



CENTER FOR  
COLLABORATIVE  
SOLUTIONS



# CENTER FOR COLLABORATIVE SOLUTIONS

*Unleashing the Power of People Working Together*

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

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### **KAISER PERMANENTE AWARDS \$89,000 GRANT TO THE CENTER FOR COLLABORATIVE SOLUTIONS TO INCREASE HEALTHY EATING, PHYSICAL ACTIVITY AND FOOD SECURITY THROUGH AFTERSCHOOL PROGRAMS**

The Center for Collaborative Solutions is pleased to announce a second grant through Kaiser Permanente to continue its Healthy Behaviors Initiative (HBI) with five afterschool programs in Stanislaus and San Joaquin counties. This grant will make it possible to work with twenty additional sites in the following afterschool programs: Modesto City Schools, Stanislaus Union School District, Boys & Girls Club of Stanislaus County, Boys & Girls Club of Tracy and Stockton Unified School District.

Last year, these programs created five Healthy Behaviors Learning Centers, sites that implemented HBI practices that increased healthy eating, physical activity and food security for their students at an exemplary level. Student surveys at these sites from the beginning and end of the school year showed reductions in unhealthy beverage and food consumption, and increases in fruit and vegetable consumption. There was a 38 percent decrease in student consumption of three or more sodas per day and a 48 percent decrease in three or more other sugary beverages per day. Sugary beverages are a significant contributor to obesity.

Changes at these sites also increased physical activity among students. The goal was at least 45 minutes of moderate to vigorous physical activity (activity where kids breathe hard) for all students during their afterschool program hours. Surveys showed a 63 percent increase in the number of students achieving 30-60 minutes of moderate to vigorous physical activity during program. Physical activity also increased outside of program hours with a 46 percent increase in the number of students engaged in 30-60 minutes of moderate to vigorous physical activity and a 17 percent decrease in the

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number of students not engaged in any moderate to vigorous physical activity outside of their programs.

Chief Operating Officer Bruno Marchesi states that: “HBI transforms after school programs into places that embed healthy eating, physical activity and food security in their everyday policies, practices and behaviors. We are excited that this new grant from Kaiser Permanente Northern California Community Benefit Programs will allow us to expand and build on the work that we began last year with Kaiser’s support.”

Our HBI Learning Centers staff tell us that: “HBI has given meaning to our vision as an agency” and that “HBI has given us the intentional language about food security to reach out to families and community partners to work together on this issue.”

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.



Afterschool program staff from HBI Learning Centers in San Joaquin and Stanislaus Counties gathered together with their CCS coach recently to improve their healthy behaviors practices

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