







# HEALTHY EATING, ACTIVE LIVING (HEAL) PROGRAM SUPPORT PACKAGE

## OUTREACH RESOURCES -TABLING/ HEALTH FAIRS

<p><b>WATER</b></p>   <p>Heal the Bay</p>	<p><b>WeTap</b>  <i>Increase access and appreciation of safe and maintained public water drinking fountains.</i></p> <ul style="list-style-type: none"> <li>• Stickers, posters, PA messages</li> <li>• Water safety handouts</li> <li>• Tap water perception survey</li> <li>• Water fountain environmental assessments</li> <li>• Health Fair Tabling:             <ul style="list-style-type: none"> <li>• Tap water</li> <li>• Drinking fountain safety</li> </ul> </li> </ul> <p><b>Heal the Bay</b>  <i>Improve coastal water quality while educating Angelenos about water in the environment.</i></p> <ul style="list-style-type: none"> <li>• Stickers, Sustainable seafood handouts</li> <li>• Storm drain, urban runoff &amp; marine debris info</li> <li>• Volunteer opportunities &amp; Club Heal the Bay pamphlets</li> <li>• Water Fountain Audit Toolkit &amp; Storm Drain stenciling toolkit</li> </ul>	<p><b>Contact:</b>            Evelyn Wendel            evelynwendel@wetap.org            www.wetap.org            www.tapwaterday.org</p> <p><b>Contact:</b>            Jenn Swart            jswart@healththebay.org            www.healththebay.org            www.clubhealththebay.org</p>
<p><b>SUGAR</b></p>  	<p><b>Latino Coalition for a Healthy California</b>  <i>Statewide organization with a specific emphasis on Latino health.</i></p> <ul style="list-style-type: none"> <li>• Canzilla Display: request at <a href="http://www.canzilla.org">www.canzilla.org</a></li> <li>• Instagram and Twitter: @Can_zilla, FB: Canzilla 1</li> <li>• Champions for Change-Health Fair Tabling:             <ul style="list-style-type: none"> <li>▪ Sugary drinks</li> <li>▪ MyPlate,</li> <li>▪ Physical activity</li> </ul> </li> </ul> <p><b>Sugar Watch</b>  <i>Provides opportunities and education to make choices for an improved quality of life through nutrition and healthier living.</i></p> <ul style="list-style-type: none"> <li>• Lesson plans for teachers</li> <li>• Produce Stand</li> <li>• Instagram: @SugarWatcher, Twitter: @SugarWatch</li> <li>• Posters, health information and survey collection</li> <li>• Interactive Health Fair Tabling:             <ul style="list-style-type: none"> <li>• Sugar in common foods</li> <li>• Healthier alternatives</li> </ul> </li> </ul>	<p><b>Contact:</b>            Adriana Mora            amora@lchc.org            www.lchc.org</p> <p><b>Contact:</b>            Brent Walmsley            bwalmsley@sugarwatch.org            www.sugarwatch.org</p>
<p><b>NUTRITION</b></p> 	<p><b>Dairy Council of California</b>  <i>Free, evidence-based nutrition education and resources to support efforts in the classroom, at home, in the cafeteria, and beyond.</i></p> <ul style="list-style-type: none"> <li>• <a href="#">Nutrition Education, Online Tools, and Videos for Students</a> (table topics: eating a healthy breakfast, smart snacking, MyPlate)</li> <li>• <a href="#">Nutrition Education, Online Tools, Tip Sheets, and Videos for Parents</a></li> <li>• <a href="#">Smarter Lunchrooms Cafeteria Assessment</a></li> </ul>	<p><b>Contact:</b>            Morgan Carey            mcarey@dairycouncilofca.org            www.healthyeating.org</p>
<p><b>PHYSICAL ACTIVITY</b></p> 	<p><b>Zumba</b>            •Exercise and dance to Zumba at \$25/hour</p> <p><b>Yoga</b>-yoga exercises &amp; positive affirmations to promote health and well-being            •Health Fair: \$25 per 30 minute sessions            •Mats are provided</p> <p><b>Rock the Bike</b>-blend smoothies on a bike and teach kids about healthy eating and exercise in a way they'll always remember            • Supplies needed: Mountain bike, smoothie materials</p>	<p><b>Contact:</b>            Elvia Gaxiola            (323) 898-7480</p> <p><b>Youth Yoga</b>            Diana Diaz            (310) 775-5805</p> <p><b>Rock the Bike</b>            Deborah Ebrahemi  <a href="mailto:Deborah@thelatruster.org">Deborah@thelatruster.org</a></p>
	<p><b>Healthy Eats Produce</b>  <i>provides healthy, fresh food for health fairs. For quote, contact 3 months in advance with number of participants.</i>            Website: <a href="http://www.healthyeatsproduce.com">www.healthyeatsproduce.com</a></p>	<p><b>Contact:</b>            Frank Salazar            healthyeatsproduce@gmail.com</p>

## CAMPAIGN IDEAS



**Tap Water Day**-increase awareness on the benefits of drinking tap water, campaign on accessibility of tap water at school using hashtag #TapWater Day

Resource: <http://tapwaterday.org>

- WeTap Iphone App: locate safe drinking fountains in the area



**Rethink Your Drink/Junk Drink Warning Label**-increase awareness about harmful effects of consuming junk drinks and increase the consumption of tap water.

