



CENTER FOR COLLABORATIVE SOLUTIONS

Unleashing the Power of People Working Together

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Contacts:

Kathy B. Lewis, Vice President
Center for Collaborative Solutions
Phone Number: (916) 505-4281 (cell)
Email: kathyblewis@ccscenter.org

Danielle Jones, Regional Lead
Stanislaus County Office of Education
Phone Number: (209) 238-1365
Email: djones@stancoe.org

Healthy Behaviors Initiative Expands in the Central Valley *Five New Healthy Behaviors Learning Centers*

Sacramento, CA --The Center for Collaborative Solutions (CCS) is pleased to announce that under a grant from the Kaiser Permanente National Community Benefit Fund at the East Bay Community Foundation, it has established five Healthy Behaviors Learning Centers in Stanislaus and San Joaquin counties. Healthy Behaviors Learning Centers are publicly funded, low-income afterschool sites that have implemented CCS-developed Exemplary Practices at an exemplary level and have committed to helping other afterschool sites in their communities implement those practices. Students at these sites (and their families) have learned how to make healthy food choices and be physically active. Their programs have addressed hunger issues by increasing student and family access to healthy food through locally available resources.

The following afterschool programs and their new Learning Center sites are Modesto City Schools (Franklin Elementary), Stanislaus Union School District (Eisenhut Elementary), Boys & Girls Club of Stanislaus County (C.F. Brown Elementary Club), Boys & Girls Club of Tracy (BGC McKinley School), and Stockton Unified School District (Cleveland Elementary). They are joining 32 Healthy Behaviors Learning Centers across the state in promoting healthy eating and physical activity through changes in policy, practice, and environments.

These Stanislaus and San Joaquin sites have been working with CCS throughout this past school year to incorporate healthy behaviors throughout their programs. They began with staff as role models and changed program policies and practices so that all aspects of their programs support their goals. They are partnering with schools, families and community organizations to increase positive influences on students and to increase the impact of their work. These centers have either started (or expanded) school or community gardens, have implemented water drinking stations and are

1337 Howe Avenue, Suite 210
Sacramento, CA 95825
Phone: 916-567-9911
Fax: 916-567-0776
Email: CCS@CCSCenter.org
www.CCSCenter.org

providing healthy nutrition education and cooking classes, incorporating physical activity for all throughout the entire program time, providing families with healthy food and resources through their local food banks, and providing information on SNAP (formerly food stamps) and the WIC program.

In California, 38 percent of fifth, seventh and ninth-grade public school students were overweight or obese in 2010. While this is a small decrease (1.1 percent) since 2005, it continues to be a major concern in the state. During that period Stanislaus County children experienced a .9 percent reduction in overweight and obesity to 41.6 percent, and San Joaquin children experienced a .9 percent increase to 40.2 percent. Rates of overweight and obesity in both counties continued to be above state averages. Data were calculated by researchers at UCLA and the California Center for Public Health Advocacy from California Department of Education data. Children's poor nutrition and sedentary lifestyles lead to obesity and related health problems, and adversely affect academic achievement. The Centers for Disease Control estimates that unless something is done, one-third of children born in the year 2000 will develop type 2 diabetes in their lifetimes.

Stanislaus Union School District Coordinator Michelle Bell mentions, "Through the Healthy Behaviors Initiative our program realized and affirmed that we had to intentionally empower our staff so that they can empower our students and families around healthy choices and behaviors."

In addition to its role as the donor of the Kaiser Permanente National Community Benefit Fund at the East Bay Community Foundation, Kaiser Permanente is also an active leader in improving policies, systems and environmental factors in the health field.

Founded in 1991, the Center for Collaborative Solutions is a 501(c)(3) nonprofit organization. CCS works statewide to bring people and organizations together to solve problems and achieve mutual goals. CCS has expertise in health, and strong connections and relationships with public education (school day and afterschool). CCS's major initiatives are the Healthy Behaviors Initiative and the California Education Coalition for Health Care Reform.

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