

Playing the Policy Game



Preparing
Teen Leaders to
TAKE ACTION on Healthy
Eating and Physical Activity

CALIFORNIA PROJECT LEAN



Playing the Policy Game

Did you know healthy eating and physical activity play a big part in how you look and feel right now? For example, healthy eating and physical activity can:

- Help you feel more energetic
- Lessen stress
- Keep you at a healthy weight
- Build strong bone and muscle

This booklet will help you develop leadership skills, eat healthier, and be more physically active as you learn to play the policy game.

Taking Action on Healthy Eating and Physical Activity

What Is Policy?

A policy is a written rule that has the power to influence how you and others think and act. As you know, schools have a lot of rules. They can make it either easy or hard for students to be healthy at school. Some school policies affect food and physical activity choices. Here are some examples:

- The school allows students to use school fields and gyms after school, on the weekend and during school vacations; or
- The school requires low-fat snacks to be sold in school vending machines.

You Can Make a Difference!

How many times have you sat around with your friends saying, “I wish things were better”? With a good plan, some new skills, and lots of energy, you can take action to make your school and neighborhood healthier places. Take a look at this real-life story of young adults in action!

WE NEED HEALTHIER SNACKS!

A group of students at King City High School in California decided that it was time to make a change in the snacks that were offered in the vending machines at school. They wanted some healthier choices that students actually liked!

The group worked with the Vice Principal and the snack company to find low-fat foods that could be sold in the machines.

The group even did a taste-test on campus so that the whole school could vote on which snacks tasted best.

All of their hard work paid off! Vending machines at King City High School now offer healthy snack options, like pretzels and low-fat cereal bars that students like to eat.

Now It's Your Turn

Sometimes taking action means changing a rule that already exists. Other times it means creating a new rule. There are many ideas out there. So grab your friends and get started!

- | | |
|---------------|------------------------------------|
| Step 1 | Pick a Problem and Find a Solution |
| Step 2 | Identify the Policy Players |
| Step 3 | Build Your Action Plan |
| Step 4 | Review How You Did |



Pick a Problem and Find a Solution

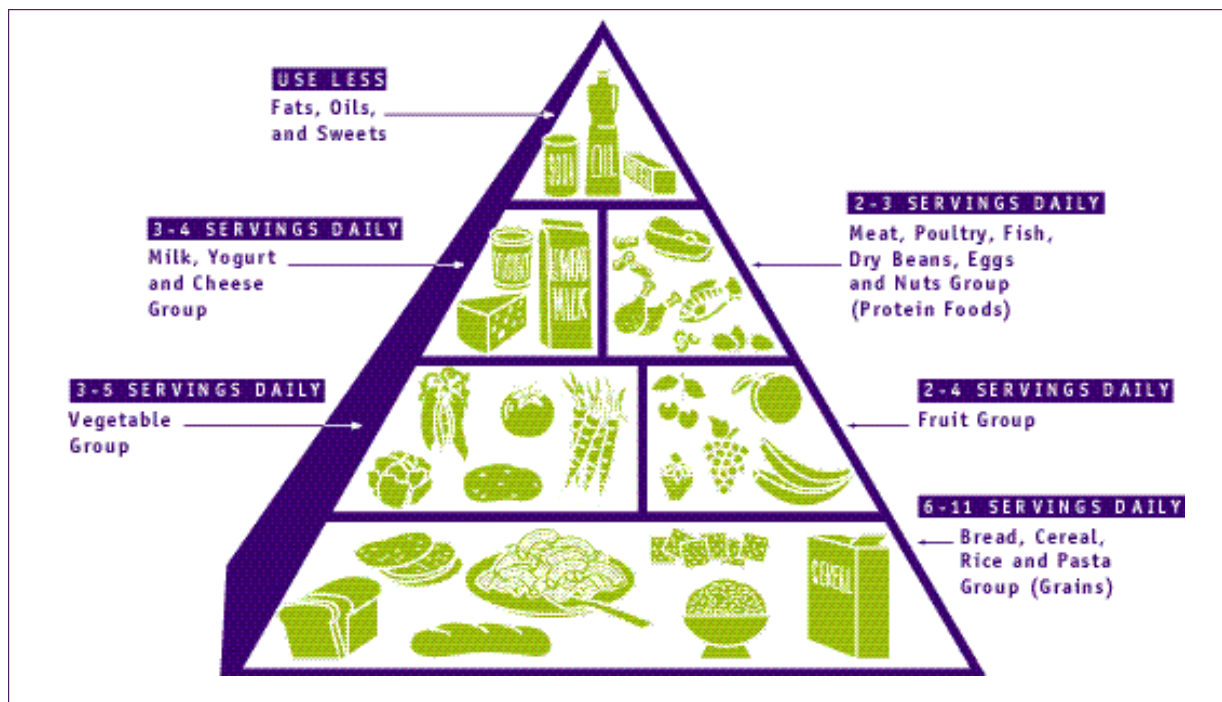
Before you play the policy game, you need to understand the basics of healthy eating and physical activity.

What Does Healthy Eating Mean?

Healthy eating means choosing a variety of foods that will help you look and feel your best. Choose foods like:

- grains, such as corn tortillas, and bagels
- dairy products, like low-fat milk, and low-fat yogurt
- vegetables, like carrot sticks, and green salad
- lean meats, fish, and poultry, and beans.
- fruits, like apples, and oranges

Avoid foods that are high in fat or added sugars, like french fries, cookies, and soda. Use this food guide pyramid to find healthy food choices.



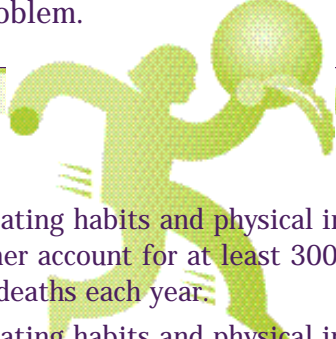
What Does Physical Activity Mean?

Physical activity means doing any type of activity that gets you moving, such as walking, dancing, working out, playing sports, swimming, jogging, martial arts, and biking. Try to get 30 minutes of physical activity every day.



Healthy Eating and Physical Activity Facts

Here are some facts that can help you pick a problem.

- 
- Poor eating habits and physical inactivity together account for at least 300,000 adult deaths each year.
 - Poor eating habits and physical inactivity increase a person's risk of heart disease, cancer, stroke, high blood pressure and osteoporosis.
 - The number of teens who are overweight is increasing in the United States.
 - Most teens eat more fat than is recommended.
 - Less than 20% of high school students are physically active for at least 20 minutes each weekday in Physical Education class.
 - Most kids and teens want to be more active.
 - Teen girls only get half of the calcium that they need for strong bones.

