



**CHAMPION
PROVIDER**
FELLOWSHIP

A Powerful Approach to Healthier Communities

**Imperial County Champion Provider
Fellowship Program-School Wellness
Dr. Luz Elva Tristan M.D.**

Funded, in part, by USDA SNAP-Ed, an equal opportunity provider and employer.



UCSF

“...We want to create healthy changes that built upon one another and create a system, a nation, that makes the healthy choice the easy choice...”

Alliance for a healthier generation

Introduction

- Practicing pediatrician. Solo Practitioner. Affiliate of El Centro Regional Medical Center and Pioneers Memorial Brawley Hospital
- Director of Wellness 4 kids
- Imperial County Champion Provider Fellow through the Nutrition Education and Obesity Prevention Program



Calexico

CA



★ *Designed by TownMapsUSA.com*

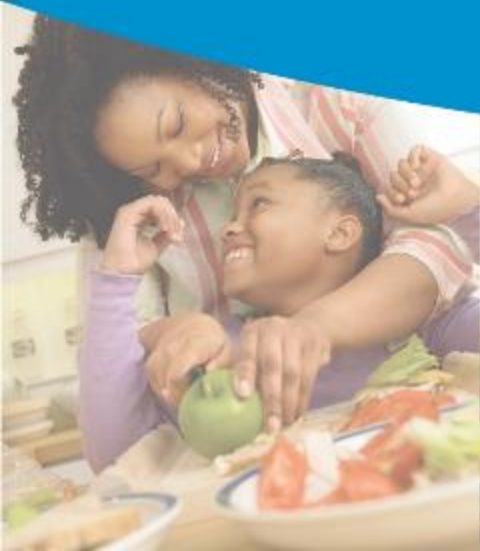




Background

- 86.1% of the school age children receive reduced and free meals
- Children living in low income working families 31.3 %
- 65.9 are English learners
- 44% Childhood Obesity Rate
- School Wellness Policies in Imperial County can be improved

PSE GOAL



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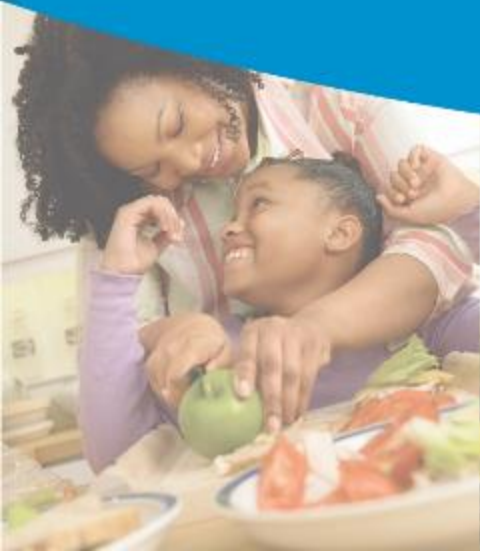
POLICY

Assist in the formation of the Calexico Unified School district Wellness Committee

Update the CUSD school Wellness Policy to include more healthy eating and active living practices

A close-up photograph of a silver stethoscope resting on a white surface, likely a doctor's coat. The chest piece is in focus, with the ear tubes extending to the right.

PRIMARY FOCUS



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- Enhance healthy fundraising
- Remove unhealthy celebrations
- Implement Smarter Lunchroom Movement (SLM) strategies
- Close campus for lunch (CALEXICO HIGH SCHOOL)
- Increase water fountains/water stations

Current Interventions

- Advocate for policy change at the Calexico School Board Meeting.
- Assisted in forming the CUSD School Wellness Committee.
- Participate in the CUSD School Wellness Committee meeting by providing feedback and recommendations on nutrition and physical activity.
- Conducting and analyzing Smarter Lunchroom Movement Assessments.

Partners...Your text hereand possible
partners

Partners

- Imperial County Public Health Department
- Calexico Unified School District

Possible partnerships

- After school program
- Parent Teacher Board
- Family resource center
- UC Cal Fresh Parks and Recreations
- UC Cooperative Extension

Timeline

- Recruited as Champion Provider in May 2017
- Meetings on a monthly basis or more often
- Many ideas discussed narrowed down to school wellness and school meals
- Strategizing how to work with CUSD
- August 2017 School Board meeting intervention, invited to be part of a school wellness committee soon to be formed

Timeline

- October 2017 first School Wellness Committee meeting
- NEOP reviewed WellSAT score given with Wellness Committee
- January 2018 CUSD started making revisions to the school Wellness Policy (work in progress)
- NEOP working with food director to conduct SLM assessments
- Changes are starting to happen

Challenges and Successes

Challenges

- Lack of a school wellness committee for UCSD
- Time/coordinating meeting time
- Limited funding to make changes

Successes

- Creation of a School Wellness Committee at CUSD
- Changes to the cafeteria layout and more food options
- Started making changes to the CUSD School Wellness Policy





You choose at least 3 including

- 1/2 cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!









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efectivo que nos









NEXT STEPS

- Visit school cafeterias and observe changes
- Teacher – Parent Board approach
- Board meeting presentation to show progress of wellness committee and areas of improvement

INPUT NEEDED

1. How to overcome barriers:

- *Open campus

- *Reluctance to make changes due to financial issues

2. How to speed up change without appearing intrusive

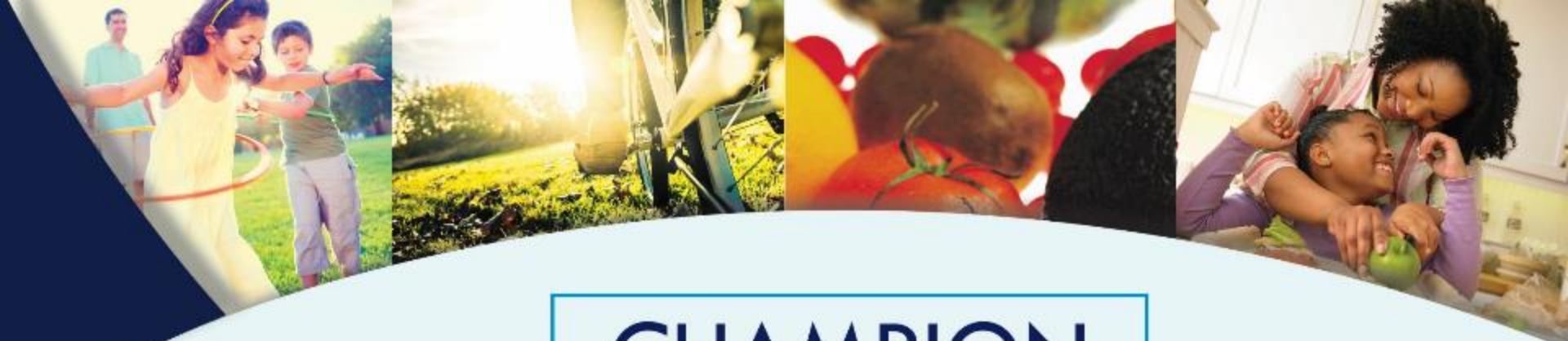
ACKNOWLEDGEMENTS

- ICPHD
- Jorge Torres, MBA (ICPHD)
- Champion Provider Fellowship Program

“When schools have effective policies and practices that support the health of their students and staff; absenteeism decreases, concentration improves and behavioral problems are reduced.”

National School Boards Association

Questions?



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