

Get Healthy *San Mateo County Task Force*

www.gethealthysmc.org

www.yspacesmc.org

Vol. 2, Issue 3, Dec. 2008

What's Going On?

Movimiento! Get Moving!

The Access to Healthy Food and Physical Activity Committee of the Get Healthy San Mateo County Task Force (Task Force) completed a pilot for a mobile recreation van program called "Movimiento!" ("Get Moving" in Spanish). The mobile recreation van provides physical fitness, nutrition and enrichment activities to underserved youth in the North Fair Oaks area of Redwood City.



The Movimiento! van went to three park sites (Spinas Park, Fleischman Park, and Friendship Park) in North Fair Oaks three times per week. The Movimiento! van was filled with multiple sports equipment, arts and crafts activities, and water and healthy snacks provided by Second Harvest Food Bank. Bilingual staff and trained youth development leaders offered proactive and positive opportunities for youth to meet neighbors, engage in active play, and have fun. The program served an average of 10-25 youth aged 7-13 years per day for each site. The pilot program began in July 2008 and ended in November 2008.



Funding for this program was provided by the Task Force. The Movimiento! program was made possible with the collaboration of multiple committee partners such as the Redwood City Parks, Recreation and Community Services Department, Starlings Volleyball, Second Harvest Food Bank, Boys and Girls Club of the Peninsula, Sequoia Hospital, El Concilio, Samaritan House, Coastside Health Committee, and the San Mateo County (SMC) Health Department.

Events

- 06/09/09 to 06/12/09 – Childhood Obesity Conference (Westin Bonaventure, 404 S. Figueroa Street, Los Angeles)

⇒ The Childhood Obesity conference is devoted to providing the most pressing and innovative issues related to childhood obesity, including structural issues that impact food access, nutrition, physical activity and the physical environment. This event is sponsored by the CA Department of Public Health, CA Department of Education and the University of California, Berkeley, Dr. Robert C. and Veronica Atkins Center for Weight and Health. For more info, visit <http://www.cce.csus.edu/conferences/childobesity/09/index.htm>.



STAY ACTIVE THIS WINTER

You can stay active despite the cool weather. Bundle up and take a walk, rent an exercise video, or join an indoor sports league.

SAVE THE DATE

The next Get Healthy San Mateo County Task Force meeting will be held on March 9, 2009.

Local Clearinghouse Launched



The Get Healthy San Mateo County Task Force launched two websites on healthy eating and active living in San Mateo County on Sept. 8, 2008. The websites (www.gethealthysmc.org and www.yspacesmc.org) offer many resources including healthy recipes for families, links to local community-based organizations' calendars, curricula for educators and after school providers, and nutrition and physical activity guidelines. The website for adults (www.gethealthysmc.org) offers information for community members, parents, health professionals, educators, preschool/childcare providers, and after school coordinators. The youth site (www.yspacesmc.org) is interactive and contains videos, fun food facts, and information on how to eat healthy foods, exercise, and create healthier neighborhoods.

If you are interested in promoting the clearinghouse websites or if you have feedback on how to improve the site, contact Naida Pare at npare@co.sanmateo.ca.us or call (650)573-2496.



Do you know any youth who would like to contribute to the next Task Force newsletter in July 2009? For articles, comments or suggestions, contact Naida Pare at npare@co.sanmateo.ca.us or (650)573-2496.

What's Going On?: Spotlight on Schools

Collaborating with School Board Members Luncheon

On September 12th, approximately 20 food service directors, school board members, parents, and representatives from community-based organizations attended an event on how to collaborate with their school board. The workshop offered ideas on how to monitor and evaluate the implementation of their school's wellness policy and report its status to their school board. Highlights of the event included speakers Jean Schultz, a Student Wellness Consultant from California School Board Association, Dr. Anand Chabra, Director, Maternal, Child and Adolescent Health Family Health Services and Alisa MacAvoy, Redwood City School Board Member. Event attendees expressed an interest in having more opportunities to share and learn what each school district is doing to implement their school wellness policy and information on school food service programs. To learn more about this event, please contact Wale Adeniji at wadeniji@co.sanmateo.ca.us or (650) 573-2978.

Healthy Green Fundraising Fair

On September 13th, the Task Force School Wellness Policy Committee, the 17th District PTA and the San Mateo County Office of Education sponsored Healthy Green: Ideas for School Fund Raising Fair. The goal of the event was to provide practical information on how to facilitate school fund raising efforts that encourage student wellness, compliance with school district wellness policies and state laws, specifically SB 12 and SB 965.

Numerous vendors such as the San Francisco Giants, San Jose Earthquakes, E-waste, eScrip, Foster City Elementary School Showcase, Move-a-Thon, Earthquake Management, Green Zebra, and Chico Bags participated. In addition the event provided information about the programs and activities from the Healthy Kids Challenge, a non-profit organization led by registered dietitians dedicated to helping find simple, fun solutions to healthy eating and physical activity.