For even more facts and figures:

- Talk to teachers, parents, and doctors.
- Invite an expert like a local hospital dietitian to speak to your group.
- Visit your local library. The reference librarians are paid to answer your questions and they can refer you to books and websites.
- Look on the Internet to learn about:
 - the effects of being a junk food junkie,
 - rising rates of teen obesity, or
 - reasons teens are not physically active.

Look in last section of this booklet for a list of groups that can give you healthy eating, physical activity, and policy information!

Exploring Your World

Part of picking a problem and finding a solution is to gather information that can guide your efforts. Finding out what is happening on your school campus can give you some good ideas. Do physical education classes offer activities students like? Are physical activities available for all students or just the best athletes? Does the cafeteria sell fast food? Can students buy healthy foods they like? Is there enough time to eat lunch? A Campus Survey can help you answer these questions.

Campus Survey

Write down a list of questions or use the survey on the next page. Walk around your school to see what is going on. Here are some examples of information you might collect with a campus survey:

- Count the number of vending machines and list all of the foods and drinks sold.
- Look at the advertising around school—in the school newspaper, on Channel One, on posters around the school. Count the number of advertisements for healthy and unhealthy foods.
- Identify the types of foods sold at school events like games and dances.
- Describe the healthy options that are available and how often they are available. Are the healthy foods more expensive than other foods?
- Identify the physical activity options that are available to all students, not just athletes.
- Count the number of students who play on sports teams, and compare it to the total number of students.

Check out the Campus Survey on the next page. It is used by some California high school students.



Campus Survey Worksheet

1) What low-fat, fat-free, and healthy food items are offered for students to eat on campus?

- | | |
|---------------------------|----------------------|
| a) salad/fresh vegetables | g) 100% fruit juice |
| b) low-fat dressing | h) low-fat entree |
| c) fresh fruit | i) vegetarian entree |
| d) dried/canned fruit | j) whole grain item |
| e) fat-free milk | k) others: |
| f) low-fat (1%) milk | |

2) What kind of nutrition information is posted for foods on campus?

- a) low-fat
- b) fat-free
- c) nutrition label
- d) other: _____

Where is the information posted?

- a) on the menu
- b) by the food
- c) campus walls
- d) other: _____

3) Where else on campus can students get food? What low-fat/fat-free/healthy items are available?



Type of places:	List the low-fat fat-free/healthy items:
a) Branded fast food <small>(like McDonalds, Taco Bell)</small>	
b) Snack bar	
c) Food cart	
d) Vending machine	
e) Other:	

4) What promotions of healthy eating can be seen or heard at your school?

- a) posters/signs
- b) student paper
- c) over the public announcement (PA)
- d) parent newsletter
- e) other promotions and events: _____

5) What promotions of physical activity can be seen or heard at your school?

- a) posters/signs
- b) student paper
- c) over the public announcement (PA)
- d) parent newsletter
- e) other promotions and events: _____

6) Does your school require physical education in order for students to graduate?

Yes/No

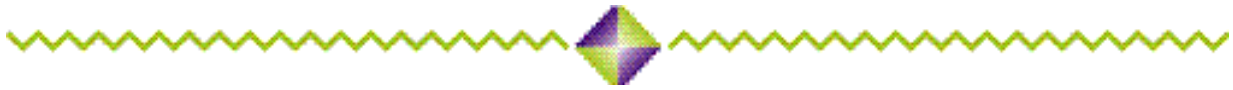
7) In addition to physical education class, what school physical activity options and facilities do students use DURING school hours?

- a) organized activity/sports
- b) playing fields
- c) gym/weight room
- d) basketball courts
- e) equipment check-out
- f) other, during school:

8) What physical activity options and activities do students use AFTER school hours?

(This does not include competitive and/or varsity sports)

- | | |
|-----------------------|-----------------------------|
| a) sports clubs/teams | f) Boy's/Girl's clubs |
| b) playing fields | g) community sports leagues |
| c) gym/weight room | h) health clubs/gym |
| d) basketball courts | i) other, after school: |
| e) YMCA/YWCA | _____ |



What Did You Find?

Your campus survey probably gave you a lot to think about. Sometimes there are obstacles to eating healthier and being more physically active at school. Here are some solutions that other students and schools have tried. Would any of them work at your school?

Policy Solutions

Healthy snacks in the school vending machines and snack bar

Most school leaders know that everyone loves to snack, so they sell snack foods. The problem is, most of these foods are high in fat and added sugar. Chips, doughnuts, cakes, fries, candy, and soda are okay to eat sometimes, but it's also nice to have healthier choices like fruit or pretzels. A solution would be to require that vending machines and snack bars offer some healthy choices. Then students who are looking for a healthy snack can find one.

School and community spaces for physical activity

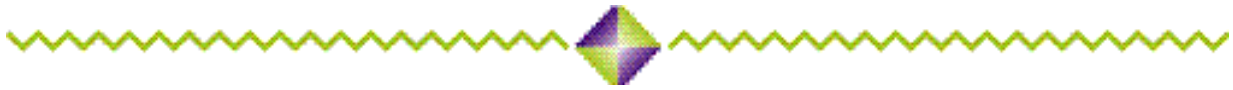
Many students don't have a place to be physically active. They might not feel safe in their neighborhood or they may not have parks or gyms nearby. This problem could be solved if schools and neighborhood spaces (like gyms, fields, pools, and courts) were open on weekends, evenings, and during school vacations.

Promote healthy foods

Now and then we all need a little help to do the right thing. What if your school made an effort to promote healthy foods? What if they tried to sell these as hard as Taco Bell or Burger King sells its newest item? More students just might make a healthy choice if schools offered and promoted healthy foods with eye-catching packages and lower prices. School newspapers and fliers could also advertise the healthy foods. Taste-tests could be done so students can try healthy foods.

