



Health and Wellness Objectives and Indicators BBK Collaborative 2012-2013

All Children and Adults Living in the Iron Triangle are Healthy

<u>Objective</u>	<u>Indicator</u>	<u>Sources of Data</u>	<u>Strategies</u>	<u>Who</u>
<p>Children are able to participate in physical activity and actively play</p>	<ul style="list-style-type: none"> • # and % of children who participate in at least 60 minutes of moderate to vigorous physical activity daily • Average minutes of “screen time” daily (aside from computers for homework) • % of parents who report being afraid to let their children play outside because of concern about crime or the children’s safety (by race and residency for purposes of Countywide and neighborhood comparisons) • # and % of families who report regular participation in outdoor activities with their children. • Number # and % of teachers that receive training • Number # and % of parent volunteers participating in sports league • Increase in site availability during school hours • # and % of girls that report increase participation in fitness activities • # of adults and youth that participate in physical activities at Harbour 8, Belding Garcia or Elm Playlot • # and % of students and adults that report they participated in the development of Harbour 8, Belding Garcia or Elm Playlot design and development of park activities • #and % of families that attend Family Camp and participate in additional healthy activities outside of Family Camp • 	<ul style="list-style-type: none"> • Contra Costa Health Services • Organizations 	<ul style="list-style-type: none"> • Parks and Recreation programs, e.g. intramural sports • Safe parks that are community spaces • Low-cost or free sports activities and movement for boys and girls (at schools) • Family camp and excursions • provide structured play during recess and in classroom (at schools) • Offer robust dance for youth. <ul style="list-style-type: none"> ➤ Establish joint use agreements so school facilities are available during non-school hours for activities (policy?) ➤ Work with schools to enforce current mandates regarding schools and physical activity/physical education (policy?) ➤ Establish policies regarding healthy activities (space, times, opportunities) • Collaborate/partner with schools to increase understanding that physical activity leads to better academic performance 	<ul style="list-style-type: none"> • BACR • Pogo Park • Richmond Main Street Initiative • YES • Chavez Elementary