



# Advocacy to Improve the School Nutrition & Physical Activity Landscape

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#CAKidsHealth14



**Marcia Argyris, Senior Program Officer, S.D.  
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**Michelle Oppen**, Program Manager, Wellness  
Oakland Unified School District



## OUSD Wellness Policy

- Child, Nutrition and Women, Infants and Children's Reauthorization Act of 2004
- Updated through Healthy, Hunger-Free Kids Act of 2010
- BP 5030 passed by OUSD School Board in 2006
- Areas addressed:
  - Nutrition
  - Physical Education and Physical Activity
  - Health Education
  - Safe and Healthy School Environments
  - Student Wellness Services
  - Staff Wellness

## Nutrition at OUSD

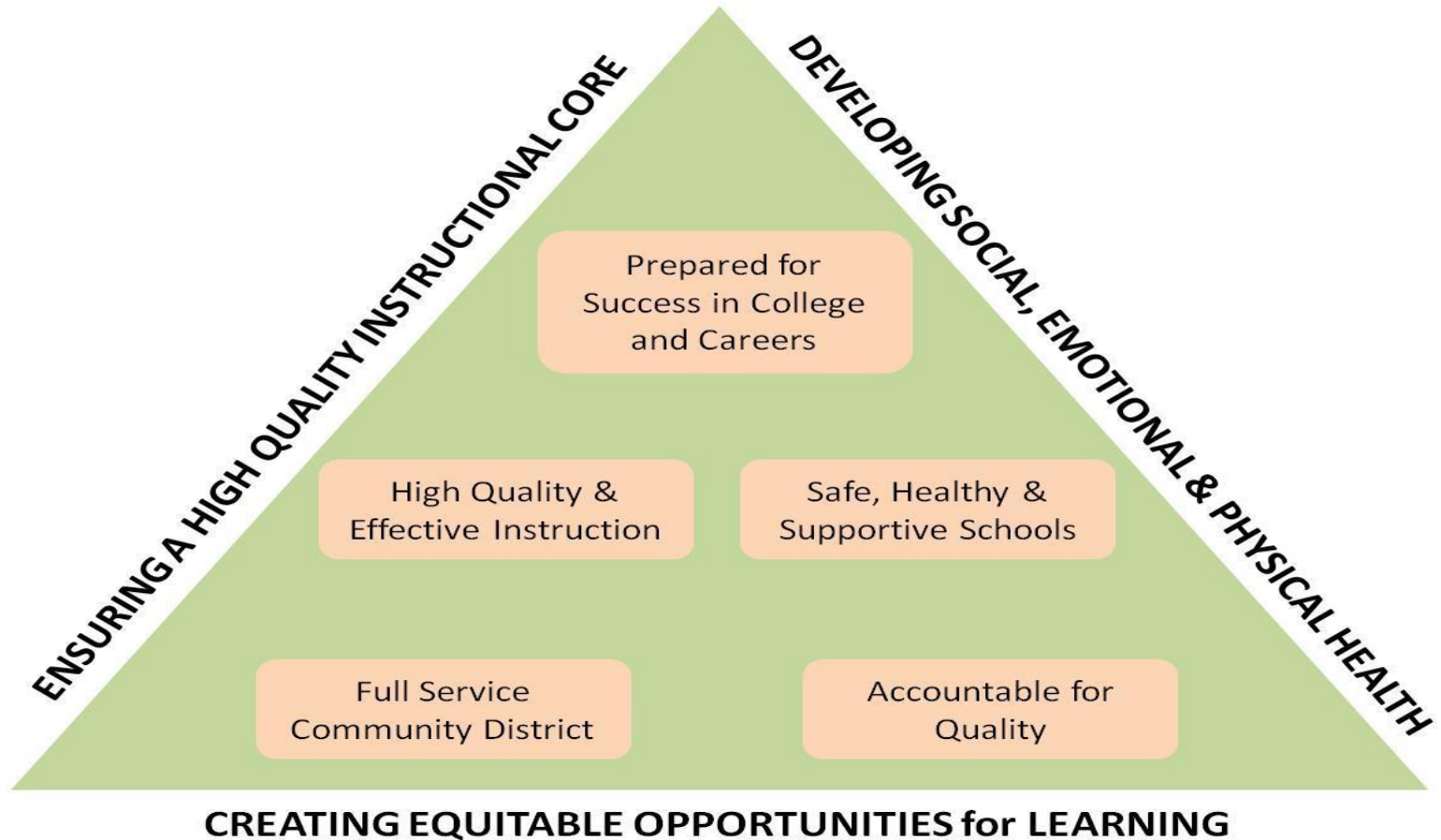
- Over 25% of middle and high school students do not eat breakfast (CHKS, 2012-2013).
- Almost 75% of middle and high school students report drinking a sugar sweetened beverage on a given day (CHKS, 2012-2012)
- Almost 50% of middle and high school students report eating fast food at least once a day (CHKS, 2012-2013)

