

HEALTH COMMISSION
City and County of San Francisco
Resolution No. 12-3

**RECOMMENDATIONS TO ENCOURAGE ADEQUATE PHYSICAL ACTIVITY AND HEALTHY EATING
FOR STUDENTS IN SAN FRANCISCO PUBLIC SCHOOLS**

WHEREAS, childhood obesity has reached epidemic proportions in the United States and in San Francisco, one third of public school students in 5th, 7th and 9th grade are overweight (CCPHA, 2012); and

WHEREAS, regular physical activity and proper nutrition is necessary to support normal and healthy growth in children; and a decline in physical activity and increase in consumption of calorie rich and nutrient low foods have contributed to the unprecedented epidemic of childhood obesity; and

WHEREAS, children spend many of their waking hours at school and therefore 1) need to be active during the school day to meet the recommendations of the Physical Activity Guidelines for Americans and 2) have available healthy nutritious meals that meet USDA guidelines; and

WHEREAS, research shows that nutritiously fed and fit, active children are more likely to thrive academically; and that physical activity improves executive functions, the ability to concentrate, memory, intellectual performance and academic achievement; and

WHEREAS, the SFSUD school meals program is significantly underfunded due to low federal reimbursement rates, the high cost of living in San Francisco, the fact that many needy families are not qualified for free or reduced priced meals; and

WHEREAS, In 2009, Mayor Gavin Newsom issued an Executive Directive on Healthy and Sustainable Food which includes exploring ways to increase funding to the school meals program; and

WHEREAS, the San Francisco Board of Education has institutionalized feeding hungry children in SFUSD through the Feeding Every Hungry Child; and

WHEREAS, SFUSD Student Nutrition Services has made significant improvements to the school meals program including the installation of Point of Service at all school sites and eliminated the a la carte meals program in 2010-2011 which resulted in an increase in the National School Lunch Program participation at middle and high schools by 27%; and

WHEREAS, some of the SFUSD schools do not have adequate equipment to safely process and serve fresh food; and

WHEREAS, the California Department of Education mandates that elementary school students receive 200 minutes of PE every 10 days and middle and high school students receive 400 minutes of PE every 10 days; and

WHEREAS, the SFUSD Physical Education program is underfunded, despite state PE mandates, and relies on voter-approved Public Education Enrichment Fund for funding; and

WHEREAS, among teens from low income San Francisco families (eligible for free or reduced lunch), 60% boys and 100% girls reported no PE, compared to 14% boys and 62% girls from higher family income (CHIS, 2007) and fewer children from low-income families played on a sports team compared to their higher income peers (CHIS, 2007); and

WHEREAS, physical education creates important and equitable opportunities for all children to be physically active; and

WHEREAS, the 2011 PE Advocates' PE Assessment found that only 20% of SFUSD elementary schools in the study met the state mandate and all middle and high schools in the study met the state mandate; and

WHEREAS, SFUSD will increase by four the number of PE Specialists at Elementary Schools in the 2012-2013 school year and is working closely with Elementary school principals to support schools in providing PE ; and

WHEREAS, the Shape Up SF PE Advocates, staffed by DPH and which includes San Francisco Unified School District, UCSF, SF District PTA, San Francisco State University, is working collaboratively to offer quality PE programs for all students in SFUSD; and

WHEREAS, the Board of Education and SFUSD continue to work with the PE Advocates toward the goal of quality, daily PE for all SFUSD students; and

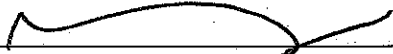
THEREFORE BE IT RESOLVED, that the Health Commission endorses the following recommendations of the PE Advocates' PE Assessment:

- Elementary schools schedule PE to meet state mandates of 200 minutes every 2 weeks.
- Elementary schools adhere to PE schedules in order to increase minutes of PE.
- Middle and high PE teachers should include activities like dance and fitness videos, which involve girls in physical activity.
- Teachers at all levels follow California's Model Content Standards⁵ to deliver age-appropriate skills during PE.
- Reformat SFUSD PE curriculum to make it more relevant and user-friendly.

THEREFORE BE IT RESOLVED the Health Commission recommends that SFUSD ensures that all school sites are in compliance with food safety code and are capable of storing and serving fresh food that is locally prepared; and

FURTHER RESOLVED, the Health Commission supports adequate funding for the SFUSD school meals program and commends the SFUSD Student Nutrition Services for its innovations to increase meal quality, student participation and program finances.

I hereby certify that the San Francisco Health Commission at its February 21, 2012 meeting adopted the foregoing resolution.



Mark Morewitz,
Executive Secretary to the Health Commission