

**Increase Healthy Eating + Physical Activity**

Science links health conditions such as heart disease, diabetes, and cancer to daily practices like eating a healthy, balanced diet and getting regular exercise. However, the healthy choice is not always the “easy” choice – particularly for San Francisco’s more vulnerable residents – as was repeatedly voiced by community members throughout the CHA/CHIP development process.



Socioeconomic factors – such as whether people can afford to buy nutritious foods and safely engage in exercise in their neighborhoods – and environmental factors – such as whether healthy food options are locally available – impact what individuals eat as well as their activity practices.

*[Young people’s] diets are horrible corner store diets, they don’t have physical education in schools, and they are not paying attention to their health.*

- *Bernal Heights youth services provider*

As indicated in Exhibit 12 below, **San Franciscans of all ages fall short of the California average in terms of consumption of five or more fruits and vegetables daily.** In addition, disparities exist among different racial/ethnic groups in terms of obesity risk; **Latino adults are at greatest risk for obesity, followed by Black/African American residents.**<sup>1</sup>

Physical activity can be discouraged by risk for injury. In San Francisco, for example, pedestrians face greater risk for injury and death in some neighborhoods than others. The **Financial District, Chinatown, South of Market, Downtown/Civic Center, North Beach, Castro/Upper Market, Western Addition, Glen Park, and Mission** neighborhoods **exceed the citywide average for pedestrian injury and death.**<sup>2</sup>

**Exhibit 12. Percentage of Residents Consuming Five or More Fruits/Vegetables Daily, 2005 and 2009**

	San Francisco Percentage	California Percentage
Children (ages 2-11), 2009	25.2	48.7
Teens (ages 12-17), 2009	6.8	19.9
Adults (ages 18+), 2005	46.9	48.7

*Source: CHIS, 2005 and 2009*

The “Increase Healthy Eating + Physical Activity” priority strives to demonstrate the link between diet, inactivity, and chronic disease and to help San Francisco create environments that make healthy choices the easy choices, so all San Francisco residents have an equal chance to eat well and move more.



<sup>1</sup> California Health Interview Survey, 2009

<sup>2</sup> Calculated from 2004-2008 SWITRS data and 2007 population data from Applied Geographic Solutions, Inc.



**PRIORITY 2: INCREASE HEALTHY EATING + PHYSICAL ACTIVITY**

GOAL	OBJECTIVE (Source)	INDICATOR (Source)	SF BASELINE		2016 CITYWIDE TARGET (5% Improvement)	2020 CITYWIDE TARGET (10% Improvement)
			EQUITY	CITYWIDE		
a. Increase physical activity	i. ↑ fitness in children (LGHC)	Percentage of physically fit children within the San Francisco Unified School District who score 6 of 6 on the California Fitness-gram test (CDE and SFUSD)	<u>5<sup>th</sup> Grade (African American): 11.5%</u> <u>7<sup>th</sup> Grade (African American): 12.9%</u> <u>9<sup>th</sup> Grade (Native Hawaiian/Pacific Islander): 5.1%</u> <u>Best-performing: 5<sup>th</sup> Grade (White): 27.3%</u> <u>7<sup>th</sup> Grade (Asian): 41.5%</u> <u>9<sup>th</sup> Grade (Asian): 44.2%</u>	<u>5<sup>th</sup> grade: 20.3%</u> <u>7<sup>th</sup> grade: 30.4%</u> <u>9<sup>th</sup> grade: 34.8%</u>	<u>5<sup>th</sup> grade: 21.3%</u> <u>7<sup>th</sup> grade: 31.9%</u> <u>9<sup>th</sup> grade: 36.5%</u>	<u>5<sup>th</sup> grade: 22.3%</u> <u>7<sup>th</sup> grade: 33.4%</u> <u>9<sup>th</sup> grade: 38.3%</u>
	ii. ↑ time spent walking and/or biking daily (SCI)	Minutes per day residents spend walking and/or biking for non-leisure, utilitarian trips (SFCTA via SCI)	<u>Outer Mission, Bayshore, Hill Districts, and Sunset: &lt; 20 min.</u> <u>Best-performing: SOMA: 43.3 min.</u>	27.6 min.	29.0 min.	30.4 min.
b. Increase healthy eating	i. ↑ access to healthy, diverse food resources (SCI)	Food Market Access Score (SCI)	<u>Treasure Island: 0</u> <u>Visitacion Valley: 25</u> <u>Lakeshore: 29</u> <u>Bayview: 33</u> <u>Ocean View: 45</u>  <u>Best-performing: Downtown/Civic Center: 93</u>	56	59	62
	ii. ↑ daily consumption of fruits and vegetables (CHIS)	Percent of children and teens (ages 2-17) who	<u>Black/African American: Not</u>	18.3%*	19.2%	20.1%



