



Healthy Communities in Westside San Antonio Healthy Communities Conference . September 28, 2011

**Healthy Kids,
Healthy Communities**
Supporting Community Action to
Prevent Childhood Obesity

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METRO HEALTH
SAN ANTONIO'S PUBLIC HEALTH TEAM

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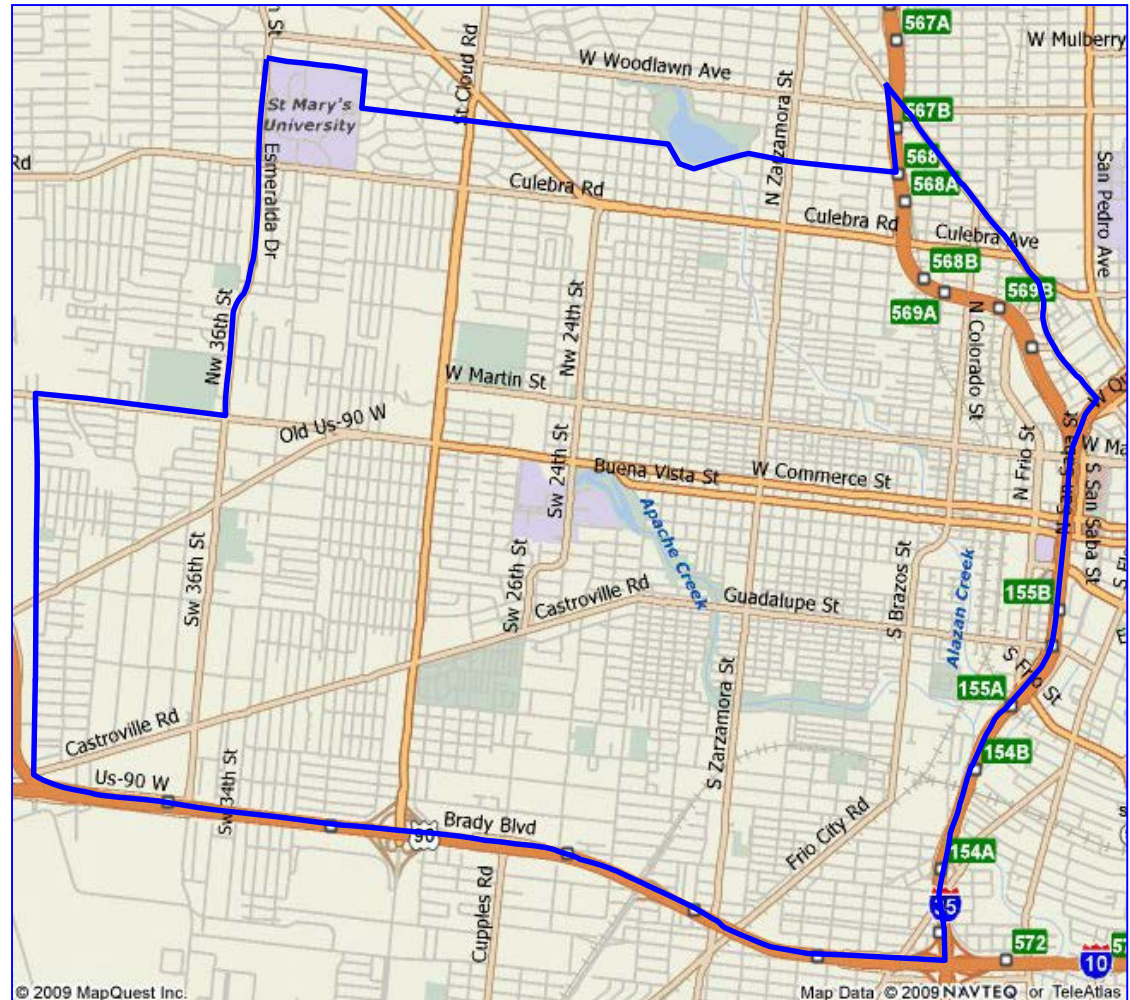
A Healthy Kids Snapshot

- 4 Year, \$360,000 grant to reverse childhood obesity
- Target area is Westside, San Antonio
- Healthy Kids has a strong partnership structure
- Focused on policy & environmental changes
- Focused on both physical activity & nutrition-related initiatives

HEALTHY KIDS, HEALTHY COMMUNITIES:

Target Area: Westside, San Antonio

- 106,000 people
- 95% Hispanic
- 58% without high school diploma
- 33% living below poverty in 2000
- 23% of WIC kids overweight/obese (across S.A.)



Where is Metro Health Now ?

