

Hotel Employees Make Better Choices

Employees will now notice healthy beverage options when attending safety/recognition luncheons at the Wyndham Hotel in Garden Grove, California. Prior to 2014, pitchers of soda and other sweetened beverages were offered regularly during employee events and placed in the lunch room. Access to water was not a priority. Now, fruit-flavored water is offered at the buffet table. In the employee lunch room you will see housekeeping staff frequently drinking water from the reverse osmosis water dispenser and reading Rethink Your Drink (RYD) recipe cards found in the Nutrition Education Obesity Prevention (NEOP) displays.

The Orange County – Nutrition Education Obesity Prevention (OC-NEOP) Worksite Program partnered with staff from the hotel to find ways to create a workplace that supported access to water while lowering high soda consumption. In coordination with the Human Resources team, General Manager, Housekeeping Manager and the Executive Chef, nutrition education presentations began to be part of the employee luncheons. The RYD nutrition topic had a major impact. The amount of sugar found in popular beverages was shocking to both the housekeeping and management employees. This education motivated the worksite to find ways to improve access to healthy beverage options. The Executive Chef decided soda would no longer be offered during employee luncheons. To help support the chef's decision, the Human Resources staff decided to have fruit-flavored water offered as a healthy choice during the luncheons. The water cooler in the lunch room was replaced with a reverse osmosis water dispenser to cut down on cost, prevent injuries of employees trying to lift the 5-gallon water containers and ensure employees had access to hot and cold water. The availability of cups followed shortly.

The Pacific Hospitality Group (PHG) manages the Wyndham as well as three other hotels participating in the OC-NEOP Worksite Program. Working with the Human Resources Managers from each site and the PHG, the Go for H₂O tool from the California Fit Business Kit was implemented at each location to further support a healthy workplace. Now, every location has the reverse osmosis water dispensers and has received the RYD nutrition education and displays with recipe cards to support healthy beverage options. Fruit-flavored water has also been offered during employee luncheons at all sites. In September 2015, as part of Housekeeping Recognition Week, PHG provided refillable water bottles to all of the housekeeping staff.



NEOPB Training Resources

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

[NEOPB Event Highlights for December and January](#)

S.N.A.P., Crackle, and Learner-Centered Education – December 2
Webinar- Painting Preschool Playgrounds for Movement (Stencil Kits) - December 8
Let's Get Fiscally Fit: FFY 2016 SNAP-Ed Fiscal and Administrative Training – December 8
2016 SNAP-Ed LIAF: IWP Overview - December 9
FFY 16 SNAP-Ed Program Training: Guidelines for Growing Healthy Communities – December 10
A,B,Cs of Healthy Retail: Fundamentals for Designing a Healthy Retail Program – December 15
Let's Get Cooking: Making Your Food Demo Sizzle – December 16
Recruiting and Engaging Youth – December 16
The Nuts and Bolts of Subs and Solicitations – December 17
FFY 16 Program Training Post Webinar: Gifts from your Garden – January 7
2016 SNAP-Ed Local Implementing Agency Forum – January 13-14
CX3 GIS Neighborhood Mapping Workshop, Data Entry Training and On the Ground Survey Training – January 28

2015 Child Care Data Is Now Available

The 2015 California Child Care Portfolio, the 10th edition of a biennial report, presents a unique portrait of child care supply, demand, and cost statewide and county by county, as well as data regarding employment, poverty, and family budgets.

The child care data in this report was gathered with the assistance of local child care resource and referral programs (R&Rs). R&Rs work daily to help parents find child care that best suits their family and economic needs. They also work to build and support the delivery of high quality child care services in diverse settings throughout the state; they are an excellent partner for LHDs working in early care and education settings. Portfolio information is available at both the state and county levels.

The 2015 California Child Care Portfolio can be accessed here: http://www.rnetwork.org/2015_portfolio. We anticipate that the information found in this document will be helpful to you as you begin to work on building your 3 year SNAP-Ed integrated work plan.

Contact information for your county's local child care resource and referral program can be accessed here: <http://www.cde.ca.gov/sp/cd/re/ragencylist.asp>.

Announcing the Physical Activity Resource Guide

The Nutrition Education and Obesity Prevention Branch (NEOPB) is happy to announce the release of the “Physical Activity Resource Guide (PARG): Implementing Physical Activity Programming for SNAP-Ed Eligible Populations”. The guide can be found on the NEOPB web page under “Focus Areas”
<https://www.cdph.ca.gov/programs/NEOPB/Pages/Default.aspx>

The PARG is designed to assist Local Health Departments (LHDs), public health professionals, community leaders, community based organizations and others assess, plan, implement and evaluate evidence-based physical education and physical activity programs at the local level.

The guide covers the five areas of priority for Physical Activity (PA) strategies and environments issued by the Centers for Disease Control and Prevention:

1. Early Care and Education
2. Physical Education and Physical Activity Programming in K–12 Schools
3. Physical Activity in the Community Setting: Walking Interventions
4. Physical Activity in the Community setting: Access to Parks and Recreation
5. Physical Activity Programming in the Worksite

In the guide, you will find information on techniques, methods and steps to successful physical activity program outcomes. The PARG explains techniques for program planning, such as the “Reach, Effectiveness, Adoption, Implementation and Maintenance “(RE-AIM) process, logic models, how to write clear program objectives in the Specific, Measurable, Achievable, Realistic and Time-phased “SMART” format, and steps to evaluate a program. The guide contains internal links making it easy to navigate and seek out important points. Each section has links to external resources that provide additional information for each phase of programming.

Most important, the resource guide provides information on “Evidence-Based” and SNAP-Ed approved programs. SNAP-Ed criteria and examples of SNAP-Ed approved PA programs are conveniently located in the appendix. The appendix also contains several tools and instruments to assist in the program planning process. A webinar will be scheduled to introduce and highlight the contents of the PARG later this month.

For more information, please contact us at: neopb@cdph.ca.gov

CNAP Coordinator Updates

Statewide County Nutrition Action Plan/Partnership (CNAP) Coordinator meetings began October 22 with an introductory web-based meeting. NEOPB continues to provide ongoing support for CNAP Coordinators as they work with local partners to pursue policy, systems, and environmental change. This support includes seven (one per service area) strategic planning workshops for CNAP Coordinators and up to two key CNAP leaders per county, as well as primarily phone-based CNAP strategic planning technical assistance (TA) in partnership with Brown Miller Communications.

CNAP Coordinators interested in TA calls to support their strategic planning efforts should email requests to Monet.Parham-Lee@cdph.ca.gov and include:

- Group's stage of strategic planning (identifying relevant activities completed with the CNAP group to date)
- TA topics requiring assistance
- Who will participate on the TA call
- Three to five proposed call dates/times

Upcoming CNAP Coordinator Meetings:

- **January 12, 2016; 1:00PM to 4:00PM (in-person)**
 - Pre-Forum CNAP Coordinators Meeting, Sacramento's Double Tree Hotel
 - Registration information is forthcoming
- **February 9, 2016; 10:00 to 11:30AM (web-based)**
 - Register for the meeting here: <https://attendee.gototraining.com/r/3237905983382806529>

For more information, please contact Monet Parham-Lee at (916) 552-9906 or email:

Monet.Parham-Lee@cdph.ca.gov

