GAVA

GO! AUSTIN/VAMOS! AUSTIN



END OF YEAR 2016
REPORT 2016

Summary

n 2016, the GO! Austin / VAMOS! Austin (GAVA) coalition made incredible progress in South and Southeast Austin to improve nutrition and increase physical activity. GAVA teams have beautified and leveraged improvements in 16 parks and greenspaces; launched two new school and neighborhood farm stands; translated the evidence-based Coordinated Approach to Child Health - Early Childhood (CATCH-EC) curriculum into Spanish and trained the nation's second Spanish speaking CATCH-EC trainer; expanded the Healthy Corner Store Initiative to eight stores; introduced salad bars and healthy breakfasts at middle and elementary schools; and improved pedestrian and neighborhood safety across South and Southeast Austin. GAVA resident leaders ad-

vocated at city hall to ensure that a \$720 million Mobility Bond included South Austin corridors.

GAVA is proud to work with more than 1,125 community residents, eight partner organizations, and 500 community stakeholders to bring access to healthy food and physical activity to Dove Springs (zip code 78744) and the 78745 zip code. GAVA's collaborative community efforts have been recognized on a national scale through the Aetna Foundation and by its primary funder, the Michael & Susan Dell Foundation. This report details some of the key wins of each of GAVA's four sectors, followed by some of the coalition-level wins achieved by the larger collaborative.





EARLY CHILDHOOD



SCHOOLS



HEALTHY FOOD ACCESS



GEOGRAPHIC (GEO) TEAMS



PHYSICAL ACTIVITY



HIGH-LEVEL "LOOKING FORWARD"

GAVA KEY WINS:

January 2016 - August 2017

We measure "key wins" as a positive step in increasing healthy food and physical activity in the GAVA zip codes. All key wins have been grounded in evidence and led by resident and neighborhood leaders, to ensure that GAVA's work is effective and rooted in the community's needs.

KEY WINS: 501

FAST FACTS:

NUMBER OF ORGANIZATIONS AND AGENCIES IN THE GAVA NETWORK:

NUMBER OF RESIDENTS ACTIVELY ENGAGED IN GAVA INITIATIVES: 1797

Early Childhood



he Early Childhood (EC) sector is GAVA's newest sector, focused on improving health access for children ages 0-5 years in 78744 and 78745.

Through close collaboration with United Way for Greater Austin, GAVA organizers connected with the daycare centers in the neighborhoods, "family, friends, and neighbors" networks of home-based early

childcare providers, and public pre-Kindergarten educators. GAVA'S EC 2016 goal was to introduce the Coordinated Approach to Child Health Early Childhood curriculum (CATCH-EC), and to build teams to assist these providers in establishing better access to physical activity and healthy food for the children in their care.

- EC sector manager became the nation's second Spanish-speaking CATCH-EC trainer
- Two new GAVA teams were formed at Dove Springs daycare sites
- A team of home-based, "family, friends, and neighbors" EC care providers formed in 78745
- Little Dudes Learning Center received a grant to purchase a refrigerator (to provide ore produce and fresh snacks to children), and play equipment for their daycare
- United Way received a grant from the Texas Department of Agriculture to purchase CATCH-EC toolkits and training materials for all GAVA Early Childhood sites
- Woodway Village apartment complex was awarded a mini-grant from the City of Austin Public Health Department to purchase a shade cover for their playground, which will help provide children more hours of safe physical activity during the hottest months
- Soccer Shots, a premiere children's soccer program, partnered with Palomita Child Development Center and Little Dudes Daycare to provide a fall soccer league for children at no cost to parents and the center, and agreed to help train volunteer coaches to keep the program going!











LOOKING AHE AD

Laura Olson began training Austin Independent School District's (AISD) Pre-Kindergarten teachers from the entire district, in CATCH-EC programming in January 2017. This training provides an evidence-based foundation for increased health education, good nutrition and physical activity, to support lifelong healthy habits! GAVA is also looking forward to partnering with the KLE Foundation to promote enrollment in Pre-K for three and four year olds, and use of the Vroom app among parents to support them in increasing school readiness. Enrollment in pre-K provides access to healthy meals and early exposure to CATCH among more children, and exposes parents to the Coordinated School Health and GAVA community efforts that support families' access to healthy living.

