

Wellness Policy at SFUSD and the You as a CBO



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<http://youthspeaks.org/thebiggerpicture/perfect-soldiers/>

Perfect Soldiers

National Statistics about Latinos & African-Americans

- What is the expectation of our students of color developing diabetes:
- Stand on your **RIGHT** leg, if 1 in 4.
 - Stand on your **LEFT** leg, if 1 in 3.
 - Stand up with **both arms stretched out** wide, if 1 in 2.



CBO Wellness Action Plan Pledge SMART – E Goal



Specific Serve healthy food & drink at all SFUSD events, especially at celebrations

Measureable Check policy guidelines for the first few months until it's routine

Action-oriented Review the wellness policy guidelines – sfusd.edu/bewell

Realistic Check regularly with the “Should I Bring” & celebration guidelines one-pager or contact the Wellness Policy Project Manager for feedback. hafizs@sfusd.edu or 415-847-2936

Timely On my first SFUSD event/celebration where our CBO is serving food, & thereafter

Equity - We will **not** serve foods or drinks that do not meet the wellness policy guidelines, especially sugary drinks. As a CBO, we now know that SFUSD has *students and families who suffer disproportionately from diabetes and other health-related issues*. We will role model healthy eating for SFUSD students, and we will have discussions with them as why we are serving healthier options.



CBO Wellness Action Plan
SMART – E Goal



Specific _____

Measureable _____

Action-oriented _____

Realistic _____

Timely _____

Equity _____

For more support, feel free to contact – Saeeda Hafiz, Wellness Policy Project Manager,
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Wellness Policy on the website - sfusd.edu/bewell

Children have never been very good at listening to their elders, but they have never failed to imitate them. --James A. Baldwin





Inspire and Empower Change...
THANK YOU!!!

