

# CHILDREN AND WEIGHT: TAKING ACTION IN VACAVILLE

## October 2003

### I. Food Choices

The three priority actions for Food Choices:

1. Talk to School Board about 2003 Jack O'Connell's Superintendent Challenge
2. More healthy food options in restaurants, symbols by city to show healthy choices available
3. Train teachers for healthier snack ideas-cheaper ideas

#### Action 1: Talk to School Board about 2003 Jack O'Connell's Superintendent Challenge

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>Encourage School Board</li> <li>Awareness to parents</li> <li>Organize a committee</li> <li>Inform parents</li> </ul>	<ul style="list-style-type: none"> <li>School Board</li> <li>School nurses</li> <li>Food service director</li> <li>Parents</li> <li>Community</li> <li>Teachers</li> <li>Principals</li> <li>Students</li> <li>Food Preparation/production people</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Committee</li> <li>Money-more, lots more</li> <li>Interested people</li> <li>Parent input</li> </ul>

#### Action 2: More healthy food options in restaurants, symbols by city to show healthy choices available

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>Talk to City Council</li> <li>Research what exists</li> <li>Buy in from restaurants</li> <li>Create a brochure about the restaurants</li> </ul>	<ul style="list-style-type: none"> <li>Businesses</li> <li>Business Council</li> <li>Chamber of Commerce</li> <li>Mayor</li> <li>Restaurant owners/Chefs /Local owners</li> <li>City Council</li> </ul>	<ul style="list-style-type: none"> <li>Volunteers</li> <li>What have other cities done? (Train the trainer)</li> <li>Money</li> <li>Media</li> <li>Local celebrity to endorse</li> </ul>

#### Action 3: Train teachers for healthier snack ideas-cheaper ideas

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>Take donations</li> <li>Develop a kit of alternative treats</li> <li>Alternatives to foods list</li> <li>Get businesses involved</li> <li>Standards for all grades</li> </ul>	<ul style="list-style-type: none"> <li>Teachers</li> <li>Children and Weight Coalition members</li> <li>Students</li> <li>Businesses</li> <li>Chamber of Commerce</li> <li>School Nutrition Director/staff</li> </ul>	<ul style="list-style-type: none"> <li>Vacaville Education Foundation Grant</li> <li>Businesses</li> <li>Chamber of Commerce</li> <li>Volunteers in Community</li> <li>More money</li> <li>PTA</li> </ul>

## II. Physical Activity

The three priority actions for Physical Activity:

1. Increase physical activity opportunities for special needs children
2. Make low-cost physical activities available
3. Increase awareness of physical activity

### Action 1: Increase physical activity opportunities for special needs 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>• Parent education</li><li>• Teacher education</li><li>• Public recognition of the issue</li><li>• Collaborate with Special Olympics</li><li>• Needs assessment</li></ul>	<ul style="list-style-type: none"><li>• Parents</li><li>• Special Education instructors</li><li>• Health care provider</li><li>• Irene Larsen Center</li><li>• Physical Education teachers</li><li>• School administrators</li></ul>	<ul style="list-style-type: none"><li>• Sponsors</li><li>• Parental support</li><li>• Department of Recreation</li></ul>

### Action 2: Make low-cost physical activities available

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>• Partnership with city</li><li>• Offering sliding scale fees</li><li>• After-school programs at school</li><li>• School grants</li></ul>	<ul style="list-style-type: none"><li>• Parents</li><li>• Teachers</li><li>• City, school administrators</li><li>• Large corporations</li></ul>	<ul style="list-style-type: none"><li>• Space</li><li>• Money</li><li>• Adults to provide programs</li><li>• Equipment</li><li>• Private entities to support</li></ul>

### Action 3: Increase awareness of physical 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>• Benefits education of physical activity</li><li>• Assess what is out there</li><li>• New strategies for advertisement</li><li>• Newspaper</li><li>• Channel 8</li></ul>	<ul style="list-style-type: none"><li>• Parents</li><li>• Media</li><li>• Teachers</li><li>• Department of Recreation</li><li>• "Kids fest"</li></ul>	<ul style="list-style-type: none"><li>• Money</li><li>• Media</li><li>• Committee</li></ul>