Healthy Kids Healthy Communities

- Childhood Obesity Prevention targeting the West Side

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Mayor's Fitness Council



Communities Putting Prevention to Work (CPPW)

- Find Your Balance (SABalance.org)



Community Diabetes Project





**San Antonio
Healthy Restaurants
Coalition**

Healthy Restaurants Coalition

- City of San Antonio Metropolitan Health District (Metro Health)
- San Antonio Restaurant Association
- San Antonio Dietetic Association
- Restaurateurs, Local Food Writer, Public Health Professionals, Food Distributors



Little
Pequín

Pico de Palo



**Little Pequín
Makes It Easy To
Make the Smart Choice!**

Pequín's Platter

**Hey Kids! Eating
Healthy Gives Your
Body The Energy to
PLAY EVERY DAY!**

**5-9 Servings of
Fruits & Veggies**

Desserts/Drinks

- Jello Yogurt
- Pudding Fruit Cup
- Apple Sauce
- Ice Cream (with strawberries)
- Kid's Sopapilla with strawberries/whip cream
- 1% Milk • Soda
- Juice: Apple, Orange or Cranberry

Kid's Menu

For younger kids: 1 ENTREE & 1 SIDE + DRINK \$3.95

For older kids: 1 ENTREE, 2 SIDES + 1 DRINK \$4.95

DESSERTS SOLD SEPARATELY

ENTREES

- Soft Taco (beef or chicken)
- Crispy Taco (beef or chicken)
 - Cheese Quesadilla
 - Cheese Enchilada
 - Bean & Cheese Taco
- Grilled Chicken Tenders
 - Breaded Chicken Tenders
- Grilled Chicken Breast
- Grilled Chicken Breast Sandwich
 - Hamburger Patty • Fried Fish

SIDE ITEMS

- Side Salad Carrots • Refried Beans
- Green Beans Whole Bean Soup
- Fruit Cup Apple Sauce • Fries
- Spanish Rice Cinnamon Apples

Por Vida Nutrition Criteria

- Entrée + 2 Sides
 - ≤ 700 Calories
 - ≤ 23g Total Fat
 - ≤ 8g Saturated Fat
 - ≤ 0.5g *Trans*-Fat
 - ≤ 750mg Sodium



- Entrée
 - ≤ 300 Calories
 - ≤ 10g Total Fat
 - ≤ 3.5g Saturated Fat
 - ≤ 0.5g *Trans*-Fat
 - ≤ 325mg Sodium
- Side Item
 - ≤ 200 Calories
 - ≤ 7g Total Fat
 - ≤ 2g Saturated Fat
 - ≤ 0.5g *Trans*-Fat
 - ≤ 215mg Sodium

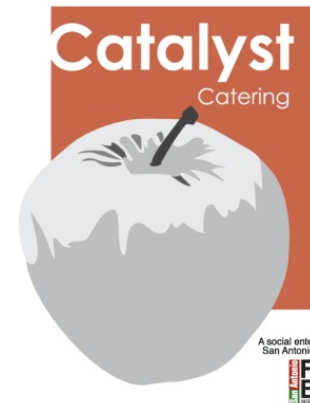
Children's Menu Criteria

Category	Options	Recommendations
Fruits	Serve one or more serving of fruit	<ul style="list-style-type: none"> • Fresh Fruit • Canned Fruit: must be in natural juice or light syrup • Examples: Fruit Cup, Applesauce, Strawberries, Mandarin Oranges
Vegetables	Serve one or more serving of vegetable	<ul style="list-style-type: none"> • non-fried vegetables • vegetables can be served as side dish or prepared in meal • Examples: Side Salad, Green Beans, Carrots, Broccoli, grilled vegetable medley
Non fried foods	Serve a variety of non fried entrée items	<ul style="list-style-type: none"> • Offer a variety of baked, grilled, or sautéed entrée items
No Sugar Sweetened Beverages	Offer a variety of No Sugar Sweetened Beverages	<ul style="list-style-type: none"> • 100% Real Fruit Juice • Low Fat Milk • Water
Portion size	Offer children's portion size of entrées and side items to be ≤ 75% of adult portion size	<ul style="list-style-type: none"> • see Children's Portion Control plate for more details

Por Vida Restaurants



Por Vida Restaurants





Por Vida expands its reach

- LifeCare Hospitals of San Antonio is proud to be the first hospital in San Antonio to offer healthy menu options as a part of the ¡Por Vida!
- LifeCare Hospital is an acute care facility that treats medically complex patients who require intensive hospital care for an extended period of time





Summer Camp Sample Menu 2010/2011

- The COSA Parks & Recreation Department's Summer Camp program supplies hot lunches and an afternoon snack to 7,000-10,000 children each weekday from June 13 – August 5, 2011
- The nutritional value of this menu was enhanced with additional whole grains, reduced saturated fat, and lower sodium content.
- Additional criteria were utilized to ensure vitamin A sources are present at least twice a week, vitamin C sources are in the menu daily, and fruit juice is served no more than once a day.

