

**CHILDREN AND WEIGHT:
TAKING ACTION IN SOLANO COUNTY SCHOOLS
April 2003**

I. Food Choices

The Three Priority Actions for Food Choices:

1. **Availability of healthy foods, NO vending machines in schools**
2. **Less self-service of foods**
3. **Expand the healthy food items on the school menu**

Action 1: Availability of healthy food, NO vending machines 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"> • Go to administration • Renegotiate contracts on vending machines/healthier choices • Limit hours of use of vending machines • Lock vending machines up • Education for students about healthy food choices 	<ul style="list-style-type: none"> • Administrators • Parents • Teachers • Students-middle school/high school • Vendors, who own machines • Dietitians/health professionals 	<ul style="list-style-type: none"> • Money • Space • Staff/security • Alternative fund raising sources • Health professionals • Local farmers markets and produce • Promote school gardens

Action 2: Less self-service of foods 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"> • Change in lunch procedures • Students and teachers educate on what is a serving/visual aids • Hygiene issues/sneeze shield/dirty hands • Establish limits on servings • Eliminate buffet chart 	<ul style="list-style-type: none"> • Health educators • Peers • Trained student helpers/food service personnel too • District administration 	<ul style="list-style-type: none"> • District administration • Parents support • Director of food service • Video tape lunch at school

Action 3: Expand the healthy food items on the school menu

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"> • Review nutritional guidelines • Observe what's being eaten and what's being thrown away • Student and parental input • Cultural food awareness • Vegetarian options • Money/funding • Testing • Get in touch with farmers markets/produce variety 	<ul style="list-style-type: none"> • Farmers/farmers markets • District food service personnel • Friends of farmers • Dietitians • Parents • Students • Large corporations 	<ul style="list-style-type: none"> • Money • Staff • Equipment • Adults • Co-ops • Local grocers • Education on nutritious foods

II. Physical Activity

The Three Priority Actions for Physical Activity:

1. Address the large class size of physical education classes
2. Leaders, including principals, need to value physical education
3. Need for organized physical activities during lunch time and at recess

Action 1: Address the large class size of physical education classes

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"> • Bring before school board • Need to know what it takes to lower class size (personnel, money) • Bring to union • Space is an issue (weather, e.g.) • Schedules have to be examined 	<ul style="list-style-type: none"> • School board • Union • Administrators • P.T.A. • Site council 	<ul style="list-style-type: none"> • Money \$\$ • Personnel • Space • Time • Plan-organizational

Action 2: Leaders, including principals, need to value physical education

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"> • Educate • Research • Leaders need to buy in/actively participate 	<ul style="list-style-type: none"> • Rhea Zaks - Benicia School Board • Mayrene Bates-County Board of Education • Lon Encalada - A.P. Rodriguez High School • Jane West - Principal • Kevin Franch - Principal • Gary Falati – Fairfield/Suisun School Board 	<ul style="list-style-type: none"> • Training • Education • Money • Space • Time • Support by Union, School Board, P.T.A. • Research materials and information • U.C. Berkeley • Professional sport programs • City

Action 3: Need for organized physical activities during lunch time and at recess

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"> • Plan - schedule • Staff • Equipment • Places (schools) 	<ul style="list-style-type: none"> • Principal • Teachers • P.T.A. • City • Grandparents • Volunteers • Americorps 	<ul style="list-style-type: none"> • Equipment • Leaders • Supervisors of activity • Personnel • Fields/places • Parks and recreation • Businesses • Service clubs

III. Curriculum

The Three Priority Actions for Curriculum:

1. **Stop and do stretch break or energizers during classroom time**
2. **Integrate nutrition, health, and activity into standard based curriculum**
3. **Provide hands on activity: cooking, gardening, physical activity**

