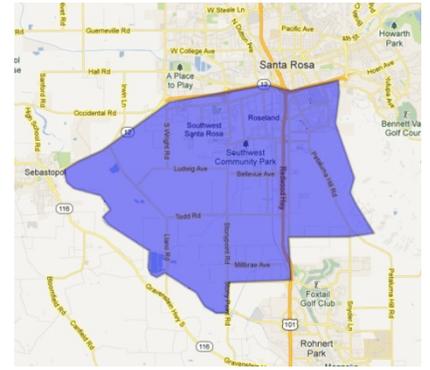


# HEAL Zone Highlights • Santa Rosa

The Santa Rosa HEAL Zone is a network of organizations and residents working together to make healthy choices the easy choice for 10,000 people in South Santa Rosa. In our community, 65% of adults and over 40% of children are overweight or obese. Supported by Kaiser Permanente, our focus is to prevent diseases such as diabetes and hypertension that often result from being overweight. Working together we're creating environments that encourage our residents to eat better and move more as part of daily life. Here are just a few examples of what we've achieved so far.



[www.healzones.org/santarosa](http://www.healzones.org/santarosa)

- 1622** students in 3 elementary schools now have access to **water stations or water fountains**, which will help keep those students hydrated, because all 1622 now also have **active recess**, which promotes play that is safe, healthy, and fun
- 68%** of students are **getting a healthy start with Second Chance Breakfast**, up from 10% in 2011
- 693** kids in kindergarten, 2nd, and 5th grades will receive a **Body Mass Index screening** at school
- 248** local elementary-school parents attended one or more **health workshops**
- 653** Roseland Elementary students received a **new Kaboom playground**



**Santa Rosa**

## Local Apples Bring Health Lessons Alive

Local Sebastopol Golden delicious apples from nearby farms are making it easy for students at Sheppard and Roseland Elementary Schools to learn about both healthy eating and the area's agricultural history thanks to the Harvest of the Month program. County of Sonoma Department of Health Services HEAL staff and local volunteers helped add local apples to the existing Harvest of the Month curriculum, and students from Sonoma State University's Nursing Program helped the second and third graders understand the value of eating local and eating healthy. The students' response? "Marvelous", "tasty," and "amazing" — along with some loud and happy crunching.