Before	After
Meal:	Meal:
Chopped BBQ Beef (3 oz.) on Whole Wheat Bun	Grilled pork (3 oz.)
Pinto beans (1/2 cup)	Low sodium stuffing (1/2 cup)
Mixed vegetables (1/2 cup)	Mixed California Blend Vegetables (1/2 cup)
1% milk (8 oz.)	Warm spiced fruit (1/2 cup)
Snack:	Snack:
Granola bar, plain (50 gm)	Whole Grain Banana Bran Muffin (2 oz.)
Seasonal fresh fruit	Seasonal fresh fruit
100% apple juice (6 oz.)	100% apple juice (6 oz.)



Children's calorie & nutrient needs vary drastically by age, therefore this menu incorporates healthy choices and balanced meals.



Funding for Por Vida

**Healthy Kids,
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- Healthy Kids Healthy Communities: Robert Wood Johnson Foundation (RWJF)



- 2009 American Recovery & Reinvestment Act (ARRA)



- DSHS Obesity Prevention Project



www.sanantonio.gov/health/porvida

HEALTHY KIDS, HEALTHY COMMUNITIES:

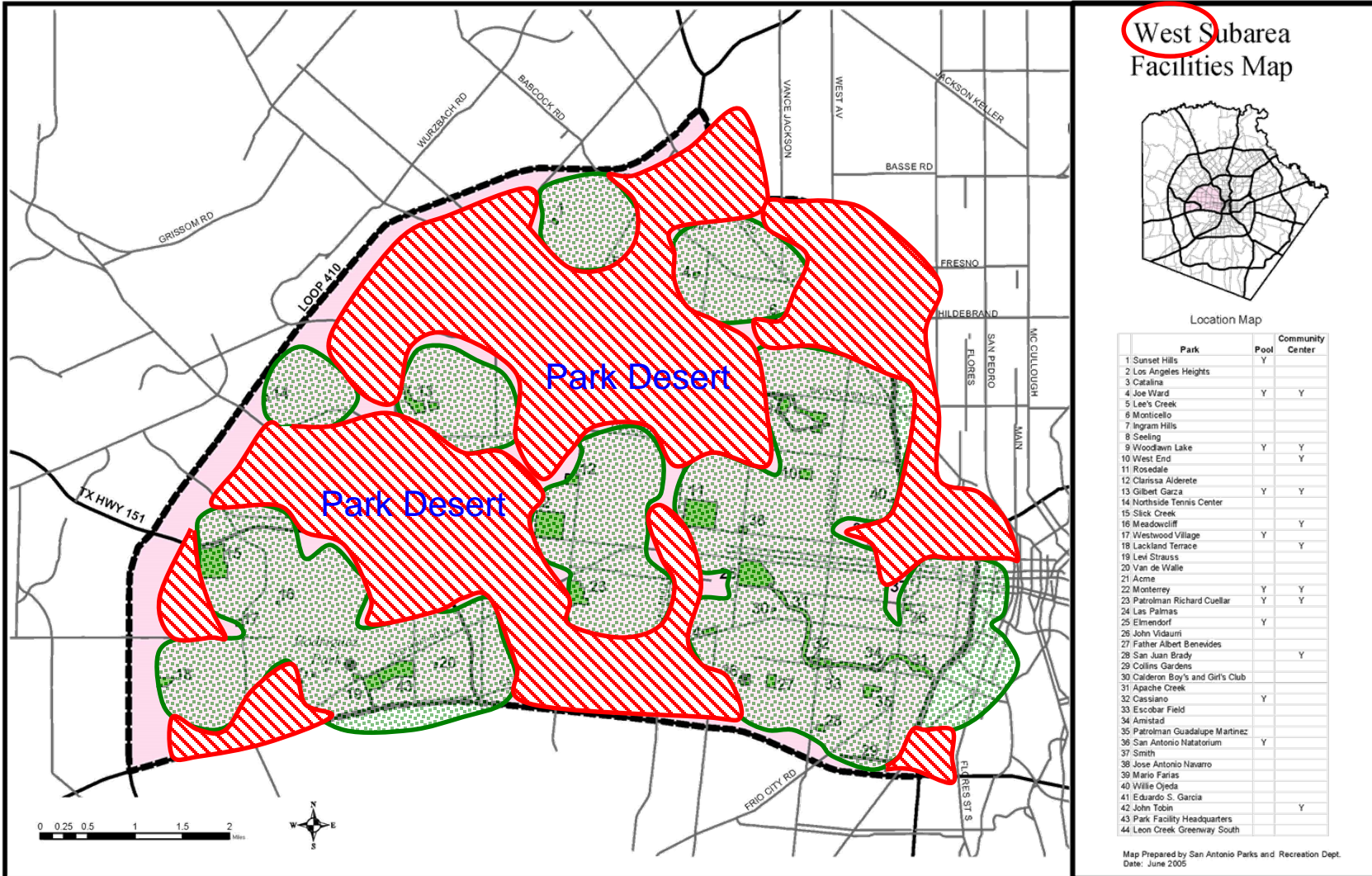
- **Robert Wood Johnson Foundation (RWJF) Funded Grant**
- Existing Projects:
 - **Built Environment initiatives:**
 - Shared Use Agreements in place in Westside locations
 - Complete Streets policy developed community wide
- New Projects:
 - **Greenspace Projects**
 - Photovoice & 2012 BOND Election
 - Hike & Bike Trail
 - Community Garden with Expansion Potential
 - **Healthy Hubs**
 - Streamline Policy (Farmers Market, Community Gardens, etc.)
 - Develop a Plan for 2 Westside 'Healthy Hubs'
 - Economic Development Impact of Greenspace & Mixed Use Development)