Community Food Access



AVA teams and organizational partners have been working hard to make fresh and local produce, healthy snacks, and other nutritious options available at affordable prices across the 78744 and 78745 zip codes. Three farm stands, supported by Sustainable Food Center and run by residents of the area, make fresh, local, organic produce available weekly to GAVA residents at a neighborhood school, a recreation center, and an apartment complex. Customers can make cash purchases or use a Lone Star card (Supplemental Nutrition Assistance Program or SNAP), and can double the value of food stamps for vegetable purchases through the Double Dollar program.

In addition, a total of eight participating corner stores now participate in GAVA's Healthy Corner Store Initiative. They stock fresh produce and other healthy items, and are using GAVA's and The Food Trust's in-store marketing materials to promote their consumption.

- Dove Springs' first resident-operated farm stand launched in October 2016. Though the farm stand was open from 10:30 12:30 on its first Saturday, all produce sold out in the first hour. This opening-day success was a result of months of block walking, community surveys, and neighborhood promotion.
- Farm stands at Cunningham Elementary School and Sierra Ridge Apartments re-launched in the fall, after their short break for the summer holidays.
- GAVA held eight community events at Healthy Corner Stores to celebrate the collaboration between store owners and neighbors that made the program a success. The events offered coupons for discount on healthy food purchases during the events, and showed off new shelving units that many stores were granted in exchange for stocking healthy items.
- Residents from both zip codes spoke with City Council members and testified during budget hearings to voice support for a Healthy Food Access Initiative. Their efforts in the community and at City Hall paid off: The City is now funding the Community Farm Stand and Healthy Corner Store Initiatives, as well as Mobile Markets, as an ongoing line item in the base budget for Austin Public Health Department. This Healthy Food Access Initiative, known as "Fresh for Less," supports increased healthy options in South Austin and other areas citywide where food access is an issue.









LOOKING AHE AD

Due to the success of the existing three farm stands, Sustainable Food Center worked with GAVA teams in 78745 to launch a fourth farm stand at Odom Elementary School in March, 2017, and is working with residents in North Austin to replicate the initiative. In addition, GAVA is working with the City of Austin to improve produce supply and distribution processes for Healthy Corner Stores, to increase the variety and availability of healthy options in 78744 and 78745.

COMMUNITY VOICES

"[El puesto de frutas y verduras] es muy importante para nosotros, ya que no tenemos ningún lugar cercano donde obtener frutas y verduras frescas para nuestra familia"

"[The farm stand] is very important for us, since we don't have a place close by where we can obtain fresh fruits and vegetables for our family"

— Felipa Puente, resident leader, Dove Springs Food Access Team, 2016

"Yo apoyo el programa de tiendas saludables porque mi comunidad y yo necesitamos otras opciones de comida saludable; pero sobre todo para aquellas personas que por cualquier razón no pueden ir a un supermercado, y buscan algo nutritivo"

"I support the healthy corner store initiative because my community and I need other options to [access] healthy foods; but above all, for all those people that, for whatever reason, cannot go to a supermarket and are looking for something nutritious."

— Irene Castañeda, resident leader, Dove Springs Food Access Team, 2016

"[Apoyamos la iniciativa de tienda saludable] ya que en en mi vecindario la tienda de Bread Basket es la única donde, gracias a esta iniciativa, se puede encontrar comida saludable"

"[We support the healthy corner store initiative] because Bread Basket is the only place in my neighborhood where, thanks to the initiative, one can find healthy foods"

— Gloria Najera, resident leader, La Fuerza de Westgate Geo Team, 2016

Physical Activity



n 2016, GAVA's Physical Activity sector teams and expanded both their local efforts and city-wide impact! In collaboration with Austin Parks Foundation (APF), GAVA residents have now officially adopted eight city-owned parks and in 78744 and 78745 through the City of Austin Adopt-a-Park program, and are stewarding four quarter-mile (or more) stretches of greenbelt along Williamson Creek. Inspired by the work of the park teams, Austin Parks Foundation worked with the Austin Independent School District (AISD) and GAVA park teams to establish the first ever Adopt-a-Park program for school parks, adding four AISD-owned park sites to the team

efforts, for a total of 16 resident-led park and creeks. Park adoption gives resident leaders the tools to activate their parks, advocate for improved funding and maintenance, and leverage hundreds of thousands of dollars in grants and in-kind support.