Here are a few other policies to consider:

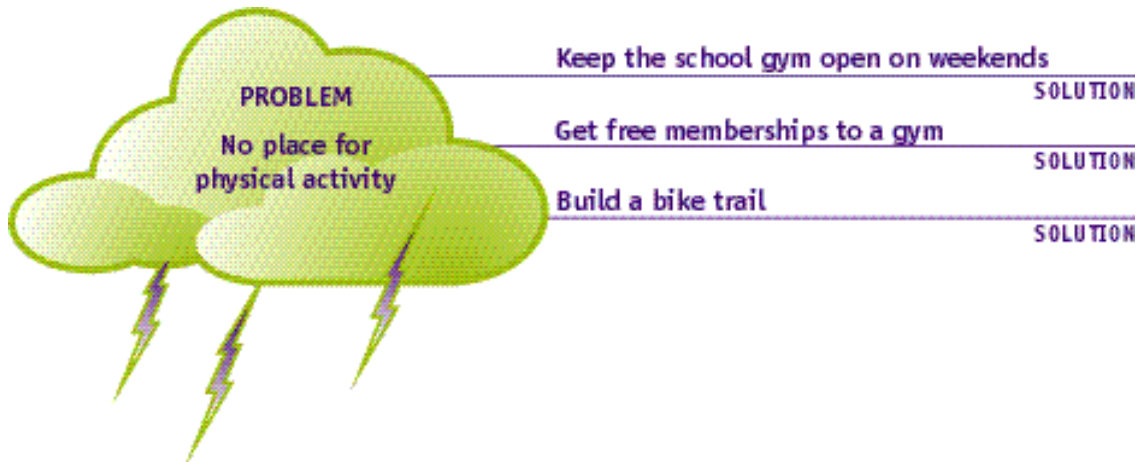
- Lunch periods are long enough to give students a chance to eat.
- Fast food and soda are not advertised at school.
- Physical education classes include activities that students like to do such as aerobic and dance classes, or martial arts.
- The school provides transportation for students taking part in after-school physical activities.
- Foods that are high in fat and added sugar cost more than healthier ones.



Brainstorming with Your Team

Now that your group has reviewed the background information, it's time to get together with your group and think of as many solutions as you can. Write down every idea you come up with. Remember, all ideas are okay during brainstorming. Nobody criticizes anyone else's ideas! Here's an idea to get you started.

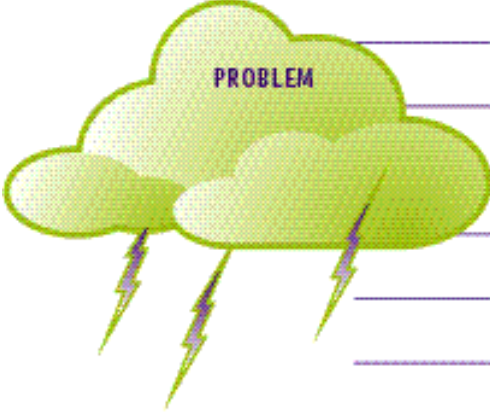

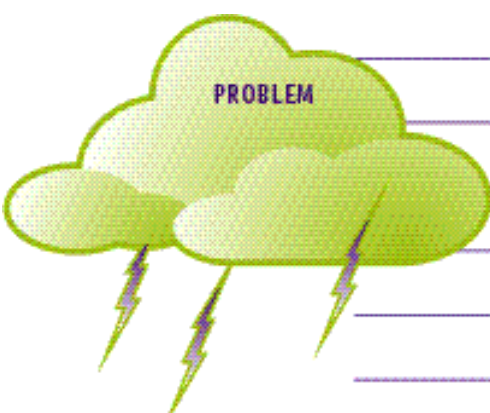
Brainstorming Example





Brainstorming Worksheet

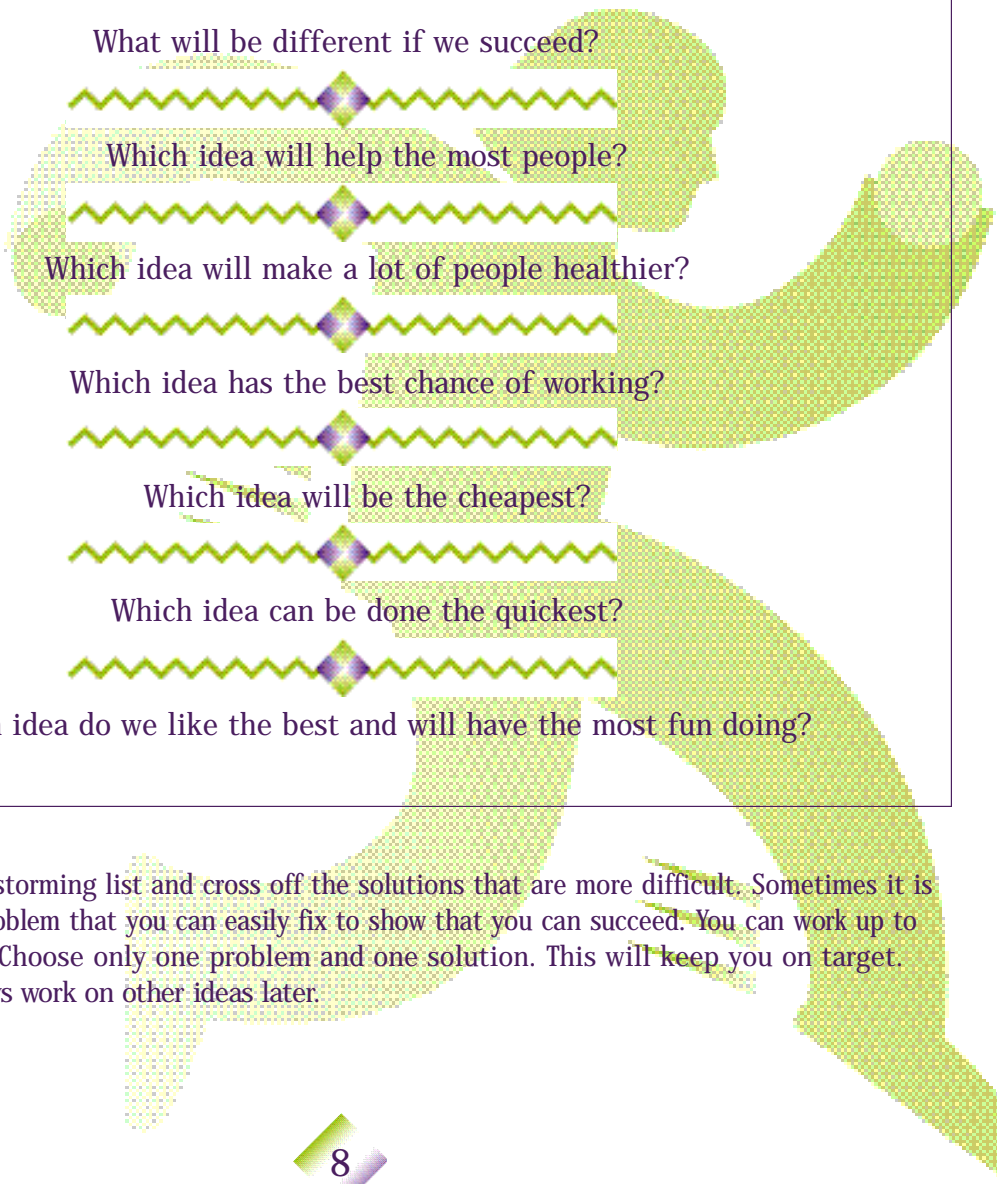
Use the Brainstorming Worksheet to keep track of your ideas.

