# ANAHEIM HEAL ZONE COLLABORATION

Updated 6/15/15

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<th>CAP STRATEGIES</th>
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<td><strong>1. HEALTHY SCHOOL FOOD</strong></td>
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| **STRATEGIES:** Make healthy foods and beverages available at school and encourage their consumption in Edison (838) and Lincoln (784) elementary and Sycamore (1,820) middle schools | **15,000+ students drink non-flavored milk daily** at 24 ACSD schools through district-wide policy change. (Eliminates 8 pounds of sugar per child per school year).  
**New ACSD Student Wellness policy improvements** include allowing only non-food rewards and limiting food fundraisers.  
**Champion Mom finding time to participate on the ACSD Coordinated School Health Council.**  
**Promotion of water, fruits & vegetables** being implemented at two HEAL elementary schools. | • Send narrated slide presentation to all teachers to turn policy into action (Leslie)  
• Deliver new promotional materials to all HEAL schools (Javier)  
• Evaluate effectiveness of posters in classrooms, eating areas, water stations (Leah) |
| • Make school policy improvements  
• Conduct an assessment of the current School Wellness Policy to identify areas of opportunity for environmental and policy change | | |

| **2. HEALTHY FOOD - AFTER SCHOOL** | | |
| **STRATEGIES:** Healthy food served in after-school programs (Anaheim Achieves) and Children's Station childcare center at the Y  
• Anaheim Achieves Afterschool Planning Team to coordinate with ACSD and (AUHSD) about improvements to after-school snack menu  
• Harvest of the Month nutrition program being implemented during Anaheim Achieves at four schools  
• Strengthening youth advocacy after school, through Future Leaders Club | **New YMCA Policy for Afterschool Wellness.** Meets the Y’s national HEPA standards (Healthy Eating, Physical Activity) at 46 Anaheim Achieves sites, impacting 5,000 students daily (300 in HEAL Zone).  
**“Harvest of the Month” impacting 200 students.** Two HEAL schools. Trainings by OCDE. Fruits/veggies by Northgate.  
**New Supper program serving 2,000 healthy meals per day.** Two HEAL Zone schools and 22 other ACSD schools are addressing the hunger gap by serving healthy meals each day at 5pm.  
**Teen advocacy at Sycamore Jr. High and Anaheim High School.**  
- Students participated in Sycamore walk audit.  
- “Weight of the Nation for Kids” DVDs used with 400 students  
- Future youth advocacy efforts include include guiding students through creating health-focused ads to be displayed on HEAL Zone bus shelters | • Integrate policy discussion into regular YMCA staff trainings (Teresa A.)  
• Observe/evaluate HOTM program (Leah)  
• Coordinate weekly meetings with Anaheim Achieves students (YMCA staff)  
• Guide Sycamore students in after school program through advocacy through the creation of bus shelter advertisement displays.  
Possible creative help from Disney (Chris Kent, Fall 2015) |
3. DAYTIME SCHOOL PHYSICAL ACTIVITY

**STRATEGIES:**
Build physical activity into daily routines at school (in Edison (838) and Lincoln (784) elementary and Sycamore (1,820) middle schools)

- Implement active recess in elementary
- Add 5-10 minutes of moderate-vigorous activity in-classroom for elementary students (physical activity videos)

**Padres en Acción getting students active 3x/week.** Parent volunteers lead 30 minutes of physical activity during recess 3x/week at Edison and Lincoln schools. 20+ parent leaders receiving regular trainings on PA, nutrition and advocacy; now utilizing student leaders at Edison School. Evaluation report shows increased activity in PA compared to students not in the program.

**Teachers implementing in-classroom activity** utilizing PIDS, FAB5 and/or video tools. All Lincoln teachers also received training on in-classroom movement. Teachers continue to complete surveys to help us evaluate the program.

- Continue parent trainings (KidHealthy)
- Continue regular teacher surveys (Leah, principals, teachers)
- Continue Padres en Accion at Edison, Lincoln and add Sunkist Elementary.
- Evaluate model of older youth leading active recess at Edison (Leah)
- Complete Lincoln walk audit. First meeting June 2015

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4. AFTERSCHOOL PHYSICAL ACTIVITY (Anaheim Achieves)

**STRATEGIES:**
- Add 30 minutes of to after-school programs; Implement 150 minutes of activity per week into Anaheim Achieves Program.
- Administer physical activity programming and related after-school lesson plans that build awareness of the importance of good nutrition and physical activity at school sites, through PICH Funding

**FAB-5 getting 5,000 students active after school daily (300 in HEAL Zone).** Y staff leading students in 30 minutes of moderate/vigorous PA. FAB5 provides increased intensity and teaches fundamental nutrition, fitness and health concepts to students. Video of program in action at www.anaheimymca.org/heal-zone

- Continue evaluation (Leah)
- Expand FAB5 for non-Anaheim Achieves students Fall 2015
- Additional FAB 5 exercise equipment and student incentives to 30 school sites utilizing funding from OC PICH (CDC grant to Community Action)

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5. BUILT ENVIRONMENT IMPROVEMENTS (to increase walking and bicycling to school)

**STRATEGIES:**
- Improve/add street crossings near schools
- Improve/add bike Lanes on La Palma Ave.
- Adopt community policing strategies to help support safe outdoor activity
- Educate students about walking/biking safety (to be aligned with new bike lanes)

**Over 20 built environment improvements.** Based on walk audits at Edison and Sycamore. Improvements include painted crosswalks, new radar speed signs, repaired sidewalks, trimmed shrubbery, etc.

