

# CHILDREN AND WEIGHT: TAKING ACTION IN THE VALLEJO COMMUNITY September 2003

## I. Food Choices

The three priority actions for Food Choices:

1. Create a Celebration for Health and Fitness with a cookbook (a healthy living festival)
2. Expand the summer lunch program
3. Educate ethnic restaurants about nutrition and healthy cooking techniques

### Action 1: Create a Celebration for Health and Fitness with a cookbook (a healthy living festival)

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>Farmer's market buy-in</li> <li>Research nutrition week</li> <li>Create community</li> <li>Get school district buy-in</li> <li>Obtain restaurant/food business buy-in</li> <li>Find funding</li> <li>Piggy back on another festival (international festival-October-Vallejo Museum)</li> <li>Call Carol Larson</li> <li>Pick a date and formulate timeline</li> </ul>	<ul style="list-style-type: none"> <li>Carol Larson</li> <li>School superintendent, Carrie Braverman-director of school nutrition services</li> <li>Restaurant owners</li> <li>Festival coordinator</li> <li>Farmer's market coordinator</li> <li>Fitness clubs</li> <li>Martin Yan (Meyer)</li> <li>Wednesday night festival</li> <li>Safeway</li> </ul>	<ul style="list-style-type: none"> <li>Money</li> <li>Sponsorship, grants</li> <li>Meyer</li> <li>General Mills</li> <li>Home Depot</li> <li>City, schools</li> <li>Chamber of commerce</li> <li>Fitness clubs</li> <li>Wal-Mart</li> <li>McDonald's-CC Yen</li> </ul>

### Action 2: Expand the summer lunch 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"> <li>School sponsorship - expand support</li> <li>Churches</li> <li>Need site in downtown Vallejo</li> <li>First United Church</li> <li>Low performing schools need breakfast (K-12)</li> <li>Outreach plan</li> <li>Marketing plan</li> </ul>	<ul style="list-style-type: none"> <li>School district staff</li> <li>Faith community</li> <li>Newspaper publisher</li> <li>Supermarkets/ads</li> <li>Mayor of Vallejo</li> <li>City Council</li> <li>Assemblywoman Pat Wiggins</li> <li>California Food Policy Advocates</li> <li>Department of Agriculture</li> <li>University of California San Francisco</li> </ul>	<ul style="list-style-type: none"> <li>School district</li> <li>Local marketing person</li> </ul>

## II. Physical Activity

The three priority actions for Physical Activity:

1. Expand REACH program, challenges little league (abled differently)
2. Expand scholarships for needy children and make them aware there are scholarships available
3. Educate parents on importance of physical activity

### Action 1: Expand REACH program, challenges little league (abled differently)

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 priority time/money/resources</li><li>• Awareness/media attention to existing programs</li></ul>	<ul style="list-style-type: none"><li>• Officials</li><li>• Parents/grandparents &amp; foster parents</li><li>• School leadership</li><li>• Coordinator for different groups</li><li>• Volunteers</li><li>• Media</li></ul>	<ul style="list-style-type: none"><li>• Money</li><li>• Value - city wide</li><li>• Attitude changes of all</li></ul>

### Action 2: Expand scholarships for needy children and make them aware there are scholarships 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>• Needy is relevant</li><li>• Family discount rate</li><li>• More collaboration from community groups, churches, and corporate sponsorship</li></ul>	<ul style="list-style-type: none"><li>• Officials</li><li>• Parents/grandparents &amp; foster parents</li><li>• School leadership</li><li>• Coordinator for different groups</li><li>• Volunteers</li><li>• Media</li><li>• Mayor</li><li>• County Board of Supervisors</li><li>• Superintendent of Schools</li><li>• Leaders of Police Athletic League, AL, soccer, etc.</li><li>• Greater Vallejo Recreation District</li></ul>	<ul style="list-style-type: none"><li>• A forum of providers can do it if they all move together</li></ul>

### III. Home and Family Environment

The three priority actions for Home and Family Environment:

1. Prepare grocery list in advance
2. Encourage parents to do active play with kids
3. Set limits with TV watching and give positive rewards for good choices

#### Action 1: Prepare grocery list in advance

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>• Involve kids in list choices</li><li>• Know budget</li><li>• Planning meals for week include lunches</li><li>• School snacks &amp; after school snacks</li><li>• Eat before shopping</li><li>• Avoid sample aisles</li><li>• Stock shelves with basic food necessities (beans, tomatoes, etc.)</li></ul>	<ul style="list-style-type: none"><li>• Parents</li><li>• Children</li></ul>	<ul style="list-style-type: none"><li>• Reading labels</li><li>• Store manager</li><li>• Menus/recipes</li><li>• Coupons</li></ul>

#### Action 2: Encourage parents to do active play with kids

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 time</li><li>• Daily activity sheet</li></ul>	<ul style="list-style-type: none"><li>• Parents</li><li>• Children</li><li>• Greater Vallejo Recreation District</li><li>• Continental of Mega Boys and Girls Club</li><li>• Teachers</li><li>• Community leaders</li><li>• City, state, federal government</li><li>• Church</li></ul>	<ul style="list-style-type: none"><li>• Funding</li><li>• Collaboration</li><li>• Time</li><li>• Team effort (parents, community leaders, teachers, government)</li><li>• Media</li></ul>

#### Action 3: Set limits with TV watching and give positive rewards for good 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>• Know what child is watching</li><li>• Set time limit and be consistent</li></ul>		

