pp\\_ff\\_wr.pdf](http://www.banpac.org/sugar_savvy_curr/2012/pp_ff_wr.pdf)

Your heart will love you for it!

Tell us why you choose to drink water and post a picture on social media using the hashtags #hydrateyourheart #lovewater #BANPAC

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## Nutrition and Physical Activity Around the Bay

Bay Area Moves is launching a walking challenge among the 9 Bay Area regional counties! Please share the attached flyer and the FAQ sheet within your networks to help your county win!



# Bay Area Moves Walking Challenge!

## A Bay Area Regional Competition

**Commit to walking 150 minutes per week for 16 weeks**  
**February 14, 2016 through June 5, 2016**



Photos courtesy of CDC

### Sign up to support your county

- **Receive a certificate of recognition upon completion!**
- **Be entered into great prize drawings for every 150 minutes of walking completed!**
- **Help your county win the Fittest County competition - all of your steps count!**

Register at [www.Heart360.org/BayAreaMoves](http://www.Heart360.org/BayAreaMoves)  
to record your steps and be entered into the drawings.

For more information, contact Gwenn White, Contra Costa Health Services  
[gwenn.white@hsd.ccccounty.us](mailto:gwenn.white@hsd.ccccounty.us) 925-313-6808

Check out the [http://www.banpac.org/banpac\\_resources\\_bay\\_area\\_moves.htm](http://www.banpac.org/banpac_resources_bay_area_moves.htm) webpage for physical activity information

Social media: #BayAreaMoves #BAMWalkingChallenge



## Bay Area Moves (BAM!) Physical Activity Tip of the Month

### Variety Is the Spice of Life, Even With Exercise

By: Ryan Santanna-Hart, M.S., degree in Exercise Science

Do you feel like you are in a workout funk? Are you not getting the results you were hoping for from the same program you've been doing for the last month or year? It may be time to change it up. According to the American College of Sports Medicine (ACSM), changing up your routine may be just what your body needs. Your body is an efficient machine and over time gets used to the activity you are doing, which may slow weight loss or stall out other physical activity goals. Insuring variety in your exercise routine or what is called periodized training can help challenge your body to further your health gains. An article published in The Wall Street Journal last year interviewed Jeffrey A. Potteiger, an ACSM fellow based in Grand Rapids, Mich., on the topic of variety when doing physical activity. Dr. Potteiger states "Changes can be small, add more weight, change the number of sets and reps, rest for different periods of time." The American Council on Exercise (ACE) reviewed research on the importance of periodized training and found that those who used periodized strength training showed more substantial gains in lean muscle, greater reductions in body fat and more substantial strength gains than those who were in the non-periodized group after 12 weeks. Remember that variety in your workout routine is not only important in strength training but also in cardiovascular workouts. ACE suggests flat, easy runs, as well as incorporating in some hills and workouts that focus on speed and strength. Dr. Potteiger reminds us that "Rest is underappreciated." and that taking time to recover from exercise is important and will help your body further its journey to health.

Activity	Ideas to Add Variety			
<b>Walking</b>	Walk hills	Walk 10 minutes longer	Walk with weights	Increase your speed
<b>Swimming</b>	Try a new Stroke (breast stroke, butterfly, back stroke, kick board)	Try doing short sprints or longer distance.	Try biking instead of a swim.	Work on kicking or pulling.
<b>Jogging</b>	Try short sprints.	Add resistance training with a band, medicine ball, or free weights.	Add hills.	Try a yoga class or stretching.
<b>Elliptical</b>	Increase your resistance.	Go on the stair master.	Split up time between machines (10 minutes elliptical, 10 minutes bike, 10 minutes stairs).	Go on a hike and enjoy some movement outdoors.

Remember adults need to get at least 150 minute or (2 hrs. and 30 minutes) a week of moderate intensity physical activity. Adding strength training that involves all major muscle groups at least 2 days a week can also add additional health benefits. For specific information about resistance training visit the link listed below.

<https://www.acsm.org/docs/brochures/resistance-training.pdf>

If you are feeling bored with your workout, it has become too easy or you feel like your body has plateaued, think about adding variety and change it up. When it comes to health, variety is the spice of life.



