

# LIVE WELL ADVANCE PRESENTS

## The 2019 ANNUAL SUMMIT

on Student Engagement and Attendance





# CONNECT & THRIVE

*What is important to your school?*





*"Could someone help me with these?  
I'm late for math class."*



**Chuck Matthews**  
Director



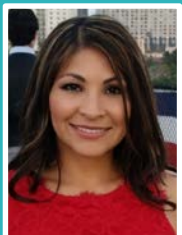
**Sam  
Sonnich**  
School Liaison



**Erika  
Hernandez**  
CalFresh  
Healthy Living



**Lori Kurz**  
HealthLink  
Nurse



**Martha  
Guzman**  
Intergenerational  
Coordinator



**Danny  
Barajas**  
CalFresh  
Healthy Living



**Carina  
Villaneda**  
HealthLink  
Nurse

# SOUTH REGION



**Barbara Jiménez**

Director

South & Central Regions



**Nicole Villa**  
School Liaison



**Lizbeth Lopez**  
Intergenerational  
Coordinator



**Denisse Peña**  
CalFresh  
Healthy Living



**Clarissa Boer**  
HealthLink  
Nurse

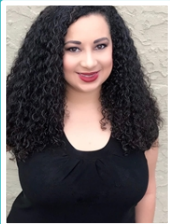
# REGIONS SUPPORTING SAN DIEGO UNIFIED SCHOOL DISTRICT



**Petros Alemeselassie**  
Director, East and North  
Central Regions



**Barbara Jiménez**  
Director, Central & South  
Regions



**KellyAnne  
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School Liaison



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**Jessica  
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**Jamie  
Felice**  
Healthlink  
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**Anali Rosales  
Garces**  
CalFresh  
Healthy Living



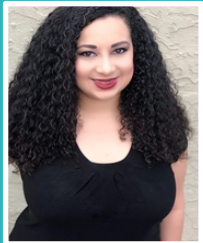
**Lori  
Gutierrez**  
HealthLink  
Nurse



# EAST REGION



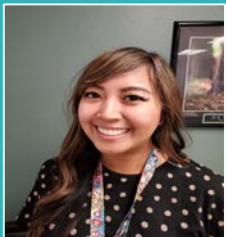
**Petros Alemeselassie**  
Director, East and North  
Central Regions



**KellyAnne  
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School Liaison



**Paul Lasso**  
CalFresh Healthy  
Living



**Valerie  
Augustine**  
Healthlink Nurse



**Jessica  
Mendelsohn**  
Intergenerational  
Coordinator



# CALFRESH HEALTHY LIVING (CHL) PROGRAM: SCHOOL WELLNESS

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*Barbara L. Hughes, MS, RD*  
*CalFresh Healthy Living Registered Dietitian*







## HIGH LEVEL OVERVIEW

Implement and/or connect to school nutrition education interventions in low income schools ( $\geq 50\%$  FRPM)

Provide assistance for Wellness Committees, Wellness Policies, and healthy school environments

Offer technical support, staffing, and materials for health-related events

### **Our work aligns with the following Wellness Policy areas:**

Food and Nutrition, Physical Activity, Health Education, Staff Wellness, Family and Community Involvement in Wellness, and more

# ORGANIZATIONAL STRUCTURE



USDA SNAP-Ed funding

CA Dept. of Public Health

- Local Health Dept.
- Registered Dietitian and CHL Specialists

Focus areas



Individual	Environmental	Policy/Systems
Direct/Indirect education	Cafeterias/ Behavioral economics	Healthy fundraising and celebrations
Building teacher capacity	Harvest of the Month	Wellness policies
Promotores(as)		LCAPs

# SCHOOL WELLNESS ACROSS SOCIAL ECOLOGICAL MODEL



## INDIVIDUAL LEVEL

Coordinate nutrition education across  
grade levels (preschool - grade 12)

Build teacher capacity

Promotore(a) model





## ENVIRONMENTAL LEVEL

- Behavioral economics through the Smarter Lunchrooms Movement
- San Diego Harvest of the Month (HOTM) promotion

### SMARTER LUNCHROOMS SCORECARD

Date \_\_\_\_\_ School Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Lunchrooms Scorecard is a list of simple, no-cost or low-cost strategies based on research from Cornell University, that can increase participation, reduce food waste, and increase selection and consumption of healthy school food.

