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# Healthy Eating Active Living

SAN LUIS OBISPO

## HEAL-SLO E-UPDATE

I hope this HEAL-SLO e-newsletter finds you either fresh off of a vacation or anticipating one! As our coalition grows and our endeavors increase, it makes an update like this even more important to keep everyone encouraged and filled-in on the current happenings in our beautiful County. If you'd like to share, please forward me anything share-worthy and we'll help spread the word!

*Next HEAL-SLO Quarterly meeting will be on July 21st, 3-5 pm @ Kennedy Club Fitness in San Luis Obispo*

### NEW NUTRITION LAWS:

Several important nutrition bills in California that began implementation on July 1, 2009 are worthy of celebration despite our current budget crisis!

- ◆ **Menu Labeling:** Restaurant chains (traditional fast food and sit-down restaurants) with 20 or more outlets in the state must now provide calorie, saturated fat, carbohydrate and sodium content information at the point of purchase. This covers more than 11,000 outlets as a result of SB 1420 (Padilla - 2008). Beginning January 1, 2011, calorie content must be posted on menus and menu boards. For more information, visit: [www.publichealthadvocacy.org/legsucces.html](http://www.publichealthadvocacy.org/legsucces.html)
- ◆ **High School Soda Ban:** California high schools will be unable to sell soda to students during the school day (SB 965, Escutia - 2005). This is already prohibited during the school day in elementary and middle schools. For more information, visit: [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org)
- ◆ **School Trans Fat Ban:** California schools will no longer be allowed to sell students competitive foods outside of the federal school meal program that contain trans fat according to SB 490 (Alquist - 2007). For more information: <http://www.leginfo.ca.gov>



### Learning Opportunities

- ◆ **The Center for Public Health Advocacy** released *The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults - 2006*. This study reports that overweight, obesity and physical inactivity cost California \$42 billion in 2006, and reports costs for counties with populations of 50,000 plus. In San Luis Obispo County, the health care costs associated with overweight and obesity were **\$179,805,931** and lost productivity totaled **\$44,329,042**. The health care costs associated with physical inactivity were **\$168,087,338** and lost productivity totaled **\$61,456,910**. Total health care costs for overweight, obesity and physical inactivity in SLO equaled **\$453,679,220**. [www.publichealthadvocacy.org/costofobesity.html](http://www.publichealthadvocacy.org/costofobesity.html)
- ◆ **The National Policy & Legal Analysis Network (NPLAN)** and the **Robert Wood Johnson Foundation** will present a free introductory webinar for communities interested in using land-use and zoning policy to prevent childhood obesity titled "Healthy Planning 101" with speaker Heather Wooten (policy associate with Public Health Law & Policy). **When:** Thursday, July 16, from 10-11:30 AM PT / 1-2:30 PM ET  
**For more information:** <http://www.phlpnet.org>

### Some reminders...

- \* [www.healslo.com](http://www.healslo.com) has been updated! If you have anything you'd like to post, email [jim@slospportstherapy.com](mailto:jim@slospportstherapy.com)
- \* A new *HEAL-SLO Grants Committee* has been formed to help coalition members find funds for obesity prevention, as well as coalition sustainability. Email [vadame@co.slo.ca.us](mailto:vadame@co.slo.ca.us) for more info.

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A Lillian Larsen Elementary student participating in the Soils to Succulents program in San Miguel.

# HEAL-SLO Triumphs and Local Happenings

- ◆ Strategic Growth Principles
- ◆ Oceano Family Fun Night
- ◆ Rethink Your Drink Campaign
- ◆ FRESH movie screening
- ◆ Lillian Larsen Elementary Update
- ◆ New communication tool for schools county-wide

◆ **Strategic Growth:** The Board of Supervisors adopted Strategic Growth principles, policies and strategies as part of the General Plan, with inland areas taking effect on May 28, 2009! This will help sustain resources, avoid urban sprawl and environmental impacts, and support more complete, affordable, sustainable communities in SLO County! More information can be found at [www.sloplanning.org](http://www.sloplanning.org) under Recent News - Strategic Growth. Congrats and thank you to the Planning Department for pushing this forward!

◆ **Oceano Family Fun Night:** Shortly after an Oceano Health and Wellness Advisory Committee meeting on June 4, the Boys and Girls Club hosted an Oceano Family Fun Night event with 200 people, consisting of physical activity, nutrition and school wellness policy education, healthy snacks and healthy incentive raffles!

◆ **Rethink Your Drink:** The SLO Public Health Department has recently implemented the Rethink Your Drink campaign and have made 13 presentations to 179 children and 35 adults at 2 local schools, WIC and multiple after school programs. 45% of those children have pledged to read nutrition labels for sugar content before consuming beverages and 45% have pledged to drink less/no sugary drinks, among other pledges. A media campaign is currently in the works. If your school, organization or program is interested in learning more or having a presentation, please email [vadame@co.slo.ca.us](mailto:vadame@co.slo.ca.us).