## References

- ACSM. (2013). *Resistance Training for Health and Fitness*. Retrieved January 26, 2016, from American College of Sports Medicine : <https://www.acsm.org/docs/brochures/resistance-training.pdf>
- American Council on Exercise . (2015). *Fit Facts* . Retrieved January 26, 2016, from Ace Fit Share: <http://www.acefitness.org/acefit/fitness-fact-article/2624/periodized-training-and-why-it-is/>
- JO, M., NA, R., BC, N., LA, G., JS, V., K, D., et al. (2001). Low-volume circuit versus high-volume periodized resistance training in women. *Med Sci Sports Exerc.*, 33(4);635-43.
- Murphy, J. (2015, November 23). *For Workout Gains, Embrace Variety*. Retrieved January 26, 2015, from The Wall Street Journal : <http://www.wsj.com/articles/for-workout-gains-embrace-variety-1448307431>
- Office of Disease Prevention and Health Promotion . (2016, January 26). *Physical activity guidelines* . Retrieved January 26, 2016, from Health.gov: <http://health.gov/paguidelines/guidelines/summary.aspx>

## BANPAC Update

### Free Technical Assistance for Passing a Policy

**BANPAC** received the Pledge the Practice! Pass the Policy! grant through Kaiser Permanente of Northern California to assist organizations like yours to create a robust culture of wellness that supports the well-being, morale and productivity of your employees and the communities you serve. BANPAC will provide all of the resources necessary to (1) conduct a comprehensive wellness assessment, (2) facilitate the adoption of wellness guidelines/policies, and (3) provide effective consulting and materials that encourages and measures outcomes. It is our intent with all program partners to collectively strive to make workers - and our communities – healthier.

## Why Worksite Wellness

The statistics are alarming. According to the 2011 data from the Center for Disease Control and Prevention more than 57% of adults living in the Bay Area are overweight or obese - contributing factors to chronic conditions such as diabetes and cardiovascular disease. Diabetes and cardio-vascular related conditions can have devastating and sometimes fatal outcomes, and can be costly to treat.

As the state of healthcare changes, we also believe that it is also our responsibility to help the communities we serve lead healthier lives and develop preventative strategies. In that spirit, we invite your organization to join this exciting and unique wellness initiative.

## BANPAC's Commitment

You can be assured that this process is relatively simple as BANPAC is providing free tools and technical assistance to make this a smooth and fun endeavor for your school, company, house of worship, or community based organization. Within 3 – 4 meetings over three months, our seasoned Community Wellness Consultants, from McClure Nelson & Associates (MNA), will guide you through a simple three-step process, establishing wellness culture within your organization through the adoption of effective policies and guidelines.

## Join the Movement

We have a limited number of spots available for this **free** consulting. If you are interested in learning more about this opportunity we encourage you to contact Dan McClure, MNA Principal at [dan@gteams.org](mailto:dan@gteams.org).

### **\*\*2015 BANPAC Healthy Worksite Toolkit**

BANPAC introduces the 2015 BANPAC Healthy Worksite Toolkit. The toolkit was adapted from the Santa Clara County Worksite Toolkit and features policy templates for healthy beverages, healthy food, and physical activity promotion. The previous version only focused on implementing healthy beverages, while the 2015 version now includes healthy food and physical activity promotion for a whole approach to worksite wellness. Download the new toolkit here: [http://www.banpac.org/toolkit\\_HFBPE/section1/1-toolkit\\_hlthy\\_worksite\\_9\\_14\\_15.pdf](http://www.banpac.org/toolkit_HFBPE/section1/1-toolkit_hlthy_worksite_9_14_15.pdf)

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

We ask BANPAC members to track their Rethink Your Drink Presentations so that BANPAC can continue to receive funding to support these efforts. Five to ten minutes of your time to fill out a form to support collaborative efforts across the Bay Area can make a difference.

People who fill out the tracking form will be entered into a quarterly gift card drawing. The next drawing will be in February 2016.