**INSTRUCTIONS**

- Review the scorecard before beginning.
- Observe a lunch period. Check off statements that reflect the lunchroom.
- Ask other school nutrition staff, teachers, or administration about items that have an asterisk.\*
- Tally the score.
- Discuss the results with stakeholders. Choose unchecked strategies to implement in the lunchroom.

[SmarterLunchrooms.org](http://SmarterLunchrooms.org)

**FOCUS ON FRUIT**

- At least two kinds of fruit are offered.
- Sliced or cut fruit is offered.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.

**Focus on Fruit Subtotal** \_\_\_\_\_ of 6

**VARY THE VEGETABLES**

- At least two kinds of vegetables are offered.
- Vegetables are offered on all service lines.
- Both hot and cold vegetables are offered.
- When cut, raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus, or salsa.\*
- A serving of vegetables is incorporated into an entree item or least once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).\*

- Self-serve spices and seasonings are available for students to add flavor to vegetables.
- At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- A vegetable taste test is offered at least once a year.\*

**Vary the Vegetables Subtotal** \_\_\_\_\_ of 8

**HIGHLIGHT THE SALAD**

- Pre-packaged salads or a salad bar is available to all students.
- Pre-packaged salads or a salad bar is in a high traffic area.
- Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.

- Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.

**Highlight the Salad Subtotal** \_\_\_\_\_ of 4

**MOVE MORE WHITE MILK**

- Milk cases/coolers are kept full throughout meal service.
- White milk is offered in all beverage coolers.
- White milk is organized and represents at least 1/3 of all

- 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

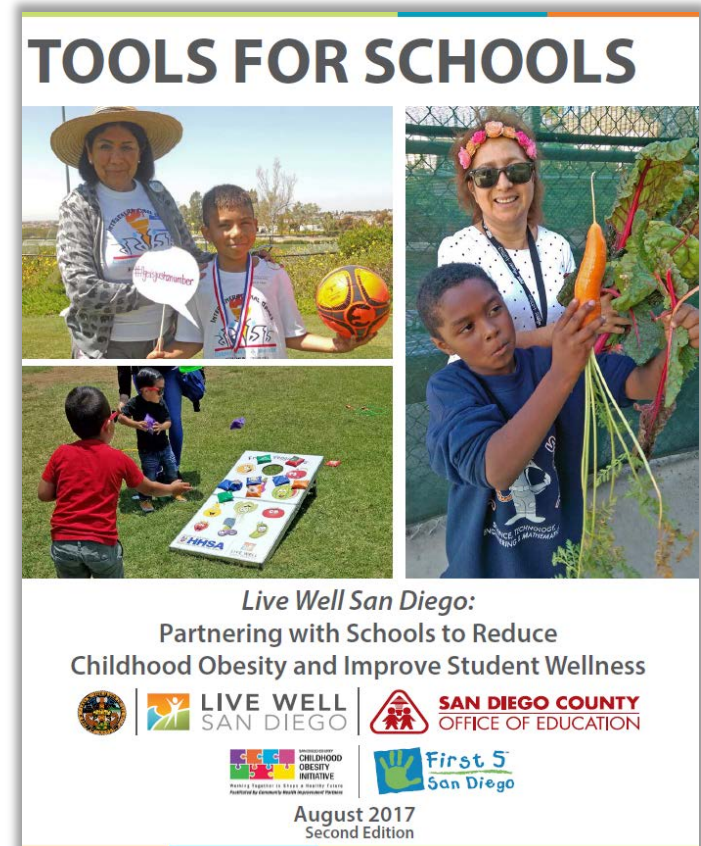






## POLICY/SYSTEMS

- *Live Well San Diego* regional work and School Wellness Team
  - Tools for Schools wellness toolkit
  - Superintendent engagement
- San Diego County Childhood Obesity Initiative (COI), Schools and After School Domain
- San Diego Safe Routes to School Coalition



# CASE STUDY: MONTGOMERY MIDDLE STEAM MAGNET SCHOOL (SDUSD)



- Flourishing school garden
- Leftover salad bar refuse thrown in the trash
- Collaboration with the SDUSD food services and recycling departments, Montgomery Middle School Garden Coordinator, Master Gardener, USD student, and an initial 13 middle school students trained in proper vermicomposting methods





# CASE STUDY: MONTGOMERY MIDDLE STEAM MAGNET SCHOOL (SDUSD)



- In 1.5 school years over half a ton of salad greens were diverted from the local landfill to the school garden's soil.