◆ **FRESH the Movie:** will be screened on July 17th at the SLO Public Library (Osos and Palm);

come at 6 pm for good food and at 7 pm for the film. This movie encourages new thinking about what we're eating and celebrates our local food system. Other showings (time remains the same) include Thursday, July 23 in Paso Robles (Cafe Vio, 1111 Riverside), and July 24th in Templeton ( 601 S. Main St. in Templeton) with a suggested donation of \$5-\$10. This event is co-sponsored by: EdibleSLO, Nature's Touch, Cafe Vio & more TBA. Watch the trailer at [www.freshthemovie.com](http://www.freshthemovie.com)

◆ **Lillian Larsen Elementary, San Miguel:** Interested K-3 teachers will be learning the UCCE nutrition education curriculum in mid-September. The Healthy Hornets youth advocate group will be properly trained in the curriculum and will be facilitating the UCCE classes to K-2 classes on a weekly basis. They will also be teaching K-1 how to use the playground markings, demonstrating conflict resolution strategies and assisting with monthly activities!

◆ **New Communication Tool:** Through collaboration efforts between the County Office of Education and HEAL-SLO members, a new listserve is being created in order to communicate with schools county-wide. The scope of the discussions and resources will be multidisciplinary including: school gardens, environmental education, farm to school, recycling, new curriculum/materials, cafeteria reform, wellness, fitness & nutrition. Teachers, administrators, etc. will be invited to opt-in and participate in the listserve. If you would like to communicate with schools, please send your information for review to: [vadame@co.slo.ca.us](mailto:vadame@co.slo.ca.us).

## Funding Opportunities

◆ **School Wellness through Expanding Breakfast Grant Program** (Deadline: December 1, 2009)  
The 2009 Dairy MAX School Wellness through Expanding Breakfast Grant Program helps schools begin new expanded breakfast programs to improve student access to nutritious meals and increase the average daily participation by 50 percent or more by establishing one of the following alternative breakfast service options: Breakfast in the Classroom, Grab 'n Go Breakfast (served outside the cafeteria), or Breakfast after 1st Period. For more information: [http://www.dairymax.org/expanding\\_grants.aspx](http://www.dairymax.org/expanding_grants.aspx)

◆ **KaBoom Community Partnership Grants**  
(Deadline: Rolling)  
KaBOOM! is a national nonprofit that envisions a place for children to play within walking distance to local residences in North America by creating ongoing opportunities for community organizations to build a new playground or skate park. Ideal community partners are usually child-serving non-profit organizations, but can be community development organiza-

tions, neighborhood coalitions, schools or any organization that can mobilize a volunteer work force and is in need of new play places. <http://unitedweserve.kaboom.org>

◆ **Wal-Mart Foundation**  
(National Grant)  
Wal-Mart is currently offering two grants to improve education, health and wellness programs for students 12-25 years old. State Giving grants are designed for large-scale sustainable programs, and Store Giving grants are sponsored by regional locations to impact the local community. For info visit: <http://walmartstores.com/CommunityGiving>

◆ **W.K. Kellogg Foundation**  
(National Grant)  
The Kellogg Foundation funds education, health & well-being programs to promote school readiness and success for underserved populations. This grant can help jump start your PE, After School, or

## Thank You and Goodbyes:

Thank you to the following people that deserve much gratitude for their support and work in Healthy Eating, Active Living - San Luis Obispo.

- After 5 years as executive director of the San Luis Obispo County Bicycle Coalition, **Adam Fukushima**, who has served on our HEAL-SLO Coordinating Committee, will be accepting a position as a transportation planner for the local Caltrans office. We wish him the best of luck and are confident that he will continue more of the great work he has accomplished in the past.
- **Maryashley Whitacker**, the TCE grant coordinator for the Oceano Boys and Girls Club, has resigned from her position and will be pursuing other endeavors in her hometown. We are extremely thankful for her efforts at Oceano Elementary and wish her the best of luck in her future pursuits.
- **Isabel Ruiz**, a long time health advocate and educator for the underrepresented, recently passed away due to cancer. She tirelessly worked as the director of EOC Health Services, clinic manager of CHC, and a social worker for the SLO Public Health Department. She also served as a board member for French Hospital, the American Cancer Society, the Latino Outreach Council, the Oceano Community Center and was a HEAL-SLO member. We thank and remember her for the many years of influential work and advocacy she performed to help those around her in need. On behalf of the coalition, we will be sending her husband a condolences card.
- A BIG thank you to **Anastasia Killham** from the Cal Poly Organic Farm and **Abby Magill** from the Dairy Council for helping Christina Wilkinson tear out the school garden at Lillian Larsen Elementary!

Coordinated School Health program to boost academic achievement and help your students learn and have fun! For more information, please visit: <http://www.wkkf.org>

- **21st Century Community Learning Centers** (21st CCLC) (After School Grant)  
In addressing its primary goal of ensuring that academic enrichment opportunities are available to students who are not meeting state standards in core academic areas, 21st CCLC funding can be used to provide a broad array of services, such as: Youth development activities; drug and violence prevention programs; recreation programs; and character education programs that are designed to reinforce and complement the regular academic program of participating students.