Please track your presentations here:

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

## Trainings, Events, and Workshops

Smarter Lunchrooms Movement Principles and Practices Workshops, March 2016

The workshop will provide a solid foundation in the theory of the SLM principles and practices. In this five-hour introductory workshop, you will identify and diagnose school lunchroom. Participant in an interactive session on how to engage internal and external stakeholders, and learn about front-line training, implementation resources, and ways to measure success. Before attending the training, you must view the 2-hour online course on the [smartlunchroom.org](http://smartlunchroom.org) website. This will greatly enhance your understanding of Smart Lunchrooms and help you get the most out of the in-person training. Listed below are the dates and locations of the trainings.

### **Tuesday, March 1, 2016**

#### **Ontario**

Ontario Monthclair School District  
Hardy Professional Development Center Room C1, C2  
1515 South Bon View Avenue  
Ontario, CA 91761

**Thursday, March 3, 2016**

**Bakersfield**

Kern County Superintendent of Schools  
1300 17<sup>th</sup> Street Room 1B  
Bakersfield, CA 93301

**Monday, March 7, 2016**

**Salinas**

Monterey County Office of Education  
901 Blanco Circle  
Salinas, CA 93901

**Wednesday, March 9, 2016**

**Livermore**

Livermore Valley Joint Unified School District  
Board Room  
685 E. Jack London Blvd.  
Livermore, CA 94551

**Friday, March 11, 2016**

**Chico**

Chico Unified School District  
1163 East Seventh Street  
Chico, CA 95928

Save the Date! Healthy Innovative Practices Conference 2016, March 3, 2016, 8:30am-3pm

The conference will feature keynote speaker Sam Kass, Former White House Chef and NBC News'; Senior Food Analyst. This will take place on the LinkedIn campus in Sunnyvale, California. Registration information is coming soon! For more information, contact the Santa Clara County Public Health Department by email: [PICH@phd.sccgov.org](mailto:PICH@phd.sccgov.org).

13<sup>th</sup> Annual Diabetes Forum: Assessing Psychosocial Distress Factors in Diabetes, March 4, 2016, 8am-11:30am

The forum will take place at the Pajaro Valley Community Health Trust-Community Conference room. The speakers will be Susan Guzman, PHD and Tony Masri, MD. Read more about their profile [here](#).

Hunger Action Summit – Too Hungry to Learn, March 15, 2016 Registration 8:30am, Program 9:00am-2:00pm

The summit will be hosted at Locatelli Center, Santa Clara University, 500 El Camino Real, Santa Clara, CA 95053. Second Harvest Food Bank, in partnership with Santa Clara University Leavey School of Business and the Food and Agribusiness Institute, is excited to announce this year's Hunger Action Summit will bring together engaged community, education, nonprofit, foundation and corporate leaders, to discuss how access to nutritious food is essential for kids to learn and communities to thrive. Our lineup of distinguished speakers includes Chef Ann Cooper, also known as the "Renegade Lunch Lady," who worked with the Chez Panisse Foundation to reform the Berkeley Unified School District's school lunch program. A light breakfast and buffet lunch will be served.

2016 PedsCount! Summit, June 6 & 7, 2016

The summit will be hosted at the Courtyard Marriot Long Beach Downtown. The event will bring together hundreds of practitioners and community advocates representing walking, safety, design, public health, planning, education, equity, transit and sustainable transportation to explore innovations, share best practices and cutting-edge research, and prioritize actions to get more people safely walking every day.

Healthy Parks Healthy People Trail Walks San Francisco, every Saturday, 10am

Trail Walks occur every Saturday at different locations. Come meet new people get fit, and find new inspiration! Click



[here](#) for the schedule.

## Educational Resources

### [Dietary Guidelines for Americans 2015-2020 Eighth Edition](#)

The new edition of the Dietary Guidelines, the 2015-2020 Dietary Guidelines for Americans, is grounded in the most current scientific evidence and is informed by the recommendations of the 2015 Dietary Guidelines Advisor Committee.

### [Find Your Healthy Eating Style and Maintain It For a Lifetime](#)

Follow the MyPlate building blocks below to create your own healthy eating solutions.

### [Safe Routes Learning Center Workshop and Training Catalog 2016](#)

The National Partnership works with local communities to share our expertise through tailored training and education. Our workshops and trainings cover Safe Routes to School and active transportation policy and programming, shared use, funding sustainable transportation, and community engagement and coalition development.