The fair attracted 32 people from various backgrounds including teachers, parents, and school wellness advocates. Attendees found the information very helpful and enjoyed the set-up and plants, Green Zebra booklets, San Francisco Giants tickets, and San Jose Earthquake tickets that were offered as raffle prizes. To learn more about this event, please contact Wale Adeniji at wadeniji@co.sanmateo.ca.us or call (650) 573-2978.

Member/Program Spotlight

Improving Child Care & Preschool Playgrounds to Increase Children's Physical Activity by Kristen Anderson

Children who spend much of their daytime hours in child care and preschool centers and homes depend on those programs to provide facilities and activities that ensure sufficient, high quality outdoor experiences. Both the playground environment and how it's used by teachers and children contribute to the amount and quality of physical activity that occurs.



To support program capacity in this area, Kristen Anderson, Redwood City Child Care Coordinator and member of the Preschool/Child Care Committee of Task Force, and Nirmala Dillman, Child Care Partnership Council Coordinator for the San Mateo County Office of Education, organized a training on May 19th. The training was attended by over 120 child care and preschool teachers and directors from 74 San Mateo County program sites. Eric Nelson, Director of the Outdoor Classroom Project in LA County delivered a wonderful workshop on "Developing the Outdoor Classroom." Participants heard about the many negative effects of children's lack of physical activity, connection with nature and positive time spent outdoors, including obesity and related diseases, and the overuse of Attention Deficit Hyperactivity Disorder (ADHD) medications.



Eric Nelson explained the Outdoor Classroom approach and helped teachers assess their current programs and develop action plans. Teachers identified both changes to the playground (design and equipment) and activities offered, as well as staff training needed to maximize the benefit of children's outdoor playtime. For example, 'movable parts' that children can manipulate, lift, carry, chase, throw, on playgrounds, provide unlimited learning, creative play & exercise opportunities.



The training received rave reviews from participants. Organizers of the training, Kristen Anderson and Nirmala Dillman, hope to be able to offer further training including a session tailored to family child care home providers. State Early Childhood Education workforce development funds supported training expenses, staff release time to attend and minor playground improvements at the participants' facilities, with additional playground improvement funds provided by the Silicon Valley Community Foundation.

Committee Updates

Task Force Committee Plans for 2009

- ⇒ Access to Healthy Foods and Physical Activity Committee will expand both the number of days per week and duration of the Movimiento! program from four months to seven months
- ⇒ Afterschool Committee will conduct workshops with afterschool providers on Task Force recommended nutrition and physical activity guidelines
- ⇒ Breastfeeding committee will offer education to physicians on breastfeeding
- ⇒ Evaluation Committee will finalize the evaluation report and prepare for the next evaluation
- ⇒ Preschool and Childcare Providers Committee will conduct workshops and disseminate preschool and childcare providers' nutrition and physical activity guidelines
- ⇒ School Wellness Policy Committee will sponsor a summit to educate parents on food service programs and survey school districts' wellness policy implementation

What's Going On?

Built Environment Workgroup Progress



The Built Environment (BE) Workgroup of the San Mateo County (SMC) Health Department and the Department of Housing are working with 21 cities to adopt healthy housing elements into

their General Plans. The goal of the BE Workgroup is to encourage cities in SMC to support housing practices that promote safe, multimodal streets and a range of housing types and affordability within neighborhoods. For updates on healthy housing elements in SMC, visit <http://www.21elements.com/Advocates>.

The BE Workgroup also encourages cities to adopt housing policies that prevent housing projects from being in close proximity to high traffic areas for increased public safety and the promotion of more outdoor activity. They also want to ensure that there are different modes of transportation from the housing project sites to fresh produce vendors, essential health services, and access to parks and other recreation areas. For more info, visit http://www.smhealth.org/smc/department/home/0,,1954_5352214_1249912930,00.html.



Check out the Healthy Housing Checklist at http://www.smhealth.org/vgn/images/portal/cit_609/37/44/1346768186healthy_housing_checklist.pdf.

Show Me The Money!

- 2009 Fiskars' Project Orange Thumb
Deadline: 02/17/09
- ⇒ Fiskars' Project Orange Thumb funds gardens and/or gardening projects geared toward community involvement, neighborhood beautification, sustainable agriculture and/or horticultural education. Community garden groups, as well as schools, youth groups, community centers, camps, clubs, treatment facilities are all encouraged to apply. Visit <http://projectorangethumb.com/pot/> for more information.
- Wells Fargo Corporate Giving Grant
Deadline: Ongoing
- ⇒ Wells Fargo supports organizations working to strengthen communities in the following three areas: (1) community development, (2) education, and (3) human services. Projects in the areas of community development and education must serve moderate to low income families. Education grants can help teachers stock their classrooms, students fill their backpacks, and schools get the extra funding they need to provide high-quality education. Visit https://www.wellsfargo.com/about/charitable/ca_apply for more information.
- Cigna Foundation Grant
Deadline: Ongoing
- ⇒ One of the five core areas supported by Cigna includes obesity awareness and prevention. Visit www.cigna.com/about_us/community/targeted_grant.html or e-mail foundation-grants@cigna.com for more information.



