

Coalition Participants

- Benicia Unified School District
- Child Start, Inc./Napa Solano Head Start
- The Children's Network
- City of Fairfield Parks & Recreation
- City of Vacaville Community Services
- Dixon Family Services
- Dixon Unified School District
- Fairfield-Suisun Unified School District
- Family Health Centers of Planned Parenthood
- Food Bank of Contra Costa & Solano County
- Health & Social Services Dept. Solano County
- Healthy Start Family Resource Centers
- Kaiser Permanente Medical Center
- NorthBay Healthcare
- NorthBay YMCA
- Partnership Healthplan of California
- Raley's Supermarket
- Shemick Consulting
- Solano Community College
- Solano Community Foundation
- County of Solano
- Solano Family and Children's Services
- Vacaville Unified School District
- Vallejo City Unified School District
- UC Cooperative Extension-Solano County
- 5 A Day Power Play and the Health Education Council

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network, the University of CA Cooperative Extension and the California Department of Social Services. For information about the Food Stamp program in Solano County, please call 1-800-400-6001.

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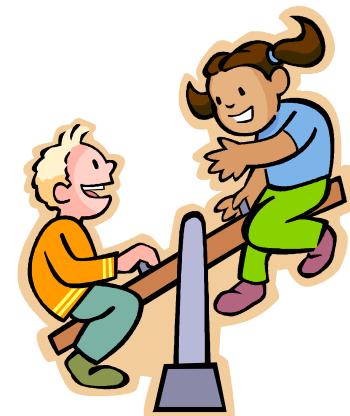
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Children and Weight Coalition of Solano County



Children and Weight Coalition

The mission of the Children and Weight Coalition of Solano County is to improve the health and well being of children and their families by creating an environment that promotes healthy lifestyles. The Coalition meets most months, has an Executive Committee to provide decision-making and leadership and has a fiscal agent .

The Coalition's first activity was participation in a pilot project sponsored by the Center for Weight and Health, University of California, Berkeley. The pilot project included organizing eight community forums with educational as well as needs assessment and problem solving components. The goal of the pilot project was to educate interested members of the community about the epidemic of childhood overweight and the complex components of the problem, gather work groups, and develop action plans.

Children & Weight Websites:

<http://www.cwcsc.com>

Logo & website designed by Garson Design Services

<http://cesolano.ucdavis.edu>

Website maintained by UC Cooperative Extension



Action Phase

The Coalition is now in the action phase. In October 2002, members of the Executive Committee addressed the Board of Supervisors regarding the epidemic, health costs to our community and what Solano County can do. A county-wide Forum on Children and Weight kicked off community action and events. In 2003, the Coalition was awarded a grant to develop our strategic plan from The California Endowment. This plan was formally presented to the Solano County Board of Supervisors in June 2004. The Coalition developed a resource directory, a pamphlet for public distribution, and Walk to School events in 2004.

Utilizing funding from Kaiser Permanente in 2005, the CWCSC is working to provide educational events county-wide that promote healthy eating and active living.



The Food Stamp Program helps participants to purchase nutritious foods for a better diet.

Philosophical Basis for Children and Weight Projects

The Coalition continues to follow the lead of the Center for Weight and Health at U.C. Berkeley by focusing on risk factors that can be changed. The following statements are used as the basis for a shared vision for children and weight projects:

- We recognize each child as a unique individual and each family as a unique group of individuals.
- We celebrate differences in body size and shape among children.
- We view all bodies as good bodies. There is no such thing as a bad body.
- We respect the bodies of others even though they might be different from our own. We encourage children to demonstrate respect for the bodies of others.
- We believe that approaches to decreasing pediatric obesity must be based on sound scientific research.
- We believe that the best way to decrease obesity is to create environments that promote healthy lifestyles.
- We promote body satisfaction, high self-esteem, and a positive body image for children and adults.
- We believe that the vast majority of parents love their children and are committed to fostering their health and welfare.
- We know that our children are our future; we are strongly committed to caring for them and creating a world in which they can thrive.