HKHC: Greenspace

- **Parks Measured in Acres of Parkland per 1,000 Residents**
 - Nationwide Average = **16 acres per 1,000 residents**
 - How Areas of **San Antonio** Measure Up:
 - Far West - **67.63** (includes Government Canyon)
 - East - **57.97** (includes Calaveras Lake & Braunig Lake)
 - Northwest - **30.09** (includes many natural areas)
 - South - **16.12** (includes SA missions)
 - Central - **14.63**
 - North - **13.79**
 - Northeast - **9.43**
 - Far North - **7.91**
 - Southwest - **5.1**
 - West - **3.03**
- Red Text Indicates Below National Average for Parkland*

HKHC: Greenspace

How Does That Look In the Community?



HKHC: Greenspace

Park Access is As Important as Park Acreage

- **Even a ½ mile (10 minute) walk may not be reasonable if**
 - There is a Lack of Trees/Shade
 - There is a Lack of Sidewalks & Lighting/Safety



HKHC: Greenspace

New HKHC Partner: San Antonio River Authority (SARA)



- **New HKHC Partner: San Antonio River Authority (SARA)**
- **Westside Creekway Restoration Concept Plan**
 - Hike & Bike Trails (Cleaner Air than Streets; Connected to Neighborhoods)
 - New Parkland/Greenspace Areas
 - Catalyst Sites
 - Community Gardens
 - Farmers Markets, Sports Fields & Other Resources

HKHC: Healthy Hub

1. Nutrition Element:



Restaurants



Corner Stores



Community Gardens

2. Physical Activity Element:



Fitness Trails/Stations



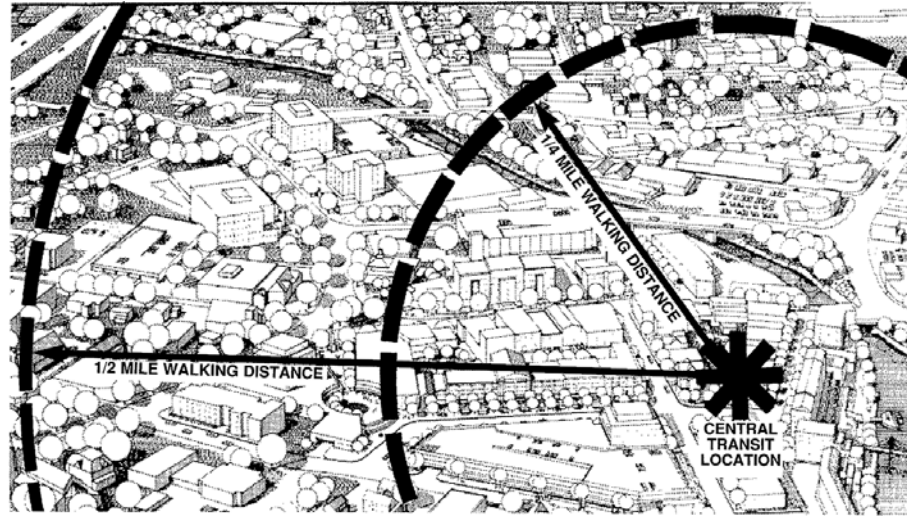
Small Sided Soccer



Community Gardens

HKHC: Healthy Hub

3. Walkable:



4. Mixed Use Potential:



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