



School and After-School Domain

ABOUT THE SCHOOL AND AFTER-SCHOOL DOMAIN

The School and After-School Domain meets the third Tuesday of every month from 11:00am-12:30pm in the training room at Community Health Improvement Partners, located at 9370 Chesapeake Drive, Suite 220, San Diego, CA 92123. For information on attending these meetings, please contact the San Diego County Childhood Obesity Initiative at 858.609.7964 or [email](#).

DOMAIN CHAMPIONS

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DOMAIN SUMMARY

The School and After-School Domain is comprised of school staff, nurses, and food service directors; before- and after-school program specialists; physical activity experts; public health professionals and others committed to the prevention and reduction of childhood obesity. This domain workgroup assists school staff, teachers and administrators; after-school program specialists and concerned residents in the promotion of healthy food environments and physical activity opportunities in schools, after-school programs, and neighborhoods.

SCHOOL AND AFTER-SCHOOL DOMAIN STRATEGIES

The following is a partial list of strategies that aim to engage schools and after-school program providers to prevent childhood obesity. A complete list of strategies can be located in [Call to Action: Childhood Obesity Prevention Action Plan](#).

- **Strategies for schools:**
 - Adopt and implement the four goals of the California Department of Education and [The Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease](#):
 - Support high-quality instructional programs in health education and physical education that provide students with the skills, knowledge and confidence to develop and maintain active, healthy lifestyles
 - Implement nutrition standards for all foods and beverages sold on campus
 - Increase participation in school meal programs so that no child goes hungry
 - Create a school environment that supports the health of students
 - Make a broad, sustained commitment to wellness by implementing nutrition education, physical education and physical activity programs on an ongoing, year-round basis to offer student opportunities to learn and practice healthy behaviors
- **Strategies for after-school programs:**
 - Programs on school sites should, at minimum, follow districts' and/or school site wellness policies
 - Programs not on school sites should develop wellness policies that include physical activity and nutrition standards and promote a healthy environment for all participants and staff
 - All programs should serve foods and beverages that meet or exceed California School Nutrition Standards

For a complete list of the domain strategies, please see the [Call to Action: Childhood Obesity Action Plan](#).

Domain partners are working with schools and after-school programs to implement these strategies through the following activities:

- Providing training, on-going communication and resources to school district wellness policy leads, wellness committees, parents, students, on-site preschools, charter schools, out-of-school providers and other community-based organizations.
- Providing school district representatives to serve as liaisons between the domain and school districts to provide technical assistance and resources to enhance wellness policy implementation.
- Advocating for school policy and environmental change with school boards and other decision-makers.
- Supporting projects in other Initiative domains related to school wellness.

ACCOMPLISHMENTS

To date, these common ambitions and commitment to school-age children have provided domain partners with the right tools for success. Recent accomplishments include:

- Providing trainings and support to schools and after-school providers in areas of nutrition, wellness policy implementation and physical activity.
- Collecting wellness policies from 40 San Diego County school districts and publishing them on the COI website for public information.
- Co-facilitating the Farm to School Task Force, a group that works to increase healthy and local foods in school meal programs.

OBESITY PREVENTION ACTIVITIES FOR CHILDREN AGE 0-5

The following activities provide support to San Diego County children age 0-5:

- Providing training, assistance with wellness policy development, ongoing communication and resources to schools with on-site preschools.
- Supporting adoption of district wellness policies and/or development of nutrition and physical activity policies at school-based preschools in collaboration with the Initiative's Early Childhood Domain.

Are you interested in becoming a partner or receiving more information on the San Diego County Childhood Obesity Initiative? Visit our web site at www.OurCommunityOurKids.org and click "[Get Involved](#)".

CONTACT INFORMATION

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