- Resources: [www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx#RYDFF](http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx#RYDFF)
- Pledge Card: [www.cdph.ca.gov/programs/cpns/Documents/Ryd-L3B1-RYDPledgeCard\\_ENG-SPN.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Ryd-L3B1-RYDPledgeCard_ENG-SPN.pdf)
- Junk Drink Warning Label-Post a picture of a warning label attached to junk drinks in your city, tag your representative, school and hashtags
- #SodaKills #WeWantHealthyChoices #SodaTargetsMyCommunity #Poisonwater

STATE OF CALIFORNIA SAFETY WARNING:  
Drinking beverages with added sugar(s)  
contributes to obesity, diabetes, and tooth decay.



**Spot the Salt**-increase awareness on the consumption of sodium, and decrease heart disease and stroke. Resource: <http://spotthesalt.com>

**"Don't Get Caught Red-Handed"**-tabling event showcasing the actual amount of salt in a bag of hot Cheetos with pledges for students to sign and a dropbox for students to turn in their bag of hot Cheetos or unhealthy snacks in exchange for healthier alternatives.



**Traffic Light Vending Machine**-develop posters and place stickers on snack vending machines to help students identify healthy choices. Resources: <http://heas.health.vic.gov.au/healthy-choices/guidelines/traffic-light-system>

**#PINO (Positive In, Negative Out)**-a slogan to help increase emotional, physical and mental health awareness.



**Oral Health Poster Contest**-increase knowledge on positive oral health habits and routines. Resources: <http://cookingmatters.org/sites/default/files/sugar-shocker.pdf>

**Let's Move Campaign**-an initiative launched by the First Lady to solve the problem of obesity within a generation. The campaign contains resources on nutrition, physical activity and family involvement. Resource: [www.letsmove.gov](http://www.letsmove.gov)

**FITNESSGRAM®**-Create awareness about the California Physical Fitness Test and motivate students to perform their best. Resource: <http://www.cde.ca.gov/ta/tg/pf/>









**PhotoVoice Project**-Use video and/or photos images to capture aspects of the school or community environment to depict a visual story on a health issue. Resource: <http://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/photovoice/main>

**Campus Water Fountain Audit**-water should be free and accessible to all students on campus; see how you can assess the condition of water fountains on your campus: <https://drive.google.com/open?id=0Byt2HHLKo3-rfnNDaXBVTUpkRE RxR09sOXJRVZNNXZPdV95alRkekk3SC14Y05qbmtQMEE>