**Anaheim HEAL City passed (9/2013).** Implementation plan in effect.

**New Edison Park improvements coming.** Two community meetings were held to get input. Plan included walking/running path, lighting, exercise stations, hydrations stations, trash receptacles, picnic areas, volleyball courts, etc.

- Continue HEAL Cities implementation (Joe P.)
- Lincoln walk audit Summer 2015 (Javier)
- Complete Edison Park improvements, Fall ’15
- Sidewalk improvements on La Palma/East (SRTS)
6. RETAIL - Improve Access and Availability of Healthful Foods

**STRATEGIES:**
- **MARKETS:** Increase healthy options in Northgate and convenience stores
- **VENDOR TRUCKS:** Promote healthy choices with truck vendors

**New HEAL branded healthy cooler.** Features healthy options, including “grab-n-go” lunches under 500 calories ($4.99), fresh fruit, fruit cups, Greek yogurt with chia, etc. Also features HEAL signage and health tips. Sales of produce have increased 2014-2015

**New healthy cooler to replace soda cooler.** Championed by store manager, will feature bottled water for 25 cents and healthy “grab-n-go” items. Located near kitchen and check stands.

**Expanded produce area.** A letter writing campaign from HEAL parents earlier in the year to Northgate helped guide the re-modeling of the Northgate Market.

**In-store health promotion through New HEAL Community Board.** Features health tips and community health resources.

- Local parents agreed to lead vendor truck strategies. Champion parent has checklist and plans to talk to truck vendor in Oct.

- **Continue evaluating sales of produce and healthy cooler items (Leah and Teresa)**
- **Install cooler in October (Teresa B)**
- **Continue evaluating sales of produce and related health items (Leah)**
- **Approach truck vendor with checklist (parents, summer 2015)**
- **Hire part-time community organizer to guide parents through advocacy efforts – including also identifying corner store improvements and health advocacy**

7. PROMOTE HEALTH EATING FOR ADULTS AND YOUTH

**STRATEGIES:**
- Educate families around food labels and portion sizes
- Educate students around food labels and portion sizes in after-school programs
- Teach community members about healthy cooking at home
- Raise community awareness regarding ideal number of calories and ways to reduce calories
- Community outreach through Healthy Family Fairs
- “Champion Moms” to conduct trainings and provide parent toolkits

**Increased capacity of resident parent leaders.** Trainings include: SRTS, Rethink Your Drink, KidHealthy, PhotoVoice and CA Center of Public Policy, NEOP “Champions for Change” parent workshops. Parents led health booth at Northgate Health Fair on Sept. 26; led PeA boot-camp for YMCA Expo participants from across the country.

**New OCHCA Champion Mom - Rita Martinez**

**Lincoln Parents held community “Togetherhood” health event.** Several Lincoln HEAL parents planned and led a health awareness event for the community on June 12, in cooperation with the YUSA’s Togetherhood resident leader initiative.

- **Schedule future opportunities for parent leadership (Javier)**
- **Hire community organizer to expand HEAL parents’ efforts in advocacy and resident leadership.**
- **Work with parents to identify and plan future community health efforts.**
8. PROMOTE RECREATIONAL PHYSICAL ACTIVITY

**STRATEGIES:**
- Provide families with access to new public “green space” at Sycamore Jr. High and one faith-based organization through joint-use
- Physical Activity promotion at Healthy Family Fairs

City of Anaheim now automatically renews recreational permit for park usage with champion resident group.

HEAL parents leading daily exercise at Edison Park. A group of residents meets every day to exercise. We have provided canopies for shade and have assisted with City permits.

Sycamore joint-use expanded from one day to FOUR days per week. Gates are now open so public can use green space. New security lights installed by outdoor basketball courts. Principal has kept gates open until at least 6p each evening, M-TH; no issues with residents.

New Faith-based partners. Pastor Phil Yoder (Southern Baptist Church) is sharing classrooms and green space, doing before/after stretching at church services, and implementing other strategies from the faith-based assessment. Higher Ground at Lincoln Park (Joe Baldo) engaging youth in numerous health activities daily.

- Continue Sycamore Joint Use 4 days/week
  - Evaluate community participation at Sycamore (Leah)
  - Hang banners on fence to promote
  - Additional policing to be requested at next partner meeting 6/16.

- Sycamore Principal Carmona leaving; new principal for upcoming school year. Meet with new principal about future opportunities.

- Evaluate strategies being implemented by Southern Baptist Church (Leah)

- NEOP to assist faith-based partners with healthy cooking, etc.

9. CLINICS - Doctors Provide Families with “Green Prescriptions”

**STRATEGIES:**
- Engage physicians to provide patients and families with “healthy prescriptions” to encourage physical activity and healthy eating

Healthy Prescriptions being implemented at two clinics:
1. Mobile Health Clinic at Sycamore
2. UC Irvine Family Health Center (2 mi. from the HEAL Zone). Kaiser OC assisting with this connection. Clinic is part of the OC Coalition of Health Centers

Bilingual prescription pads created, based on input from physicians and Long Beach HEAL Zone.

Patient incentives include pedometers, water bottles, HEAL backpacks.

- Provide physicians with patient incentive items (Javier)
- Continue tracking progress of strategy and usage (Leah)