



Creating Policy, Systems, Environmental Change: Success Story and Lessons Learned

Youth Support RYD in School Wellness Policies

In the communities of Fort Bragg and Point Arena, Youth Advocates supported a stronger Healthy Beverage Policy in the new School Wellness Policy.

Intervention Summary

Over the last year Petra Schulte, of the Fort Bragg Unified School District, has worked with youth in the communities of Fort Bragg and Point Arena on Health Beverage Policies in the school districts, medical clinics, the hospital and other community based organizations. Presentations were made on the amounts of sugar in common beverages as well as the adverse health effects of consuming too much sugar. The two school districts had not yet passed new Wellness Policies to meet State and Federal Standards, so the group focused on ways to get Rethink Your Drink messaging out to the School District Boards.

Description of Barriers Encountered and Identified or Proposed Solutions

Some of the politics involved with School Boards gets tricky and not everyone is going to be happy about certain information being shared with everyone. There were some cultural barriers too with the involved youth; many of the youth participants were young Latinas and were uncomfortable with public speaking or speaking to policy makers.

Future Directions/Sustainable Success

In the county all the school districts that are required to update their wellness policy will have done so, most of which have stronger healthy beverage and Safe Routes language than required by State and Federal Law. There are two more school districts we would like to work with to update their Healthy Beverage and Safe Routes language.

Working with the school districts, the Wellness Committees, school garden and food service staff, and PTO members we hope to get a draft before the board in at least one of the two communities this year, and build stronger relationships with these partners in the other.

In addition to the Wellness Policies at the schools, Petra has also worked on Rethink Your Drink and Healthy Beverage Policy at the Mendocino Coast Hospital, Mendocino Community Health Clinics, local churches, and recently had the Fort Bragg Food Bank Pass a Healthy Beverage Policy.

Contact information about this Narrative

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