## Physical Activity at OUSD

- Approximately ½ of all OUSD students are overweight (PFT, 2012-2013)

<b>9th Grade Pass Rate – 5/6 fitness standards</b>		
<b>OUSD</b>	<b>Alameda County</b>	<b>California</b>
<b>35%</b>	<b>59%</b>	<b>59%</b>

OUSD Mission: OUSD will become a Full Service Community District that serves the whole child, eliminates inequity, and provides each child with excellent teachers every day.



## Wellness Champion Program

- School Site Implementation can not happen without champions or partnerships!
- School Site Implementation includes services and programs.
- School Site Implementation focuses on culture, environmental and policy shifts.
- 45 schools have taken on wellness champion program.



## Workshop Objectives

By the end of this session, participants will be able to:

- discuss the significance of policy, environmental and systems change
- describe how SBHCs can champion healthy school environments and improve integration at the same time
- define how your SBHCs can promote healthy school environments

## Activity

What environmental changes would you like to see in your school?

## Activity

What are some **barriers** to change?

## Activity

What resources or engaged parties can you leverage to meet your goals?



**Katie Riemer**, Health Educator, La Clinica de la Raza



## Fremont Federation's Youth Wellness Advisory Board

5 years of advocating for  
environmental changes to promote  
student wellness

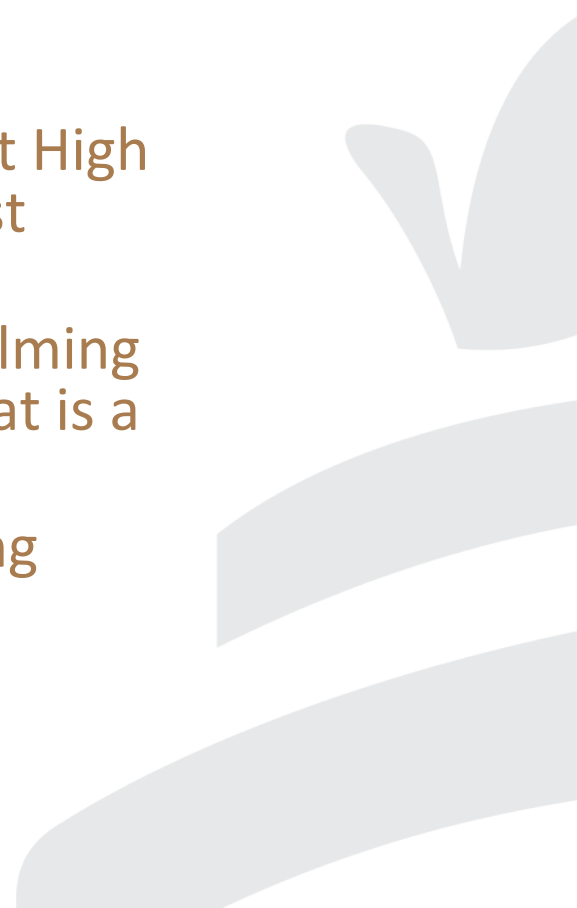
Building partnerships and leveraging existing  
resources to make change

# Breakfast for all!

Working with Jennifer LaBarre and Breakfast First to become the first High School with a Grab & Go breakfast program

Lots of meetings and surveys and calming fears to implement something that is a win/win/win!