Throughout the year, team leaders met with the Austin Parks and Recreation Department (PARD) to advocate for equitable funding. Independently, GAVA park and creek teams led dozens of beautification days, community events, and even a youth Nerf tournament, to celebrate their neighborhood greenspaces and get kids and adults moving in the parks!

- The Ponciana Park team received \$200,000 in Parkland Dedication Fees to build a play-ground, sidewalks, and picnic areas in their previously un-developed park. Opening Day and ribbon cutting ceremony is expected to take place in June 2017.
- Williamson Creek Central Greenbelt adopters in 78745 were awarded almost \$60,000 from the Neighborhood Partnering Program for "Connect Garrison, a project that will tie physical activity, neighborhood connectivity, and healthy food access together across 78745.
- Joslin Park Team received \$39,400 for fitness equipment from an Austin Parks Foundation (APF) Community Grant.
- Odom School Park Team received \$42,800 from APF grants to add a shade structure, picnic tables, and permanent soccer goals at Odom School Park



Additionally, due to the tremendous advocacy work of the PA teams, city funds were awarded to the parks in an incredibly tight budget year. In 2015, City Council passed a budget that included a \$1.15 million Park Block Grant in FY2016 for infrastructure improvements. Residents participated in press conferences, public hearings, and met with PARD and council members to ensure that funds were allocated to the 78744 and 78745 neighborhoods. Their efforts brought funds for drainage improvements and a new nature-based playscape to Odom and Joslin School Parks, and an ADA accessible water fountain and sidewalk to the Onion Creek Greenbelt. These improvements totaled approximately \$300,000.

GAVA PA teams also activated several local parks to ensure physical activity opportunities are available for people of all ages.

- Houston School Park, Rodriguez Elementary School, St Elmo School, and Odom School Park worked with Austin Police Department's Police Activities League (PAL) to grow the youth soccer program, bringing free and low-cost leagues to hundreds of children in both zip codes
- Odom School Park team added donation-based dance fitness classes at the park.
- All teams hosted workdays throughout the year to help keep their sites maintained and activated.
- In February, eight teams participated in "It's My Park Day," a citywide event that, for the first time, became a bilingual one. Austin Parks Foundation translated park adoption materials to Spanish and held their first-ever Spanish Language volunteer training for "Día de mi Parque." Odom park team and "Vecinos Unidos de Wagon Bend" became the first Spanish-speaking park and creek adopters to host workdays for this citywide occasion.

LOOKING AHE AD

For the second year in a row, teams advocated for lighting and other improvements, to increase park safety in FY2017, influencing the Council's decision to allocate \$53,000 for safety lighting in areas where crime reduction is needed, securing a commitment for lighting installation in five GAVA parks next year. The dedication and continued advocacy work of the residents have allowed teams to be recognized on a city-level and provide an opportunity for groups to seek matching funds from private sources and the school district for future park improvement projects. The success of the PA sector also influenced GAVA partner, Austin Parks Foundation, to make plans for next year to increase organizational capacity to join with park adopters citywide in advocacy efforts for green spaces.

COMMUNITY VOICES

Cunningham Park – "It's My Park Day" in Spring 2017 "We planted trees, we planted bushes, and we repaired some planters with beautiful different greens that will grow during the summer. Children were all over the place, the school principal and other staff were there. It was a wonderful day event. Physical activity is important, and if we have a beautiful park, it attracts the local community members to use it."

— Reverend Teresa Santillana, leader with Berkeley United Methodist Church and Cunningham Park Adopter

Cunningham Park's renovations: "Tenemos una visión de compartir el espacio con los vecinos, con los maestros, con los padres del escuela y también de vecindario. La misión es disfrutar del ambiente del parque cuando son actividades fuera de casa, y también para disfrutar a la naturaleza. Estamos muy contentos de ser parte de Cunningham, somos voluntarias y voluntarios muy dedicados y queremos siempre lo mejor para nuestra comunidad."

