

# Pledge the Practice! Pass the Policy!

Creating Healthy Workplaces & Communities

Soda taxes, bans and education are all on the table as California struggles to address a growing obesity crisis, but the launch of the Bay Area's *Rethink Your Drink* initiative by a broad-reaching coalition of health organizations offers a new approach – organizational policy change.

Fifteen organizations throughout the Bay Area have voluntarily adopted changes to limit consumption of sugary drinks, potentially improving the health of over 300,000 Bay Area residents.

## African American Community Health Advisory Committee

AACHAC's mission is to create an awareness of the major health concerns and issues affecting African Americans, and to actively seek and promote a more healthful lifestyle.

AACHAC passed a healthy food, beverage, and movement policy for its programs, events, community, and committee meetings. They are planning to work with all 24 member churches to establish wellness policies. AACHAC was proud to be the first organization participating in Pledge the Practice! Pass the Policy! to pass their policy.

*Improving the health of 6,411 people*

## America Scores Bay Area

America Scores Bay Area was founded in 2001 with the mission of inspiring urban youth to lead healthy lives, be engaged students, and have the confidence and character to make a difference in the world. It currently provides programs to over 1,300 youth at schools in San Francisco, Oakland, Richmond, and San Pablo.

America Scores Bay Area passed a policy to ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to clients, employees or event attendees. Their policy ensures healthy fundraising efforts as well.

*Improving the health of 1,337 people*

## Asian Americans for Community Involvement

Asian Americans for Community Involvement's (AACI) mission is to improve the health, mental health, and well-being of individuals and their families by providing an array of human services.

AACI is proud to be the first Community Health Center in Santa Clara County to adopt a healthy food, beverage and movement policy for staff, volunteers and clients. AACI's wellness policy increases the availability of healthy food and beverage options on premises and at events, including break rooms, meetings, and at community events. Food selections emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products. In accordance with BANPAC policy recommendations, AACI will not serve sugary drinks to youth under 21 years of age.

*Improving the health of 12,960 people*



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### **Boys and Girls Clubs of San Francisco**

Boys and Girls Clubs of San Francisco has nine club houses in some of San Francisco's toughest neighborhoods, providing a safe place for youth.

The Boys and Girls Clubs of San Francisco passed a healthy food and beverage policy promoting water and low fat milk as beverages, and fruits and vegetables, whole grains, and lean proteins as food choices.

*Improving the health of 16,120 people*

### **The Children's Pre-School Center**

The Children's Pre-School Center (CPSC) provides high quality child care for families in Palo Alto and the surrounding communities.

CPSC passed wellness policies, including healthy food and beverage and movement policies that promote healthier food choices, remove sugary beverages, promote water, and encourage teachers to engage with children in physical activity.

*Improving the health of 350 people*

### **City of Mountain View**

The mission of the city government is to provide quality services and facilities that meet the needs of a caring and diverse community in a financially responsible manner. The city offers community programs, library services, parks and recreational facilities and state-of-the-art buildings.

The City of Mountain View passed a healthy food and beverage policy for vending, procurement and city meetings and celebrations.

*Improving the health of 6,600 people*

### **Contra Costa Health Plan**

Contra Costa Health Plan (CCHP) is an HMO that has been serving the health needs of residents of Contra Costa County for 30 years. CCHP offers a variety of health coverage programs as well as comprehensive health care services at locations throughout Contra Costa County.

CCHP passed healthy food and beverage policies that promote fruits, vegetables, whole grains, and low fat dairy, as well as beverages without added sugar or other sweeteners. In accordance with BANPAC policy recommendations, CCHP will not serve sugary drinks to youth under age 21.

*Improving the health of 105,360 people*



### **LIFT- Levántate!**

LIFT- Levántate! was founded to address the most challenging health and wellness issues confronting families in lower socioeconomic communities. The organization's programming focuses on fitness, nutritional education, and life skills.

LIFT- Levántate! passed healthy food and beverage and movement policies. Community partners hosting LIFT- Levántate! programs are required to provide healthy foods such as fruits and vegetables, whole grains, and lean proteins and limit processed and salty foods. The policies remove sugar loaded beverages from all LIFT- Levántate! events.

*Improving the health of 1,153 people*

### **Mid-Peninsula Housing**

Mid-Peninsula Housing (MidPen Housing) is a developer, owner, and manager of high quality affordable housing. They help low income families find and keep housing through real estate development, financing, property and asset management, and resident services.

MidPen Housing recently passed healthy food and beverage policies.

*Improving the health of 13,970 people*

### **Palo Alto Community Child Care**

Palo Alto Community Child Care (PACCC) provides child care and after school care at 19 centers throughout Palo Alto. In addition to providing care that helps children reach their full potential, supports families, and values teachers, PACCC is a community leader in childhood care and education.

PACCC passed healthy food and beverage and movement policies to increase the availability of healthy food and beverages and to limit unhealthy food and beverages.

*Improving the health of 1,030 people*

### **Portola and Excelsior Family Connections**

Portola and Excelsior Family Connections operate family resource centers in the Portola and Excelsior neighborhoods of San Francisco to develop strong, healthy families and to build thriving communities.

Family Connections passed healthy food and beverage policies that will be signed by all families participating in the programs. The policies promote healthy food and beverage options and remove beverages sweetened with sugar or sugar substitutes.

*Improving the health of 15,294 people*



### Ravenswood Family Health Centers

Ravenswood Family Health Centers (RFHC) provides high quality, culturally competent primary and preventive health care to people of all ages regardless of insurance, immigration status or ability to pay.

RFHC passed healthy food and beverage and movement policies to remove sugar loaded beverages and to promote healthy food and beverages choices, as well as nutrition education. In addition, RFHC passed a mental wellness policy addressing the spiritual and mental health of employees.

*Improving the health of 11,140 people*

### San Mateo County Sheriff's Activities League

San Mateo County Sheriff's Activity League (SAL) builds positive partnerships between youth, deputies and communities through safe, affordable, tailored programs that make a difference. SAL has programming in sports, mentoring, arts and dance, healthy living, leadership, and character development.

SAL passed healthy food and beverage policies impacting both children and their families.

*Improving the health of 2,168 people*

### Sunnyvale Community Services

Founded in 1970, Sunnyvale Community Services (SCS) is an independent, nonprofit emergency assistance agency with a mission is to prevent homelessness and hunger for low-income families and seniors facing temporary crises.

SCS developed a healthful food, beverage, and movement policy that will ensure clients receive healthier options by no longer accepting sugar sweetened beverages and sugary pastries as donations.

*Improving the health of 7,829 people*

### YMCA of Silicon Valley

YMCA of Silicon Valley (the Y) promotes youth development, healthy living, and social responsibility at its 11 locations throughout Silicon Valley.

The Y healthy food and beverage standards, formerly limited to early childhood and afterschool programs, have become the policy for all youth and young adult programs and services including, but not limited to aquatics, sports programs, and day camps.

*Improving the health of 106,918 people*

The Bay Area Nutrition and Physical Activity Collaborative (BANPAC) is made up of over 400 members and 250 organizations dedicated to improving the health of Bay Area residents. Kaiser Permanente has been a lead partner in BANPAC's *Rethink Your Drink* campaign since 2007, contributing \$300,000 in funding over the past five years, and funding outreach efforts to the 15 organizations that have adopted policies to reduce consumption of sugary drinks.

