

SHAPE UP SAN FRANCISCO

2018 YEAR IN REVIEW

In 2018, communities across the country united for change. Shape Up San Francisco embraced this movement by returning to our roots and remembering why we started this work over a decade ago. After a year-long process of listening to community partners and gathering feedback, best practices, and emerging evidence, Shape Up shared its strategic directions which embraces community to lead the way to actualize policies, systems, and environmental changes to make the healthy choice the easy choice.

2018 has certainly been an eventful year. On January 1st, one of Shape Up SF's long-term goals became a reality. The voter-approved "soda tax" went into effect, collecting millions of dollars that will fund health education, access to healthy food, opportunities for physical activity, awareness campaigns, oral health, access to water, and so much more. Shape Up SF also thanked Roberto Vargas for his leadership of the Coalition and his tremendous efforts as co-chair of the Sugary Drinks Distributor Tax Advisory Committee. Members of the Shape Up Steering Committee began an introspective journey as they reflected on what health equity means to them and to the work of the Coalition, and how SUSF can operationalize diversity, equity and inclusion. We are excited for what the new year brings and look forward to discovering it with all of our partners who inspire us every day.

- Sarah Fine & Franny Wong, Shape Up SF Coalition Co-Chairs

MEET OUR STEERING COMMITTEE. Learn how their organizations embrace diversity, equity and inclusion (DEI) and their hopes for the Shape Up SF in 2019.

Sarah Nelson, 18 Reasons Executive Director: "Inclusivity is one of our core values at 18 Reasons, and our work with Shape Up has helped staff reflect on how to create more a inclusive environment in our classrooms with community partners. We especially focus on making our hiring process inclusive by thinking about what qualifications a person really needs to succeed at 18 Reasons and what might just look good on paper, and how to promote our open positions as widely as possible. In 2019, I hope to see Shape Up influence city and state policy, and help support all nonprofits improve the health of San Franciscans."

Lizzie Velten, American Heart Association's Senior Director, Community Impact & Policy: "American Heart Association's new mission statement embodies our approach to community impact work in the San Francisco Bay Area: To be a relentless force for a world of longer, healthier lives. In order to unravel the reality that heart disease is the #1 killer, we must embrace diversity and inclusion, with a focus on equity first. Locally, our strategy encompasses diverse teen populations through our Youth Health Equity Council. Our Legacy Leaders program reached 25 SF high school students and exposed them to a variety of health and medical careers. Our focus centers around grassroots efforts to advocate to reduce health disparities by addressing social determinants of health. In 2019, I hope to diversify the SC and bringing more underrepresented voices to all aspects of the Coalition."

Franny Wong, Children's Council of SF's Health & Nutrition Manager: "We believe that all families deserve access to quality child care regardless of race, ethnicity, and socioeconomic background; that every family faces different challenges and that every family looks, speaks, and lives differently from the next. And we make sure every family is heard, understood, and supported. When parents and their children have the opportunity to achieve their greatest potential, the future of our whole city is brighter. My hopes for Shape Up in 2019 are to put into practice our vision that prioritizes eliminating systemic disparities by race, ethnicity, class, and/or home language. That we engage in an inclusive process with the entire community to reduce health disparities and to make the healthy choice the easy choice for all San Franciscans."

Jim Illig, Kaiser Permanente's Bay Area Community Benefit Manager: "Kaiser Permanente recognizes that every area we serve has pockets of health

disparities, so we seek out and support community-based partners that serve diverse, low-income communities and challenge the inequities that lead to poor health outcomes. Our focus on prevention aligns well with Shape Up's mission, which is why we have supported this collaborative since its founding in 2006."

Tom Radulovich, Livable City's Executive Director: "In 2018 we celebrated our tenth season of Sunday Streets, which creates car-free space in neighborhoods for recreation, fun, and community. We also worked to create greener and safer streets in every SF neighborhood, and to expand access to drinking water, healthy food, and affordable and sustainable mobility options for all San Franciscans. For 2019, I look forward to another successful year of helping make our City more equitable, healthy, and livable in 2019, through Sunday Streets, Play Streets, and our policy, advocacy, and organizing."

Saeeda Hafiz, SF Unified School District's Wellness Policy Project Manager: "SFUSD recognizes that our communities include groups that have experienced long-standing patterns of social marginalization and stigmatization that continue to compromise their health, safety and well-being. The Wellness Policy aims to challenge and ultimately overcome these racial inequities. In addition to uniting SFUSD departments under the Wellness Policy umbrella, we believe in the power of youth to effect change and have supported student-led investigations into SF's health disparities. In 2019, I hope that the district and SUSF can continue informing and empowering each other's work. I envision expanding our stakeholder capacity-building to include SF's youth, as they will soon be leading the charge. And we must never cease to ask: What if the way to interrupt systemic oppression is by changing the way we feed, move, and rest our bodies?"

Roberto Vargas, UCSF Navigator for the Community Engagement and Health Policy Program of the Clinical Translational Science Institute at UCSF: "The Center for Community Engagement—and the university and health system broadly— have been engaged in work to strengthen our diversity, equity and inclusion (DEI). Whether it be to improve campus climate, change policy to improve opportunities for promotion and tenure for faculty engaged in this work, or to diversify our workforce, we are embarking on multiple large initiatives across UCSF to benefit the UCSF community internally AND the communities that surround us or are served by us. Two of our largest initiatives on DEI will launch in early 2019. I look forward to sharing more as the work unfolds."



