



BOARD OF SUPERVISORS
Youth, Young Adult, and Families Committee

Childhood Obesity in the City and County of San Francisco

Today, we will be sharing the current programs and policies impacting childhood obesity. At SFUSD, childhood obesity and student health is addressed in the following ways:

- Wellness Policy
- Nutrition Education, Healthy School Food
- Physical Education, Physical Activity and Sports
- Health Education and
- Wellness Policy Implementation Activities
 - Access to Clean, Healthy, Safe Drinking Water
 - Peer-to-Peer Influencers

Wellness Policy

Vision: To make the healthy choice the easy, most-desirable choice

A holistic approach to creating healthy children and healthy schools

Mission: To implement an equity framework to actively promote an environment that encourages and supports students, staff, families, and communities to make healthy choices.



Nutrition

Beginning this school year, all students are eligible for free meals through federal waivers

- Breaking the stigma
- All students are eating similar meals
- Resulting in 8% increase in participation

SY 2022-23, the state legislatures passed a bill to support for free breakfast and lunch for all students

Nutrition Policy

A. Meat and Poultry. *Grade A or B standards for all meats*

B. Non-Therapeutic Antibiotic Use. *All poultry shall be raised without the use of non-therapeutic antibiotics*

C. Dairy Products. *All dairy products shall be USDA Grade A, where applicable.*

D. Fruits and Vegetables. *A variety of fruits and vegetables shall be served daily, and priority will be to serve fresh fruits and vegetables.*

E. Grains. *At least 50% of all grains offered weekly will be whole-grain rich.*

F. Processed Foods. *All processed foods shall contain no more than the minimum of sodium, fat, sugar, and/or other additives that are absolutely necessary for food preservation, safety, and palatability.*

G. No par-fried or fried potatoes or potato products will be served.

H. NO Peanuts and Tree Nuts.

I. Fat and Sodium Levels. *Meals shall contain the lowest possible fat and sodium content possible while still providing a product with appealing flavor and texture.*

J. Prohibited Additives

Physical Education

SFUSD PHYSICAL EDUCATION FOCUS

All SFUSD students will become literate in 21st century physical education, life-long fitness and wellness.

12.7 MILLION

CHILDREN & ADOLESCENTS ARE AFFECTED BY OBESITY

Over the past 30 years obesity in children has doubled and nearly quadrupled in adolescents. (CDC, 2017)



CARDIO FITNESS



1

Heart health is Key

2

SOCIAL EMOTIONAL

Foundation for safe and positive learning



HEALTH



3

"The greatest wealth is health" ~Virgil

Physical Education Requirements

Requirements PE:

1. Per ed code and SFUSD PE Master Plan - all K - 5 students must receive 200 minutes/10 school days. Grade 6 - 12 must receive 400 minutes of PE/10 school days.
2. Credential Single Subject PE teachers are required for 6 - 12th graders and stand-alone PE instruction K - 5.
3. Credential Multiple Subject teachers K- 5 are required to deliver PE for students.
4. All high school students must have 20 credits of PE to graduate. Multiple PE courses are provided in SFUSD. However all 9th graders must have PE Course 1, and 10th graders Course 2. Elective PE courses must be provided for 11th and 12th graders.

How Nutrition and Physical Activity are promoted throughout K - 12

- [Elementary School Educators](#) are required to teach at least 20 health lessons a year.
- [Middle School Educators](#) teach:
 - SFUSD's Health Education curriculum is designed to meet the guidelines of the [California Health Education Standards](#):
- SFUSD requires that all [High School students](#) received a minimum one semester of health education. However, we have various of access points for students to engage in health promotion and *peer-to-peer education*



