



## Bay Area Nutrition and Physical Activity Collaborative (BANPAC) January 11, 2016

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### Nutrition and Physical Activity Around the Bay

#### [Solano County 2015 Food Day](#)



Solano County Food Policy Council hosted a successful 2015 Food Day in conjunction with Loma Vista Farm at their annual Harvest. The event featured food tastings from the Vallejo People's Garden, a smoothie bike, a vote for your favorite apple (red vs green), nutrition quiz wheel prizes, and produce giveaways and information from the Food Bank. [Check out the video documenting the Solano County 2015 Food Day!](#)

#### **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)

## **BANPAC Update**

### **Free Technical Assistance from BANPAC**

*The Bay Area Nutrition and Physical Activity Collaborative (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).

### **Free Resources**

BANPAC has some Rethink Your Drink and Dexter and Martina resources available for the community. Listed below are the items and the quantity available. These will be distributed on a first come first serve basis. We have limited ability to deliver these items, so we are asking that the requested items are picked up in person at 1400 Parkmoor Ave. Suite

120b, San Jose, CA 95132. If an in person pick up is not possible, we will work with you to figure out a way to get you the resources.

Dexter and Martina Pyramid Power- 5,000 books

Potter the Otter Puppets -200 sheets

Choose Health. Drink Water 8 ½ x 11 Sheet -300 sheets

Choose Health Drink Water Poster -100 Posters

Please email [BANPAC@phd.sccgov.org](mailto:BANPAC@phd.sccgov.org) with your name, organization, item, and quantity of each item requested.

### **\*\*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)

### **Bay Area Moves Walking Challenge!**

#### **A Bay Area Regional Competition, February 14, 2016 launch!**

The challenge kicks off on Valentine's Day to remind us to take care of our hearts! Join the challenge to help your county win the Fittest County competition. All of your steps count!

Commit to walking 150 minutes per week for 16 weeks from February 14, 2015 through June 5, 2016. Register at [www.heart360.org/BayAreaMoves](http://www.heart360.org/BayAreaMoves) to record your steps and be entered into the drawings. Sign up as an individual or as a team. Please share and distribute the attached flyer for the Bay Area Moves Walking Challenge!

Visit the Bay Area moves Web Portal for physical activity resources:

[http://www.banpac.org/banpac\\_resources\\_bay\\_area\\_moves.htm](http://www.banpac.org/banpac_resources_bay_area_moves.htm)

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

Shape Up San Francisco Coalition Meeting, January 13, 2016, 2pm-4pm

The next Shape up San Francisco Coalition Meeting is at 50 California St. Suite 650. If you are interested in joining the coalition click [here](#).

Become a Lactation Educator Counselor, January 20-22, and March 8-9, 2016 (5 meetings), 8:30am-5pm

This program prepares health professionals and other interested individuals to become lactation educators. Topics include basic anatomy and physiology of lactation, early attachment of the baby, hospital care, support during the postpartum stage, common concerns and solutions, and appliances and apparatuses used in breastfeeding. There is a \$695 fee for the training and participants can receive 4 units in Reproductive Medicine. The training will take place at the Sobrato Center for Nonprofits in San Jose at 1400 Parkmoor Avenue, Conference room Cupertino, San Jose, CA 95126. To enroll: On the web: [extension.ucsd.edu](http://extension.ucsd.edu) or By phone: (858) 534-3400. [Click to download registration form.](#)

Sweet Deceit: The Lure of Flavored Tobacco, January 27, 2016, 2:30-5pm

Participants will be informed on emerging tobacco products and risks that flavored products pose to youth, learn how tobacco industry marketing of flavored products is impacting the community, and be informed about local efforts and policies that can help restrict the sales and marketing of flavored tobacco products. Registration is free. To register, contact Kevin Chieng at [kevin.chieng@phd.sccgov.org](mailto:kevin.chieng@phd.sccgov.org) or call (408) 793-3190.

Kaiser Permanente South Bay Community Benefit 2016-2017 Grant Information Session, February 5, 2016 9:30-11am

Kaiser Permanente South Bay Community Benefit will be hosting a 2016 Letter of Intent (LOI) and Grant Application Information Session at the Kaiser Permanente-Santa Clara Medical Office Building (710 Lawrence Expressway-Meeting

Room A #1-5). This session will provide an opportunity for interested organizations to learn about the Kaiser Permanente South Bay Community Benefit Grant Application Process for the 2016-2016 funding period. Seating is limited and an RSVP is required. If you or another agency representative is interested in attending, kindly email [SouthBayGrants@kp.org](mailto:SouthBayGrants@kp.org).