["We have a vision of sharing the space with neighbors, teachers, parents from the school and from the neighborhood. Our mission is to enjoy the environment of the park with its activities outside of the house, and also to enjoy nature. We are so happy to be part of Cunningham, we are extremely dedicated volunteers and we always want the best for our community."]

- Illiana Gonzalez, leader with Berkeley United Methodist Church and Cunningham Park Adopter

Schools



his year, the school sector focused institutionalizing GAVA best practices at the school and district levels to reach more students and families with healthy activities, nutrition education, and resources for health access. GAVA schools strengthened their Coordinated School Health (CSH) teams by growing their Student Wellness teams. They increased student physical activity offerings to include bike clubs, basketball clubs, and morning workouts, and

increased faculty offerings to include fitness classes, yoga, and boot camps from Camp Gladiator. The school sector also worked with AISD's Food Service Director to increase participation in Breakfast in the Classroom, bring salad bars to schools, and allow produce from school gardens to be served on the cafeteria line. All of these innovations served as a pilot to replicate these healthy food strategies in the rest of the school district

- Established first ever district-wide Coordinated School Health Team, bringing together and aligning the efforts of department leads for health, physical education, food services, counseling and social/emotional learning, nursing, and parent engagement.
- Launched Breakfast in the Classroom in six new GAVA schools
- AISD Food Services committed to:
 - Provide salad bar options in all elementary schools at least twice per week, starting in June 2016.
 - Reinstate GO, SLOW, WHOA signage on all food serving lines in K-8 cafeterias
 - Add 30 new healthy recipes into daily food services in all schools
- AISD's Food Services and P.E. & Health Departments received a \$50,000 grant from the Texas Department of Agriculture to support Coordinated Approach to Child Health (CATCH) messaging throughout schools
- GAVA schools increased use of GoNoodle, an active school break software that boosted all campuses' minutes of physical activity per day while teaching lessons.
- Several school gyms hosted Family Fittest Contests
- Morning assemblies in all GAVA schools incorporated physical activities
- All ten GAVA schools conducted at least one celebratory CATCH Night
- Principal Meetings and Coordinated School Health Trainings conducted annually





LOOKING AHE AD

Altogether, GAVA's work has encouraged unprecedented levels of parent involvement, and increased physical activity for students by 25-30 minutes each school day since 2012 while also increasing consumption of healthy foods. GAVA will continue to work with AISD to drive district-wide implementation of GAVA strategies and build in institutional supports for best practices in Coordinated School Health, particularly though the Health Pillar of the coming Community Schools initiative.



COMMUNITY VOICES

"At first, I had to push myself to take the kids to the gym. But it's wonderful and they love it. I really enjoy it too. It gets my day off to a great start!"

— Bob Heidkamp (PE Teacher / CSH Chair) at Houston Elementary, who takes pre-K kids to the gym for 20 minutes every morning after they eat their breakfast. Since these kids do not come to PE classes, Bob wanted to ensure they received some physical activity.

"We view the cafeteria as a classroom, where we are creating lifelong healthy habits for future generations. Aligning with GAVA has helped expand these lessons into the classroom and home, collectively creating healthier communities. Being able to bring fresh, healthy food to students all over the city is our focus; thanks to the work of GAVA, families now have increased access to nutritious options outside of the school day."

— Anneliese Tanner, Director of Austin ISD Nutrition and Food Services

GAVA Geographic Teams



IN 78744 & 78745

AVA Geographic (Geo) Teams work on eliminating multi-sector barriers to health access in their micro-neighborhoods. For the past four years, these leaders have organized their neighbors to work with the City of Austin and multiple other communi-

ty stakeholders to improve traffic safety, ensure safe routes to parks and schools, improve local parks and creeks, and guide the efforts to bring healthy, affordable foods to their neighborhood, one store or farm stand at a time.

