



NEOPB Approved Curriculum List

The Nutrition Education and Obesity Prevention Branch (NEOPB) approved curriculum list is now posted as a stand-alone document on our website. This list will continue to be updated and posted quarterly. NEOPB will ensure that the curricula listed meet the evidence-based requirements set by the United States Department of Agriculture (USDA). Other resources such as activities, games, handouts, brochures, fact sheets, etc., will be included in a separate list that will be forthcoming from Local Agency Support.

Find the updated NEOPB Approved Curriculum List at the links below:

<http://www.cdph.ca.gov/programs/cpns/Pages/default.aspx> (under News, Hot Topics, & Updates)

<http://www.cdph.ca.gov/programs/NEOPB/Pages/ApprovedSNAP-EdMaterials.aspx> (under Approved SNAP-Ed Materials)

If you have any questions regarding the NEOPB Approved Curriculum List, please contact neopbcustomer@cdph.ca.gov.

NEOPB Training Resources

Check out the [NEOPB Training Resources](#) webpage for the latest training related information and calendar of scheduled [NEOPB events](#) and [TRC Trainings](#).

NEOPB Event Highlights for July and August

Policy, Systems and Environmental (PSE) Change in the Farmers' Market Setting – July 28

PSE Change to Achieve Healthy Food and Beverage – August 4

PSE Change in the Early Childhood Setting – August 11

PSE Change - School Wellness – August 18

PSE Change Utilizing Healthy Corner Stores – August 25

Stakeholders' Meeting

The California Department of Public Health (CDPH) NEOPB is hosting the fourth quarterly Stakeholders' Meeting on **July 31, 2015** in Sacramento, California. The meeting will be held at 1500 Capitol Avenue in the East End Complex, Training Rooms A, B, & C. NEOPB is committed to engaging diverse statewide partners and stakeholders for the meeting which is based on a legislative mandate under Trailer Bill SB857 Section 92 specifically designed to:

1. Solicit input and receive feedback from Supplemental Nutrition Assistance Program-Education (SNAP-Ed) stakeholders on the development, integration, and evaluation of the SNAP-Ed program administered by NEOPB.
2. Inform and update statewide SNAP-Ed stakeholders on the purpose, function, and direction of the SNAP-Ed program administered by NEOPB.

Prior to participating in the meeting, you are encouraged to read and review the resources posted on the NEOPB Partners and Stakeholders [webpage](#) <http://www.cdph.ca.gov/programs/cpns/Pages/EngagementandResource.aspx>, as well as the meeting summary documents from previous Stakeholders' Meetings.

Your feedback in the meeting is important to us. If you want to participate in-person for the Stakeholders' Meeting register [here](#). If you prefer to participate via webinar, you can register [here](#). NEOPB's meeting facilitator and staff will continue to ensure that the questions, input, and comments received from the webinar audience are acknowledged during the meeting. LHD operational questions may be communicated and discussed directly with your assigned Project Officer and will be addressed during the monthly All LHD Calls held the second Thursday of the month.

NEOPB welcomes your questions and suggested topics/items for the agenda. Please email us at NEOPBStakeholders@cdph.ca.gov by **5:00pm on Friday, July 10, 2015** with your input.

Following the meeting, the presentation slides and meeting summary documents are posted to the NEOPB Partners and Stakeholders [webpage](#). NEOPB continually updates this webpage with pertinent SNAP-Ed resources, information, and communications. NEOPB looks forward to your participation in the upcoming Stakeholders' Meeting.

New Cooking Curriculum Approved

A new cooking curriculum for adults has been added to the NEOPB Approved Curriculum List titled, "Cooking for Health Academy." The 6-class series was developed and tested by the Alameda County Public Health Department. Each 2-hour class includes nutrition education, food safety; produce/shopping tips, cooking, food preparation skills, and a hands-on practice session. Topics include MyPlate, fruits and vegetables, whole grains, proteins, healthy fats, sodium and sugar. A link to the "Cooking for Health Academy" curriculum will be posted soon. The curriculum is currently available in English; a Spanish version is in progress.

Harvest of the Month Workbook Update

NEOPB has received permission from the USDA Western Regional Office to use the 4th-6th grade Harvest of the Month (HOTM) student workbooks developed by San Bernardino County Superintendent of Schools only as direct nutrition education in Federal Fiscal Year (FFY) 2016. NEOPB has approved the use of the K – 3rd grade HOTM student workbooks also developed by SBCSS, but only as indirect nutrition education in FFY 2016. Contractors that opt to use the 4th-6th grade workbooks in FFY 2016 must also commit to administering pre- and post-tests (see attached Evaluation Guidelines for LHDs).

