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LEADERS ENCOURAGING
ACTIVITY AND NUTRITION



Family Engagement: Improving Health Literacy, Health Behaviors, and Site Policies for Staff and Parents

First 5- 2018 Child Health, Education, and Care Summit

April 11, 2018





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California Project LEAN (CPL)

- Nutrition and physical activity policy in schools and communities
- Efforts are centered on:
 - Youth and parent empowerment approaches
 - Policy and environmental change strategies
 - Community-based solutions
- Training, Technical Assistance, and Resources to School Districts



Presentation Outline



- Local School Wellness Policy
- *Parents In Action!*
- *CA4Health*





Local School Wellness Policy (LSWP) Overview

Local school wellness policies are designed to promote student health and reduce childhood obesity.



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Local School Wellness Policy REQUIREMENTS

- Nutrition Education & Nutrition Promotion
- Guidelines for All Foods & Beverages on Campus
- Goals for Physical Activity and Other Activities that Promote Student Wellness
- Food and Beverage Marketing
- Public Notification and Involvement
- LSWP Leadership
- Implementation, Assessment, & Updates



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Parent Engagement: What is it?

Parents and school staff working together to support and improve the learning, development, and health of children and adolescents.



1. Epstein JL. School, Family, and Community Partnerships: Preparing Educators and Improving Schools Second Edition. Boulder, CO: Westview Press; 2011.

2. National Family, School, and Community Engagement Working Group: Recommendations for Federal Policy. Cambridge, MA: Harvard Family Research Project; 2009.



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CPL Definition: Parent Engagement

- Parents being involved in school activities which results in their having an increased knowledge of what impacts student health and well-being
- Seeing and being involved in positive school changes
- Feeling that their opinions and perspectives are valued
- Feeling empowered.





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Why Parent Engagement?

- Better grades
- Attend school regularly
- Better social skills
- Graduate





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Parent Engagement and LSWP: CPLs *Parents in Action!*

PARENTS IN ACTION!

A guide to engaging parents in local school wellness policy

PARENT LESSON PLANS: ADVOCATING FOR HEALTHIER SCHOOL ENVIRONMENTS

A Companion Piece to Parents in Action!
A Guide to Engaging Parents in Local School Wellness Policy

¡PADRES EN ACCIÓN!

Guía para Involucrar a los Padres de Familia en las Políticas de Bienestar Escolar

LECCIONES PARA ¡PADRES EN ACCIÓN! ABOGANDO POR AMBIENTES ESCOLARES SALUDABLES

Lecciones complementarias para ¡Padres en Acción!
Guía para Involucrar a los Padres de Familia en las Políticas de Bienestar Escolar

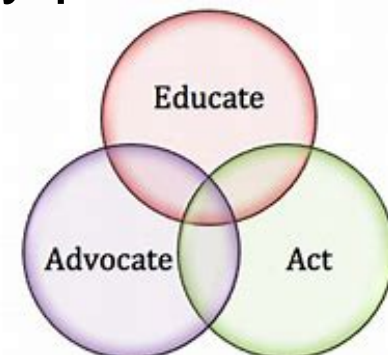


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Parents Taking Action: Increased Parents':

- Knowledge of the School Lunch and Breakfast Programs, California Nutrition Standards, and Physical Education requirements
- Ability to help reduce sugary drinks at school
- Knowledge of Project LEAN's four-step advocacy process
 - Pick a problem and find a solution
 - Identify the policy players
 - Build your action plan
 - Evaluate how your group is doing
- Awareness of and involvement in their local school district wellness committee and/or served in other leadership roles.





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Parents Taking Action: RESULTS

- Participation in district wellness councils
- Addressed Healthy Party and Classroom and Rewards guidelines
- Assisted in revision/strengthening of LSWP
- Eliminated flavored milk
- Increased water access
- Created school site wellness committee
- Implemented breakfast in the classroom





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CA4Health

- Community Transformation Grant
- Small/Rural CA Counties
- Strategic Directions
 - Decrease Consumption Sugary Beverages
- Evaluation





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Sugary Beverages Success 0-5: Madera County

Access to free, safe drinking water at all times

0-12 months:

- Breast milk (best option)
- Baby formula with iron.
- No juice is served at any time.

12-23 months:

- Unflavored whole cow's milk no added sweeteners.
- Water with no additives, including vitamins, minerals (e.g. electrolytes), stimulants (e.g. caffeine) and sweeteners.
- No juice is served at any time.



Sugary Beverages Success 0-5: Madera County

2-3 years:

- Unflavored non-fat or 1% cow's milk with no added sweeteners.
- Water with no additives, including vitamins, minerals (e.g. electrolytes), stimulants (e.g. caffeine) and sweeteners.
- 100% juice limited to no more than two meals per month.

4-5 years:

- Unflavored non-fat or 1% cow's milk with no added sweeteners.
- Water with no additives, including vitamins, minerals (e.g. electrolytes), stimulants (e.g. caffeine) and sweeteners.
- 100% juice limited to no more than two meals per month.



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Sugary Beverage Success 0-5 : Merced County

First 5 Merced adopted nutrition guidelines limiting:

- Sodium
- Sugar

And assuring that clean, safe drinking water is available at all times affecting contractors, sponsored events, meetings, and trainings reaching approximately 20,000 people each year.



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Madera County: VIDEO

<http://vimeo.com/user3720762/videos>



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Thank You!

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