KEY WINS

Transportation bond:

• This year, the Austin City Council passed a \$720 million transportation bond to begin to improve Austin's traffic problem. Leaders in 78745 organized their communities to testify at City Hall, requesting that this bond address their traffic concerns and make South Austin streets a priority. As a result, previously unconsidered routes including William Cannon Road and Slaughter Lane were included in the project's proposal.

78745:

- Residents formed "Comunidad en Acción" or "Community in Action," the zip code's fifth geo team. The team has already acquired two crossing guards for the neighborhood school, and brought attention to areas where safety improvements are needed.
- La Fuerza de Westgate created their first walking group
- Armadillo Park Neighborhood Association worked with Odom Elementary and Sustainable Food Center (SFC) to start a weekly farm stand at the school, hiring two community members to run it
- La Voz de San Elmo teens formed a soccer team and played two complete seasons with the Police Activities League. They were awarded a GAVA mini-grant to install soccer goals at St. Elmo School Park and financial support from Foundation Communities and from Austin Parks Foundation. The teens also created a group to coach the younger children in the complex who are not served by PAL programming
- · A member of the La Voz was hired by SFC to run the St. Elmo community farm stand.
- The La Voz team was awarded a \$3,000 mini-grant from Austin Public Health Department for lighting at the Sierra Ridge Learning Center.
- Community in Action leaders created a Creative Crosswalk at Pleasant Hill Elementary, utilizing colorful drawings to make walking to school fun for children of all ages. Paint, brushes, food, and tools were donated by several local businesses to help complete the project.

Dove Springs (78744)

- A new team, called Las Estrellas de Paisano, was formed at the Paisano Mobile Homes in Dove Springs. They are currently championing a request for a new pathway between the school and the neighborhood that would provide 200 families with safe walking and biking access to the school
- Over 40 residents from Vecinos Unidos de Wagon Bend removed 250 pounds of trash and furniture from the East Williamson Creek in March for It's My Park Day
- The Creek Bend team hosted a six-part restoration and beautification project along East Williamson Creek with the help of Keep Austin Beautiful.
- A new creek trail was approved by the City of Austin along Onion Creek
- A 9-year-old enthusiast from the Vecinos Unidos team planned and executed a neighborhood Nerf Tournament at Houston School Park to encourage his peers to play outside.
- Eleven residents from Village Walk attended the Austin Police Department's Train the Trainer workshop, which taught them how to form a neighborhood watch team and reduce neighborhood crime.



LOOKING AHE AD

In November 2016, voters approved the \$720 million Mobility Bond. Over \$27 million was dedicated to infrastructure improvements for Safe Routes to Schools and nearly \$100 million for sidewalks, urban trails, bicycle amenities, and fatality reduction. GAVA teams are anxiously awaiting the fruits of their labors since they spent countless hours surveying their community members and bringing priorities to the various City Departments that will now have resources to allocate to these important projects.



COMMUNITY VOICES

"Estamos aquí limpiando el parque, pintando los barrancales porque nos interesa tener una área bonita, adecuada para nuestra comunidad. Llega el tiempo bueno, y tenemos que darle buen mantenimiento y por medio del ayuda del grupo GAVA, que nos esta apoyando en cuestión de materiales y juntos para llevar a cabo este buen manteamiento de nuestro parque. Estamos teniendo unas reuniones para mejorar el tráfico, crear una forma de asegurar que no sea tanto tráfico, para el bienestar y seguridad de nuestros hijos."

[We are here cleaning the park, painting these railings because we want to have a beautiful area, adequate for our community. The nice weather is here, so we have maintain the park with the help of the GAVA group, who is helping us with materials and meetings to help us make the park maintenance a reality. We are also having meetings to improve traffic, to create a way to ensure that there is less traffic for the wellbeing and safety of our children.]

— Francisco, resident leader for the Paisano Park team in 78744.

Coalition-Wide Progress



s a coalition, GAVA is moving in exciting directions. Resident leaders have been moving towards working together in coordinated, cross-zip-code efforts to improve safety, mobility, traffic, greenspaces, and food access, which has created systemic changes citywide. The coalition is looking into the other issues

that impact the long-term success of the GAVA's work, including the city's re-write of its land development code and other policies. GAVA's leadership gathered to celebrate how far we've come at the end of year four of implementation, and to prepare for the future.