	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
	_____	SOLUTION
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	_____	SOLUTION



Guidelines for Picking a Final Problem and Solution

Once you have all your ideas on paper, it's time to pick one problem and one solution. These questions can help you decide on one:



What will be different if we succeed?

Which idea will help the most people?

Which idea will make a lot of people healthier?

Which idea has the best chance of working?

Which idea will be the cheapest?

Which idea can be done the quickest?

Which idea do we like the best and will have the most fun doing?

Go through your brainstorming list and cross off the solutions that are more difficult. Sometimes it is best to start with a problem that you can easily fix to show that you can succeed. You can work up to harder problems later. Choose only one problem and one solution. This will keep you on target. Besides, you can always work on other ideas later.



STEP

2



STEP 2

Identify the Policy Players

After you have picked your problem and solution, you want as many players as possible on your team. Tell others what you're doing and how they can help. The more support you get, the stronger your team will be.

Who Can Help You?

Teachers, coaches, and parents can be great team mates. They have a big interest in making the school a healthier place so students can learn better. Try adding one of these groups to your team:

- The American Heart Association or the American Cancer Society
- City Parks and Recreation Department
- a local hospital
- a community center
- a school health center

Who Is On the Other Team?

Of course it is important to build up your team, but you also need to know the players on the other team. In order to win the policy game, you need to know who might not agree with your solution. For example, the school might have safety concerns about opening the gym on weekends. Students at Hoover High School in San Diego, California, solved this problem by involving the local police department in their project to keep the gym open. You will need to work hard to solve issues like this so **EVERYBODY WINS**. Your job is not to make enemies but to convince people that your solution works for everyone. It is important to respect the opinions of other people.

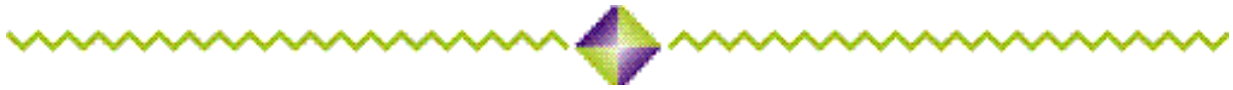
Who Are the Decision Makers?

Decision makers are the people who have the power to change things. When you are talking about schools, the decision makers will most likely include:

- School principal
- Teachers and parents
- School district superintendent
- School board members
- Food service director (for policies that deal with eating and food)
- Director of the Physical Education department (for policies dealing with physical activity).

You will have to decide which of the decision-makers can help you the most. Some policies can be made by the school principal or food service director. Others can be made by the school district or board of education. Finally, others can be made by the state or national government.

Make a list of all the groups or people that you should talk to about your problem and solution. Include supporters, decision makers, and people on the other team. List them on the Policy Player Worksheet.



Who Are The Policy Players?

Use this worksheet to list the policy players. These are the people you will need to communicate with through letter writing, phone calls, and presentations.

NAME	ORGANIZATION	ADDRESS	PHONE NUMBER	NOTES



STEP

3

3

Build Your Action Plan

Once you have a problem, a solution, and the policy players, it's time to make an action plan. You need to figure out what has to be done, who will do it, and when it should be done. Below is an example of an action plan. Remember, it may take many steps and lots of time to make a policy change.

Sample Action Plan

Problem: No place for physical activity

Policy Solution: Keep the school gym open on weekends

STEPS	WHO DOES IT	BY WHEN
1) Find out who can decide to keep the gym open on weekends.	Terrell	October 1st
2) Do a survey to find out who would use the gym on weekends and what activities they would like to do there.	Veronica, Maria, Peter, Marcus	October 15th
3) Meet with the principal about keeping the gym open.	Beth, Terrell, Raul, Ashley	October 25th
4) Write a letter to the Parent Group asking for their help with this project.	Maria	November 14th
5) Give a presentation to the school board. Ask that they write a policy allowing the gym to be open on weekends.	Raul, Ashley, Tamika	December 1st
6) Have a group meeting to discuss what worked and what didn't work during the gym project.	All group members	December 12th

There are many tools that you can use in your Action Plan. For example, you can:

- Do a student survey
- Write letters
- Make phone calls
- Make presentations
- Work with the media

Now let's see how to do each of those things!



Student Survey

One really important step in the policy game is to gather the thoughts and feelings of other students. You can do this with a survey.

Ask your friends and classmates what they think. How do they feel about the problem and solution that your group has identified? Do they have other ideas to solve the problem?

You'll be doing more than just collecting information. You'll begin building support and you might even get more students to help you!



How To Do a Student Survey

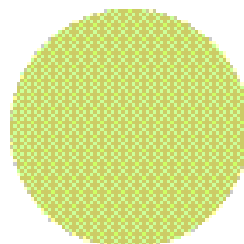
- Write your survey. Keep it short. Ask no more than five or six questions.
- Hand out your survey, then have your classmates fill it out and give it back to you.

-OR-

Ask classmates the survey questions, have them tell you their answers, and then you write down the answers.

- Make sure you survey different groups of students, not just your friends!

Take a look at the survey on the next page. It was written by a group of students at Fontana High School in Fontana, California. You can use this survey or make your own.





Student Survey

SCHOOL: _____

SEMESTER: _____

YEAR: _____

We want to know your thoughts and opinions about food and physical activity. Please answer these questions to the best of your knowledge. Thank you for your cooperation and please return your survey to _____.



Please Tell Us About Yourself

I am: _____Female_____Male

My grade is: _____Freshman_____Sophomore_____Junior_____Senior

1) Do you think the cafeteria and lunch carts sell the types of foods you like to eat at school?
Yes/No

2) Do you think the types of foods sold at school are healthy?
Yes/No

3) What types of healthy foods would you like to see sold on campus?

4) If after-school physical activities were available, would you participate?
Yes/No

If you would not participate, why not? Check all that apply.

Transportation

Work

Not Interested

Other, please describe _____

Depends on the type of activity

5) If there were other after-school physical activities, what type of physical activities would you like?

