



2022 Year in Review

Shape Up SF had a great year! Like many organizations addressing health equity, well-being and chronic disease, Shape Up SF had to pivot during the past few years due to the COVID-19 pandemic. 2022 brought a resurgence of energy and momentum, and we have much to celebrate. None of this could be possible without the leadership of our Steering Committee members and our partners. Thank you for all your commitment and collaboration. We look forward to many shared successes in 2023 and beyond.

In 2022, Shape Up SF hosted 3 virtual coalition meetings that focused on shared learning and created opportunities for mindfulness, connections and learning. We shined a spotlight on Black History Month, SF Nutrition and Obesity Prevention's Intentional Walk Program, and the Presidio Tunnel Tops. In 2023, we look forward to more in-person meetings in the community.

LUNCH & LEARN

SAEEDA HAFIZ

Breaking the cycle of poverty and violence through radical self-care and a holistic health approach.

SHAPE UP SF LUNCH & LEARN

Demystifying the city addback process

Jennifer Navarro-Marroquin
Community Well

John McCormick
Tenderloin Neighborhood Development Corporation (TNDC)

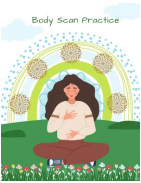
Naeemah Charles
Children's Council SF

Shape Up SF hosted 2 Lunch & Learns to create opportunities for engagement, learning and networking for our members.

SUGAR & DECOLONIALITY WORKSHOP

September 15, 2022

Shape Up SF co-hosted an in-person Sugar & Decoloniality Workshop featuring Dr. Amber McZeal in the Presidio and look forward to continuing this journey in 2023.



Shape Up explored a new focus area on toxic stress and its impact on chronic diseases by sharing self-care resources and tools during meetings and in our monthly newsletters.

CBAT

Capacity Building

Shape Up SF's Capacity Building Action Team (CBAT) dedicated this year to serving the capacity-building needs of small, HEAL-focused organizations by awarding three mini-grants and hosting three learning sessions focused on fundraising, budgeting, and board governance.

Capacity building funding, training, and support are difficult for small nonprofits to access, and we are proud to support community-based organizations in building organizational capacity in order to sustainably serve our community.



- ✓ Fundraising
- ✓ Budgeting
- ✓ Board Development

DEI

Shape Up SF developed and implemented diversity, equity and inclusion guidelines for all public meetings and events. This living document holds Shape Up SF accountable and ensures that our Coalition is guided by these foundational principles.

PSEAT

Policy, Systems & Environments

Shape Up SF's Policy, Systems & Environments Action Team (PSEAT) resumed meetings with policymakers to introduce them to Shape Up SF's partners, policy priorities and highlight areas of mutual support. In preparation for these meetings, PSEAT led a mini-advocacy-101 training and organized a successful lunch & learn to demystify the city addback process that featured a panel of representatives from three Shape Up SF partners who shared their stories and lessons learned to collectively secure nearly \$2.5 million over two years in addback dollars.

PSEAT partnered with SFMTA and CityHealth to ensure San Francisco is recognized for the work it is doing to support complete streets through the Draft Active Communities Plan. Shape Up supported SFMTA in releasing a departmental directive that outlines its commitment to equity and centering vulnerable users thereby receiving a silver medal from CityHealth for these efforts. The Active Communities Plan is expected to be finalized and approved by mid-2024.