KEY WINS

Annual Coalition Meeting

GAVA held our annual cross-zip code coalition meeting on November 19, 2016. Over 50 residents and institutional representatives attended to share information across teams and sectors. Breakout sessions on healthy food, physical activity, early childhood, and fundraising for efforts, engaged participants and helped us plan for the future.

- Food residents, City of Austin Food Systems Manager, Edwin Marty, and other community stakeholders met to address issues around the price, quality and availability of healthy foods, and the transportation issues that affect access. They used markers and maps to show the successes of the farm stand and corner store work and identify where there were challenges. Mr. Marty re-affirmed the commitment of his department, the Office of Sustainability and Austin Public Health Department, to facilitate sourcing from local farms and distributors.
- PA residents engaged in a similar mapping activity with PA assets, strategizing plans to build a layer of connectivity between all of GAVA's physical activity assets. They also discussed the need for physical activity programming to drive community utilization of these assets.
- EC residents gathered to discuss the systemic issues impacting their ability to provide healthy learning environments for the children in their care. Staff from Women, Infant and Children (WIC) program and Supplemental Nutrition Assistance Program (SNAP) attended the session to establish relationships with home-based EC care providers, and committed to working closely to establish food and physical activity access for them.
- Fundraising residents gathered to learn how to find and apply for funding for community projects. Leaders reviewed the grant application process, how to analyze potential funding sources, and how to make a case for their project.

Advisory Council Retreat

Members of GAVA's Advisory Board (a team comprised of neighborhood residents and directors of our nonprofit partners) participated in a two-day strategic visioning retreat, planned by Mission Capital and funded by the Michael & Susan Dell Foundation. During this retreat, we discussed the vision for GAVA's progress, and the big questions around GAVA's present and

future scope—including geography and issue areas—and structure: GAVA's journey as an organization paving its way among place-based initiatives.

CodeNEXT

With the support of a working group of residents and organizational leaders from the council, the GAVA Coalition agreed to take an official position on the city's re-write of its land development code, a process called CodeNEXT, since so much is at stake for the built environment and the affordability of neighborhoods citywide. The position is summed up by the phrase, "Salud y Permanencia" ("Health and Permanency") and states that the new code needs to consider complete communities, with appropriate infrastructure and assets that guarantee access to healthy food and physical activity opportunities, including public and active transportation. The code should not displace residents in the process, since economic displacement is already an issue. New housing developments should be compatible and include units within economic reach of families already in the area. The code should encourage access to jobs that pay living wages and bring economic development to existing communities. The Coalition made plans to educate residents about the CodeNEXT process and build a strong, collective voice to push these priorities in 2017.





LOOKING AHE AD

The success of the GAVA coalition has given its members momentum to keep going and potentially expand our efforts to other areas, building on previous wins and continuing to improve coordination among partner organizations and resident leaders. GAVA, fiscally sponsored by Marathon Kids since 2015, will eventually transition to a new home—either as an independent nonprofit or within another institution—to achieve our long-term goals and grow in scope and structure. In the last four years, GAVA's partner organizations have grown and built capacity to do this work in an ongoing way; in many efforts, funding is now leveraged outside of the MSDF grant. Residents have created lasting networks to continue their efforts and connect to other neighborhoods doing the same. Institutions like the school district and various City of Austin departments have adopted new and ongoing policies and approaches that will carry impact into the long-term. And yet, there remain pieces of the work that are yet to be completed and brought to fruition, or have just entered peak implementation, and are housed within GAVA's headquarters. 2017 will be a year in which GAVA's partners, supporters and leadership will collaborate to pave the way for future successes and exciting new efforts.

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Altogether, GAVA residents, community stakeholders, staff, and funders are working to build a culture of health in Dove Springs and 78745. GAVA is proud to support resident leaders' efforts to increase access to physical activity and healthy food in their neighborhoods, and the systemic change their efforts to establish health equity will bring to zip codes across Austin.

GAVA'S WORK IS MADE POSSIBLE BY OUR SPONSORS:

















ORGANIZATIONAL PARTNERS IN THE GAVA COALITION:





















