



County Nutrition Action Plan: Adapted for Contra Costa County

Contra Costa County's nutrition community has a long history of working together through coalitions. At the present time, two groups, the Families Coalition for Nutrition and Activity (Families CAN) and the Contra Costa Food & Nutrition Policy Consortium (FNPC) meet bi-monthly. Members from each group represent communities with the highest nutritional risk.

Organizations and agencies that conduct USDA funded programs include: WIC, two Network LIAs - Community Wellness & Prevention Program and Mt. Diablo Unified School District, UC Cooperative Extension, Contra Costa Food Bank, Pittsburg Unified SD, West Contra Costa Unified SD, CC Child Care Council, Head Start/Early Start and the local Food Stamp Program. A partial list of additional members include the county's Regional Medical Center, Childhood Health Disability & Prevention Program, Kaiser Permanente, John Muir/Mt. Diablo Community Hospital, Contra Costa Water District and representatives from community agencies as well as interested individuals.

The coalitions focus on different nutritional concerns. Families CAN's mission is "To advocate and promote healthy lifestyles and environments that improve nutrition and physical activity for children and families in Contra Costa County." Families CAN intends to meet this challenge through six goals outlined for 2006-08. These form the framework for our county nutrition action plan.

Recent activities of Families CAN include conducting a social marketing campaign to reduce screen time, leading a school breakfast promotion campaign at a low-income school last Spring and co-sponsoring and organizing a Healthy & Active Before Five summit January 2008 to discuss the adoption of an Action Plan to Reduce Childhood Obesity in Contra Costa County. Available online at www.cchealth.org/topics/obesity/

FNPC was established in 1987 with the goal of "Working to reduce chronic disease and promote good health for Contra Costa County residents by assuring access to adequate and nutritious food". Currently FNPC keeps its members abreast regarding food stamp program updates and trainings as well as recent developments in other federally funded food programs such as WIC and school meals. An example of ongoing collaboration refers families with children leaving WIC at age 5 to the local food bank distribution sites of its Food for Children Program. FNPC is staffed by the Food Bank of Contra Costa and Solano.

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