



# Orange County Obesity Prevention Plan A Revised Plan of Action 2010

Prepared by the Orange County Nutrition & Physical Activity Collaborative (NuPAC)

## BACKGROUND

Four years ago, the Orange County Nutrition and Physical Activity Collaborative (NuPAC) worked with its partners to develop a plan of action to address the issue of obesity in Orange County (OC). Patterned after the *California Obesity Prevention Plan*, the OC plan focused on seven sectors that impact obesity. Two years later four of the seven sectors have taken some bold steps and continue to look at new ways to impact obesity. Obesity is a complex issue and there are many strategies and programs that will make a difference. This plan provides a framework in which multiple partners can work together and measure their progress.

## STATE & LOCAL GOVERNMENT

Coordinated by: **NuPAC Policy Committee**

**Dolores Barrett, Community Action Partnership OC, [dbarrett@capoc.org](mailto:dbarrett@capoc.org), 714.899-3684**

**1) Adopt and implement community policies and general plan language that promotes walking, biking and public transportation use; develop complete streets, build paths and trails, and connect sidewalks in order to promote physical activity.**

Work with the County Board of Supervisors, School Boards, City Councils and Community Collaboratives to develop proclamations, pass resolutions or policies that include components needed for their communities to change the built environment to improve safety and access to walking, biking, public transportation and policies that support healthy foods in public environments.

- Develop relationships and educate elected officials and staff
- Provide templates, sample resolutions, and sample policy language
- Identify local opportunities and link to local NuPAC members and partners
- Identify members or member's organizations who can/will be advocates.

**2) Increase access to water in all public facilities and public space.**

- Work with the County and local communities to assess and improve access to water.

## FAMILIES

Coordinated by: **NuPAC's Parents for Healthy Neighborhoods Workgroup**

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**1) Develop strategies to promote healthier food choices and family mealtimes at least once a day.**

Provide nutrition education opportunities to families.

- Work with agencies serving 0-5 years (Head Start, Children and Families' Commission, Supplemental Nutrition Program for Women, Infants, and Children (WIC) and pre-school sites) to coordinate efforts that promote the importance of family mealtimes and recipes incorporating fruits and vegetables.
- Enhance and provide nutrition education to families by sharing culturally appropriate nutrition lessons/handouts on ways to make family meals fun and meaningful and coordinate education opportunities provided by partners such as County and school-based *Network for a Healthy California* partners, UC Cooperative Extension, and Dairy Council of California.

Highlight efforts of parents and community advocates who serve as role models for leading healthy lifestyles.

- Recruit parent leaders to conduct food demonstrations and share testimonials at retail and community events.
- Recognize “Champions for Change” and other parent leaders at local meetings.
- Support parent leaders advocating for increased access to nutritious and affordable foods, as well as safe and active neighborhoods and community.

**2) Develop and promote strategies to encourage families to increase playtime together and physical activity.**

Design/create ideas for families to participate in physical activity with their families in their neighborhoods and through their schools.

- Identify physical activity and recreational opportunities through expanded partnerships with schools, City Parks and Recreation departments, YMCAs, businesses, Orange County Health Care Agency and others as appropriate.
- Identify neighborhoods where parent and youth volunteers can complete a safety and physical activity assessment tool.
- Partner with parent and youth volunteers to identify and coordinate solutions based on assessment results to increase physical activity for families in the identified neighborhood/community.

Encourage parent leaders to participate in physical activity (PA) opportunities.

- Work with qualified PA specialists and community partners to promote the importance of physical activity and to demonstrate ways families can sustain an active lifestyle together.
- Promote opportunities for parents to support increased physical activity by providing information on national, state, and local PA campaigns.

**HEALTH CARE INSURERS & PROVIDERS**

**Coordinated by: NuPAC’s Children & Weight Management Workgroup  
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**1) Promote and implement preventive standards of care that support regular physical activity and healthy eating in a manner sensitive to culture, age and individual abilities.**

Promote preventive standards of care for obesity prevention and treatment.

- Promote the American Medical Association’s Expert Committee recommendations and other preventive standards of care.
- CalOptima to share a toolkit / preventive standards of care through health plan trainings, provider trainings and office visits.
- Orange County Child Health and Disability Prevention (CHDP) Program, Healthy Eating, Active Communities (HEAC) partners, health plans and others to conduct trainings that support program-specific preventive standards of care.
- Conduct follow-up to ensure standards of care are implemented.
- Advocate for improved payment mechanisms for resources by insurance, health plans, and employers.

**2) Encourage referral to community resources that can assist in the prevention and treatment of overweight individuals.**

Compile and update lists of resources available to prevent and treat overweight individuals.

- Children and Weight Management Workgroup to compile and update lists of resources for youth.

- Orange County Health Care Agency with assistance from the Children and Weight Management Workgroup, to compile and update a list of resources for patients with diabetes.

Share the resource lists with health care plans, professionals & community partners.

- Resource lists shared by CalOptima with Medi-Cal health plans and providers.
- Resource lists shared through the NuPAC ListServ reaching more than 200 community partners.
- Resource lists shared by community partners with local staff, programs and clients.

## **SCHOOLS**

**Coordinated by: The Healthy Orange County (THOC)**

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### **1) Adopt nutrition education, food and beverage policies, programs, and practices that meet or exceed State and Federal mandates:**

- Limit school food and beverage advertising, promotion and distribution to only healthy foods and beverages;
- Encourage healthy foods and non-food incentives as alternatives to un-healthy foods as rewards and incentives and for school and classroom celebrations, school-affiliated program, club and organization fundraising;
- Promote the School Breakfast Program to schools and school districts;
- Promote use of quality nutrition education messages throughout the schools and school districts; address key Health and Physical Education Content Standards to teachers and administrators for cross curriculum
- Encourage participation of parents, staff and student leaders in creating and sustaining a healthy school environment.

### **2) Adopt additional quality Physical Activity and Physical Education policies and programs that meet or exceed the State mandates:**

- Adopt, train, and equip teachers to use standards-aligned, health-related fitness, and activity-based Physical Education curriculum;
- Encourage schools to make 50% of physical education class time Moderate to Vigorous Physical Activity (MVPA);
- Develop public-private partnerships and joint use development of school recreational facilities that improves the quality and quantity of physical activity programming available to all students before, during and after the school.

**We are currently developing leadership by increasing our partners in the three following areas: Employers & Worksites, Food & Beverage Industry and Sports & Entertainment and we will develop some strategies with their input.**

*Special thanks to our many partners, members and programs that participated in the creation of this plan. They generously provided staff, resources and enthusiasm for the task at hand. The plan is a work in progress and continues to be revised as our community comes together to address obesity in our county.*

**For more information on the O.C. Obesity Prevention Plan contact:  
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