

The Shape Up SF (SUSF) Coalition was formed in 2006 to address growing levels of preventable chronic disease, especially in San Francisco's low-income communities and communities of color.

## STRATEGIES:

- Convene mission-aligned partners for collective impact and networking
- Address health equity and upstream risk factors for chronic disease prevention through stakeholder capacity building
- Policies, systems and environmental strategies

- **MISSION:** to advance health equity in San Francisco by collaborating with community partners on system changes that increase nutrition security and active living
- **VISION:** Shape Up SF envisions an equitable, thriving community where all who live, work, learn and play in San Francisco enjoy optimal health.
- **VALUES:** health equity, community, collaboration, prevention & wellness

## SHAPE UP SAN FRANCISCO COALITION'S POLICY PRIORITIES

### 1 IMPROVING NUTRITION SECURITY & WATER ACCESS

All people have the right to nutritious, culturally-valued food and safe drinking water to live healthy, joyful lives.

### 2 PREVENTING CHILDHOOD OBESITY

All children should have nutrition security and be physically active for optimal health, setting the foundation for a lifetime of healthy habits.

### 3 ENSURING COMPLETE STREETS FOR ACTIVE LIVING

Complete streets create equitable opportunities for joyful community building and safe and active living for all ages and abilities.

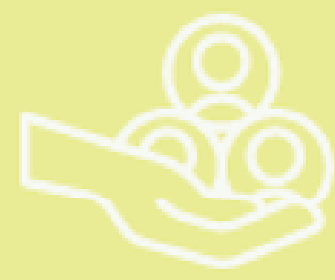
### 4 SUPPORTING SUSTAINABLE FUNDING FOR PREVENTION

Sustainable funding means more resources to create systems, environments, and programs for healthy and joyful living for all.

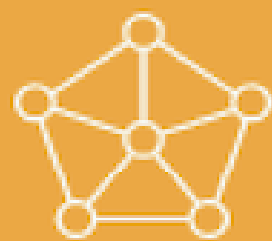
## 10 REASONS TO JOIN THE SHAPE UP SF COALITION

### #1 BE PART OF A **learning** COMMUNITY

### #2 BUILD **connections**



#6



### NETWORK WITH **mission-aligned** ORGANIZATIONS

#3

### PARTICIPATE IN MEETINGS THAT CREATE A SAFE SPACE FOR **mindfulness** & JOY.



#7

### ACCESS **capacity building, leadership development, trainings & more**

#4

### EDUCATE **policymakers** ABOUT THE COALITION'S POLICY PRIORITIES

#8

### **collaborate** FOR CHANGE

#9

### DEVELOP RELATIONSHIPS WITH **local funders**

#5

### AMPLIFY YOUR **outreach** TO PARTNERS



#10



### CREATE **collective impact**

"I value how much each coalition member shows up fully and how the coalition engages in hard dialogues around topics such as race and health inequity while also incorporating historical contexts and background information."  
Jennifer Navarro-Marroquin  
Community Well

"I value the meaningful and collaborative connections I've made through SUSF, which have allowed me to connect with community-based groups that align with the American Heart Association's mission."

Lizzie Velten  
American Heart Association



# HOW WE OPERATE



## SHAPE UP SF COALITION ACCOMPLISHMENTS IN 2022

### SUSFC

#### SHAPE UP SF COALITION (SUSFC)

In 2022, Shape Up SF hosted three virtual coalition meetings that 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.

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

Shape Up SF co-hosted an in-person Sugar & Decoloniality Workshop featuring Dr. Amber McZeal in the Presidio and will continue [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 ACTION TEAM

In 2022, Shape Up SF's Capacity Building Action Team (CBAT) focused on serving the capacity-building needs of small, HEAL-focused organizations. CBAT awarded mini-grants to three organizations: Life After Next, Southwest Community Corporation, and Northridge CommUNITY Garden.

CBAT piloted a learning cohort by hosting three learning sessions focused on fundraising, budgeting, and board governance. These learning sessions were open to all members.

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.

### PSEAT

#### POLICY, SYSTEMS, ENVIRONMENTS ACTION TEAM

In 2022, PSEAT resumed meetings with policymakers to introduce them to Shape Up SF's partners, policy priorities and discuss areas of mutual support. In preparation for these meetings, PSEAT led an advocacy 101 training and organized a successful lunch & learn to demystify the city addback process, featuring 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.