Dance Class

Swimming

Walking

Aerobics

Hiking

Others, please describe _____

Thank you for your help with this survey.





Student Survey

Collecting information helps you find out how other students feel about these issues. Here's what students at Fontana High School found out with their survey.



The Survey Says...

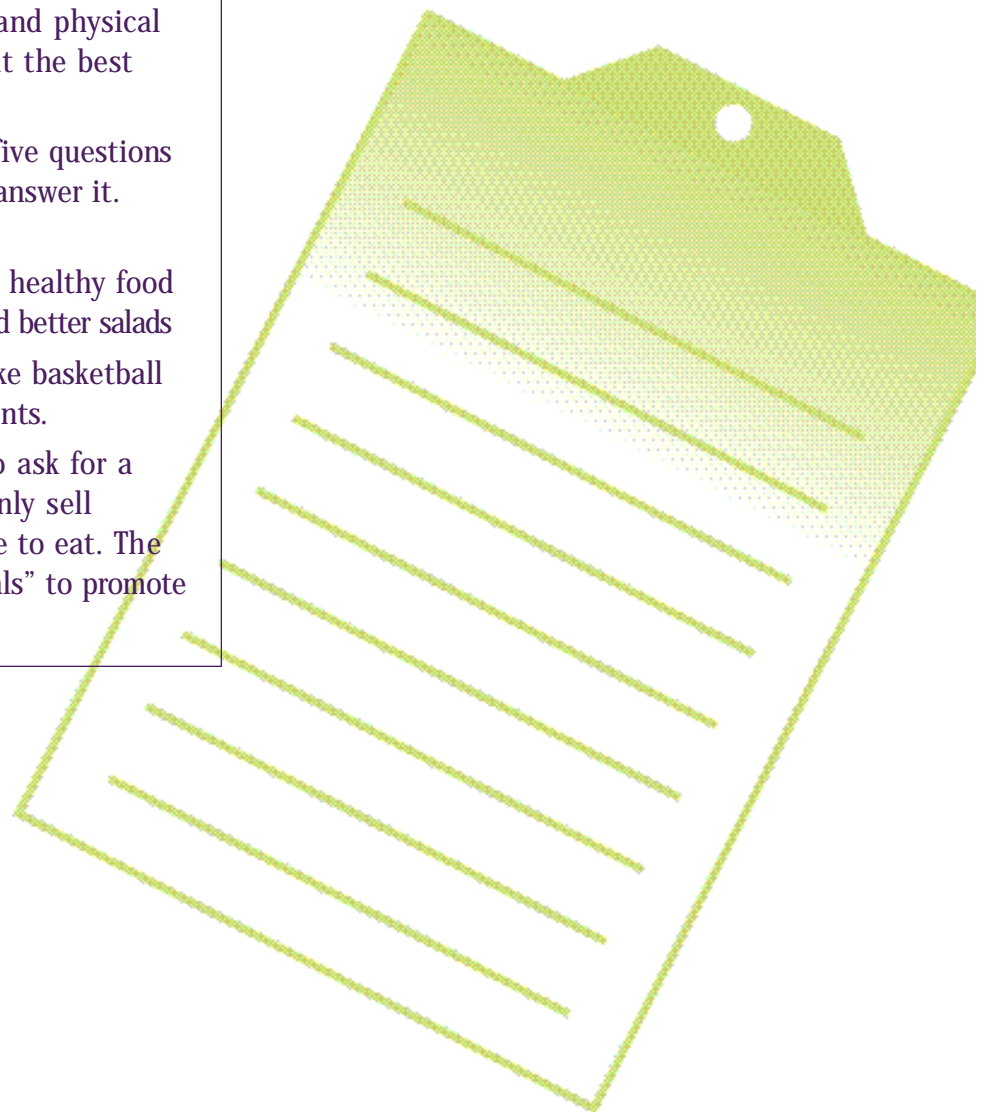
A group of Fontana High School students in California wanted to find out what other students thought about healthy eating and physical activity. The group decided that the best thing to do was a survey.

The group wrote a survey with five questions and then found 58 students to answer it.

Results of the survey showed:

- Students wanted to see more healthy food choices on campus like fruit and better salads
- Students wanted activities like basketball and tennis open for all students.

The group used these results to ask for a healthy food cart that would only sell healthy items that students like to eat. The group is also making “infomercials” to promote physical activity on campus.





Letters, Calls, Presentations and the Media

A major part of your Action Plan will involve telling people about your problem and solution. There are lots of different ways to do this.



