

# **Get Healthy San Mateo County (GHSMC) Task Force Committee and Health System Updates – September 2009**

## **Access Committee**

- Mobile activity van is providing services to North Fair Oaks youth at Friendship Park and Andrew Spinak Park five days a week
- Implemented survey to assess youth's perceived park access, neighborhood safety, walkability and access to healthy snacks
- Contact Committee Chairs Chris Beth ([cbeth@redwoodcity.org](mailto:cbeth@redwoodcity.org)) or Liz Mayta ([liz@sanmateostarlings.org](mailto:liz@sanmateostarlings.org)) for more information.

## **Afterschool Committee**

- Launched the Healthy Apple Award Program, which recognizes the efforts of afterschool providers to implement healthy eating and physical activity as a component of their program.
- Conducted a Healthy Apple Award and nutrition training on March 23<sup>rd</sup>. Go to <http://www.gethealthysmc.org/about.aspx> to view materials from this training. Committee is planning to conduct more trainings in the future.
- In the process of awarding four afterschool programs a Healthy Apple Award. Planning to notify awardees and conduct site visits.
- Contact Wale Adeniji ([wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us)) for more information.

## **Breastfeeding Committee**

- Conducted a physician lactation education workshop in August. The San Mateo Breastfeeding Advisory Committee nominated Deloitte in Foster City for a statewide award for offering a comprehensive workplace lactation program. Deloitte was one of only four organizations that received this award in August.
- The San Mateo County Board of Supervisors (BOS) issued a proclamation to declare August 2009 as "World Breastfeeding Awareness Month" and commended all efforts to promote healthy children and families in the county. The BOS also acknowledged that breastfeeding is a healthy choice for new parents and is the first step in the prevention of obesity.
- Contact Anne Garrett ([agarrett@co.sanmateo.ca.us](mailto:agarrett@co.sanmateo.ca.us)) for more information.

## **Evaluation Committee**

- Finalized Task Force Evaluation Report for 2007-2008. Report is available online at [http://www.gethealthysmc.org/uploads/pages/14\\_ghsmc%20evaluation%2007-08%20final.pdf](http://www.gethealthysmc.org/uploads/pages/14_ghsmc%20evaluation%2007-08%20final.pdf).
- Finalizing Task Force Evaluation Report for 2008-2009.
- Contact Anand Chabra ([achabra@co.sanmateo.ca.us](mailto:achabra@co.sanmateo.ca.us)) for more information.

## **Preschool/Childcare Committee**

- Disseminated nearly 300 nutrition, physical activity, and TV viewing guidelines developed by committee to preschool and childcare providers in the County. Go to

[http://www.gethealthysmc.org/documents/pdf/ihsd\\_nutrition\\_and\\_physical\\_book.pdf](http://www.gethealthysmc.org/documents/pdf/ihsd_nutrition_and_physical_book.pdf) to view the guidelines.

- Conducted a workshop to Child Care Coordinating Council (4C's) providers on how to use nutrition, physical activity, and TV viewing guidelines. Go to [http://www.gethealthysmc.org/uploads/pages/14\\_presentation%20for%204cs\\_1.pdf](http://www.gethealthysmc.org/uploads/pages/14_presentation%20for%204cs_1.pdf) to view the workshop presentation.
- Contact Jennifer Stimson ([jstimson@co.sanmateo.ca.us](mailto:jstimson@co.sanmateo.ca.us)) for more information.

### **School Wellness Policy Committee**

- Will coordinate a forum called *Six Steps to Healthier Youth* on topics such as farm to school, school nutrition/food service and school gardens on Sept. 23<sup>rd</sup> from 5:30-8:00 pm at the Redwood City Library (1044 Middlefield Rd., Redwood City) – Community Room
- Go to [http://www.gethealthysmc.org/uploads/pages/14\\_six%20steps%20forum%20flyer%20english.pdf](http://www.gethealthysmc.org/uploads/pages/14_six%20steps%20forum%20flyer%20english.pdf) to view the English flyer or go to [http://www.gethealthysmc.org/uploads/pages/14\\_six%20steps%20forum%20flyer%20spanish.pdf](http://www.gethealthysmc.org/uploads/pages/14_six%20steps%20forum%20flyer%20spanish.pdf) to view the Spanish flyer about the Sept. 23<sup>rd</sup> event.
- Committee awarded mini-grants to six school districts (Cabrillo Unified, Jefferson Elementary, Jefferson Union, Ravenswood, Redwood City and Sequoia Union) in the county to implement a component of their school wellness policy.
- Mini-grant recipients will present at the Sept. 23<sup>rd</sup> forum.
- Contact Anna Lague ([alague@rcsd.k12.ca.us](mailto:alague@rcsd.k12.ca.us)) or Wale Adeniji ([wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us)) for more information.

### **Health System Updates**

#### **Built Environment**

- The San Mateo County Housing Element - which is intended to ensure decent, safe, affordable housing for all residents in the unincorporated areas in the county - will be updated and two community engagement events will be held to get feedback from the community. Both community engagement events will be conducted in English and Spanish
  - Sept. 24th, 6:45pm - 9:00pm, Fair Oaks Community Center, 2400 Middlefield Road, Redwood City
  - Sept. 30th, 6:00pm - 8:30pm, Half Moon Village, 9 Bloom Lane, Half Moon Bay
- San Mateo County recently selected a consultant team that will lead the development of a Community Plan for the unincorporated North Fair Oaks area. The new Community Plan will draw on community input to establish policies for land use, transportation, housing, and infrastructure, as well as explore the area's potential for transit-oriented development.
- Please contact Cathleen Baker at [cabaker@co.sanmateo.ca.us](mailto:cabaker@co.sanmateo.ca.us) for more information.

#### **Sustainable Food**

- The Garden Based Education Committee of the San Mateo County Food System Alliance (Food Alliance) is finalizing a list of all elementary school gardens in the county.

- The Farm to Institution Committee of the Food Alliance has reached out to a few school districts to support existing efforts to serve more local, fresh produce.
- San Mateo County hospitals in the Hospital Consortium set the following goals for 2008-2009: increase the proportion of locally grown food in each hospital's menus by 10%. To accomplish this goal, the Hospital Consortium collaborated with members from the Food Alliance and the San Mateo County Farm Bureau to bring together 9 growers and representatives from 7 hospitals to discuss farmers' produce and the hospitals' needs.
- Please contact Jennifer Gross at [jgross@co.sanmateo.ca.us](mailto:jgross@co.sanmateo.ca.us) for more information.

### **New WIC Food Package**

- The new Women, Infants and Children (WIC) Food Package, which will begin in October 1, 2009 in California, includes fresh fruits and vegetables, whole grains such as whole wheat bread and whole wheat tortillas, and soy products. It offers foods that contain more nutrients than the previous WIC package and includes less juice, high fat dairy products and eggs.
- In an effort to encourage, support and increase breastfeeding rates, the new WIC Food Package will have increased foods for breastfeeding mothers and their infants.