## DISTRICT WELLNESS POLICY WORK

- Reviewed HHS's *Live Well San Diego* team's WellSAT 2.0 scorecard
- Revised current LSWP to meet new requirements under Healthy, Hunger-Free Kids Act
- Resurrected district wellness committee (principals, teachers/staff, County staff)
  - Discussed priority areas and plan
- School district superintendent involvement
  - Formed new wellness team



## OTHER GUHSD EFFORTS

- Director of Child Nutrition involvement with student group
  - Menu modifications
- Possible school garden opportunity
  - Benefit to cafeteria, biology and culinary arts classes
- Impact/Outcome Evaluation class series
  - Next Generation Science Standards (NGSS) tie-in
  - Possible adoption/sustainability by biology teacher(s)





## ENVIRONMENTAL CHANGE TO IMPROVE CAFETERIA IMAGE



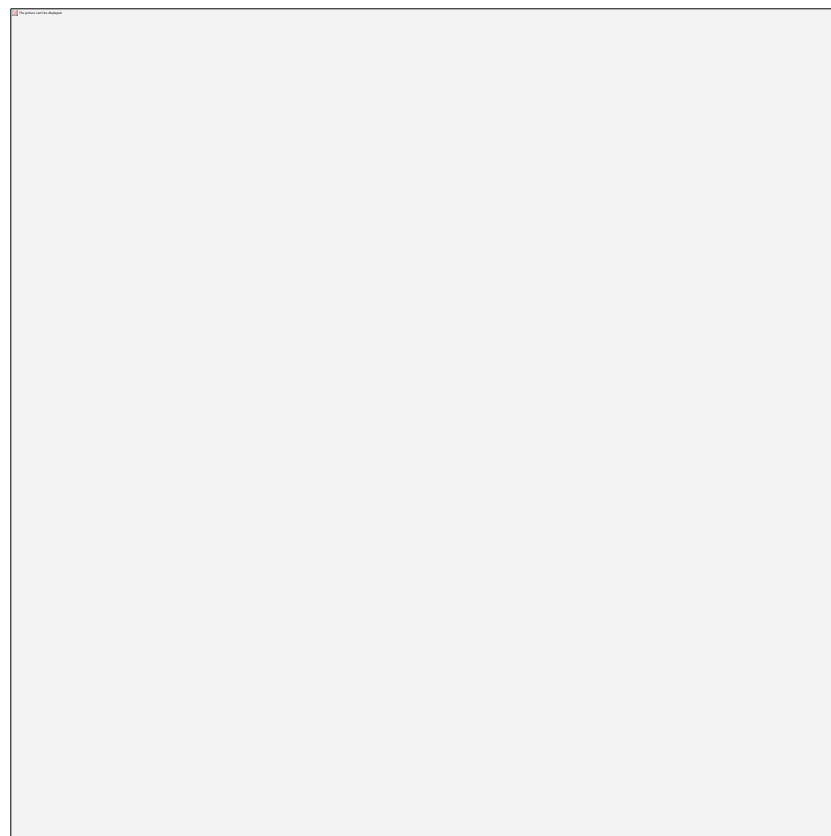
# CASE STUDY: SERRA HIGH SCHOOL (SDUSD)



Previously thriving on-campus garden and student Garden Club

Resurrecting the garden and Garden Club would provide the opportunity to complement classroom academics, for garden-based nutrition workshops, and engaging students in growing, harvesting, preparing, and consuming garden produce

After-School Program Manager, staff, and other partners went to work



# CASE STUDY: SERRA HIGH SCHOOL (SDUSD)



Garden clean-up party

Student SDUSD certified farm stand for  
students and staff

Restorative detention option





# CHALLENGES



- Support
  - District
  - Staff
  - Students
  - Community
- Resources
- Time



# THANK YOU



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# DISCUSSION & WORKSHEET





# BUILDING THRIVING SCHOOLS THROUGH INTERGENERATIONAL EFFORTS

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County of San Diego  
Health and Human Services Agency  
*Live Well San Diego Advance* | October 28, 2019



# INTERGENERATIONAL COORDINATORS



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# WHAT ARE INTERGENERATIONAL EFFORTS?