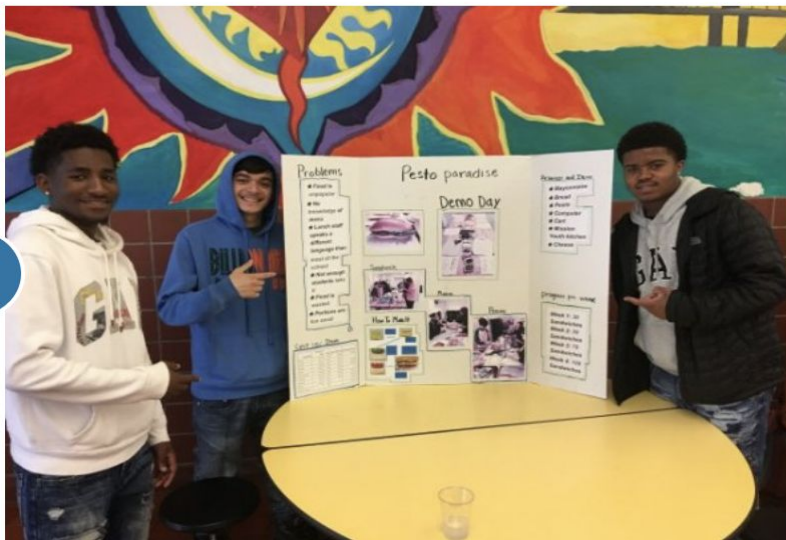
- Improve water access & promote drinking more H2O
- Education on why it is important to decrease the consumption of Sugar Sweetened Beverages



Student Activity & Youth-Led Action

Our wellness team is made up of Nutrition Outreach Workers, Water Ambassadors, Bigger Picture Poets, and various other student leaders across the district.

See how our youth teams are propelling Wellness Policy initiatives in their school communities.



Youth Engagement Peer to Peer

SAN FRANCISCO UNIFIED SCHOOL DISTRICT

Nutrition Outreach Workers

Nutrition Outreach Workers at Balboa High School, Lincoln High School, and Willie Brown Middle School carry out nutrition-focused wellness initiatives at their school sites. NOWs promote California Specialty Crops available at local Farmers' Markets to other students, staff, and families. NOWs engage their peers through taste tests of fruits and vegetables, educational events, and classroom presentations. Through their work, this group addresses issues of food justice and diet-based illnesses disproportionately present in their communities.





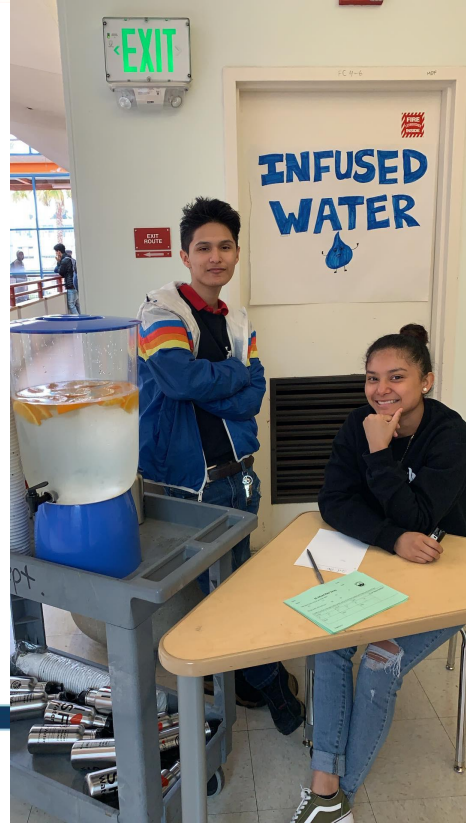
Student-Engagement & Student-Led work

- Youth in action at the Farmer's Market - Partnership with Nonprofits, SFUSD & SDDTAC
- Youth leading a mindful activities for less - Mindfulness throughout the day - Student Projects
- Youth Podcast - to raise awareness about Type II diabetes through his own struggles as a teen

~\$300K

Paid over 1200 students to be peer-to-peer influencers - SY 19-20 & 20-21

O'Connell High School Water Project



Thank You

Take a sip of water

Do a small stretch



Water Bottle Distribution at Willie Brown MS

Water Task Force Ambassadors kicked off their club by handing out over 180 water bottles to all their peers during lunch time!

Students were able to fill their water bottles with specially made Spa Water; mango, pink lemon, and pineapple.

[TRY THE RECIPE](#)

