



SCHOOLS & AFTER-SCHOOL DOMAIN

ABOUT THE SCHOOLS AND AFTER-SCHOOL DOMAIN

The schools and after-school domain play an important role in obesity prevention by establishing and implementing policies and programs that foster a healthy, active, thriving, and academically successful school culture, climate, and community. Examples of domain stakeholders include school board members, school administrators and other business officers, child nutrition directors, school nurses, curriculum directors, teachers, physical education specialists, health educators, after school staff, parents, and students.

ABOUT THE COI SCHOOLS AND AFTER-SCHOOL WORKGROUP

The COI Schools & After-school Workgroup is comprised of public health, community organizations, health advocates, and school and after-school representatives that support schools in establishing and implementing policies and programs that foster a healthy, active, thriving, and academically successful school culture, climate, and community. Partners participating in the COI Schools & After-school Workgroup work with the schools and after-school domain to:

- Provide a monthly forum for sharing and coordinating school wellness resources and activities.
- Advocate for school policy and environmental change with school and community stakeholders.
- Provide district representatives to serve as liaisons between the domain and school districts to provide technical assistance and resources to further wellness policy development and implementation.
- Provide training, on-going communication, and resources to school district wellness policy leads, wellness committees, parents, students, charter schools, out-of-school providers and other community-based organizations.
- Monitor and track wellness policies from school districts throughout San Diego County for the purpose of identifying and sharing best practice language and policy improvements.
- Coordinate the San Diego County Farm to School Taskforce to increase procurement and consumption of local, healthful, seasonal foods and to improve food literacy within schools.
- Support projects in other COI domains related to school wellness.

Workgroup meetings are the third Tuesday of each month from 11:00 a.m. - 12:30 p.m. at the United Way of San Diego located at 4699 Murphy Canyon Road, San Diego, CA 92123.

Visit the San Diego County Childhood Obesity Initiative [Calendar](#) for a complete schedule of upcoming meetings.

DOMAIN CHAMPIONS

Ashley Cassat, San Diego Unified School District
Deirdre Kleske, County of San Diego Health & Human Services Agency
Kate McDevitt, UC San Diego, Center for Community Health
Paige Metz, San Diego County Office of Education

DOMAIN STRATEGIES

The following is a partial list of strategies that schools and after-school program providers can implement to prevent childhood obesity. A complete list of strategies can be located in the [**Call to Action: Childhood Obesity Action Plan**](#).

- Strategies for Schools:
 - Develop, implement, and regularly assess school wellness policies that meet or exceed best practices standards and incorporate topics related to coordinated school health.
 - Develop and convene active wellness councils consisting of district and school administrators, school board members, students, child nutrition, physical education, health services, families, and community-based organizations.
 - Ensure all foods and beverages sold and served in schools—including meals, a la carte, vending, school stores, classroom celebrations and fundraisers—meet or exceed federal, state, and district nutrition standards and promote healthy eating.
 - Provide regular opportunities for structured and unstructured physical activity throughout the day, including recess, activity breaks, and time outside.
- Strategies for After-School Programs:
 - Train all program and food service staff to provide physical activity sessions, prepare healthful food options, and model positive eating and activity behaviors in all after-school settings.

- Provide regular opportunities for physical activity and play that follow the [California After School Physical Activity Guidelines](#).

DOMAIN ACCOMPLISHMENTS

- Developed and conducted four train-the-trainer sessions in English and Spanish focused on reducing access to sugar-sweetened beverages and promoting water, using California Project LEAN's Parent Engagement Training; attended by 62 community members.
- Created a district representative training program to train volunteers to provide technical assistance to school districts on local school wellness policies.
 - Identified and assigned 16 San Diego County Childhood Obesity Initiative partners to districts across San Diego County.
 - Updated the school wellness policy clearinghouse with current wellness policies from 40 San Diego County school districts including example policy language in 23 categories.
- Facilitated the San Diego County Farm to School Taskforce to increase consumption of local, healthful, seasonal foods, and improve food literacy in San Diego County school districts. The Taskforce is comprised of more than 40 members, including more than half of San Diego County's 42 school districts, two regional distributors, and four local farms.
 - Convened the Taskforce six times, including the first joint meeting between the Taskforce and the Nutrition in Healthcare Leadership Team (March 2015) and a joint meeting between the Taskforce and vendors (growers and distributors) who attended the 2014 *Let's Go Local!* Produce Showcase (May 2015).
 - Hosted a USDA Procurement Training for school districts on incorporating preference for local foods in competitive produce solicitations. The training was attended by over 30 people representing over 15 SD County school districts.
 - Worked one-on-one with two school districts to successfully incorporate language giving preference to high quality, nutritious, local produce in the districts' competitive produce solicitations.
 - Conducted two surveys important for advancing farm to institution work in San Diego County:
 - Projected demand for local food and 2015-2016 Harvest of the Month produce items in particular amongst San Diego County schools. Schools will purchase a projected \$12M in produce in 2015-2016, which will include roughly \$5.8M of regional (California-grown) produce and \$1.2M of local (SD County-grown) produce.
 - A six-month follow-up survey on the impact of the 2014 *Let's Go Local!* Produce Showcase found that over 20% of attending sellers (growers and distributors) developed new business relationships with clients met at the Showcase. Other positive impacts included an increase in knowledge of farm to school opportunities, distributors now highlighting and/or labeling locally-grown products, and increasing sales of local food to existing clients.
 - CHIP's food systems director attended the first California Farm to School Network (CFSN) Conference, presented a session titled, "Assessing Farm to School at the District and County Level," and facilitated a SoCal regional breakout.
 - The COI sponsored one of the Schools and After-school Workgroup co-chairs, who is also a Farm to School Specialist for SDUSD, to attend the Conference where she presented on SDUSD's innovative Garden to Café model.
 - A condensed version of this Garden to Café presentation was delivered to the Taskforce, the COI's Leadership Council, and the COI Schools and After-school Workgroup.
 - Released the 2013-2014 Farm to School District Profiles for all San Diego County school districts, which summarize each district's farm to school activities, food service capacity, and more. The profiles are available on the Farm to School Taskforce's page on the COI website.
 - Selected two recipients through a competitive application process to receive technical assistance (TA) in developing a three-year farm to school plan. A third district was also chosen to receive supplemental TA. The TA process began with all three districts in June 2015.

OBESITY PREVENTION ACTIVITIES FOR CHILDREN AGES 0-5

- Promoting farm to school activities in schools with sited pre-schools as a way to improve access to healthy foods and school gardens.
- Conducting parent trainings in neighborhoods such as City Heights, Chula Vista, and Lemon Grove to increase awareness and engagement of parents in policy implementation and environmental change in their neighborhoods.

COI STAFF CONTACTS

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