### [Report of the Commission on Ending Childhood Obesity](#)

The World Health Organization provides a report including guiding principles, strategic objectives, and recommendations on ending childhood obesity.

## News from Our Partners

### **California Center for Public Health Advocacy**

On February 1<sup>st</sup>, Davis residents rallied in support as local government officials, health and child advocates held a [press conference](#) to push back against the beverage industry's heavy handed efforts to bury a soda tax before voters even have a chance to vote. To move forward with the measure, 4 of the 5 city council members must vote to put the measure on the June ballot.

## Nutrition and Sugar Savvy Articles

["Citywide soda tax gets the ax,"](#) The Davis Enterprise 2/3/16

["Haygrazers garden for produce, social change,"](#) Houston Chronicle 2/3/16

["Fresno's street vendors peddling healthier options,"](#) TBJ Now 2/3/16

["Missoula grocery stores give children free fruit as alternative to junk food,"](#) Missoulian 2/3/2016

["Shelby County workers looking to make your heart healthy,"](#) Local Memphis 2/2/2016

["Grocery store farmin' on front set to open this summer in downtown Wilmington,"](#) WHQR 2/2/2016

## Physical Activity Articles

["Exercise and your heart: physical activity reduces risk of death after 1st heart attack, but don't overdo it,"](#) Medical Daily 2/1/2016

["Bill to require exercise for elementary students advances in House,"](#) Richmond Times-Dispatch 2/3/16

["More swimming time: Splish Splash program expands, reaches new groups,"](#) The Daily Journal 2/3/16

["Maya Lin School Wins Bay Area-Wide NFL Play 60 Challenge,"](#) Alameda Patch 2/3/16

["Your phone could actually make you get off your butt once in a while,"](#) Yahoo Health 2/2/16

## Funding Opportunities

### [Kaiser Permanente South Bay Grant Letter of Intent due February 26, 2016](#)

Kaiser Permanente has identified healthy eating/active living, behavioral health, violence prevention, and access to health care services as priority health and social needs in Santa Clara for 2016. Kaiser has instituted a two-phase grant review process. Phase 1 is a submission of a Letter of Intent (LOI) on the required form and agency request letter. Phase 2 is a notification of either an invitation of declination to submit a full grant proposal and application.

### [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

### Area Cooperative Extension Advisor, Nutrition, Family, and Consumer Sciences, Fresno, CA

The advisor will provide leadership to the University California Cooperative Extension low-income nutrition education programs funded by the Expanded Food and Nutrition Education Program and the UCCalFresh Nutrition Education Program.

### Valley Verde Program Coordinator, San Jose, CA

The program coordinator will supervise Americorps members, prepare retail strategy for seedling sales, manage greenhouse volunteers, and support the various aspects of the organization's development.

### Nutrition Consultant, Foothill Community Health Center, San Jose, CA

The role of the contracted Nutrition Consultant, from now on designated as Nutritionist, is to support the delivery of a comprehensive, high quality nutrition program. The Nutritionist provides guidance, training and technical assistance to program staff, parents, teachers, and patients to guarantee that children are served nutritious meals and snack appropriate to participation in a full day.

### Project Coordinator, UCSF, San Francisco, CA

To assist in the planning and implementation of related community-based projects of various grant components. This individual should be highly organized, capable of working independently and possess excellent communication skills.

### Nutrition Education Coordinator, San Jose, CA

The Nutrition Education Coordinator runs the nutrition education program in Santa Clara County in order to improve the nutritional status and promote the general well-being of low-income families and individuals.

E-blasts are sent out every month 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 [BANPAC@phd.sccgov.org](mailto:BANPAC@phd.sccgov.org) by the first Friday of each month.

BANPAC Leadership Council  
[BANPAC@phd.sccgov.org](mailto:BANPAC@phd.sccgov.org)  
[www.banpac.org](http://www.banpac.org)



The Bay Area Nutrition and Physical Activity Collaborative is supported by a group of dedicated volunteers from the nine Bay Area counties and is funded by Kaiser Permanente.