### III. Home and Family Environment

The three priority actions for Home and Family Environment:

1. Provide meal planning education for parents and teens
2. Unplugging families – promote electronic-free time
3. Increase affordable family exercise programs

#### Action 1: Provide meal planning education for parents and teens

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>Community services offer free classes</li> <li>Marketing (recipe ideas) through community organizations, school newsletters, channel 8</li> <li>Market teen cooking class with incentives</li> <li>Education about ingredients - read the label</li> <li>Have a wellness fair</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Media</li> <li>Health educators</li> <li>Children/teens</li> <li>Community organization/ collaborations for all levels- city, county, medical providers</li> <li>Board of Education</li> <li>Grocery stores-demonstrate meals, food specials</li> </ul>	<ul style="list-style-type: none"> <li>Channel 8</li> <li>School</li> <li>Community newspapers</li> <li>KUIC radio</li> <li>Churches</li> <li>Library</li> </ul>

#### Action 2: Unplugging families – promote electronic-free 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"> <li>Promotion</li> <li>Limit screen time</li> <li>Alternative family physical activities</li> <li>More programs like National Night Out</li> <li>Changing habits</li> </ul>	<ul style="list-style-type: none"> <li>Parents</li> <li>Media - push</li> <li>Schools</li> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>Organized promoted family nights out</li> <li>More community based events</li> <li>Media/promotion</li> </ul>

#### Action 3: Increase affordable family exercise 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"> <li>Promote the need to fitness centers/parks/recreation</li> <li>More accessible connecting bike paths</li> <li>Family- non-competitive family activities</li> <li>Family bowling</li> <li>Family volleyball</li> <li>Family night skate center</li> </ul>	<ul style="list-style-type: none"> <li>Parks &amp; Recreation</li> <li>Media</li> <li>Businesses</li> <li>Fitness Centers</li> <li>Churches</li> <li>Families</li> </ul>	<ul style="list-style-type: none"> <li>Family nights designated at local businesses with discounted prices that night</li> <li>Additional outdoor basketball and tennis courts and parks.</li> </ul>

## IV. Community Environment

The three priority actions for Community Environment:

1. Safe ways to walk/bike more and drive less, particularly for children
2. Need more high schools and junior high schools
3. Increase the number of countdown-type cross walks, especially near schools

### Action 1: Safe ways to walk/bike more and drive less, particularly 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>• Explain need to City Council</li> <li>• Schools involved to advocate</li> <li>• Assess current situation</li> <li>• Showing them models that work in other nearby areas</li> <li>• People are willing to help</li> <li>• Meeting and collaboration with neighbors</li> </ul>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Elected officials</li> <li>• Community Services</li> <li>• City planners</li> <li>• City transportation</li> <li>• School district</li> <li>• Actual community members</li> </ul>	<ul style="list-style-type: none"> <li>• More meetings to discuss/educate the need for change</li> <li>• Police participation</li> <li>• Volunteer to put effort - youth, older, all ages</li> <li>• Sturdy, stable economy</li> <li>• Reduce traffic/accidents because walking and biking happens more</li> <li>• Money</li> <li>• People</li> </ul>

### Action 2: Need more high schools and junior high 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>• We need education priorities to be backed with enough funds</li> <li>• Assess and establish importance of smaller school environments</li> </ul>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Same as #1</li> <li>• Kids</li> <li>• Advocacy - say what you are thinking</li> </ul>	<ul style="list-style-type: none"> <li>• Money</li> <li>• Community support</li> <li>• Fund development - corporate, creative, grants, endowments</li> <li>• Creative resources development</li> </ul>

### Action 3: Increase the number of countdown-type cross walks, especially near 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>• Take city and school officials to see them</li> <li>• Do walkable community workshop</li> <li>• Education about importance of changing city environments to encourage walking</li> <li>• Neighborhood meetings begin in the neighborhood</li> </ul>	<ul style="list-style-type: none"> <li>• Same people</li> <li>• Walkable community garage?</li> <li>• Run/walk event to kids to promote effort</li> <li>• Capitalize on countdown as a word</li> </ul>	<ul style="list-style-type: none"> <li>• People</li> <li>• Creativity</li> <li>• Money</li> <li>• Open-minded to change</li> </ul>

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