

MCCSD WELLNESS POLICY

Staff Report

BACKGROUND

- ◉ The MCCSD Campus houses the MCHWC, recreational programming, athletic/fitness programming, meetings, and special events
- ◉ The MCCSD campus serves 150 children and 100 adults each day
- ◉ MCCSD strives to create a healthy, thriving, safe, inclusive, and environmentally conscious Marin City
- ◉ The MCCSD Board adopted the HEAL Resolution in June of 2013 which calls for creation of a health related policy by December 31st of 2013

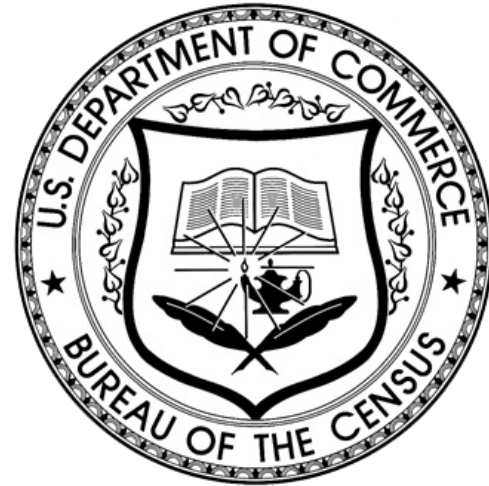
CURRENT DEMOGRAPHICS

○ Ethnicity:

- 45% African American
- 37% White
- 13.7% Hispanic/Latino
- 4.2% Asian
- 4.2% Other
- .6% Native American/Native Alaskan

○ Age:

- 26.8% of the total population in under the age of 19
- 9.4% of the population is over the age of 65



HEALTH IN MARIN CITY

- Marin City is a known food desert and families face food costs 1.5x the national average
- Marin City adults have an obesity rate of 14.9% and a 60.9% overweight rate
- 50% of Marin City 7th graders are overweight or are at risk to be overweight or obese and Only 6% of 5th graders in the SMCS D scored in the Healthy Fitness Zone
- Pop. ages 65-84 have a 8.0% rate of hospitalization for asthma related issues and ages 85+ have a rate 15.8% compared to a 3.8% rate overall in the County of Marin
- In 2009 African American children had a 18.6% asthma rate & Hispanic/Latino children had a 19.7% asthma rate within the County of Marin



IMPLICATIONS

- ⦿ Unhealthy snacks and Sugary beverages have been linked to high rates of being overweight or obese
- ⦿ Well balanced and healthy meals/beverages have been shown to improve productivity for students and adults
- ⦿ Exposure to second hand smoke contributes to asthma rates and related upper respiratory symptoms

OTHER POLICIES IN THE AREA

- ◉ County of Marin Passed a Smoke-Free Campus Policy in February of 2012
 - Also developed a Memorandum of Understanding for all vending contractors requiring healthy foods in County Vending machines in July of 2004
- ◉ The City of Vallejo passed an ordinance for smoke-free parks in June 2012
- ◉ San Francisco Unified School District passed a Healthy Snack & Beverage Policy in Jan 2003