- Intentionally designed
- Across all generations
- Mutually beneficial



- Foster understanding
- Increase compassion
- Promote shared values
- Encourage respect





# BENEFITS OF INTERGENERATIONAL EFFORTS



## Youth

- Improved Academic Performance
- Enhanced Social Skills
- Decreased Negative Behavior

## Adults

- Better Physical and Mental Health
- Enhanced Socialization
- Increased Emotional Support

## Service Providers

- Increased Collaboration
- Reduction in Costs
- Shared Resources
- Improved Volunteer Support

# INTERGENERATIONAL (IG) EFFORTS & MODELS



LIVE WELL  
SAN DIEGO



IG Cooking Classes



Chula Vista Elementary  
School District Kinship  
Support



IG Gardens



IG Games



IG Safe Routes to  
School

# IG COOKING CLASSES





## GOALS

- To cultivate meaningful relationships between youth and older adults through nutrition education and cooking

## ACTIVITIES

- Pairing an older adult with a young individual
- Conversation cards on tables to get to know one another



# CHULA VISTA ELEMENTARY SCHOOL DISTRICT KINSHIP SUPPORT



# WHO ARE KINSHIP FAMILIES?



- **Families through genetic relationships, adoption, or marriage**
- **Situations that led to families taking primary responsibility**
  - Poverty
  - Abuse
  - Parental incarceration
  - Drug addiction
  - Illness or death
- **Potential challenges for kinship families**
  - Legal/Systems issues
  - Insufficient or unaffordable respite
  - Role changes
  - Previous lives change
  - Physical and mental health issues







## GOALS

- Identify and engage formal and informal kinship families

## ACTIVITIES

- Hosting enrichment activities
- Educational and peer-network activities
- Support group

# INTERGENERATIONAL GARDENS



## DESIGN OF IG GARDEN – MULTIPLE COMMUNITY SESSIONS





## GOALS

- IG Garden as a hub for the community
- Older adults mentor students in agriculture

## ACTIVITIES

- Master Gardener Program
- Provide education about the sustainability of the environment
- Key partnerships with School Districts, Community Based Organizations, Senior Centers, Libraries, Parks and Recreation

# INTERGENERATIONAL GAMES





## GOALS

- Create mutual understanding and respect between generations
- Promote healthy, active life-longing behaviors

## ACTIVITIES

- Physical activity & outdoor learning
- Key partnerships with School Districts, Youth-Serving Organizations (YMCA), City Recreation Departments, Senior Centers





## COMMENTS FROM PARTICIPANTS

**“Being with you at the Olympic Training Center is the best!”**

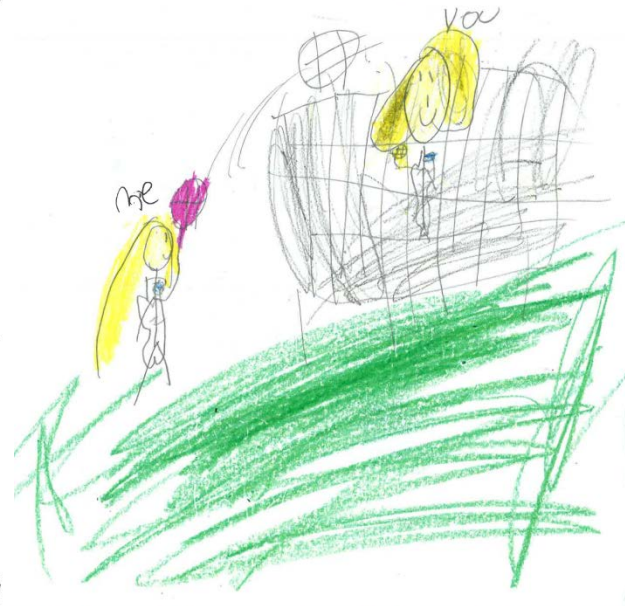
Dear buddy,

I had a fun time with you.  
Thanks for the fun time. I  
even had fun when we did the  
tennis game! Being with you  
at the Olympic Training  
Center is the best! I wish  
we could do this more often.  
I really loved the javelin too.



from  
Kimberlee  
😊 picture →

tennis game



**“I wish we could do this more often.”**



# IG SAFE ROUTES TO SCHOOLS





## GOALS

- Promote health and wellness
- Create awareness, enhance leadership and gather community input on traffic safety, personal safety and walkability issues in the community