Building on that success by instituting Second Chance Breakfast



# Lunch: Dream vs. Reality

Oakland Unified School District **MARCH 2014** High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Prices:</b>                      Full Price \$3.00                      Reduced \$0.40                      Free \$0.00                      Milk w/o Meal \$0.40</p>	<p><b>NUTRIENT AVERAGES</b>                      Calories 833                      Total Fat 27.6%                      Saturated Fat 9.2%                      Cholesterol 56 mg                      Sodium 1386 mg                      Fiber 13.5 g</p>	<p><b>NUTRIENT TARGETS</b>                      Calories 750-850                      Total Fat &lt;30%                      Saturated Fat &lt;10%                      Cholesterol &lt;100 mg                      Sodium &lt;1420 mg                      Fiber 6 g</p>	<p>(LF) Low Fat (P) Pork                      (L) Lower Fat Poultry (V) Vegetarian                      (GF) Gluten Free                      (FP) Freshly prepared in one of our central kitchens using a recipe designed by OUSD staff.</p>	<p>On "California Thursdays", we showcase dishes made from fresh, California-grown ingredients!</p>
<p>3                      Chicken Teriyaki Bowl (FP)                      Grilled Chicken Salad w/ Croutons                      Cheese Pizza (V)                      Ham &amp; Cheese Sandwich                      Hamburger w/ Fries                      Fuji Apple                      Green Beans</p>	<p>4                      Meatloaf w/ Mashed Potatoes &amp; Biscuit                      Grilled Chicken Salad w/ Croutons                      Pepperoni Pizza (P)                      Turkey &amp; Bologna Sandwich                      Beef Hot Dog w/ Fries                      Garden Burger w/ Cheese (V) &amp; Fries                      Tangelo                      Mashed Potatoes                      Sweet Potato Fries</p>	<p>5                      Philly Cheese Steak Sandwich w/ Fries (FP)                      Grilled Chicken Salad w/ Croutons                      Grilled Cheese Sandwich (V)                      Fish Sticks w/ Roll                      Romaine Salad                      Banana</p>	<p>6                      Spicy Sichuan Chicken &amp; Rice                      Grilled Chicken Salad w/ Croutons                      Sausage Pizza (P)                      Tuna Salad Sandwich                      Spicy Chicken Sandwich &amp; w/ Fries                      Garden Burger w/ Cheese &amp; Fries (V)                      Granny Smith Apple                      Corn Cobette</p>	<p>7                      Fish Tacos w/ Shredded Cabbage &amp; Rice                      Grilled Chicken Salad w/ Croutons                      Combination Pizza (P)                      Bologna Sandwich                      BBQ Chicken Sandwich w/ Fries                      Veggie Nacho Supreme (V)(FP)                      Orange                      Refried Beans</p>
<p>10                      Chicken Enchilada w/ Spanish Rice                      Grilled Chicken Salad w/ Croutons                      Cheese Pizza (V)                      Ham &amp; Cheese Sandwich                      Hamburger w/ Fries                      Bean &amp; Cheese Tamale w/ String Cheese (V)                      Gala Apple                      Romaine Salad</p>	<p>11                      Salisbury Steak w/ Mashed Potatoes &amp; Biscuit                      Veggie Salisbury "Steak" w/ Mashed Potatoes &amp; Biscuit                      Grilled Chicken Salad w/ Croutons                      Pepperoni Pizza (P)                      Turkey &amp; Bologna Sandwich                      Beef Hot Dog w/ Fries                      Pear                      Baked French Fries</p>	<p>12                      Nacho Supreme (FP)                      Veggie Nacho Supreme (V)(FP)                      Grilled Chicken Salad w/ Croutons                      Pinto Beans                      Banana</p>	<p>13                      BBQ Chicken Teriyaki &amp; Rice                      Grilled Chicken Salad w/ Croutons                      Sausage Pizza (P)                      Bologna Sandwich                      Spicy Chicken Sandwich w/ Fries                      Grilled Cheese Sandwich (V)                      Granny Smith Apple                      Corn Cobette</p>	<p>14                      Chicken Fajita w/ Spanish Rice (FP)                      Grilled Chicken Salad w/ Croutons                      Tuna Salad Sandwich                      Vegetarian Pizza (V)                      Philly Cheese Steak Sandwich w/ Fries                      Orange                      Sweet Potato Fries</p>
<p>17  <b>SAINT PATRICK'S DAY</b>                      Beef w/ Broccoli over Rice                      Grilled Chicken Salad w/ Croutons                      Cheese Pizza (V)                      Ham &amp; Cheese Sandwich                      Hamburger w/ Fries                      Fuji Apple                      Stire Fry Vegetables</p>	<p>18                      Spaghetti w/ Turkey Meat Sauce (FP)                      Spaghetti &amp; Marinara Sauce (V) &amp; String Cheese                      Grilled Chicken Salad w/ Croutons                      Pepperoni Pizza (P)                      Bologna Sandwich                      Beef Hot Dog w/ Fries                      Tangelo                      Green Beans</p>	<p>18                      Philly Cheese Steak Sandwich w/ Fries (FP)                      Grilled Chicken Salad w/ Croutons                      Grilled Cheese Sandwich (V)                      Baked French Fries                      Banana</p>	<p>20                      Chicken Fried Rice                      Veggie Fried Rice (V)                      Grilled Chicken Salad w/ Croutons                      Sausage Pizza (P)                      Tuna Salad Sandwich                      Spicy Chicken Sandwich w/ Fries                      Cheese Quesadilla (FP)                      Romaine Salad                      Granny Smith Apple</p>	<p>21                      Fish Tacos w/ Shredded Cabbage &amp; Rice                      Grilled Chicken Salad w/ Croutons                      Combination Pizza (P)                      Bologna Sandwich                      Philly Cheese Steak Sandwich w/ Fries                      Veggie Nacho Supreme (V)(FP)                      Pinto Beans                      Strawberries</p>
<p>24                      Chicken &amp; Waffles                      Grilled Chicken Salad w/ Croutons                      Pepperoni Pizza (P)                      Ham &amp; Cheese Sandwich                      Eggs w/ Veggie Sausage &amp; Biscuit                      Hamburger w/ Fries                      Gala Apple                      Deli Roasted Potatoes</p>	<p>25                      Chicken Tacos &amp; Spanish Rice                      Veggie Soft Tacos &amp; Spanish Rice                      Grilled Chicken Salad w/ Croutons                      Sausage Pizza (P)                      Turkey &amp; Bologna Sandwich                      Beef Hot Dog w/ Fries                      Pear                      Romaine Salad</p>	<p>26                      Spicy Chicken Sandwich w/ Fries                      Grilled Chicken Salad w/ Croutons                      Grilled Cheese Sandwich (V)                      Baked Beans                      Banana</p>	<p>27  <b>CALIFORNIA THURSDAY</b>                      Chorizo w/ Greens (FP)                      Grilled Chicken Salad w/ Croutons                      Vegetarian Pizza (V)                      Tuna Salad Sandwich                      Philly Cheese Steak Sandwich w/ Fries                      Granny Smith Apple                      Spinach Salad</p>	<p>28  <b>NEW: Lemon Herbed Fish &amp; Rice</b>                      Grilled Chicken Salad w/ Croutons                      Cheese Pizza (V)                      Bologna Sandwich                      BBQ Chicken Sandwich w/ Fries (FP)                      Corn                      Orange</p>