**9-5-2-1-0 Let's Go!**- a slogan to help students remember healthy behaviors. Resources- <https://www.95210.org>



## WORKSHOPS/TRAININGS (STUDENTS & PARENTS)

<p>The L.A. Trust for Children's Health</p> 	<p><b><u>HEAL (Healthy Eating, Active Living) Training</u></b>  <i>Obesity epidemic overview, effects on physical, social and academics, health equity, oral health and campaign ideas.</i></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 1 hour</li> <li>• <b>Audience:</b> Student Advisory Boards</li> </ul>	<p><b>Contact:</b>                  Deborah Ebrahemi,  <a href="mailto:Deborah@thelatrust.org">Deborah@thelatrust.org</a>  <a href="http://www.thelatrust.org">www.thelatrust.org</a></p>
<p>Latino Coalition for a Healthy California</p> 	<p><b><u>Type 2 Diabetes &amp; Sugar Sweetened Beverages Workshop</u></b></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 45 minutes</li> <li>• Audience: parents, students, faculty &amp; community</li> <li>• Size: 15-20 minimum participants</li> </ul> <p><b><u>Policy Advocacy Training</u></b>  <i>Participants will learn about the power of social justice and systemic change and discuss avenues for creating change in health policy.</i></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 1-2 hours</li> <li>• <b>Audience:</b> parents, students, faculty &amp; community</li> <li>• Open to SAB's as opportunity to get involved with state health policy</li> <li>• <b>Size:</b> 10-15 minimum participants</li> </ul>	<p><b>Contact:</b>                  Adriana Mora  <a href="mailto:Mora@lchc.org">Mora@lchc.org</a></p> <p><b>Contact:</b>                  Imelda Plascencia,  <a href="mailto:iplascencia@lchc.org">iplascencia@lchc.org</a></p>
<p>SugarWatch</p> 	<p><b><u>Hydration Promotion Training</u></b></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 1 day</li> </ul> <p><b><u>Nutrition Education Program</u></b></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 3 series for students, 4 series for parents</li> <li>• <b>Audience:</b> parents, students, faculty &amp; community</li> </ul> <p><b><u>School-wide and classroom presentations</u></b></p>	<p><b>Contact:</b>                  Brent Walmsley,  <a href="mailto:bwalmsley@sugarwatch.org">bwalmsley@sugarwatch.org</a></p>
<p>Dairy Council of California</p> 	<p><b><u>Smarter Lunchrooms Movement Training:</u></b>  <i>No and low cost changes to the lunchroom that encourage students to select and eat healthier foods without eliminating choices.</i></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 30 min-1 hour</li> <li>• <b>Audience:</b> Cafeteria Managers, frontline staff, students</li> <li>• <b>Size:</b> Minimum of 20 participants</li> </ul> <p><b><u>Nutrition Series Workshops</u></b></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 30 min-1 hour</li> <li>• <b>Audience:</b> Parents &amp; Community</li> <li>• <b>Topics:</b> Estimating Serving Sizes, Choosing Healthy Beverages, Positive Parenting Approached for Picky Eating, Nutrition Trends, Link between Health and Academic Achievement</li> <li>• <b>Size:</b> Minimum of 15 participants</li> </ul>	<p><b>Contact:</b>                  Morgan Carey  <a href="mailto:mcarey@dairycouncilofca.org">mcarey@dairycouncilofca.org</a></p>
<p>Youth Yoga</p> 	<p><b><u>Youth Yoga Week</u></b>  <i>Introduction classes to yoga and meditation, every day, for a week. Classes are taught in schools during PE by volunteer Youth Yoga instructors.</i></p> <ul style="list-style-type: none"> <li>• Free event in the spring</li> <li>• Note: schedule fulfillment is dependent on volunteer availability</li> </ul> <p><b><u>Yoga Classes</u></b>  <i>Yoga exercises and meditation tools to promote health, physicality, confidence and success.</i></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 1 hour</li> <li>• <b>Audience:</b> students, parents, faculty and community</li> <li>• <b>Size:</b> 25 participants maximum per class</li> <li>• <b>Yoga classes:</b> tailored to difference age groups and demographics. Curriculums built upon the specific needs of each group</li> <li>• <b>Cost:</b> \$50 per hour</li> </ul>	<p><b>Contact:</b>                  Diana Diaz  <a href="mailto:youthyogaweek@gmail.com">youthyogaweek@gmail.com</a></p>
<p>Heal the Bay</p> 	<p><b><u>Know the Flow Workshop</u></b>  <i>Making smart beverage choices is good for your body, but learn how to make your water choices good for the environment too. Learn where your tap water really comes from, and what you can do to act sustainably when using this precious resource. Request a speaker here: <a href="http://knowtheflow.la/">http://knowtheflow.la/</a></i></p> <ul style="list-style-type: none"> <li>• <b>Time:</b> 30mins-1hr</li> <li>• <b>Audience:</b> Students, Faculty, Community</li> <li>• <b>Size:</b> minimum 15 people</li> </ul>	<p><b>Contact:</b>                  Jenn Swart  <a href="mailto:jswart@healthebay.org">jswart@healthebay.org</a>  <a href="http://www.healthebay.org">www.healthebay.org</a></p> <p>or                  Nancy Shrodes  <a href="mailto:nshrodes@healthebay.org">nshrodes@healthebay.org</a></p>

# HEALTH AWARENESS MONTHS

## JANUARY

National Oatmeal Month All Month

## FEBRUARY

National Girls and Women in Sports Day Feb 3  
Eating Disorders Awareness Week Feb 21-27  
National Children's Dental Health Month All Month  
American Heart Month All Month  
School-Based Health Awareness Month All Month

## MARCH

National Nutrition Month All Month  
World Water Day March 22

## APRIL

National Garden Month All Month  
World Health Day April 7  
Earth Day April 22  
Every Kid Healthy Week April 24-28

## MAY

National Physical Fitness and Sports Month All Month  
Tap Water Day 1<sup>st</sup> Week of May  
National Bike to School Day (Changes Annually) May 10  
Youth Yoga Week May 16-20  
Mental Health Month All Month

## JUNE

National Safety Month All Month  
National Hunger Awareness Month All Month  
National Dairy Month All Month

## JULY

National Picnic Month All Month

## AUGUST

National Health Center Week 2<sup>nd</sup> week of August  
Children's Eye Health and Safety Month All Month

## SEPTEMBER

National Childhood Obesity Awareness Month All Month  
Fruit and Veggies – More Matters Month All Month  
National Yoga Month All Month

## OCTOBER

National Health Education Week 3<sup>rd</sup> week of Oct  
International Walk to School Day (Changes Annually) Oct 4  
World Food Day Oct 16

## NOVEMBER

American Diabetes Month All Month  
National Healthy Skin Month All Month

## DECEMBER

World Aids Day Dec 1

