

CHILDREN AND WEIGHT: TAKING ACTION IN FAIRFIELD, SUISUN, AND TRAVIS October 2003

I. Food Choices

The three priority actions for Food Choices:

1. **Curtail fast foods at high school**
2. **Use healthy foods at special school events**
3. **Provide cooking classes at high school**

Action 1: Curtail fast foods at high school

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"> • Get action group together (parents of kids who attend school) • Group meetings to explain the problem • Target the school board members 	<ul style="list-style-type: none"> • Parents-PTA or parent group • Dietitians who see overweight kids • Teachers • Food service staff • Food vendors 	<ul style="list-style-type: none"> • Parents-PTA or parent group • Dietitians who see overweight kids • Teachers • Food service staff • Food vendors

Action 2: Use healthy foods at special school events

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"> • Letters to parents stating what are appropriate foods to prepare • Getting support of school staff • "Birthdays don't mean cupcakes" • Have junk food free zone • Ask kids what healthy foods they would like to have • Provide informational brochures listing ideas and actions • Have sign-up opportunities for non "key" people to get involved 	<ul style="list-style-type: none"> • People who plan school events • Parent volunteers • Teachers • School board • Dietitians/specialist • Children 	<ul style="list-style-type: none"> • Parents-PTA or parent group • Dietitians who see overweight kids • Teachers • Food service staff • Food vendors • Administrators

Action 3: Provide cooking classes at high school

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"> • Look at how classes are started • Discuss with high school principal 	<ul style="list-style-type: none"> • School board • Parent volunteers 	<ul style="list-style-type: none"> • Funding • Instructors

II. Physical Activity

The three priority actions for Physical Activity:

1. Increase the number of low cost programs/activities for children
2. Enforce “formal” physical education in schools
3. Increase low-cost non-traditional physical activities for children

Action 1: Increase the number of low cost programs/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"> Take issue to city/community officials Raise awareness of existing programs Guide for low-cost community activities Collaboration between organizations 	<ul style="list-style-type: none"> Parents! Schools/PTA Community officials Volunteers (faith and non-faith) 	<ul style="list-style-type: none"> Money Plan Trained personnel Location/space Collaboration

Action 2: Enforce “formal” physical 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"> Parent advocacy - Research indicates that physical activity can affect a child's learning ability Observation of physical education in schools Enforcement of policies Cross train other teachers 	<ul style="list-style-type: none"> Parents/PTA/teachers School board State officials Active students 	<ul style="list-style-type: none"> Money Data

Action 3: Increase low-cost non-traditional physical 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"> Promoting existing programs Recruit students/interns, etc Collaboration 	<ul style="list-style-type: none"> Agencies Parents Community members/volunteers Instructors 	<ul style="list-style-type: none"> Trained professionals Money Place Avenue for advertising

III. Home and Family Environment

The three priority actions for Home and Family Environment:

1. Educate parents about nutrition
2. Encourage children to play sports
3. Schools need to be more active in physical education program

Action 1: Educate parents about nutrition

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"> • Need group/community meetings • TV media involvement • Incentive systems • Parent meetings • Showing a balanced meal • Consumer education 	<ul style="list-style-type: none"> • The whole family • Schools • Community • Church • Dietitian/nutritionist/doctors • Grandparents/extended families • Childcare providers • Military families 	<ul style="list-style-type: none"> • Women, Infant and Children program (WIC) • Community support system • Videos/educational resources • Health professional • Pediatrician/MD

Action 2: Encourage children to play sports

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"> • Parent involvement • Show how much fun it is • Cost/sliding scale • More PE in school • Show recreation and sports • Find interest of child 	<ul style="list-style-type: none"> • Parents-mothers and fathers • Teachers • Care givers • Coaches • Peers 	<ul style="list-style-type: none"> • More community clubs • More community support • Siblings • Access to inexpensive sporting equipment • Sporting equipment exchange

Action 3: Schools need to be more active in physical education program

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"> • Active coaches • Make it less competitive • Parent involvement • Parent volunteer • Incentives for school to include more PE time • Write to law makers 	<ul style="list-style-type: none"> • Parents • Kids • Peer • Teachers • School board • Community 	<ul style="list-style-type: none"> • Community meeting • Educate the community about benefits of Physical Education • Fitness center donation • More youth centers

IV. Community Environment

The three priority actions for Community Environment:

1. Provide maps for bike paths
2. Increase lighting on bike paths, walkways, and in neighborhoods
3. Increase police patrol along paths and in neighborhoods

Action 1: Provide maps for bike paths

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"> Determine if there is a map Petition Chamber of Commerce to create one Make available current information at schools, internet, etc. Police patrol on paths to distribute Draft letter to Mayor and City Council-community stakeholders, media regarding this need 	<ul style="list-style-type: none"> City planning/transportation Real estate agents and companies Community planning Webmasters for City web pages on the Internet site 	<ul style="list-style-type: none"> Business community, downtown association Chamber of Commerce City funds Grants Grassroots Organizations Operating Together in Sisterhood (GROOTS)

Action 2: Increase lighting on bike paths, walkways and in neighborhoods

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"> City Council forum Planning/engineering department involvement Police Department involvement Rebates on motion detectors (for light to see) Developers-install more lights and sidewalks in new developments 	<ul style="list-style-type: none"> Mayor City Council Media Chamber of Commerce Local homeowners Local children organizations-scouts, soccer, Little League 	<ul style="list-style-type: none"> Money! Grant writer Department of Homeland Security could be source for funding Indian gaming dollars Media to provide visibility of problem and solutions to public

Action 3: Increase police patrol along paths and in neighborhoods

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"> Have police ride along paths City Council involvement Private security involvement Volunteer help Community organizations (Kiwanis, churches, etc.) Home owner association involvement 	<ul style="list-style-type: none"> Neighborhood watch/homeowners Volunteer services City Council Board of Supervisors School Board Faith-based community Domestic violence services/people 	<ul style="list-style-type: none"> Fundraising Special interest groups Grants Media United Way and matching grants

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