## Pizza everyday



YWAB: advocating for school lunch that matches district menu

Using the Secret Shopper tool and advocating for better communication between district, site and students

# Competitive Foods at Fremont

YWAB did school audit of competitive foods

Challenges:

Balancing building an enthusiastic campus culture with following wellness policy

Enforcing outside vendor rules seen as a low priority

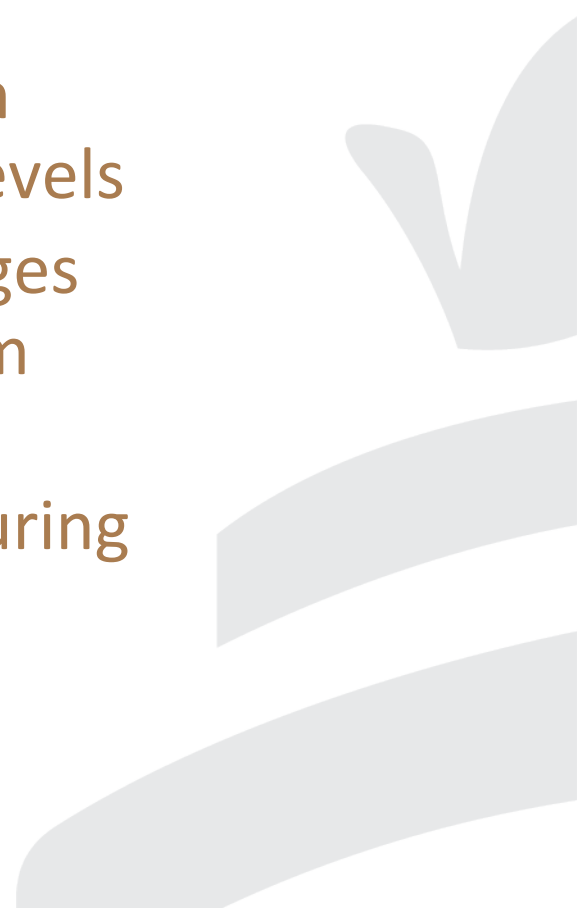


## PE makeover

Student surveys, meetings with administrators at different levels

Advocating for structural changes (better facilities, free uniform programs)