#### 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).

#### 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**

### Making the Case for Linking Community Development and Health

A resource for those working to improve low-income communities and the lives of the people living in them.

### Preserving, Protection, and Expanding Affordable Housing

A policy toolkit for public health.

### Community Close-Ups

The case studies examine how community developers working in low-income neighborhood are integrating health into their projects in ways that are making a real difference in the lives of low-income residents.

## **News from Our Partners**

### **Safe Routes to School- Santa Clara County**

The "Safe Routes for All" video was developed by the Santa Clara County Public Health Department, Traffic Safe Communities Network (TSCM), and the Santa Clara County Safe Routes to School Providers Group. This short video highlights the many benefits of a Safe Routes to School program which educates and encourages students and families to travel to school safely, as well as promotes the creation of walkable/bikeable communities for all. The video features comments from local providers and partners. [Watch the video here.](#)

## **Nutrition and Sugar Savvy Articles**

"Whole Foods partnering with urban farming project to improve food security in Chicago neighborhood," Food Tank 12/31/2015

"Strong link between common New Year's resolutions and public health in Tennessee," Johnson City Press 12/31/2015

"A wider lesson in CU Coca-Cola debacle," The Denver Post 12/31/2015

"Parents urged to get free sugar app to check products," BBC News 1/4/2016

"The skinny on soda taxes," Healthline 1/2/2016

"Mexican Soda Tax Followed by Drop in Sugar Drink Sales," The New York Times 1/6/16

## **Physical Activity Articles**

"Options to driving still limited in Northwest Arkansas," Northwest Arkansas Democrat Gazette 12/30/2015

"Howard County teachers reimagine gym class," The Baltimore Sun 1/6/16

"Schools, community benefit from Spark park program," Chron 1/6/16

"Painesville Township makes progress on new sidewalks near Riverside Schools," The News-Herald 1/5/16 (Painesville Township, OH)

"A physically active lifestyle could fight inherited obesity genes," Health Newslines 1/6/16

## **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.

### Shopko Community Charitable Grants accepted on a rolling basis

Shopko Foundation recognizes that education is fundamental to an individual's health and functionality in society. To achieve its vision, the Shopko Foundation believes in supporting community projects that may be accessed by, and our contribution made well known to, customers and teammates of Shopko. Funds will support established non-profit organizations with a proven record of success in maintaining solid, critical programs or innovative new organizations and programs supported by established non-profits or successful leadership. Consideration will be given to grant proposals that: help citizens of all ages maintain or improve their physical health; and, help students succeed in school and become self-sufficient adults.

## **Job Opportunities**

### Health and Nutrition Manager

The Health and Nutrition Manager works to improve the quality of child care amongst providers caring for San Francisco's children. The Manager oversees both the USDA Child and Adult Care Food Program (CACFP) and the Healthy Apple Program, both designed to improve the quality of child care by supporting child care providers in promoting and establishing lifelong healthy habits among children in care, ultimately aiming to reduce rates of childhood obesity. The Manager oversees day-to-day department operational and program activities, and supervises Health & Nutrition Specialists and the Healthy Apple Program Coordinator. The Manager is also responsible for the selection, training and development of staff, monitoring program budgets, and assuring compliance with all state and federal regulatory requirements, as well as all grant-funded requirements. Applicants should submit their cover letter and resume to [careers@childrenscouncil.org](mailto:careers@childrenscouncil.org)

### Wellness Policy Project Manager, San Francisco Unified School District

This is a new and exciting role dedicated to the implementation of the Wellness Policy. The Wellness Policy Project Manager will lead the development of the infrastructure needed to support this paradigm shift. This will require analyses of issues that may result in deviations from routing processes, establishing working relationships with key stakeholders, and engaging and informing the public about the content and implementation of the Wellness Policy.

### Health Care Program Administrator II (Nutrition), Alameda County

The position will work under administrative direction, to direct and manage a large and complex direct client service delivery health care programs through subordinate professional-level and supervisory staff. They will also serve in a consultative role to department and County management and direct and participate in strategic planning, funding source development and advocacy activities.

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)



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