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GOAL	OBJECTIVE (Source)	INDICATOR (Source)	SF BASELINE		2016 CITYWIDE TARGET (5% Improvement)	2020 CITYWIDE TARGET (10% Improvement)
			EQUITY	CITYWIDE		
		consume five or more servings of fruits and vegetables daily (CHIS)	Available <sup>3</sup> <u>White</u> : 17.6%* <u>Asian</u> : 17.2%* <u>Best-performing:</u> <u>Latino</u> : 26.7%*			
	iii. ↓ consumption of sugar-sweetened beverages (LGHC)	Percent of children and adolescents who consumed two or more glasses of soda or sugary drink yesterday (CHIS)	<u>Asian</u> : 24.2%* <u>Latino</u> : 33.9%* <u>Best-performing:</u> <u>White</u> : 4.4%*	17.2%	16.3%	15.5%
c. Increase number of residents who maintain a healthy weight	i. ↓ youth obesity (LGHC/HP 2020)	Percent of youth (San Francisco students in Grades 5, 7, and 9) who score within the “High Risk” category (obese) for body composition on the Fitnessgram physical fitness test (CDE via Kaiser Permanente)	<u>American Indian/Alaska Native</u> : 42.6% <u>Latino</u> : 37.7% <u>Black/African American</u> : 32.8% <u>Best-performing:</u> <u>Asian</u> : 15.3%	24.2	23.0%	21.8%
	ii. ↓ adult obesity (HP 2020)	Percent of adults that report a BMI ≥ 30 (CHIS)	<u>Latino</u> : 56.9% <u>Black/African American</u> : 33.4%* <u>Best-performing:</u> <u>Asian</u> : 7.1%*	17.2%	16.3%	15.5%

\* Statistically unstable due to small subpopulation sample size; best data available.

<sup>3</sup> Please note that Black/African Americans and other racial/ethnic groups may be underrepresented among children and teens who consume 5+ servings of fruits and vegetables daily; CHIS does not provide estimates for samples smaller than 500 people.



**PRIORITY 2: INCREASE HEALTHY EATING + PHYSICAL ACTIVITY**

<b>PROJECT LEAD(S)</b>	<b>SELECTED STRATEGIES</b>	<b>POSSIBLE INDICATOR(S)</b>
American Heart Association	Support healthy food procurement and healthy food retail incentives.	Documented procurement and incentive policies for healthy food
Boys and Girls Club of SF	Implement Power Play, 30 minutes of daily fun, non-competitive physical activity at each of San Francisco's nine Boys and Girls Clubs.	Average daily attendance records
Children's Council of SF	Increase physical activity by developing and enforcing a physical activity policy for child care providers involved in the US Department of Agriculture's Child and Adult Care Food Program.	Written, approved physical activity policy
SF Department of Public Health	Maintain Safe Routes to Schools programming (Evidence- Based).	Continued <a href="#">online presence</a> and project updates posted for Safe Routes to Schools Program
SF Human Services Agency - Department of Aging and Adult Services	Continue to support evidence-based preventive programs for adults with disabilities and seniors such as Chronic Disease Self-Management and Healthier Aging.	Department of Aging and Adult Services Annual Area Plan Update
SF Municipal Transportation Agency	Encourage more regular physical activity through a citywide network of Sunday Streets events (Promising Practice).	<a href="#">Online calendar</a> of Sunday Streets events
SF Municipal Transportation Agency, SF Bike Coalition	Connect emerging regional bike sharing project with HOPE SF projects and other city-funded development to ensure the presence of bike sharing at the new developments.	Map of bike sharing stations + HOPE SF project locations
SF Municipal Transportation Agency, SF Bike Coalition	↑ creation of new separated bikeways in San Francisco.	Agendas and/or minutes from public meetings advancing installation of bike sharing system
Shape Up SF	Promote physical activity through Shape Up SF's annual Walking Challenge.	Data from Walking challenge website + database
Shape Up SF	↑ education and awareness efforts regarding the health impacts of sugar-sweetened beverages.	<ul style="list-style-type: none"> <li>• Organizations adopting wellness policies</li> <li>• Copies of awareness campaign materials</li> </ul>
Shape Up SF, Kaiser Permanente, Healthy Eating Active Living (HEAL) Zone, Southeast Food Access Work Group, Tenderloin Healthy Corner Store Coalition, SF Department of Public Health, Community Transformation Grant Team	Conduct healthy retail assessments in the Bayview-Hunters Point and Tenderloin neighborhoods.	Store assessment data from Bayview and Tenderloin as well as retail assessments from other neighborhoods
Shape Up SF/Physical Education Advocates, University of California-Berkeley, SF Unified	↑ amount of physical education for elementary school students by working with SFUSD administration and	University of California, Berkeley Physical Education Assessment



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<b>PROJECT LEAD(S)</b>	<b>SELECTED STRATEGIES</b>	<b>POSSIBLE INDICATOR(S)</b>
School District	principals.	
Southeast Food Access Work Group + Other Neighborhood-Specific Groups	Implement Food Guardian program in underserved neighborhoods.	Agendas and/or minutes from public meetings advancing expansion of Food Guardian program to other neighborhoods
YMCA of San Francisco	Develop and implement healthy eating and nutritional standards in all YMCA youth and out-of-school time programs in San Francisco.	Audit of YMCA-provided meals and snacks by JNC Consulting
YMCA of San Francisco	Develop and implement physical activity standards measuring minutes per day on age- and program-appropriate basis.	Evidence of written physical activity standards

<b>COMMUNITY ASSETS + RESOURCES (Examples)</b>
Strong interagency and community collaboration to improve nutrition (e.g., SFHIP, Southeast Food Access Network, SF Food Security Task Force)
Strong interagency and community collaboration to improve opportunities for physical activity (e.g., Sunday Streets, Walk First, Bayview HEAL Zone, Safe Routes to School, SFHIP)
Current Assessment Efforts: Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX <sup>3</sup> )