

**CHILDREN AND WEIGHT:  
TAKING ACTION IN THE BENICIA COMMUNITY  
May 29, 2003**

**I. Food Choices**

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

1. Educate parents and kids on importance of eating healthy food
2. Establish healthy food (snack) days
3. Provide more time to enjoy food at meal times

**Action 1: Educate parents and kids on importance of eating healthy food**

| 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>• Sign up for free materials</li> <li>• Seek free speakers for classroom</li> <li>• Creative working demonstrations-interactive</li> <li>• Food-based art activity</li> <li>• Have the teacher or parent organizer send out a flyer to remind parents of healthy snacks for their children during testing week.</li> <li>• Have a monthly food column in the school newsletter. It could be written by Tim Brice, for example, and have examples of healthy nutritious foods to send to school. It could also contain tips for sending snacks.</li> </ul> | <ul style="list-style-type: none"> <li>• Teachers</li> <li>• Slow Foods USA</li> <li>• Parent involvement...cooking demonstrations</li> <li>• Benicia forum and LEAF grant ongoing activism</li> </ul> | <ul style="list-style-type: none"> <li>• Funding</li> <li>• Talk with TV, Costco, Whole Foods, Raley's corporate dietitian, Valero, Comcast</li> <li>• Anne Hahn-Smith-networking and public relations</li> </ul> |

**Action 2: Establish healthy food (snack) days**

| 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>• Approach principals and PTA on "Healthy Food Day" concept</li> </ul> | <ul style="list-style-type: none"> <li>• Volunteers</li> <li>• Parents</li> <li>• Principals</li> </ul> | <ul style="list-style-type: none"> <li>• PTA</li> <li>• Principals</li> </ul> |

**Action 3: Provide more time to enjoy food at meal times**

| 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 districts need to adopt-idea</li> <li>• Proactive solutions presented to schools</li> <li>• Supervision</li> </ul> |  |  |

## II. Physical Activity

The three priority actions for Physical Activity:

1. Provide multi-level physical education programs in our schools
2. Provide community-based, non-competitive athletic activities for children
3. Offer physical activities for all ages and abilities throughout the community

### Action 1: Provide multi-level physical education programs in our 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>• Accounting tool</li> <li>• Protocol &amp; mechanism to administer</li> <li>• Sell the teachers, staff and dist. office</li> <li>• Review and evaluation of accounting plan - is it working?</li> <li>• Curriculum adjustments</li> </ul> | <ul style="list-style-type: none"> <li>• Physical education teachers</li> <li>• School administration</li> <li>• School board</li> <li>• Parents</li> <li>• Students</li> <li>• Scheduling staff</li> </ul> | <ul style="list-style-type: none"> <li>• Funding</li> <li>• Time</li> <li>• Qualified people to evaluate</li> <li>• Research about comfort of kids in physical education</li> <li>• Training</li> </ul> |

### Action 2: Provide community-based, non-competitive athletic 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>• Involve community</li> <li>• Mentoring</li> <li>• Cross-age</li> <li>• Secure facility</li> <li>• Incentive program</li> <li>• Schedule activities</li> <li>• Advertise programs</li> <li>• Ad hoc/core committee</li> </ul> | <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Site representatives</li> <li>• Participants</li> <li>• Public relation people</li> <li>• Supervisors and First Aid</li> <li>• Parents</li> <li>• Community members</li> <li>• Stars/ high profile athletes</li> <li>• Business support</li> </ul> | <ul style="list-style-type: none"> <li>• Land/facilities</li> <li>• Funding</li> <li>• Equipment</li> <li>• Awards/incentive</li> <li>• Volunteers</li> <li>• Use of parks-parks &amp; rec. com.</li> <li>• City Council</li> <li>• Chamber of Commerce</li> <li>• Private industry</li> </ul> |

