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

David Clear
Healthy Kids, Healthy Communities Coordinator
San Antonio Metropolitan Health District
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

**Mayor’s Fitness Council**

**Communities Putting Prevention to Work (CPPW)**
- Find Your Balance (SABalance.org)

**Community Diabetes Project**
San Antonio Healthy Restaurants Coalition

¡Por Vida!

Healthy Restaurants Coalition

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
Kid’s Menu
For younger kids: 1 ENTREE & 1 SIDE + DRINK $3.95
For older kids: 1 ENTREE, 2 SIDES + 1 DRINK $4.95

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

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

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

Pequín’s Platter
Hey Kids! Eating Healthy Gives Your Body The Energy to Play Every Day!
5-9 Servings of Fruits & Veggies

Designed by www.musigraphics.net
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
<table>
<thead>
<tr>
<th>Category</th>
<th>Options</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Serve one or more serving of fruit</td>
<td>● Fresh Fruit&lt;br&gt;● Canned Fruit: must be in natural juice or light syrup&lt;br&gt;● Examples: Fruit Cup, Applesauce, Strawberries, Mandarin Oranges</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Serve one or more serving of vegetable</td>
<td>● non-fried vegetables&lt;br&gt;● vegetables can be served as side dish or prepared in meal&lt;br&gt;● Examples: Side Salad, Green Beans, Carrots, Broccoli, grilled vegetable medley</td>
</tr>
<tr>
<td>Non fried foods</td>
<td>Serve a variety of non fried entrée items</td>
<td>● Offer a variety of baked, grilled, or sautéed entrée items</td>
</tr>
<tr>
<td>No Sugar Sweetened Beverages</td>
<td>Offer a variety of No Sugar Sweetened Beverages</td>
<td>● 100% Real Fruit Juice&lt;br&gt;● Low Fat Milk&lt;br&gt;● Water</td>
</tr>
<tr>
<td>Portion size</td>
<td>Offer children’s portion size of entrées and side items to be ≤ 75% of adult portion size</td>
<td>● see Children’s Portion Control plate for more details</td>
</tr>
</tbody>
</table>
Por Vida Restaurants
Por Vida Restaurants

The EGG&I
Breakfast & Lunch
Serving Our Friends Daily

¡Por Vida!
Healthy Restaurants Coalition
A Better Choice “For Life”

Luby’s

The rk group
the go-to, can-do group

Guadalupe Street Coffee

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

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.

---

**Summer Camp Sample Menu 2010/2011**

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

- Healthy Kids Healthy Communities: Robert Wood Johnson Foundation (RWJF)
- 2009 American Recovery & Reinvestment Act (ARRA)
- DSHS Obesity Prevention Project
¡Por Vida!
A Better Choice “For Life”

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)
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
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:**
Metro Health Project Contacts

David Clear, Senior Management Analyst
332 W. Commerce, SA, TX, 78205
Phone: 207-2002
E-mail: david.clear@sanantonio.gov