

Our Children, Our Families Council

Summary of the San Francisco Childhood Nutrition & Physical Activity Collaborative (CNPAC)

(Last updated 5/14/15)

Goals of the Effort

When the SF Childhood Nutrition & Physical Activity Collaborative (CNPAC) came into existence in 2009, the sole mission was to prevent childhood obesity in San Francisco. Since then, the goal has shifted to improving childhood nutrition and physical activity by improving collaboration among San Francisco organizations.

Focal Population of the Effort

The CNPAC is focused on improving health outcomes through nutrition and physical activity in infants up through 12th grade students. They focus on initiatives ranging from facilitating breast feeding for infants to increasing physical activity outlets for high school students. Because large health disparities currently exist within the city based on race and socioeconomic background, the collaborative is most focused on improving outcomes within minority and low-income populations.

Impact

Since 2009, the CNPAC has achieved a great deal, and as a result, a number of city-wide programs and initiatives now serve as examples of the CNPAC's work. For example, the group established the Healthy Apple Award, an award program for implementing shared nutrition standards in childcare centers across the city. They also helped create Active Zones, a city-wide physical activity initiative among the Park & Recreation Department, Boys & Girls Clubs, the YMCA, and other key players to coordinate free, regularized, drop-in access to physical activities through 2015.

Challenges

One challenge identified by the CNPAC director, Curtis Chan, was the fact that in a progressive city like San Francisco, basic necessities such as nutritious diets and physical activity are often overlooked. Despite being well-documented predictors of children's success, nutrition and physical activity do not receive enough attention, whereas issues thought to be more cutting-edge or progressive receive more attention. Thus, increasing awareness about the nutrition and physical activity disparities across racial and socioeconomic lines in the city is a priority for the CNPAC.

Origins of the Effort

The CNPAC was created in 2009 by Phil Ziring, the Medical Director of the SF Dept. of Public Health's Children's Health & Disability Prevention (CHDP) Program. He had the vision to combat childhood obesity by improving collaboration across agencies, who would then tackle the problem together. When Phil Ziring retired, Dr. Curtis Chan replaced him as chair of the group, and the mission shifted slightly to improving childhood nutrition and physical activity (both of which will reduce childhood obesity). Currently, the collaborative is undergoing a change in leadership to spread the responsibilities across more members.

Leading the Effort

Currently, the CNPAC is led by Curtis Chan, MD, MPH, who serves as the Medical Director of Maternal, Child, & Adolescent Health and the Deputy Health Officer with the San Francisco Department of Public Health. Because facilitating the CNPAC is one of his many responsibilities, he is currently in the process of broadening the leadership of the CNPAC so that responsibility for running the CNPAC will be a shared responsibility instead of falling on one person's shoulders.

Members of the Effort

CNPAC members are all volunteers. Because the collaborative is undergoing a transition, membership totals are in flux. The new leadership will decide how many people to invite into the new iteration of the collaborative. Nonetheless, below is a current roster of CNPAC members already committed to working with the new collaborative once responsibility is passed on to the new leadership:

Organization	Position in Organization	Primary Role in Collaborative	Name
<i>Planning Committee</i>			
Child Hlth Disability Prgrm, SF Dept. of Public Health	Nutritionist	Pediatric health system	*Teresa Chan, RD, MPH
Feeling Good Project, Dept. of Public Health	Director	Community health promotion	*Laura Brainin-Rodriguez, RD, MPH
Child Care Health Program, Dept. of Public Health	Nurse Manager, CCHP	Early childhood health	Jane Evans, RN
Maternal Child & Adol Health, Dept. of Public Health	Sr Epidemiologist	Countywide indicators	Jodi Stookey, PhD
SF Dept of Public Health	Medical Director of MCAH	Public health approaches	Curtis Chan, MD, MPH
Shape Up SF, Dept. of Public Health	Program specialist	Link w/ CHEP	Marianne Szeto, MPH
SFGH Pediatrics / UCSF SOM	Pediatrician / Researcher	Pediatric medical care	Amy Beck, MD, MPH
First 5	Sr Program Officer	Early childhood	Derek Aoki, MPH
Children's Council	Health & Nutrition Manager	Childcare standards	Amy Portello Nelson
SF-Marin Food Bank	Nutrition Education Coordinator	Food insecurity	Nalleli Martinez
Boys & Girls Club of SF	Health Program Manager	PowerPlay	Tavi Baker, MPH
Dept Children Youth & their Families	Sr Prog Specialist OST/Nutrition	Out-of-school time	Heather Tufts
SF Unified School District	Nutrition Ed Project Coord	School district	Mark Elkin
Mission Promise Neighborhood	Cmmnty health & safety mgr	Mission district	<i>yet to be filled</i>

Structure of the Effort

The CNPAC hosts meetings every two months, but the schedule is currently subject to change given transitions. Currently, roughly 15 to 20 people attend each meeting, which is designed around a predetermined theme. Prominent guest speakers, generally experts on the topic, present at the meetings.

The Role of Data

The CNPAC uses the Department of Public Health's Life Course Health Indicators for San Francisco to guide and inform the work they do. Specifically, the most important indicators they monitor are birth weight statistics, breastfeeding rates, food insecurity, nutrition, and physical activity test results. They frequently focus on the various metrics broken down by race and income level to identify the areas of highest need. See the related documents section for the specific data sources, most of which are published by the Department of Public Health's Maternal, Child, & Adolescent Health Division.

Related Documents

- Childhood Nutrition & Physical Activity Health Indicators in San Francisco, from SFDPH's Maternal, Child, & Adolescent Health Division
- Selected Health Disparities Briefs, from SFDPH's Maternal, Child, & Adolescent Health Division
- Life Course Health Indicator's Databook, from SFDPH's Maternal, Child, & Adolescent Health Division
- Birth Data in San Francisco, from SFDPH's Maternal, Child, & Adolescent Health Division