LHDs can order the HOTM workbooks online from Choice Lithographic at:

<http://workbooks.choicelitho.com/preview>.

There are two deadlines to order the workbooks, August 8 and September 12. Please plan to order the number of workbooks that you plan to use for FFY 2016. The estimated cost per workbook is \$0.70 (including taxes and shipping). If you need to do a Budget Adjustment Request (BAR) for this expense, please contact your Contract Manager. The deadline for a BAR submission is July 31, 2015.

If you have any further questions, please contact your NEOPB Project Officer.

You Can Help Promote Summer Meals

School's out and it's time to power up for summer fun! The Summer Food Service Program (SFSP) ensures that low-income children continue to receive nutritious meals when school is not in session. This summer, USDA plans to serve more than 200 million free meals to children 18 years and under at approved SFSP sites.

Meals are served at a variety of sites, but many families do not know about the program. Help families in your community learn about free nutritious meals for their kids while school is out!

For a summer meal site locator tool, visit: www.fns.usda.gov/summerfoodrocks

Find promotional materials including flyers, postcards, and PSAs visit:

www.fns.usda.gov/sfsp/raise-awareness

More information about the SFSP is here: www.summerfood.usda.gov

For a toolkit to help you serve as a summer meal champion, visit: www.fns.usda.gov/sfsp/summer-meals-toolkit

Thank you for your efforts to support children who need nutritious meals when school is out!

New School Program Provides More PA Opportunities

Did you know that school districts that participate in the federal breakfast and/or lunch programs are required by USDA to broaden and strengthen student wellness policies, especially regarding student physical activity (PA) and nutrition services?

The Comprehensive School Physical Activity Program (CSPAP) is a relatively new multi-component approach developed by the Society of Health and Physical Educators of America. This program provides increased PA opportunities, primarily at school that support student participation in at least 60 minutes of daily PA as recommended by the Centers for Disease Control and Prevention. CSPAP helps students in develop the knowledge, skills and confidence they need to be physically fit throughout their lifetime.

Benefits of PA for School-Age Children

Sufficient PA during the school day can enhance academic performance and improve student behavior.¹ A recent Institute of Medicine report supports these findings and suggests a relationship between vigorous or moderate intensity PA with improved brain function. More active children have a greater attention span, exhibit a faster cognitive processing speed and perform better on standardized academic tests than children who are less active.²

CSPAP Resource

[CSPAP: A Guide for Schools](#) is an excellent resource for understanding CSPAP in depth. This 70-page no-cost guide, downloadable at the above link, provides a comprehensive overview of CSPAP and describes in detail the step-by-step strategies to develop, implement and evaluate CSPAP.

CSPAP Contact

To learn more about how to integrate CSPAP into the daily operation of schools, LHD staff are encouraged to contact Andrew Manthe, MPH, CHES, Health Education Consultant III, CDPH, NEOPB at: andrew.manthe@cdph.ca.gov.

¹Centers for Disease Control and Prevention. The association between school-based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

²Educating the Student Body: Taking Physical Activity and Physical Education to School, Institute of Medicine Report, May 23, 2013.

Policy, Systems and Environmental Change Success Story for Tulare County



A new collaborative called the “Network Leaders on the Move” (NLOM) has been developed in Tulare County. A partnership by Kaweah Delta Health Care District, Family Health Care Network and Tulare County Health and Human Services Agency resulted in the development of a plan to address access to fresh and affordable fruits and vegetables, provide a safe environment to enjoy PA, including a comfortable and family-friendly outdoor atmosphere. The City of Dinuba was chosen for a number of reasons, including data that showed the obesity rates to be higher than the State average for children and adults, as well as the fact that Dinuba is surrounded by food deserts. The Farmers’ Market also provides fruits and vegetables for surrounding food desert communities due to limited grocery shopping options within the City.

The NLOM Committee faced the challenge of recruiting partners to address the planning of the Farmer’s Market. The group formed a smaller task focus group after receiving training from the Centers for Collaborative Planning. The duties were then established for each member and with those assignments, the group began planning and implementing the Farmers’ Market.

A resolution was passed recognizing obesity as a serious public threat to the families who reside in Dinuba. There has been strong support for this initiative by NLOM, the City of Dinuba and the residents and businesses within the City. This collaborative was successful at establishing the electronic benefits transfer accessible Farmers’ Market, and increasing access to fresh fruits and vegetables. This story shows that partners within Tulare County are able to form collaborations and work within communities to do strategic planning and see an idea flourish into a fully implemented reality.