Action 1: Stop and do stretch break or energizers during classroom time

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"> • Write out the idea • Model at staff meeting • Get buy-in from others. This helps you to get 100 minutes (state mandate) • Site publication of great energizers • Potential money raiser • Families and community adopts 	<ul style="list-style-type: none"> • Principals • Physical education teachers • Nurses • Kathy Pranke • Committed health-conscious parents and teachers • UC Cooperative Extension 	<ul style="list-style-type: none"> • Corporate sponsors • SPARK • Mouserercise-Goofy and Mickey • Go to Curves and other fitness centers for pre-printed stretches and exercises

Action 2: Integrate nutrition, health, and activity into standard-based curriculum

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"> • Give teachers examples of what to do • Introduce sample standard-based curriculum at staff meeting or district in-service training and grade level meetings • Share ideas with others • Balanced meals in restaurants • Cafeteria lunches • Investigate where these foods come from • Follow food from farm to families • Grocery store scavenger hunt • Look into the various eating utensils used around the world • Thank a farmer for our food • Have students compare how they feel and how much energy it takes to sit quietly in their seats, etc. • Activity to turn cream into butter • Show students how yeast makes bread rise 	<ul style="list-style-type: none"> • Buy-in school superintendent • Staff meetings • Principal • Teachers • Parent support-site council 	<ul style="list-style-type: none"> • Xerox • Secretary support • Parent support • Media • E-mail

IV. Community Environment

The Priority Actions for Community Environment:

1. Provide parent education programs
2. Implement healthy lifestyle programs, including medical exams, for children

Action 1: Provide parent education programs

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"> • Choose or develop program-series • Get word out to parents • Raise awareness • Make available (low cost/free) • Multi lingual • Ongoing support/FU 	<ul style="list-style-type: none"> • Parents/caregivers • Medical providers PHP • School nurses • Teachers • Grocery Stores • County H&SS/UC Cooperative Extension office • Churches • Youth organizations • Preschools • Media • Local corporations 	<ul style="list-style-type: none"> • Money \$\$ • Facilities • Curriculum • Materials • Community support/buy in • Volunteers • Legislation to support

Action 2: Implement healthy lifestyle programs, including medical exams, 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"> • Awareness of problem • Referral process (school/doctors) • Write grant/\$\$ • Involve medical community • Choose curriculum • Staff & facilities • Ensure access • Evaluation 	<ul style="list-style-type: none"> • Parents • Kids • Doctors/nurses • Teachers • Care providers • Media • County • Corporations/business • Food service • Grocery • Fast food 	<ul style="list-style-type: none"> • Funds \$\$\$ • Facilities/staff • Transportation • After school programs • Parent involvement • Doctors/nurses/RDs/dentist • Partnership for Health Plan

V. Staff Wellness

The Three Priority Actions for Staff Wellness:

1. Support from North Bay Insurance/school insurance company to add wellness division
2. Promote modeling of healthy behaviors
3. Establish district wellness committee

Action 1: Support form North Bay Insurance/school insurance company to add wellness division

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"> • Request from districts to insurance company • Determine who interacts with insurance company 	<ul style="list-style-type: none"> • Determine who interacts with insurance company • Who at North Bay works with districts • District administrators 	<ul style="list-style-type: none"> • Financial support from North Bay Insurance • Use other insurance company with existing programs as model

Action 2: Promote modeling of healthy behaviors

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 what is good behavior • Needs assessment • Develop coalition of supporters • Incentive program for willing participants 	<ul style="list-style-type: none"> • Physical education instructors • Administrators • Cafeteria • Teachers • Kids • Cross-age mentors 	<ul style="list-style-type: none"> • Time • Community agencies-for incentives • Administration • Teachers

Action 3: Establish district wellness committee

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"> • Identify key people • Determine if resources are available 	<ul style="list-style-type: none"> • School nurse • Food service staff • Physical education instructors • Administration • Willing participants • PTA 	<ul style="list-style-type: none"> • Look at established programs • Wellness committees at health insurance companies: Kaiser/ Health Net/Blue Cross • Administration • PTA • Willing and motivated staff

Developed at the *Children and Weight: Taking Action in Solano County Schools* forum on April 3, 2003.
 Sponsored by the Children and Weight Coalition of Solano County.
 Funded by The California Endowment.