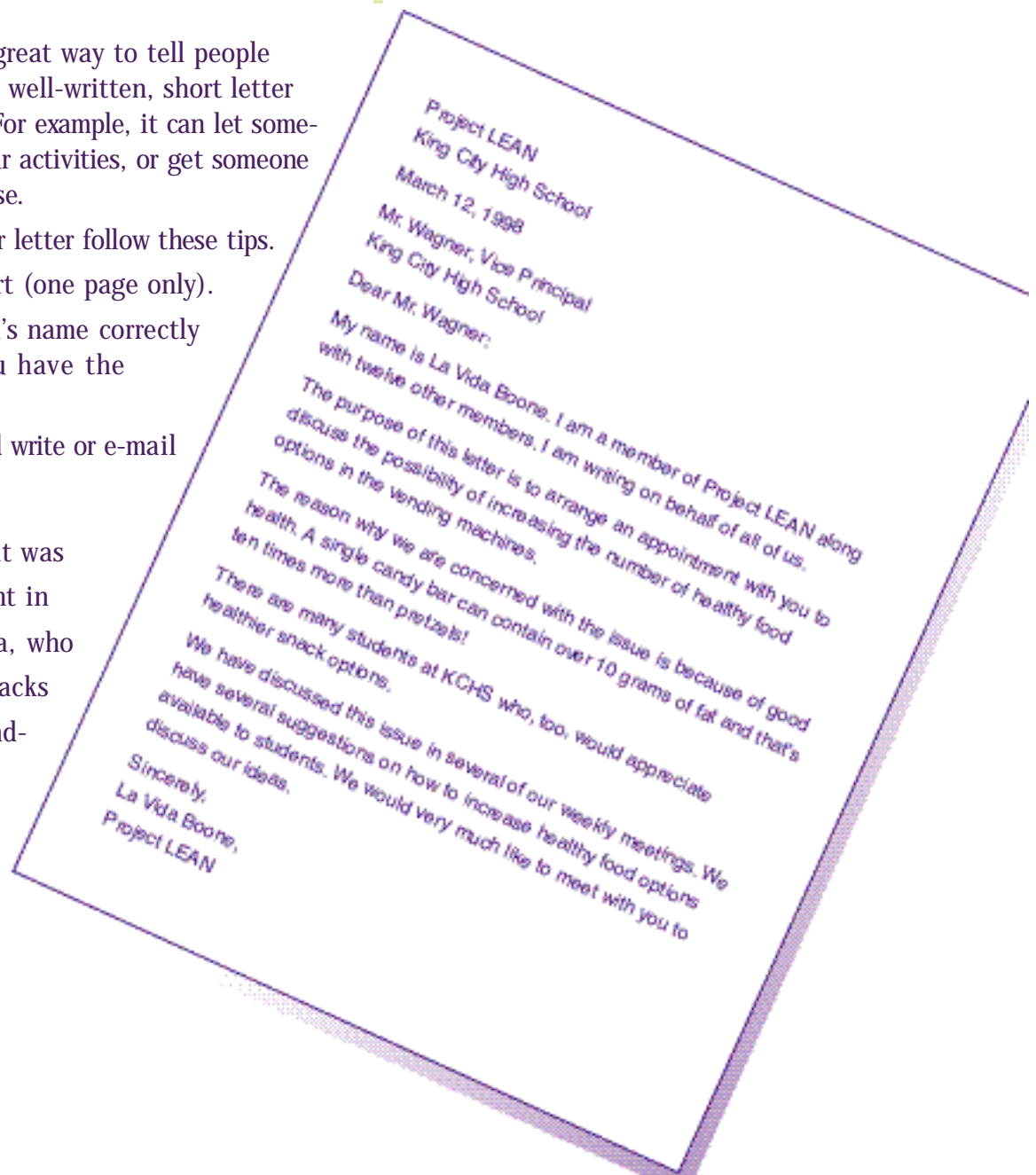
Letter Writing

Letter writing is a great way to tell people about your ideas. A well-written, short letter can do big things. For example, it can let someone know about your activities, or get someone to support your cause.

When you write your letter follow these tips.

- 1) Keep letters short (one page only).
- 2) Spell the person's name correctly and make sure you have the right address.
- 3) It is okay to hand write or e-mail letters.

Here is a letter that was written by a student in King City, California, who wanted healthy snacks in her school's vending machines.






Letter Guide



Use this Letter Guide to help you write your letter.



Your name
School name
Organization or club
School address
School City, State, Zip Code
Date

Name of person you are writing to
Title of person you are writing to
Street address
City, State, Zip Code

Dear (Name of person you are writing to):

My name is (your name). I am a (your age)-year-old student at (your school name). I live in (name of your city or town).
(Explain why you are writing in one or two sentences.)

(Explain why you care about the problem. Use your most interesting facts and shocking statistics. This paragraph can be about three to five sentences.)

(Explain what you are asking for, such as a vote to adopt your policy.)

Sincerely,
(Your signature)
(Your name)



Phone Calls

How would you like to talk on the phone and have it count as hard work? The telephone is an important tool in the policy game. A simple phone call can help you get information or it can give you the chance to tell your ideas and share your facts with a policy player.

When you make a phone call, follow these tips.

- 1) Fill out a copy of the phone guide.
- 2) Get permission to use the phones—whether you are calling from school or home.
- 3) When someone on the other end of the line picks up, always introduce yourself by giving your name, grade, and school.
- 4) If the person you are calling is not there, ask what time he or she will be back. Write down the time a call back then.
- 5) If you need to leave a message, make sure to leave your name, grade, school, phone number, the best time to call you back, and a short message about why you are calling. Most times, your call will be returned. If not, don't be afraid to call back as many times as it takes. Just be polite.
- 6) Have paper and a pencil handy for note taking.
- 7) While you have your contact person on the phone, get the correct spelling of his/her name, title, mailing address, and phone number.
- 8) Say thank you before saying good bye.





Phone Guide

Fill out this Phone Guide before you make your calls.

Contact Information

Contact name:

Contact title:

Contact organization:

Contact phone number:

Contact address:

Hello, may I please speak to (contact name)_____?

My name is_____and I am in_____grade at_____school.

I am calling to speak with you about...

Why you are calling. What you want to say or ask:

Notes. Write down what your contact tells you:

Thank you very much, good bye.

Your Information

Sometimes your contact will ask for more information about you. Fill out the section below so that you have the information handy.

Name of your school:

Your organization or club:

School address:

School fax number:

School phone number:

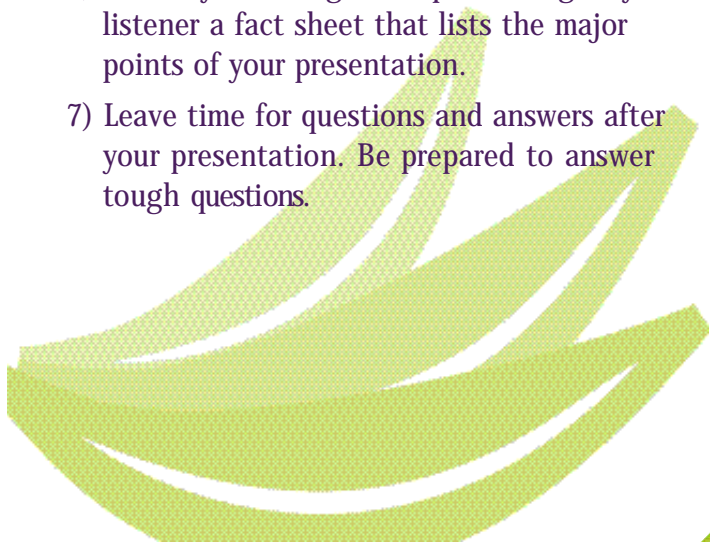




Presentations

Making a presentation is the third way you can tell people about your problem and solution. You can make a presentation to a large group of people, or you can talk at a small meeting with just one or two people.

When you make a presentation, follow these presentation tips.

- 1) Keep it short and simple. State your problem, a few facts and figures, and your solution. Emphasize two to three points you want your listeners to remember.
 - 2) Write your presentation and practice it until you feel comfortable. Practice in front of friends or family members.
 - 3) Make your presentation interesting. Tell a story about why you want to eat healthier and be more physically active. Give shocking facts, or show an interesting chart or picture. For example, tell a short story about a family member who has had a heart attack.
 - 4) Talk about how your solution will benefit the listener, not just how it will benefit you and your friends.
 - 5) You will probably be nervous. Most people are when they make presentations. Just be yourself.
 - 6) To really make a good impression, give your listener a fact sheet that lists the major points of your presentation.
 - 7) Leave time for questions and answers after your presentation. Be prepared to answer tough questions.
- 

HERE ARE SOME TOUGH QUESTIONS THAT PEOPLE MAY ASK YOU

Q: Students might not buy the healthy foods. How can food service take a chance on losing money?

