



▶ **San Miguel and Oceano Updates.....1**



▶ **Recent Studies and News: Local, State and National....2**



▶ **Heal-SLO Spotlight Funding Opportunities Learning Opportunities.....3**

Healthy Eating Active Living SAN LUIS OBISPO

Another Summer is almost finished and here we are on the homestretch of this whirlwind year! This year has been overflowing with progress and you will find this e-newsletter pleasantly teeming with national and local initiatives, studies and opportunities that have helped us move forward to reverse childhood obesity in our nation and in our neighborhoods. May it be as encouraging for you as it has been for me....Enjoy!

Next HEAL-SLO Quarterly meeting will be on October 20, 3-5 pm @ Kennedy Club Fitness in SLO



Oceano and San Miguel Updates:

Oceano: The first tasting of the 2009/2010 school year will be held in the cafeteria at Oceano Elementary in October! Students will have the opportunity to taste sweet potato sticks during lunch which will be featured on the salad bar later that month by the Food Service Director, Judy Stephens. Sweet potatoes will also be the Harvest of the Month on the school lunch menu that will be sent home to all families in the Lucia Mar School District. In addition, a mobile cooking cart, available for use by all teachers at Oceano Elementary, is under development.

San Miguel: Things are well underway this Fall! The youth advocacy group comprised of 5 Lillian Larsen students called the Healthy Hornets (HH) created a healthy foods bulletin board for the cafeteria. The group also assisted in two "Tasting Thursdays" where students tasted yellow, mini Sunshine tomatoes on September 3rd and spinach on September 17th. Both food items were featured on the salad bar the day after the tastings for reinforcement. The HH have been trained in the Peaceful Playground activities to engage the Kindergarten and First grade students in activity choices on the playground, conflict resolution, etc. They have also cleaned and mapped the primary equipment room to make it more user friendly for teachers and the HH lunch time activities. Two HH members and grant coordinator, Eileen Rogers, assisted a parent nutrition education class and tasting August 18th with Mesa Redonda in San Miguel. The first Wellness Implementation Team meeting will be held at the end of the month! For more on the HH, visit: <http://discoversanmiguel.com/MATT.html>

Recent Studies and News:



Local:

Preschool BMI Data by SLOPHD:

Further demonstrating the need for preschool intervention, Dayna Ravalin, Public Health R.D., shared the county-wide preschool BMI data her team completed this year at the last Heal-SLO Quarterly meeting. In 2006, 29% were overweight or obese. According to the 2009 data, 37% of 512 three and four year olds are now overweight or obese, and 17% of those are over the 94th percentile. More follow-up to come after Dayna has finished a complete analysis of the data.



State:

RWJF Obesity Newsroom:

California health officials are focusing their efforts on preschools and day care due to evidence suggesting that programming for childhood obesity prevention is most effective during early childhood. According to a report released last month by the California Department of Education (CDE) and the California Health and Human Services Agency, approximately one-quarter of all low-income California children are overweight or obese by the time they reach kindergarten. The report outlines four goals designed to foster healthy habits among children attending preschool, child-care and afterschool programs. <http://www.rwjf.org/childhoodobesity/digest.jsp?id=11425>

Bubbling Over: Soda Consumption and Its Link to Obesity in California

In SLO County, 66.8% of adolescents ages 12-17, 41.7% of children ages 2-11 and 18.3% of adults drink at least one soda or other sweetened beverage every day. According to data from the 2005 California Health Interview Survey (CHIS 2005), SLO County children and adolescents drink more soda compared with the state average. This policy brief by the California Center for Public Health Advocacy and UCLA Center for Health Policy Research examines the relationship between soda consumption and the prevalence of overweight and obesity.

<http://www.healthpolicy.ucla.edu/pubs/files/Soda%20PB%20FINAL%203-23-09.pdf>

San Francisco Mayor Wants to Tax Soda: This Fall, Mayor Newsom plans to introduce legislation that would charge retailers for selling sugary sodas or juices.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/09/17/MNF6190SE4.DTL>



National:

MMWR: Recommended Community Strategies and Measurements to Prevent Obesity in the U.S.

