

SHAPE UP SAN FRANCISCO COALITION

2017 YEAR IN REVIEW

2017 was a year of transition and planning. After our 10 year anniversary celebration in 2016, the Coalition turned its attention to refreshing our strategic plan for the next five years. We transitioned to new leadership as we thanked Chuck Collins for his 8 years of service and leadership to the Coalition, and welcomed Sarah Fine as our new Co-Chair. The Shape Up SF Coalition recommended a slate of experts to serve on the advisory committee for the soda tax, and we are pleased that many of our recommendations were appointed.

The 2017 year in review celebrates the work of our partners. Thank you to all of you unsung heroes who are dedicated to creating a San Francisco that makes the healthy choice the easy choice. We look forward to our ongoing partnership in 2018 and beyond! While we were collecting input for our strategic plan, we were inspired by the work our partners are doing, from advocacy that gets affordable healthy food into communities, to cooking classes that help that food get eaten. Here is some of the amazing work that you have done in 2017.

Roberto A. Vargas, Shape Up SF Coalition Co-Chair

changing systems and environments

Built capacity of community members to transform corner stores into healthy markets || Planning for implementation of SF soda tax to invest in strategies that will impact populations disproportionately burdened by chronic disease || Increased access to healthy beverages in kids' meals || Provided TA to organizations nationally on SSB policies || Evaluated multi-level interventions to increase water and decrease SSB consumption || Supported warning labels for SSB and SSB advertisements || Implemented healthy vending policies || Gathered surveillance data to inform policymakers || Conducted focus groups, observations, and surveys to learn most effective strategies and messaging to promote water || Worked to update planning code so tap water is available in publicly accessible locations || Advocated for advertising on public right of way for public service announcements || Removed predatory marketing and replaced with healthy promotional messages in stores || Advocated for complete streets policies || Increased active transportation || Developed and implemented joint/shared-use agreements || Expanded bike share to low-income communities

Developed and implemented healthy eating and active living policies || Piloted park prescription programs || Integrated physical activity into extended school day schedule || Hired more PE teachers || Implemented school food nutrition standards || Provided resources to support healthy retailers sell more produce and healthy foods; TA for business operations; and drove demand to the store with community engagement || Removed SSB from vending machines || Installed water stations in Rec Park facilities || Increased bottle-filling stations in public realm || Encouraged store owners to sell more water over SSB and to place water at eye level and in prominent locations || Created Be Well Committees at each SFUSD site || Phased out chocolate milk in SFUSD || Simplified scholarship application process to increase access to Rec Park programming for low income populations || Created an equity board within Rec Park to address systemic racism and create career opportunities for lower socio economic status populations || Explored long term solutions to transportation barriers for Rec Park programming || Developed and implemented healthy eating and active living standards for childcare and afterschool

changing organizational practices

fostering coalitions & networks

Shape Up SF Coalition SF || Health Improvement Partnership || Healthy Parks Healthy People || Healthy Southeast Coalition || Safe Routes to School Partnership || Vision Zero || Healthy Hearts SF || Bay Area Nutrition and Physical Activity Collaborative || CavityFreeSF || State Water Coalition || Healthy Communities Together || Organic Community Gardens || Our Children Our Families || HEAL Zone || Bayview Parks Collaborative

educating providers

Educated primary care providers about health harms of SSB and benefits of fluoridated tap water || Educated providers about community-based PA opportunities to write parks prescriptions ||

Provided professional development for PE, restorative practices || Trained youth development staff on healthy eating, physical activity policies || Worked with park agencies, CBOs and programs to connect people to parks || Assessed environments to determine if it is conducive for active play and healthy eating || Developed case studies to educate providers on how to advocate for healthy eating and active living

educating community

Developed database of PA programs and provided calendar for free PA programs || Outreached to faith community, medical providers, navigators with free PA resources || Promoted benefits of water, including fluoridated tap water to prevent dental decay, lead tests, Hydration Station Days, Wellness Policies, health harms of sugary drinks || Engaged young people about Type 2 diabetes || Shared evidence-based education via SugarScience.org || Educated parents and children through nutrition screenings and letters home to parents || Provided culturally relevant and multilingual health education resources || Worked in schools to call out predatory junk food and SSB marketing || Educated community on importance of healthy eating, skills to cook in SROs, and information about inequity in the food system || Promoted stores that improved their product offerings and supported subcontractors that lead store tours in these stores || Educated community about the SF Soda Tax

strengthening individual knowledge and skills

Yoga || Zumba || Learn-to-bike classes || Bicycle maintenance || Walking school buses and bicycle trains || Nature walks || Water aerobics || Dance and movement classes || Physical activity prescriptions || Walk with a Doc || PE || Nutrition screenings || Diabetes Prevention Program || Living Strong Living Well Cancer Recovery || Healthy Weight and your Child || Move to Improve || Healthy Parks Healthy People programming || Uniting Parents for Physical Education || Healthy food demonstrations || Healthy Living cooking classes || Provided produce for programs to give meals/food pantries throughout SF || Provided produce for programs to teach people culinary skills (both personal and job training) || Eat SF voucher program || Food education program || Organic garden classes || Food pharmacy || Double Up Food Bucks || Sugary drink education || Tap water promotion || Health fairs || Sugar Shockers || Sugar Smarts || Healthy store tours || Taught low-income community residents how to shop for and prepare healthy, delicious food on a limited budget || WATCH clinic || Connected people to nature in Rec Park equity zones, which house our most vulnerable populations || Created new physical activity opportunities for Latino immigrant community members || Individual counseling through home visiting programs || Breastfeeding Support programs || NEOP/Feeling Good programs || Summer Meals and Afterschool Meal Programs || Provided direct service grants to encourage Healthy Eating and Active Living