



# San Mateo County Sheriff's Activities League (SAL) Food, Beverage and Movement Wellness Policy



Dear SAL families,

The San Mateo County Sheriff's Activities League (SAL) truly values the health and wellness of the youth we serve. Unfortunately, current childhood obesity statistics claim that 34.1% of youth are clinically classified as overweight or obese. Given these alarming figures, SAL is committed to providing increased access to health and wellness resources that of which will hopefully help to stem the tide of this growing epidemic.

Childhood obesity presents numerous health risks for developing youth. <sup>2</sup>Obese children are at risk for a range of social and physical health problems including low self-esteem, discrimination from others, joint problems, sleep apnea, and asthma . Obese children, along with overweight children are more likely to develop diabetes and heart disease; in addition, they are likely to stay overweight or obese as adults, placing them at increased risk for serious chronic diseases.<sup>3</sup>

Research indicates that a number of factors may contribute to the growth in childhood obesity. For example, the rise in obesity is attributed to increased consumption of non-nutritious "junk" food and large portions; less time for families to prepare meals at home; soda consumption; less physical education at school; increase in sedentary activities, such as TV and computer use; exposure to advertisements for food; community development patterns that encourage driving and discourage walking; and decreasing safe spaces for children to play outdoors. Research also has shown significant racial/ethnic and socioeconomic disparities in obesity prevalence among U.S. children and adolescents.<sup>4</sup>

In recognizing the nutritional needs of a growing youth athlete, SAL is pleased to announce new Wellness Policies designed to help inform our youth participants, and their families, about healthier dietary choices and the need for regular physical activity.

---

Mark <http://www.kidsdata.org/data/topic/bar/student-obesity-overweight-obese.aspx?fmt=758&loc=4>

Mark Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention & Health Promotion, Centers for Disease Control and Prevention. (2011). *Basics about childhood obesity*. Retrieved from: <http://www.cdc.gov/obesity/childhood/basics.html>.

Mark U.S. Department of Health & Human Services. (2010). Youth risk behavior surveillance – United States, 2009. *Morbidity and Mortality Weekly Report Surveillance Summaries*, 59(SS-5). Retrieved from: <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>.



# SAL Food, Beverage and Movement, Wellness Policy (cont...)



The change in our policies means that we would like all SAL participants to eat nutritious snacks, like fruits, vegetables, proteins, whole grains, water, milk and 100 percent fruit juice (10 ounces or less). We strongly discourage you from bringing junk food, fast food, candy and other unhealthy options to SAL events.

Water is the best source of hydration for our kids. In order to support our children in health, sugar-sweetened beverages will no longer be allowed at SAL events. These include:

- Sodas
- Fruit drinks (lemonade, cranberry juice cocktail, or other drinks that are not 100% juice)
- Sweetened iced teas
- Sports drinks (like Gatorade)
- Energy drinks
- Sweetened waters (like Vitamin Water)

To help us with this policy, we ask that you please do not send your child to SAL practices or games with any of the sugary drinks listed above.

We are also asking other programs who work with us to stop bringing sugary drinks. If you choose to send your child in with an extra drink, please only send milk, plain water, or 100 percent juice.

We also want to encourage families to participate in regular physical activity with your child outside of SAL practices or games. As a policy, SAL will promote the recommendation of moderate- and vigorous-intensity physical activity for periods of time that adds up to 60 minutes, as well as limiting daily screen time to less than 2 hours per day. Here are some simple tips you and your family can incorporate into your week:

## Walk Whenever Possible

- Walk instead of drive, whenever you can
- Walk your children to school
- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Replace a Sunday drive with a Sunday walk
- Go for a half-hour walk instead of watching TV
- Get off the bus a stop early, and walk
- Park farther from the store and walk
- Make a Saturday morning walk a family habit
- Walk briskly in the mall
- Take the dog on longer walks
- Go up hills instead of around them

Mark <http://www.health.gov/paguidelines/guidelines/chapter3.aspx>

Mark <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/getting-active.htm>



# SAL Food, Beverage and Movement, Wellness Policy (cont...)



## Move More in Your Home

- Garden, or make home repairs
- Do yard work. Get your children to help rake, weed, or plant
- Work around the house. Ask your children to help with active chores
- Wash the car by hand

## Live Actively

- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Pace the sidelines at kids' athletic games
- Avoid labor-saving devices, such as a remote control or electric mixers
- Play with your kids at least 30 minutes a day
- Dance to music... with your kids
- Choose activities you enjoy. Ask children what activities they want to do
- Give yourself a gold star with non-food related rewards, such as a family day at the park, lake, or zoo
- Swim with your kids
- Buy a set of light hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without weights.

In our efforts to ensure the healthy development of SAL youth, we are asking for the parents of SAL participants to read and sign our new wellness policy.

In signing this policy, you hereby acknowledge to have reviewed this document, including the recommended and banned foods and drinks at SAL events and accordingly, agree to comply with SAL's wellness policy.

We thank you for your commitment to helping to make a brighter and healthier future for our youth!

Yours in health,



# SAL Food, Beverage and Movement, Wellness Policy Parental Agreement Form



In signing this document, I, \_\_\_\_\_, hereby acknowledge having read and reviewed SAL's Food, Beverage and Movement, Wellness Policy.

Accordingly, I, \_\_\_\_\_, agree to comply with the requirements included in the policy and will not send my child to any SAL event with any of the items listed on SAL's non-recommended food and drinks list.

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_