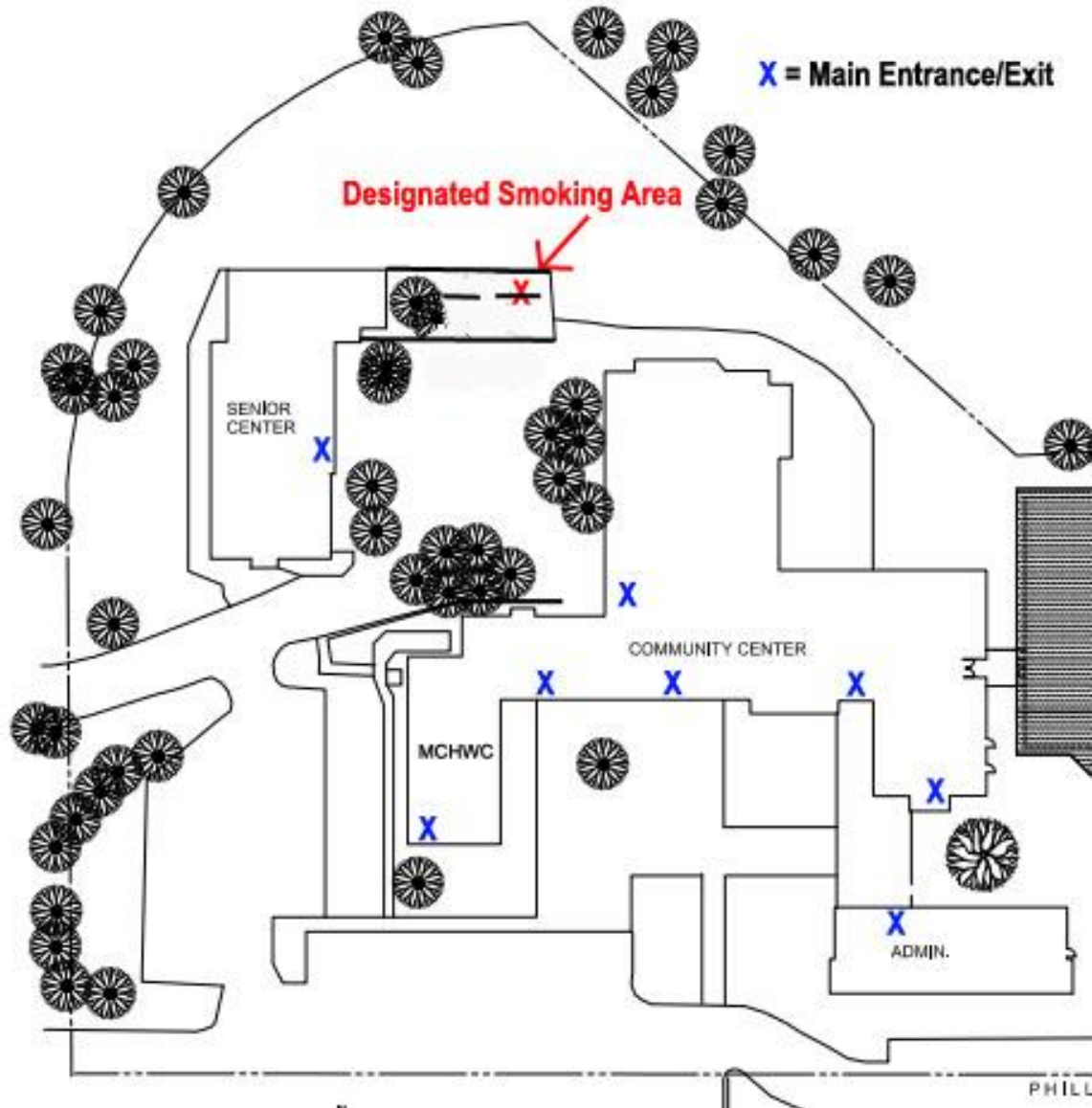
MCCSD WELLNESS POLICY

- Provides healthy options via vending machines, meetings, programming, and MCCSD events
- Requires 75% of foods and 100% of beverages to be healthy at events that MCCSD sponsors food
- Establishes the MCCSD campus, parking lots, vehicles, open spaces, and parks as “smoke-free”

***Healthy is defined by USDA Standards



DESIGNATED SMOKING AREA



POTENTIAL OUTCOMES

- ◉ This policy will ensure access to healthy options for all patrons to the MCCSD campus
- ◉ It will help create a healthy environment decreasing exposure to toxins and harmful substances
- ◉ It will serve as a guide to encourage other groups and communities to pass similar policy to create healthy environments

PARTNERS - SUPPORT

- ◉ County of Marin Health and Human Services
- ◉ California Center for Public Health Advocacy
- ◉ Public Health Institute
- ◉ The Marin City Health and Wellness Center

QUESTIONS?