Sarah Fine, Manager, UCSF Health Communications Research Program at the Center for Vulnerable Populations; Campaign Director, The Bigger Picture: “UCSF CVP champions diversity, equity, and inclusion efforts through its innovative research to reduce health disparities and promote health equity for communities hardest hit by preventable chronic diseases. CVP translates its local health research into effective and scalable solutions. My aspiration for Shape Up in 2019 is to further racial justice and achieve greater health equity, not just within Shape Up, but across San Francisco. The work of our action teams to build stakeholder capacity and effect policy, systems, and environmental change will further these ambitious goals, and I will try to provide thoughtful, supportive leadership. I want to implement the DEI and racial humility principles we have begun to explore more deeply so our Steering Committee may better reflect and align with the community and its HEAL priorities.”

Emily Turpin-Srock, YMCA of SF’s Director of Health Initiatives: “The YMCA of SF embraces diversity, equity and inclusion efforts by building champions of diversity with staff across all leadership levels. Our strategic vision addresses our prioritization of DEI efforts and our DEI strategic team - comprised of leaders of diverse backgrounds, experiences and mindsets - promotes a culture of equity building, inspires staff action and creates unity by diminishing tensions throughout our organization. Ultimately, the Y connects individuals through intentional dialogue and resources to support systems that are relevant to the social structures, trends and emerging needs of the communities served. In 2019, I’m excited to continue SUSF’s dialogue around racial humility and its connection to racial equity. I also look forward to the formal work that our two action teams will achieve with guiding direction from our chairs.”

Rita Nguyen, SFDPH’s Assistant Health Officer and Chronic Disease Specialist: “Diversity, equity, and inclusion have become critical to DPH’s foundational values and are now reflected in our True North pillars - Equity and Workforce Development. Equity has become central to our chronic disease prevention work to support the health of populations most affected by chronic diseases. Our commitment to equity continues to develop and is reflected in: our continued work with the Black/African American Health Initiative which seeks to eliminate health disparities for Black/African Americans in key health areas like heart disease; our systematic internal reviews of our work to ensure we serve communities in greatest need; our leadership’s investment in cultural and racial humility training and joint learning for staff to address racism in the workplace and learn how racism puts some San Franciscans at a persistent disadvantage; and the restructuring of DPH Human Resources to promote equity and workforce development. We recognize we have a long way to go. We appreciate the complexity of these challenges and that meaningful change for our department and for our communities will take time, humility, persistence, and perseverance. As SUSF has reorganized its work into CBAT and PSEAT, there is opportunity for collaborative efforts to strengthen DPH work as well as the HEAL funder and nonprofit community to champion policy, systems, and environmental change to bring greater health equity to SF.”

ACTION TEAMS—This year, SUSF launched two Action Teams to drive the work of the Coalition forward, in alignment with the vision of the Steering Committee: Capacity Building Action Team (CBAT) and Policy, Systems and Environments Action Team (PSEAT).

CBAT’s goal is to support capacity building of all stakeholders to increase the impact of HEAL strategies in San Francisco and is convening a forum with funders next year to openly and candidly relay to them challenges that face nonprofits in SF who are working to promote HEAL. The goal is to foster a collaborative, productive conversation with funders that will strengthen SF’s nonprofit HEAL community.

PSEAT has been busy sharing SUSF’s priorities and values with the Health Commission in their search for the next DPH director; informing partners about the far reaching impacts of the proposed changes to public charge and submitting a statement opposing the proposed changes; and launching water equity efforts. In 2019, water equity will remain a focus, along with legislative visits with the Board of Supervisors, and developing a process to activate partners across SUSF’s policy priorities.



PROMOTING A CULTURE OF HEALTH— In 2018, the Community Health Equity & Promotion branch of the San Francisco Department of Public Health funded ten organizations to promote a culture of health by implementing HEAL programs in Shape Up SF’s priority populations. Thank you to our partners, Tobacco Free Project, for providing most of this funding. Asociacion Mayab, CARECEN, Community Grows, Community Well, Eat SF, Gum Moon Residence Hall, Project Commotion, SF African American Faith-Based Coalition, Tenderloin Neighborhood Development Corporation, and 18 Reasons are doing their part to make the healthy choice the easy choice for the communities they serve by: Decolonizing diets of the Mayan population and promoting culturally relevant physical activity | Providing promatora-led nutrition education classes | Empowering youth with gardening skills and workforce development | Providing food vouchers to Black Infant Health prenatal participants in Western Addition | Educating DII residents about the benefits of alternative health wellness and chronic disease management | Empowering the Chinese community to eat healthfully and be physically active | Promoting physical activity for infants, children, and families in the Mission | Providing healthy messages and food vouchers to SF’s African American population through the faith-based Coalition | Promoting community gardening, healthy eating and movement education through chronic disease self-management programs in Tenderloin housing developments | Providing culturally appropriate nutrition education and grocery store tours throughout the city