### Action 3: Offer physical activities for all ages and abilities throughout the community

| 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>• Central information of opportunities</li> <li>• Advertisement/master calendar</li> <li>• Planned activities</li> <li>• Secure events</li> <li>• Check interest</li> <li>• Feedback/evaluation</li> <li>• Hold event</li> <li>• Post activity recognition</li> </ul> | <ul style="list-style-type: none"> <li>• Community</li> <li>• Park and Recreation staff</li> <li>• Police and fire</li> <li>• Celebrities</li> <li>• Public relations firm</li> <li>• State park people</li> <li>• City government</li> <li>• School/district</li> <li>• Attorney</li> <li>• First aid</li> <li>• Business</li> </ul> | <ul style="list-style-type: none"> <li>• Sites</li> <li>• Publication</li> <li>• Center/leadership</li> <li>• Funding</li> <li>• Time</li> <li>• Park banner advertisement</li> <li>• Use permits</li> <li>• Channel 27</li> <li>• Downtown merchant association</li> <li>• Main street people</li> <li>• Veterinarian</li> <li>• Medical/first aid</li> <li>• Community support</li> <li>• Participants</li> <li>• Seniors involvement</li> <li>• City government</li> <li>• Park and recreation staff</li> <li>• Schools</li> <li>• Scouts/youth groups/service organizations/churches</li> </ul> |

### III. Community Environment

The three priority actions for Community Environment:

1. Address the lack of safe walking to school and overpasses
2. Provide community service activities for high school students-walk younger ones to school
3. Community organization with variety of unorganized activities

**Action 1: Address the lack of safe walking to school and overpasses**

| 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>• Walk to school day participation</li> <li>• Supervision available</li> <li>• Contact powers that be and policy change</li> <li>• Media campaign</li> <li>• Educate parents</li> <li>• Safe environment-bullying</li> <li>• Walking groups</li> </ul> | <ul style="list-style-type: none"> <li>• Parents</li> <li>• Older kids</li> <li>• Neighbors</li> <li>• Police</li> <li>• Planning commission</li> <li>• School staff</li> <li>• Media</li> <li>• Seniors</li> </ul> | <ul style="list-style-type: none"> <li>• Walk to school materials</li> <li>• Statements of support from City Council</li> <li>• Local funding/support from business</li> <li>• Legislative support</li> <li>• Recognize involvement</li> <li>• Parental buy in</li> <li>• Walking awards</li> <li>• Healthy Kids Challenge</li> </ul> |

**Action 2: Provide community service projects for high schools, such as walking younger ones to 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"> <li>• Buy in from students and schools</li> <li>• Develop program plan</li> <li>• Find appropriate curriculum materials</li> <li>• Check on liability issues</li> <li>• Provide/engage supervision</li> <li>• Develop plan for school credit</li> </ul> | <ul style="list-style-type: none"> <li>• Leadership class at high school and Physical Education class</li> <li>• Students</li> <li>• Teachers</li> <li>• Block B</li> <li>• PTA/PTO</li> </ul> |  |

## IV. School Nutrition and Physical Education Policy

The three priority actions for School Nutrition and Physical Education Policy:

1. Make current food selections healthier
2. Develop parent education forum
3. Teacher training in elementary for Physical Education

### Action 1: Make current food selections healthier

| 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>• Nutritional breakdown analysis of food</li> <li>• Taste testing</li> <li>• Survey students about what they want to eat</li> <li>• Student education about nutritional content of food</li> </ul> | <ul style="list-style-type: none"> <li>• Coordinator of food services</li> <li>• PTA/PTG</li> <li>• Site council</li> <li>• Student leaders</li> <li>• School boards</li> <li>• LEAF project</li> <li>• Parents</li> <li>• Farmers market liaison</li> <li>• Solano County of Agriculture program</li> </ul> | <ul style="list-style-type: none"> <li>• Time/organization</li> <li>• Funding/grants</li> </ul> |

### Action 2: Develop parent education forums

| 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>• Develop forum</li> <li>• Educators</li> <li>• Parent leaders (PTA site councils)</li> <li>• LEAF</li> <li>• School board</li> <li>• Healthier kids program</li> </ul> | <ul style="list-style-type: none"> <li>• Parents</li> <li>• Teachers</li> <li>• PTA/PTG</li> <li>• School board</li> <li>• Community members</li> </ul> | <ul style="list-style-type: none"> <li>• Advertising</li> <li>• Place/location</li> <li>• Speakers</li> <li>• Market/publications newspapers, etc.</li> </ul> |

### Action 3: Provide physical education training for elementary school teachers

| 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 a program that's research-based, such as SPARK</li> <li>• Time/funding to do training</li> <li>• Establish school policy</li> <li>• Develop a cadre of physical education teachers</li> <li>• Teachers use Solano Community College for classes to educate themselves</li> </ul> | <ul style="list-style-type: none"> <li>• Parents</li> <li>• School board</li> <li>• Administrators</li> <li>• Teachers</li> </ul> | <ul style="list-style-type: none"> <li>• Funds</li> <li>• Time</li> <li>• Policy changes</li> </ul> |

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