A: First, let's ask the students which healthy foods they will buy. Then we can do a taste test to see which healthy choices the students like the most. Next, we can have a three month trial period. During this time, food service will sell healthy foods and promote these foods so students know they are available. We can encourage students to buy the healthy foods. At the end of three months, we can see if the healthy foods sold well.

Q: How can we keep the gym open after school? The school insurance won't cover this.

A: We can find out how much it will cost to change the insurance. We can talk to the insurance company about giving us a break or we can ask the school board to spend the extra money so students have a safe place to be physically active. We can ask parent groups to help us with this project.

Q: How can we put different foods in the vending machines? That is the vending machine company's decision.

A: We can work with the vending machine company. We can tell the vending machine company that students want some healthy snacks. We'll give them our survey results which show how many students will buy healthy snacks. We'll tell the vending machine company the types of healthy snacks we like and ask them to stock at least two of these in the vending machines.

Working with the Media

Sometimes you need to tell lots of people about your problem and solution. The media may be your answer!

What is the media?

It's where you get your news. Media includes newspapers, magazines, newsletters, radio, and TV. It can even include a poster hanging in your school or a morning bulletin announcement at school.

Will the media listen to your ideas?

Yes. Reporters love to do stories about teens, especially smart, young adults working to improve things. Making news will help you build support for your ideas. It may even help recruit a principal or school board member to your team. The media can inform the community about your problem and solution. The media can also report on the great changes you and your team made at your school. Let's say that the athletic director agrees to allow students to use the soccer fields on weekends. You could ask the local TV station to do a news segment on how students and the school are working together to keep teens healthy and active. A group of students at Zoe Barnum High School in Eureka, California, wrote a press release about a community walking event. Here's what happened:

COME JOIN US

When Zoe Barnum students decided to hold a community walk to get more people physically active, they decided they needed the help of the media. Students wanted the media to tell people when and where the event was happening, and that physical activity was important for everyone.

They decided the best way to get the media's attention was with a press release.

It worked! Before the event, local radio stations and the local newspaper announced the walking event. On the day of the event, all three of the local TV stations did stories on the event and the students.

How do you work with the media?

Find the phone numbers and addresses in the phone book. Call the newspapers, radio and TV stations to ask which reporters cover health and education. Put all of the names, phone and fax numbers, and addresses you find on your Media Contact List.

■ Write a Letter to the Editor.

Newspapers print letters to the editor. These letters express opinions about issues that affect the community. Your letter should describe how the problem has affected your life. You can find the editor's name and address on the editorial page of the newspaper.

■ Write a Press Release.

A press release is a written description of a news story or event. Reporters like events. Create an event at your school to attract reporters. You could hold a debate, or give a presentation to the school board. Make sure to invite the media. You could also invite a reporter to have lunch with you in the school cafeteria.

A press releases should be short and to the point—no more than two pages. It's best to type a press release. Make sure reporters know your press release is written by teenagers. They will be much more interested in your story. You should fax or mail a copy of your press release to all of the reporters on your media contact list, then telephone them to make sure they received it.

After you get media coverage, remember to get a copy of the newspaper article, or a recording of the TV or radio story. You can use the copies the next time you contact a decision-maker.

Sample Press Release

Use the Sample Press Release as a guide when you write your own press release.

For Immediate Release

Date: October 30, 1998

Contact: Gail Ramirez
Student, North High School
(555) 555-5555

What: Three students from North High School will make a presentation to the school board about the lack of healthy foods available at school. The students will describe the findings of a school survey and will present the school board with creative ways to sell healthy foods at school.

Who: Three tenth graders will make the presentation to the school board.

When: The school board meeting will be held on Tuesday, November 17th at 7:00 p.m. The student presentation is scheduled for 7:20 p.m.

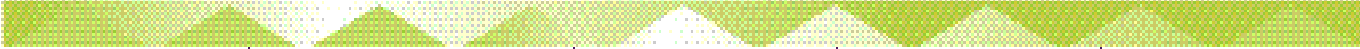
Where: The school board meeting will be held at:
Town Hall, first floor meeting room
35 Taylor Road
North Hills, California

Details: Students at North High School are worried about their health. They want to eat healthy foods, but all they find at school is fast food, chips and soda. These students are mobilizing to change school policy to assure that healthy foods such as fruit and yogurt become part of the school menu.



Media Contact list

Use this worksheet to list newspapers and television and radio stations in your school and community.



NAME	NEWSPAPER OR STATION	ADDRESS	PHONE AND FAX #	NOTES





Your Action Plan

Now it's time to put everything you learned into your Action Plan. Remember to work with the policy players and to use tools like letters, phone calls, and presentations. Decide whether the media can help you tell people about your problem and solution. Remember to get your solution accepted as a written law, rule, or regulation. Review the sample action plan at the beginning of Step 3. Use this worksheet to build your own Action Plan.



