

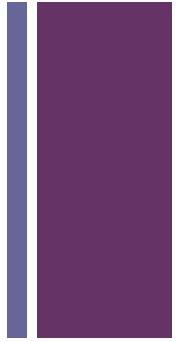


## **Healthy Beverage Policies Report Back**

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**July 10, 2013**

# + Overview

- Goals
- Steps
- Process with Each Organization
- Outcomes
- Lessons Learned
- Resources

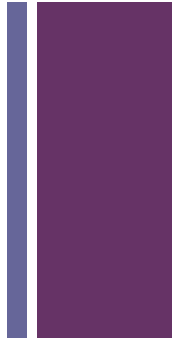


+ Goal



**banpac**

Bay Area Nutrition & Physical Activity Collaborative



**Influencing Policy and Legislation**

**Changing Organizational Practices**



**Fostering Coalitions & Networks**

**Educating Providers**

**Strengthening Individual Knowledge &  
Skills**

# + Goals

- Identify 3 large youth-serving organizations in San Francisco interested in adopting Healthy Beverage Policies.
  - Work collaboratively with leadership and/or a wellness committee to develop policy.
  - Provide resources and support to the organization.
  - Make an implementation plan.
  - Recognize and provide \$ incentive for participating.



BAYVIEW HUNTERS POINT FOUNDATION  
for Community Improvement



# + Steps

- Willingness
- Identify champions
- Assess readiness
- Draft policy
- Approve
- Announcement or kick-off event
- Review and make changes



# + YMCA of San Francisco

- Leadership buy-in
- Assessment
  - Site visits
  - Discussions with key staff
  - Sample policy– HEPA
- Draft HEPA policy for participants and staff
- Presentations to and adoption by leadership
  - CEO
  - Executive Leadership Team
- Implementation
  - Phase-in



# + Bayview Hunters Point Foundation for Community Improvement

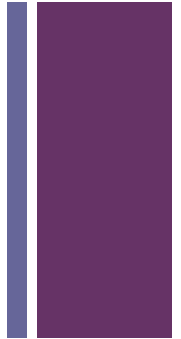
- Leadership
- Presentation to Committee
  - Sugar Savvy
  - Assessment—policy/culture/environment
- Draft Policy– Healthy Beverages
  - Feedback from staff
- Board approval
- Implementation



BAYVIEW HUNTERS POINT FOUNDATION  
for Community Improvement



# Children's Council of San Francisco



## ■ Health and Nutrition Manager

- Wellness committee
- Education for staff and beverage policy for childcare providers

## ■ Presentation to Wellness Committee

## ■ Assessment

- Anonymous survey to all staff
- Best practices and regulations for childcare providers

## ■ Wellness Committee

- Healthy potlucks and other activities
- Walking Challenge
- Healthy Food and Beverage Policy + physical activity for mtgs

## ■ Beverage Policy for Providers

- Best practices and minimum requirements







# Outcomes



## ■ YMCA Policies

- Comprehensive HEPA policies for participants and staff
- 56,400 Youth in Bay Area
- 3,858 staff and volunteers

## ■ BVHPF Healthy Beverage Policy

- Foundation \$ and wellness encouragement
- Approximately 300 people impacted

## ■ Children's Council

- Policy for CACFP Childcare Providers
  - Over 2,500 youth
- Healthy food and beverage/ PA during meetings
  - Over 100 staff members

**Over  
63,000  
people  
impacted!**

# + Lessons Learned

- No experience necessary!
  - Tons of resources
  - Don't need to reinvent the wheel
- May need to make a case, may not
- Just try—OK if change is incremental
  - Small changes can add up!
- Encourage creative and new ideas
- Be a good role model



# + Resources



<http://www.banpac.org>

1. Healthy Beverage Toolkit
2. Rethink Your Drink Materials