

# CHILDREN AND WEIGHT: TAKING ACTION IN DIXON

## November 2003

### I. Food Choices

**The three priority actions for Food Choices:**

1. **More nutritious foods in vending machines**
2. **More nutrition education in schools**
3. **More nutrition education for parents and community members**

#### **Action 1: More nutritious foods in vending machines**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>Find vendor who will supply nutritious foods</li> <li>Students select nutritious foods</li> <li>Phase in/out junk food - with student input</li> <li>Teachers should be role models</li> </ul>	<ul style="list-style-type: none"> <li>Vendors</li> <li>Families</li> <li>School Board Members</li> <li>PTAs (?)</li> <li>Food Service</li> <li>Students and Teachers</li> </ul>	<ul style="list-style-type: none"> <li>Money</li> <li>Car washes - student fundraising activities</li> <li>Parent fundraising activities especially in high school</li> </ul>

#### **Action 2: More nutrition education in schools**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>School Board needs to mandate (Health education required for all students)</li> <li>Food education with physical education</li> <li>Teachers need to be educated</li> <li>Calorie counts on foods in vending machines</li> </ul>	<ul style="list-style-type: none"> <li>Teachers</li> <li>Families/parents</li> <li>School board</li> <li>Food service</li> <li>Nutritionist</li> </ul>	<ul style="list-style-type: none"> <li>Volunteer speakers</li> </ul>

#### **Action 3: More nutrition education for parents and community members**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>Make/distribute information to public</li> <li>Assemblies for parents</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Presenters/community volunteers</li> <li>Food service personnel</li> </ul>	<ul style="list-style-type: none"> <li>None listed for this topic</li> </ul>

## II. Physical Activity

**The three priority actions for Physical Activity:**

1. **Make sports more affordable for everyone and provide transportation**
2. **Network/bilingual communication for community opportunities**
3. **Health club with play space and activities for children**

### **Action 1: Make sports more affordable for everyone and provide transportation**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>• Speak to City government</li> <li>• Find out what sports are offered in community and scholarship opportunities</li> <li>• Information going out to community in both languages</li> <li>• Target child care providers, schools, parent groups, community groups</li> <li>• Find out about licensing</li> <li>• Needs assessment from community</li> </ul>	<ul style="list-style-type: none"> <li>• City government</li> <li>• Schools</li> <li>• Parents</li> <li>• Faith community</li> <li>• Kids</li> <li>• Pregnant moms</li> </ul>	<ul style="list-style-type: none"> <li>• Grants</li> <li>• Fundraisers</li> <li>• Donations</li> <li>• Clubs</li> <li>• Businesses</li> <li>• Media</li> </ul>

### **Action 2: Network/bilingual communication for community opportunities**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>• City government should make available materials to talk with whole community</li> <li>• Create bilingual positions</li> <li>• Create paid jobs to facilitate program (program/outreach)</li> <li>• Community with schools, faith community – stakeholders</li> </ul>	<ul style="list-style-type: none"> <li>• Community</li> <li>• City government</li> <li>• Businesses</li> <li>• Parents</li> <li>• Schools</li> <li>• Clubs</li> <li>• Students</li> </ul>	<ul style="list-style-type: none"> <li>• Money</li> <li>• Grants</li> <li>• Businesses</li> <li>• Fundraisers</li> <li>• Community open to change</li> </ul>

### **Action 3: Health club with play space and activities for children**

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>• Find out what's available in health clubs</li> <li>• Talk to owners of health clubs</li> <li>• Fundraising</li> <li>• Find out if building isn't being used - talk to city</li> <li>• Start recruiting key people/ community members</li> <li>• Involve media</li> </ul>	<ul style="list-style-type: none"> <li>• Community</li> <li>• Health club owners</li> <li>• Community leaders</li> <li>• Potential participants</li> <li>• Schools</li> <li>• Faith community</li> <li>• City government</li> <li>• Health agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Money</li> <li>• Clubs - donate</li> <li>• City government support</li> <li>• Businesses</li> <li>• People/community</li> </ul>