Books for the Holidays

- [Fast Food Nation](#) by Eric Schlosser
- [Chew On This](#) by Eric Schlosser (a teen version of the above)
- [Food Politics](#) by Marion Nestle
- [What To Eat](#) by Marion Nestle (a guide to food choices, shopping and eating)
- [The Omnivore's Dilemma](#) by Michael Pollan
- [Animal, Vegetable, Miracle](#) by Barbara Kingslover
- [In Defense of Food](#), by Michael Pollan



What's Going On?

Good Health Counts: A 21st Century Approach to Health & Community for California by Janani Srikantharajah

What makes a community healthy? What partners must be engaged *and* held accountable for a community's health? What will it take to catalyze a movement around a new framework for good health in California?

These imperative questions are addressed in *Good Health Counts: A 21st Century Approach to Health and Community for California*. The report, prepared by Prevention Institute with funding from The California Endowment, helps make the connection between factors in the environment - including equitable opportunities, strong social ties, the ability to buy healthy foods, perceptions of safety to walk or play in the park, and affordable, quality medical services - and their impact on health. *Good Health Counts* synthesizes findings from nearly 100 community report cards and indicator reports from throughout the country and broadens understanding of *all* the elements that contribute to community health.

The report delineates various sectors that make daily decisions that impact health and should be engaged in improving community conditions. It helps build capacity among key leaders to take environmental approaches to improving health and offers a number of tools that can be adapted based on specific communities' needs to assess and address major barriers to good health.

The report is available free of cost at: <http://www.preventioninstitute.org/hdpubs.html>. For more information please contact Janani Srikantharajah at Janani@preventioninstitute.org or (510) 444-7738.

San Mateo Food System Alliance Presents to San Mateo County Board of Supervisors

The San Mateo Food System Alliance (SMFSA) is comprised of farmers, fishermen, public health officials, philanthropists, restaurateurs, natural resource managers, directors of several public benefit organizations, and residents dedicated to creating a sustainable food system in San Mateo County. The purpose of the alliance is to support, enhance, and maintain an enduring and interdependent food system that is economically viable, environmentally sound and socially equitable; connects people to agriculture; and enhances the health of all residents of San Mateo County. The SMFSA identified three areas where it plans to focus its efforts:

- ⇒ Promoting integrated health and nutrition education programs at all local elementary schools
- ⇒ Enhancing the connection between local producers and large institutional buyers of food
- ⇒ Encouraging increased local food production by looking at land use patterns in the county

In August 2008, members of the SMFSA presented to the San Mateo County Board of Supervisors and described how the alliance formed, their purpose, and goals. For more information, visit <http://foodsystemalliance.org/sanmateo/>.

Events

- 12/18/08 – Sustainable San Mateo County (SSMC) Roundtable (177 Bovet Road, 6th Floor, San Mateo, 12:00 p.m.-1:00 p.m.)
 - ⇒ SSMC hosts roundtable discussions on varying sustainability topics ranging from green building to child care. Meets every third Thursday of the month. For more information, visit <http://www.sustainablesanmateo.org/sustainability-resources/sustainable-events-corner/>.
- 01/13/09 – The California Working Families Policy Summit 2009 (Sacramento Convention Center, 1400 J Street, Sacramento, 8:30 a.m.-4:00 p.m.)
 - ⇒ This year's Summit Workshops will feature the state's leading advocates presenting their legislative agendas for the upcoming year. Issues include the state budget, child care, after-school programs, preschool, health care, mental health, welfare, asset building, housing, food stamps, foster care and paid sick days. Visit <http://www.ccrwf.org/working/index.html> for more information.
- 01/13/09 – Free Workshop: Working with Students to Improve Nutrition and Fitness (555 Northgate Drive, San Rafael, 3:45 p.m.-8:00 p.m.)
 - ⇒ Project HEART from Jefferson Union School District in San Mateo County will present a School Wellness Toolkit based on their successful three year program to engage students in wellness efforts. Learn activities and lessons you can easily incorporate into your existing school events, lessons and projects. To register, e-mail Liv Lauchenauer at lLauchenauer@co.marin.ca.us or fax (415) 473-4392.
- 02/07/08 – Educating the Whole Child Through Yoga (2001 Winward Way, 2nd Floor, San Mateo, 9:00 a.m.-12:00 p.m.)
 - ⇒ YogaKids integrates yoga with language arts, games, music, storytelling, and more to engage the "whole child." Yogic principles that promote relaxation, increased self-regulation and self-control will also be covered. For more information, contact Mariana Doig (415-752-7059; marianadoig@att.net).
- 02/07/08 – Teaching Yoga to Teens and Tweens (2001 Winward Way, 2nd Floor, San Mateo, 1:00 p.m.-4:00 p.m.)
 - ⇒ This innovative yoga training class provides participants with tools to empower teens and tweens with essential life skills they need to deal with daily challenges, gain a sense of balance and inner harmony, and to learn to make healthful life choices. For more information, contact Mariana Doig (415-752-7059; marianadoig@att.net).

Look out for our next Task Force newsletter in July 2009!!!