Wellness Policy at SFUSD and the You as a CBO

By Saeeda Hafiz
Wellness Policy Project Manager
School Health Programs
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.
| **Specific** |  
| **Measureable** |  
| **Action-oriented** |  
| **Realistic** |  
| **Timely** |  
| **Equity** |  

For more support, feel free to contact – Saeeda Hafiz, Wellness Policy Project Manager,  
School Health Programs, Office: 415-242-2615  Cell: 415-847-2936, email – hafizs@sfusd.edu  
Wellness Policy on the website - [sfusd.edu/bewell](http://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!!!