



# Bay Area Nutrition & Physical Activity Collaborative *Meeting Minutes*

## ***Policies & Practices that Promote Healthy Alternatives*** *February 23, 2010*

**The Sobrato Center for Nonprofits  
1400 Parkmoor Avenue ♦ San Jose ♦ 95126**

**8:30-9:00 Registration and light breakfast (Cupertino B)**

Thank you to Kaiser Permanente for providing breakfast!

**9:00-9:30 Welcome & BANPAC Update (Cupertino A/B)**

- *Lori Martin, Steps to a Healthier Santa Clara County*
- *Elizabeth Sills, Kaiser Permanente San Jose & Leadership Council, BANPAC and Susan Karlins, BANPAC Coordinator*
- *Tuline Baykal, Youth Action Committee, BANPAC*
- *Sara Marin, Food Security Committee, BANPAC*

*Lori Martin welcomed participants on behalf of Santa Clara Co. Public Health Dept, Chronic Disease and Injury Prevention Unit and Steps to a Healthier Santa Clara County, meeting sponsors. Elizabeth Sills and Jo Seavey-Hultquist, BANPAC Leadership Council members, provided a BANPAC update, including*

- ✓ Summary of last year's Rethink Your Drink Initiative/Soda Free Summer Campaign
  - About 110,000 SFS brochures were distributed—approx 55K in English, 34K in Spanish, 5K in Chinese and 6K in Vietnamese. These brochures were funded by a grant from Kaiser Permanente.
  - An Early Childhood SFS toolkit, featuring the book DWSTO was developed, produced, and distributed by BANPAC partners and funders.
  - BANPAC presented one regional Train-the-Trainer Sugar Savvy Workshop and our partners in the six counties presented a total of 19 train-the-trainer workshops
  - 62 Sugar Savvy workshops and presentations were conducted in the six county Bay Area, in addition to 43 exhibits at schools, health fairs, and community events
- ✓ This year, the campaign will utilize successful tools from the previous years with some changes and additions. We'll be discussing those in detail in your county-specific planning breakouts—but here are the highlights:
  - 2 regional Sugar Savvy train-the-trainer sessions are scheduled: the first is this afternoon at 1:30 and the second is April 28<sup>th</sup> in Oakland—see handout. The curriculum is in revision and all parts will be released as they are developed—and made available at [www.banpac.org](http://www.banpac.org). Part of the new curriculum will be presented for the first time this afternoon.
  - Local Sugar Savvy train-the-trainer workshops are already being scheduled—see handout for the those already planned
  - Refining the DWSTO book by making the book a stand alone....Translating to Spanish—testing literal Chinese translation—no funding for production as of yet.

- Revising any materials that are outdated.--more on this in the afternoon
- ✓ BANPAC has several active committees—you'll hear more from 3 of them in a moment: Food Security, Youth Action, and an ad hoc Child Nutrition Reauthorization Act Education Committee made up of Stanford University Medical Students.
- ✓ As usual, we will be issuing an RFP for mini-grants of amounts up to 5K each—up to a total of 8 mini-grantees. The RFP will be released in the spring—check BANPAC.org and your e-blast for updates. If you aren't a member, please join today, free of charge at [www.banpac.org](http://www.banpac.org).
- ✓ A philanthropy award for Carmen Bogan, BANPAC PA Specialist, who donated a bicycle for our 2009 SFS Raffle. Carmen spent considerable time trying to garner a bike donation and when none was forthcoming took the matter into her own hands and donated money for the winner to purchase one at a local bike store.
- ✓ *Tuline Baykal, Youth Action Committee Chair reviewed current Youth Action Committee work on Tip Sheets for schools, after school programs and summer youth programs on participation in BANPAC's Rethink Your Drink initiative.*
- ✓ *Sara Marin, Food Security Committee Chair, provided a brief update on BANPAC's two food security projects that include documentation of farmers markets that accept both EBT and WIC and plans to distribute this information in the region; and a review of Second Harvest Food Bank research about barriers to Food Stamp enrollment in San Mateo and Santa Clara Counties and plans to address one or more through community education.*

9:30-11:00 **Rethinking the Beverage Environment: Policies & Practices that Promote Healthy Alternatives**