### III. Home and Family Environment

The three priority actions for Home and Family Environment:

1. Making healthy food choices
2. Parents need to be role models
3. Children do too much passive activity

#### Action 1: Making healthy food choices

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>Making healthy food choices</li> <li>School district improve foods offered</li> <li>Educate parents on food choices</li> <li>Farmer's Market to make more local fruit and vegetables available</li> <li>Cooking schools for young adults and others who are interested</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Children</li> <li>School food service</li> <li>Local farmers</li> <li>Local Health Care providers</li> <li>Local nutrition educators</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Get more healthy food available so people can make better choices</li> <li>More education</li> <li>School support and school nurses</li> <li>Local support services like Dixon Family Services</li> </ul>

#### Action 2: Parents need to be role models

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>Less TV for parents</li> <li>Less internet for parents</li> <li>More physical activity for parents and family</li> <li>Do activities together as family</li> <li>Set up limits and boundaries</li> <li>Alternative - physical play, music, reading, talking, more communication, telling family stories</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Adults</li> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>Time</li> <li>Desire</li> <li>Willingness to change</li> </ul>

#### Action 3: Children do too much passive activity

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>Turn off TV</li> <li>Parents responsible for kids activity</li> <li>Parents lead not follow</li> </ul>	<ul style="list-style-type: none"> <li>Educators</li> <li>Parents</li> <li>Community leaders</li> <li>Health providers</li> <li>Nutrition education</li> <li>It takes a village to raise a child</li> </ul>	<ul style="list-style-type: none"> <li>More books</li> <li>Family time</li> <li>Play outside</li> <li>Less fear of our neighbors, get to know each other better</li> </ul>

## IV. Community Environment

The three priority actions for Community Environment:

1. Low cost activities for low income families
2. Indoor facilities for children during the winter
3. Incentives to get children to walk

### Action 1: Low cost activities for low income families

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>▪ Educate family as to what Dixon offers</li> <li>▪ Evaluate family needs</li> <li>▪ Different ethnicities and their needs/surveys</li> <li>▪ Find out what is already available</li> <li>▪ Gather support/local agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Students/what they want</li> <li>• Input of children/parents</li> <li>• School district</li> <li>• City council</li> <li>• The mayor</li> <li>• City government</li> <li>• Business</li> <li>• Teachers</li> <li>• Volunteers</li> <li>• Park and recreation committee</li> </ul>	<ul style="list-style-type: none"> <li>• Money</li> <li>• Volunteers</li> <li>• Pool</li> <li>• Games</li> <li>• Basketball/soccer</li> <li>• Fundraising/donations from businesses</li> <li>• Sponsors</li> <li>• Schools</li> <li>• Produce market/fundraising from in school Farmers Market and Walk-a-thons</li> </ul>

### Action 2: Indoor facilities for children during the winter

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>• Location (centralized)</li> <li>• Getting permission from existing facilities to host events for children/teens ie: teen night</li> <li>• Survey family regarding needs</li> <li>• After school activities</li> </ul>	<ul style="list-style-type: none"> <li>• School board</li> <li>• Teachers</li> <li>• Students/parents</li> <li>• Parks and Recreation Committee</li> <li>• The Mayor</li> <li>• Community</li> </ul>	<ul style="list-style-type: none"> <li>• Money</li> <li>• Fundraising</li> <li>• Sponsors</li> <li>• Staff and volunteers</li> <li>• Music for dances</li> <li>• Different games</li> </ul>

### Action 3: Incentives to get children to walk

What steps need to be taken to address this action?	Who are the key people that need to be involved?	What resources and support are needed to make this change?
<ul style="list-style-type: none"> <li>• Educate children/parents of the benefits of walking</li> <li>• Parents need to be told about the importance of physical activity and development</li> <li>• Have parents allow kids to walk to school</li> <li>• Make community safe - bike lanes, bigger sidewalks, law enforcement - police on bikes</li> <li>• Assemblies to teach kids about safety (crossing the street)</li> </ul>		

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