The CDC initiated the Common Community Measures for Obesity Prevention Project (the Measures Project). The objective of the Measures Project was to identify and recommend a set of strategies and associated measurements that communities and local governments can use to plan and monitor environmental and policy-level changes for obesity prevention. This report describes the expert panel process that was used to identify 24 recommended strategies for obesity prevention, and a suggested measurement for each strategy that communities can use to assess performance and track progress over time. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm>



Heal-SLO Spotlight



The LifeLab Science Program is a nonprofit organization located on the UC Santa Cruz campus that develops award-winning curricula and programs to help schools develop hands-on gardens. Heal-SLO members have been networking with their staff and hope to be collaborating in the near future. LifeLab will be offering a **free** Professional Development Training Opportunity in Salinas on November 16 and 17 in partnership with the California Department of Education's Garden-enhanced Nutrition Education Resource Centers: UC, Davis; UC, Santa Cruz; and the Resource Conservation District of Greater San Diego County. The training will provide tools to support an increase of fresh fruits and vegetables on school campuses through interactive and skill-building activities. Please visit www.lifelab.org/ffv.php to register or to access more detailed information.



Learning Opportunities

- * **Cal Poly's Farm-to-School Apprenticeship program** pairs Cal Poly students with local schools to help and support their school gardens. These apprentices use Life Lab materials. Hour-long tours for K-12th grades at the organic farm are available as well. For more information please call 805-756-6139 or visit www.calpolyorgfarm.com.
- * **The Network for a Healthy California —Gold Cost Region** will be hosting a *Share Forum* on September 30, 2009 at the Crowne Plaza in Ventura, CA from 9am-2pm. Please RSVP to joann.torres@ventura.org to hear from various Ventura, Santa Barbara and San Luis Obispo representatives on the issue of nutrition, physical activity and food security in their communities. Guest speakers include Dr. Todd Hagobian - Cal Poly University and Natalie Smith - Youth Advocate with the Alliance for a Healthier Generation. SLO County will be represented by Jennifer McNeil (CX3 Walkability Study) and Joel Diringer.
- * **Free RWJF Webinar Series on Childhood Obesity:** The Robert Wood Johnson Foundation's Center to Prevent Childhood Obesity has a free 12-week webinar series titled "Let's End the Childhood Obesity Epidemic". These will be held every Thursday at 9am. Topics will include research, best practices, and resources. To register, go to: www.reversechildhoodobesity.org

Funding Opportunities

* **2 Grants available for Heal-SLO members:**

1. Funding (\$8,000/community) is available to Heal-SLO members for obesity prevention efforts in San Miguel and Oceano. This funding aims to support pilot projects at the school or district level to increase physical activity or healthier eating through the implementation of school wellness policy. Deadline: October 1, 2009. More info: www.healslo.com

2. The SLO County Community Foundation has released it's Heal-SLO grant program for \$15,000 for small one-year grants, maximum \$5,000 each. The purpose is to fund projects that address a variety of strategic actions and environmental influences related to behavior change and reversing childhood obesity. Applicants should target the Community Action Plan recommendations: <http://www.slocf.org/forms/Giving-CN-ChildhoodObesity.pdf> Applications addressing school wellness policy implementation will not be considered by SLOCCF due to existing funding. Applicants must be an organizational member of the Heal-SLO coalition and have completed the Partnership Commitment Form. Priority will be given to proposals that address the increase in preschool children ages 3 & 4 who are overweight or obese. Deadline: October 1, 2009 Grant cycle begins January 2010. Applications may be downloaded at www.slocf.org/grant_apply.php or at www.healslo.com. For questions, please email vadame@co.slo.ca.us.

* **Grants for School and Youth Gardens:**

The National Gardening Association will be providing in-kind grants to projects that actively engage kids in the garden. Deadline: October 17 for Health Sprouts and November 2 for Youth Garden grants. To be eligible for these awards your school or organization must plan to garden with at least 15 kids between the ages of 3 and 18. For more info, visit: www.kidsgardening.com/grants.asp