HEALTHY EATING ACTIVE LIVING WORKGROUP

Purpose:
The purpose of the Healthy Sacramento Coalition’s Healthy Eating Active Living Workgroup is to provide a forum to leverage and coordinate efforts in Sacramento County to reduce obesity, health disparities, and death and disability due to chronic disease, and build a safe and healthy physical environment as well as improve the social and emotional well-being of Sacramento County residents. The workgroup also contributes to the implementation and monitoring of the Community Transformation Implementation Plan objectives and pilot projects related to tobacco prevention.

Workgroup Operations:
The HEAL (Healthy Eating Active Living) Workgroup meets regularly at the Sierra Health Foundation. Day and time of meeting will be determined by the workgroup chair and communicated to the workgroup as well as the HSC Coalition. A staff person from the Health Education Council will attend the regularly scheduled meetings and assist the chair with administrative needs (taking minutes, distributing workgroup materials, securing meeting space, email correspondence etc.).

Chair & Vice Chair of Workgroups:
A Chair and Vice-Chair will be selected annually by Workgroup members and hold their position for one year and may be re-elected for an additional year, following the Federal Fiscal year Oct. 1st to Sept 30th consistent with operating guidelines.

Membership:
Workgroups are comprised of HSC members who wish to belong to the Workgroup. It is encouraged that members choose Workgroups based on either their knowledge of the issue, their expertise, or their existing area of work.

Responsibilities:
During the first quarter of the federal fiscal year, the healthy eating active living work group will coordinate with Sierra Health Foundation staff and other appropriate subcontractors to develop a plan of how workgroup members and the coalition at large can support implementing the annual objectives regarding increasing the availability and affordability of healthy beverages as well as increase opportunities for physical activity through joint use agreements.

Workplan:

HEALTHY EATING

PILOT PROJECT 2: Increase availability and affordability of healthy beverages in public and private institutional settings, workplaces and government facilities.
Setting/Sector: Public and Private Institutions
Target: Public and private institutional settings, workplaces and government facilities
Pilot Activities
1. Conduct a survey of existing beverage policies and practices among large institutions, health and social welfare organizations, and city/county government, and assess readiness to institute healthy beverage practices.

2. Research lessons learned, best practices and model policies from other prevention initiative efforts (e.g. Rethink Your Drink, CPPW) to institute organizational practice changes around beverages (e.g., vending policies, cafeteria and concessions policies, healthy meeting policies).

3. Convene at least three small strategy meetings with public and private sector coalition partners to better understand how the Coalition can work to ‘make the case’ for healthy beverage policies among regional institutions and organizations.

4. Provide education to Sacramento City Council and relevant public agency leadership on strategies for improving the existing nutrition standards that apply to vending machines located on city-owned property.

5. Develop and disseminate a set of materials that can be shared with at least 30 employers to join the Coalition’s healthy beverage campaign (e.g., fact sheet/brief on workplace beverage policies, menu of policy strategies and model policy language, MOUs and a recognition program).

ACTIVE LIVING

PILOT PROJECT 3:  Increase opportunities for physical activity through joint use agreements between municipalities, school districts and community-based organizations.

Setting/Sector: Subset of Neighborhoods and Schools within the 15 zip codes

Target: Schools

Pilot Activities
1. Conduct at least 20 interviews with school principals, administrators, city agencies and community-based stakeholders to identify and discuss specific opportunities and challenges to expanding existing joint use agreements.

2. Recruit and train at least 30 youth to conduct environmental scans, interviews and school observation surveys to gather information that assesses the open space environment in North Sacramento and South Sacramento to identify potential locations and negotiating parties for joint use agreements.

3. Access at least three Memorandum of Understanding and formal agreements that other joint use initiatives have used when working with local schools.

4. Convene at least two small strategy meetings with school district officials to better understand how the Coalition can work to ‘make the case’ for successful adoption of joint use policies at the school site level in North Sacramento and South Sacramento.
5. Work with at least 10 community- and faith-based organizations to survey residents in North Sacramento and South Sacramento to better understand the options for activities under a joint use agreement that they would like to see offered at their neighborhood school and park sites.

6. Identify no more than five local schools and/or parks to outreach to using resident survey data and environmental scan.

7. Recruit and train at least 10 local supporters – adults and youth – for each potential location open to adopting joint use.

8. Utilize research on best practices and key themes from the meetings, interviews and survey data to develop joint use agreement templates that can be tailored to individual needs of identified local schools.