- Russell Lopez, Communications Director, Office of California State Senator Elaine K. Alquist of California's 13<sup>th</sup> District, *Provided a Resolution in support of BANPAC's Rethink Your Drink initiative.*
- Stefan Harvey, California Center for Public Health *Provided a summary of four bills in the California legislation that affect the consumption and availability of sweetened beverages and foods. She also credited BANPAC's Rethink Your Drink initiatives from past years as contributing to the passage of a menu labeling bill in California—due to BANPAC's education of county boards of supervisors (when requesting resolution support) in the Bay Area.*
- Bonnie Broderick, Santa Clara County Public Health Department, *Described the development and implementation of Healthy Beverage Standards Implementation in Santa Clara County*
- Rina Shah, MD, FAAP, *Community Pediatrician' Perspective* described her frustration as a community pediatrician with providing nutrition education on sweetened beverages and high calorie/low nutrient foods to children who are already obese from the foods they eat in fast food restaurants and at school. She explained how hard it is for children to reverse the course of obesity once they are used to an unhealthy diet when they face unhealthy foods and beverages and ads for those foods repeatedly throughout each day.
- Kathryn Boyle, Kaiser Permanente Northern California Community Benefit Programs, *Moderator summarized Kaiser Permanente's commitment to obesity prevention and how that relates to their support for BANPAC's past nutrition education initiatives.*

11:00-11:15 **PA Break**

Carmen Bogan, *Network for a Healthy California-Bay Area Region*, led a dance PA break and introduced and introduced a new LA Sparks Basketball Instant Recess DVD.

11:15 -12:00 **Cities for All Ages: Land Use Planning and Our Aging Population**, Don Weden, past Principal Planner, Santa Clara County presented an eye-opening look at our aging population, how suburban development will impact their well-being in the coming century, and opportunities and innovative solutions to consider for the future.

12:00-1:30 **Lunch and County Specific Planning for Rethink Your Drink 2010**

- Alameda: Cupertino A
- Contra Costa: Sunnyvale Room (upstairs)
- San Francisco and Marin: Campbell Room
- Santa Clara and San Mateo: Cupertino B

Lunch included Rethink Your Drink/Soda Free Summer breakout planning sessions. BANPAC members Jennifer Gabet, Jenny Wang, Andrea Menefee, Mark Elkin, Shirley Watt, and Lori Martin for facilitating the meetings.

1:30-2:30 **Be Sugar Savvy at Home, School, Work and in Our Communities**  
(Cupertino A)

Suellen Haggerty, *Network for a Healthy California—Bay Area Region* Alameda County Nutrition Services is revising the Sugar Savvy curriculum. In the meantime, Suellen Haggerty led a regional Train-the-Trainer workshop that field tested an exercise developed by Santa Clara County Public Health Dept., *Sugar Savvy Quick Scan and Plan*, that assists participants to look at their worksite, school, organization, or faith group and plan how to make the healthy choice the easy choice. Participants developed an impressive list of “next steps” to conduct at their organizations!

2:30-3:30 **Joint Advisory Committee Meeting** (Cupertino A & B)

- *African American* Advisory Committee (Amina Burrell)
- *Latino Campaign* Advisory Committee (Pamela Harter)
- *Worksite Program* Advisory Committee (Suellen Haggerty)
- Youth Action Committee (Tuline Baykal)

BANPAC members Lisa Chin and Amina Burrell, assisted by Tuline Baykal, Pamela Harter, and Suellen Haggerty, led interactive Joint Advisory Committee Meeting led

2:30-3:00 **New Member Orientation** (Susan Karlins)—Sunnyvale Room (2<sup>nd</sup> floor)

Ten members learned about the Network for a Healthy California-Bay Area Region, BANPAC, and opportunities to participate.

2:30:-3:30 **BANPAC Food Security Committee** (Sara Marin, ACCFB) Campbell Rm Sara Marin led the meeting that included Janet Leader from Second Harvest Food Bank presenting Food Stamp Program (SNAP) Access Barriers by Etan Newman, Emerson National Hunger Fellow at SHFB. Susan Stuart led a discussion on the farmers market EBT/WIC access project.

**Thank you** to Steps to a Healthier Santa Clara County & Kaiser Permanente, for supporting BANPAC's efforts to promote healthy living and active lifestyles in the Bay Area.

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. This program is funded, in part, by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

Santa Clara County Public Health Department's Chronic Disease and Injury Prevention Unit is the lead agency for BANPAC and the *Network for a Healthy California-Bay Area Region*.



Chronic Disease and Injury Prevention  
**Public Health Department**