## IV. School Environment

The three priority actions for School Environment:

1. Soda machines and vending machines need to have healthier choices
2. Nutrition classes need to be institutionalized as part of the curriculum (K-12)
3. Physical Education programs need to be brought back and needs to be mandatory

### Action 1: Soda machines and vending machines need to have healthier 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>Remove soda from vending machines</li> <li>Add water to vending machines</li> <li>Make healthier choices in machines available</li> </ul>	<ul style="list-style-type: none"> <li>Legislature</li> <li>School district</li> </ul>	<ul style="list-style-type: none"> <li>Professional lobby group for nutrition</li> <li>Parental support</li> <li>Support from local vendors</li> </ul>

### Action 2: Nutrition classes need to be institutionalized as part of the curriculum (K-12)

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>Need to be formalized</li> <li>Teachers need curriculum and time to give it</li> <li>Health educators/ teachers are needed</li> <li>District level - needs to be given same priority as STAR test</li> <li>Needs to be built in as child progresses through the different grades</li> </ul>	<ul style="list-style-type: none"> <li>Teachers</li> <li>District staff</li> <li>Support from legislature to mandate classes, free up the money</li> </ul>	<ul style="list-style-type: none"> <li>More money</li> <li>More training for the teachers</li> <li>Parental support and what they don't support</li> </ul>

### Action 3: Physical Education programs need to be brought back and needs to be mandatory

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>Needs to be part of school program curriculum-STANDARD</li> <li>Physical Education teachers need to be hired</li> </ul>	<ul style="list-style-type: none"> <li>Legislature because of money</li> <li>District</li> <li>Time is needed to have physical education in curriculum</li> </ul>	<ul style="list-style-type: none"> <li>More money</li> <li>More training for the teachers</li> <li>Parental support and what they don't support</li> <li>Higher-ups</li> </ul>

## V. Community Environment

The three priority actions for Community Environment:

1. Grocery stores and farmers market in low income are needed, i.e. No Vallejo “press” and Mare Island /37
2. Need sidewalks around schools: Loma Vista and Solano Middle School/Club at Mini Drive, need barriers between street and sidewalks, widen and fix sidewalks
3. More use of and activities at community centers with healthy snacks

**Action 1: Grocery stores and farmers market in low income are needed, i.e. No Vallejo “press” and Mare Island /37**

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>Start citizens petition to get stores in certain areas</li> <li>Ask farmers market association to do market in North Vallejo if successful</li> </ul>	<ul style="list-style-type: none"> <li>Community support</li> <li>Local and state politicians</li> <li>Organizational support ie. Children and Weight Coalition</li> <li>Associations i.e. American Heart Association</li> </ul>	<ul style="list-style-type: none"> <li>The community colleges</li> <li>Faith based community</li> <li>Omega boys and girls clubs</li> <li>Politicians</li> <li>Grants-UC San Francisco, UC Berkeley, UC Davis, Touro University</li> <li>Marine World</li> <li>Oil companies-Chevron</li> <li>Farmers Market</li> </ul>

**Action 2: Need sidewalks around schools: Loma Vista and Solano Middle School/Club at Mini Drive, need barriers between street and sidewalks, widen and fix sidewalks**

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>MTC-photovoice report-as a standard of practice</li> <li>City planners</li> <li>Petition</li> <li>Create specific sample plan on statewide safety</li> </ul>	<ul style="list-style-type: none"> <li>Walk to school program</li> <li>Fitness community</li> <li>Politicians</li> <li>Community leaders/citizens</li> <li>Vallejo City Unified School District</li> </ul>	

## VI. Work Site Wellness

The three priority actions for Work Site Wellness:

1. Equipment needed to increase physical activity
2. Education of employer to value the health of their employees and buy-in for benefits
3. Boss needs to be positive role model in workplace

### Action 1: Equipment needed to increase 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>• Talk to management</li><li>• Determine if there is adequate space</li><li>• Get co-workers support</li></ul>	<ul style="list-style-type: none"><li>• Management</li><li>• Physicians</li><li>• Co-workers</li><li>• Committee</li><li>• Spearhead (person)</li></ul>	<ul style="list-style-type: none"><li>• Someone to donate equipment</li><li>• Brochures/pamphlets</li><li>• Money</li><li>• Videos</li><li>• Speakers from community: fitness trainer, doctors, Registered Dietitians</li><li>• Incentives</li></ul>

### Action 2: Education of employer to value the health of their employees and buy-in for benefits

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>• Boss modeling healthy behavior</li><li>• Employer needs statistics to show benefits: decrease in sick time, decrease in injury, increase in motivation, increase in productivity</li></ul>	<ul style="list-style-type: none"><li>• Employer</li><li>• Insurance provider</li><li>• Physicians</li><li>• Administration</li><li>• Unions</li><li>• Employee advocate</li></ul>	<ul style="list-style-type: none"><li>• Time</li><li>• Space</li><li>• Dollars</li></ul>

### Action 3: Boss needs to be positive role model in workplace

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>• Boss needs to understand the importance (reasons)</li><li>• Union representative involvement</li><li>• Professionalism needs to be increased in younger employees</li></ul>		

Developed at the *Children and Weight: Taking Action in the Vallejo Community* forum on September 9, 2003.  
Sponsored by the Children and Weight Coalition of Solano County.  
Funded by The California Endowment.