



Solano County

675 Texas Street
Fairfield, California 94533
www.solanocounty.com

Legislation Text

File #: 20-137, Version: 1

Adopt and present a resolution recognizing March 2020 as National Nutrition Month in Solano County (Supervisor Vasquez)

Published Notice Required? Yes ☐ No ☒
Public Hearing Required? Yes ☐ No ☒

DEPARTMENTAL RECOMMENDATION:

The Department of Health & Social Services recommends the Board adopt and present a resolution recognizing March 2020 as National Nutrition Month in Solano County.

SUMMARY/DISCUSSION:

The month of March has been designated as National Nutrition Month (NNM) by the Academy of Nutrition and Dietetics. NNM is an annual nutrition education and information campaign celebrated throughout the month of March that focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The NNM 2020 theme-*Eat Right, Bite by Bite*-supports the philosophy that every little bit (or bite) of nutrition is a step in the right direction. Small goals and changes can have a cumulative, healthy effect.

According to the 2019 Annual County Health Rankings, Solano County was ranked 22nd of California's 58 counties. Solano is among the counties highest in diabetes prevalence, with 11% of residents diagnosed with diabetes compared to the State average of 9%. Rates of Adult obesity (27%) and physical inactivity (21%) are also higher in Solano County compared to the State rates of 23% and 17%, respectively. The 2018 Supplemental Nutrition Assistance Program Education (SNAP-Ed) County profile for Solano also showed that the rate of food insecurity among individuals of all ages in Solano (14%) is higher than the State rate (12%), and Solano has a significantly higher prevalence of overweight (74%) and obese adults (33%) compared to the State (63% and 28%, respectively).

Based on the above data, the Department of Health and Social Services (H&SS), Division of Public Health, Nutrition Services Bureau views NNM as an opportunity to provide inspiration and ideas that can be easily incorporated into everyday lives to help improve health and well-being over time. Starting simple can lead to realistic and positive lifestyle changes to achieve a longer and healthier life.

In recognition of NNM and promoting *Eat Right, Bite by Bite*, the following activities are planned by Solano Public Health and the Nutrition Services Bureau:

- Promote NNM through a social media campaign created by Nutrition Services staff and distributed using Solano Public Health social media outlets;
- Observe Registered Dietitian Nutritionist (RDN) Day on March 11, 2020, honoring the contributions and expertise of all RDNs on food and nutrition;
- Participate in the 18th Annual *Youth Agricultural Day* for 3rd graders of Solano County, an event on March 17, 2020 designed to give children the opportunity to learn about food and the agricultural

wealth of Solano County;

- Support the *Get the Rush! At Rush Ranch* event on March 21, 2020 in partnership with Solano Land Trust as a method to increase community physical activity opportunities; and
- Teach adults at Cleo Gordon Family Resource Center in Fairfield-Suisun Unified School District how to easily grow basic herbs and vegetables in small spaces and incorporate them into meals for a flavorful and nutritional boost on March 24, 2020.

The Nutrition Services Bureau is also partnering with Innovative Health Solutions, an organization providing nutrition and physical activity interventions to promote healthy living for Fairfield Suisun Unified School District students and their families, to support two initiatives at David Weir Kindergarten-8th Grade Preparatory Academy: a six-week Food Smarts nutrition education parent/student class every Wednesday starting February 19, 2020, and a ten-week Gardening Club for students every Thursday starting March 24, 2020.

Collaboration is also underway with Family Health Services' (FHS) Mobile Food Rx program and their patient population through medical nutrition therapy offered regularly throughout the month, and support of FHS group classes:

- Diabetes class at Vallejo Family Health Services March 9, 2020 from 9:30-11:30 a.m.; and
- Diabetes class at Vacaville Family Health Services March 25, 2020 from 9:30-11:30 a.m.

These NNM activities have the potential to increase awareness about healthy nutrition habits and improve the health of Solano County residents.

FINANCIAL IMPACT:

The costs associated with preparing this agenda item are nominal and included in the department's FY2019/20 Adopted Budget. There is no additional impact to the County General Fund.

ALTERNATIVES:

The Board may choose not to adopt and present this resolution. This is not recommended because NNM is an opportunity to recognize the importance of healthy eating habits and regular physical activity in helping people achieve and maintain good health while reducing the risk of chronic diseases throughout their lifespan.

OTHER AGENCY INVOLVEMENT:

Solano County Health & Social Services is partnering with community organizations to promote National Nutrition Month through joint activities and events. Partners include Innovative Health Solutions, Solano Land Trust, Cleo Gordon Family Resource Center, Child Start Inc., and Solano County Fairgrounds.

CAO RECOMMENDATION:

APPROVE DEPARTMENTAL RECOMMENDATION