## ACTIVITIES

- “Walking school bus”, “eyes on the street”
- Key partnerships with School Districts, Community Based Organizations, City Governments, Police Departments, Engineers



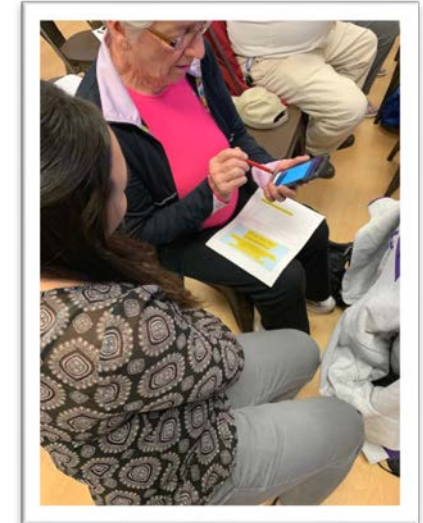
# SUPPORT FOR YOUR IG EFFORTS



Technical support

Connection with potential partners

Project ideas

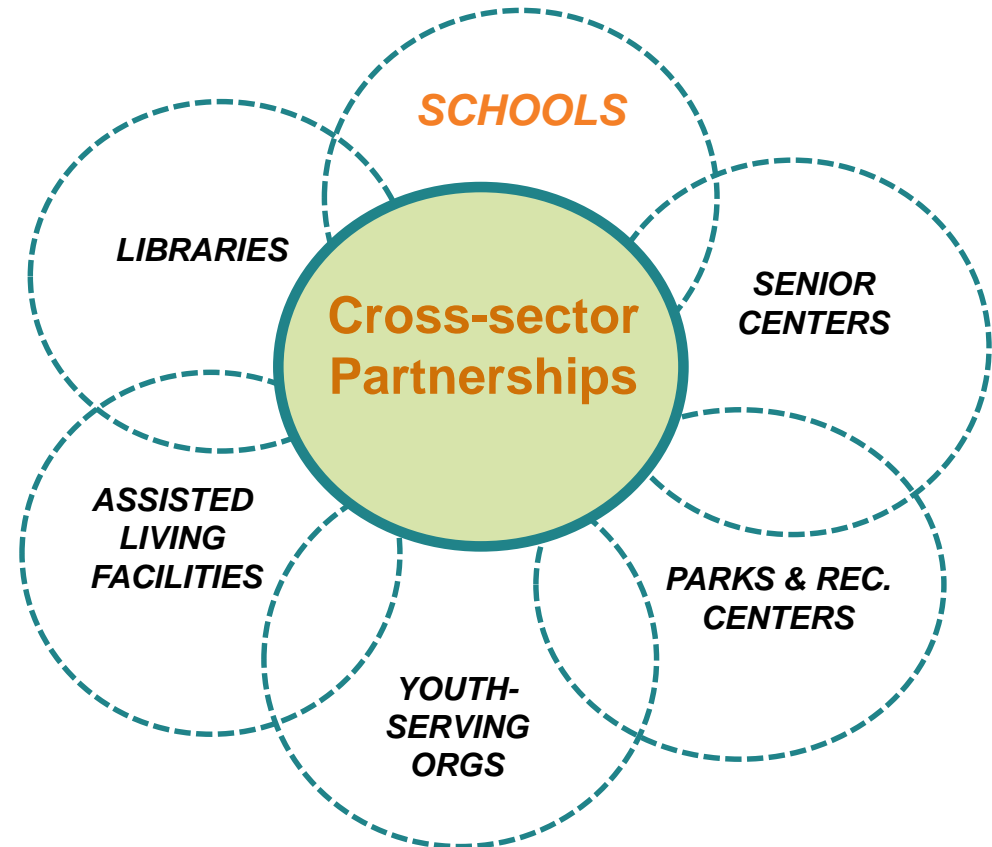


# INTERGENERATIONAL COUNCILS



Provide opportunities to network, build powerful partnerships and create meaningful connections to improve health and wellness across generations

- **North County IG Council**  
**January 8, 2019**
- **East County IG Council**  
**December 4, 2019**





# THANK YOU!!



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# DISCUSSION & WORKSHEET





# CONNECT & THRIVE

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**Maya Shahar, Central & South Regions**