PROBLEM

SOLUTION



ACTIVITY	WHO DOES IT	BY WHEN





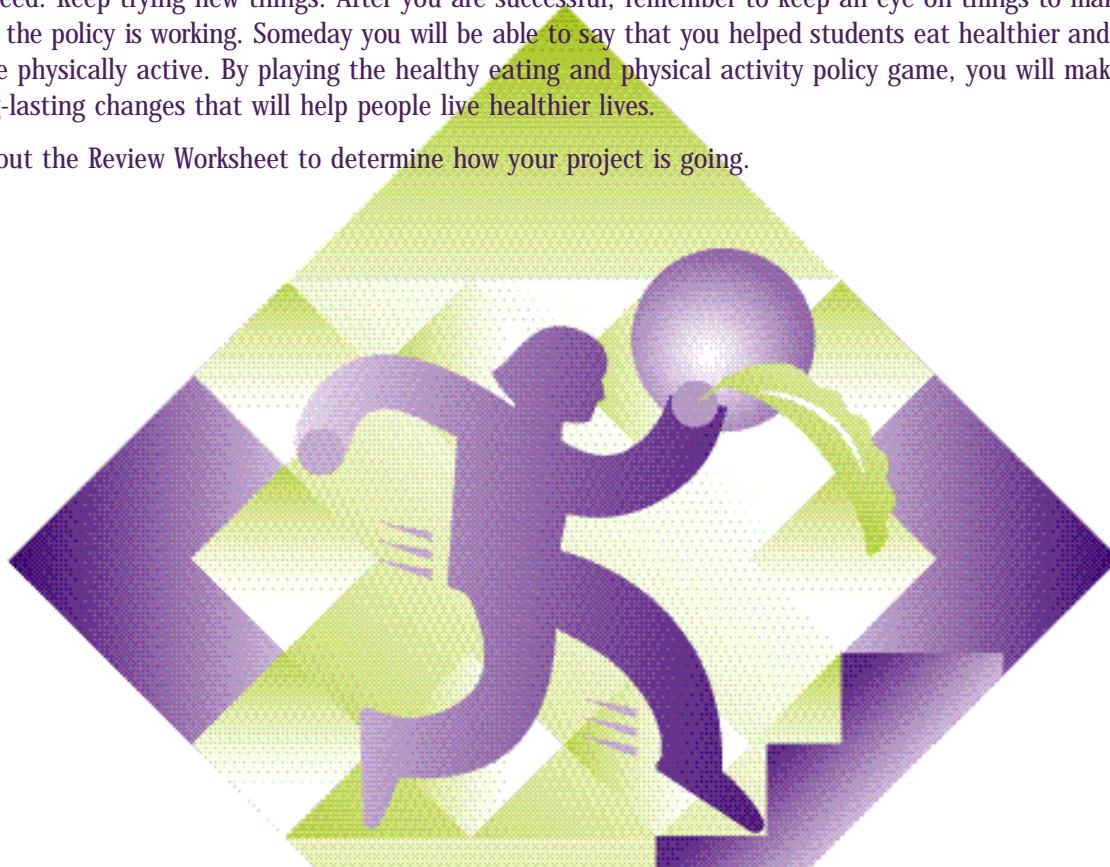
4

Review How You Did

Once you put your plan into action and start doing the steps, it's time for an instant replay. After every step in your Action Plan, it is a good idea to get your team in a huddle and talk about what is going on. You need to figure out if your plan is working. If things are going in slow motion, don't give up. It takes a while to talk with all of the policy players and convince them that your idea is a good one. If things aren't going the way you would like, you might need to change your Action Plan or talk to some new policy players.

Changing the way things work is not easy. It often takes a few tries. Don't worry if your first try doesn't succeed. Keep trying new things. After you are successful, remember to keep an eye on things to make sure the policy is working. Someday you will be able to say that you helped students eat healthier and be more physically active. By playing the healthy eating and physical activity policy game, you will make long-lasting changes that will help people live healthier lives.

Fill out the Review Worksheet to determine how your project is going.



California Project LEAN would like to know how you did.
Photocopy your Review Worksheet and send it to:

California Project LEAN
P.O. Box 942732, MS-675
Sacramento, CA 94234-7320



Review Worksheet

Take a minute to think about your policy work and answer these questions.

1) What have you done? What steps have you taken?

2) Which steps worked? Which steps didn't work? Why didn't they work?

3) Did you help anyone?

4) How did you help yourself? What new skills did you learn?

5) What will you do differently next time you play the policy game?



Glossary

Words you need to know for the Policy Game

Decision Makers	People who have the power to say yes or no to a policy change.
Editor	The person who decides which articles will be printed in a newspaper or magazine, or which stories will be seen or heard on the news.
Fact	A piece of true information.
Healthy Eating	Healthy eating means choosing foods that make you look and feel your best. Choose a variety of foods that are mostly low in fat and added sugar. For example choose fruits, vegetables, starches and whole grains, protein foods, milk and dairy products, and small amounts of sugar and fat. The Food Guide Pyramid can be used to make healthy food decisions.
Issues	A problem, solution, or question about which people have many opinions.
Media	Newspapers, magazines, radio, television, the internet, e-mail, and even posters. We get news and entertainment from the media.
Physical Activity	Any type of activity that gets you moving, such as, walking, dancing, working out, playing sports, swimming, jogging, martial arts, and biking. Try to get at least 30 minutes of physical activity every day, 60 minutes is even better.
Policy	A written law, rule, or regulation that has the power to influence how people think and act. It usually requires the approval of a decision maker to change.
Policy Player	Any person that gets involved in making, changing, or carrying out policy.
Press Release	A written description of a news story or event.
Problem	A situation you want to change.
Promote/ Promotions	To advertise or get attention for something.
Solution	How to change the situation and get rid of the problem.
Survey	To collect information: 1) to describe people's thoughts, feelings, and opinions, or 2) to describe a location or environment such as a school campus.




Resources

Contact these organizations when you are looking for healthy eating, physical activity, and policy information.

California Project LEAN
California Department of Health Services
P.O. Box 942732, MS-675
Sacramento, CA 94234-7320
916/323-4742
<http://www.dhs.ca.gov/lean>

American Heart Association,
Western States Affiliate
1710 Gilbert Road
Burlingame, CA 94010
800/242-8721
<http://www.amhrt.org>

Healthy Kids Resource Center
Alameda County Office of Education
313 West Winton Avenue, Rm. 180
Hayward, CA 94544
510/670-4581
<http://hkresources.org>

California School Food Service Association
2223 Hillview Circle
Fullerton, CA 92831
714/525-6535

California Governor's Council on Physical
Fitness and Sports
C/O Star Trac
14410 Myford Rd.
Irvine, CA 92606
714/508-3784
<http://www.calfit.ca.gov>

American Cancer Society,
California Division Office
1710 Webster Street
Oakland, CA 94612
510/893-7900
<http://www.cancer.org>

Division of Nutrition and Physical Activity
National Center for Chronic Disease
Prevention and Health Promotion
U.S. Centers for Disease Control and Prevention
4770 Buford Highway, N.E.
Mailstop K24
Atlanta, GA 30341-3717
770/488-5543
<http://www.cdc.gov/nccdphp/dnpa/>

American Dietetic Association
National Center for Nutrition and Dietetics
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
800/366-1655
<http://www.eatright.org>

American Council on Exercise
5820 Oberlin Drive, Suite 102
San Diego, CA 92121-3787
800/825-3636
<http://www.acefitness.org>

Center for Science in the Public Interest
1875 Connecticut Avenue, N.W., Suite 300
Washington, DC 20009-5728
202/332-9110
<http://www.cspinet.org>

Community Toolbox
"Promoting community health and development
by connecting people, ideas, and resources"
<http://ctb.lsi.ukans.edu>



Notes

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