Coordinating more activities during lunch



## Water

Testing water quality (Fremont has great water)

Advocating for maintenance work

Hydration station

Providing water bottles



# Corner Stores

Advocating for a corner store  
makeover

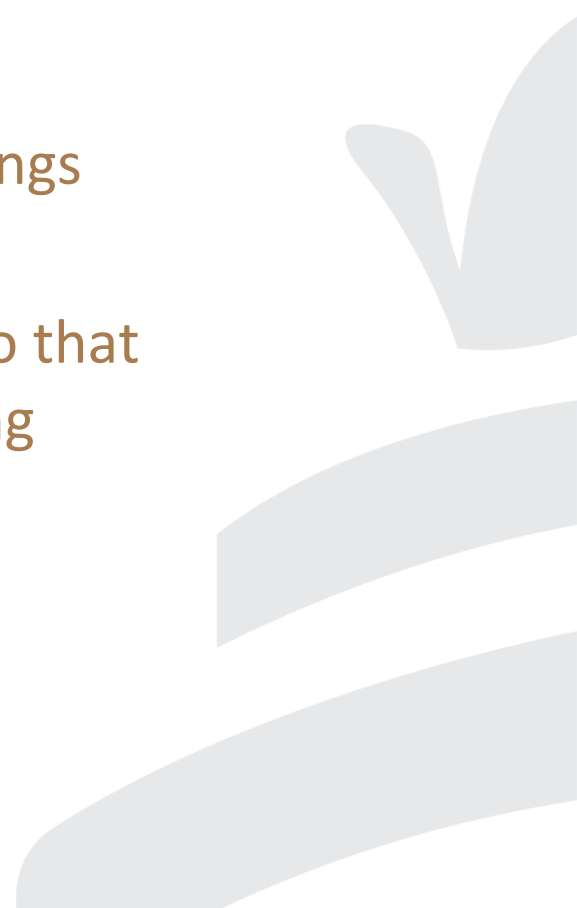


# Sustainable Wellness Committee

Great success with quarterly,  
brainstorming, celebratory meetings

Piggybacking on SSC meetings

Challenges with ongoing meetings to that  
support ongoing projects, avoiding  
meeting burnout, flexibility is key



# Making the case for advocacy work

Advocacy work isn't on a teen-friendly time scale  
(important to mix in fun projects like: bike  
blender, yogurt parfait parties, etc...)

Projects often take years to complete and benefits  
can quickly become taken for granted/invisible  
(reminding folks how awesome some of these  
changes are is important and helps fuel future  
projects)





**Timothy Zenor-Davis, Adolescent Services  
Coordinator, Lifelong Medical Care**





# COMMUNITY HEALTH

## Developing Youth Health Advocates



## Community Health Workshops

- Giving students the information and tools to be health and wellness champions in their school and community
- Helping students to recognize chronic illnesses that affect their personal health, the health of their family, and community.
- Encouraging students to be proactive in addressing chronic illness

## Community Health Workshops

- Curriculum developed by Alison Aronstam, Marika Davin, and Tim Zenor-Davis
- West Oakland Specific
- Discussion and activity based

## 3 Bodies of Health

- Physical body:  
personal health
- The community body:  
family, city, neighborhood
- The political body:  
public policy



Focusing on the interrelation between the three.

## Get In Where You Fit In

### *Achieving School Integration*

The success of our efforts are due to building strong collaborative partnerships with on campus stakeholders.

*Find allies:*

Principal/Vice

Teachers

Parents





**Jayce Goree**, Wellness Counselor, East Bay Asian Youth Center





Questions?

#CAKidsHealth14



**CALIFORNIA**  
**SCHOOL-BASED**  
**HEALTH ALLIANCE**

Putting Health Care Where Kids Are

Thank you!

#CAKidsHealth14