

AN ORDINANCE 2009-05-07-0351

AUTHORIZING THE SUBMISSION OF AN APPLICATION, AND ACCEPTANCE OF FUNDS UPON AWARD, FOR A GRANT FROM THE ROBERT WOOD JOHNSON FOUNDATION FOR THE HEALTHY KIDS, HEALTHY COMMUNITIES PROGRAM FOR UP TO \$360,000.00 FOR A FOUR YEAR TERM BEGINNING DECEMBER 15, 2009.

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WHEREAS, the Robert Wood Johnson Foundation has invited the San Antonio Metropolitan Health District (SAMHD) to submit a proposal for the *Healthy Kids, Healthy Communities* Program; and

WHEREAS, through award of this grant, the SAMHD will increase opportunities for physical activity and access to healthy foods for children and families through community-level policy, environmental, and systems changes in Bexar County, Texas; and

WHEREAS, although the SAMHD implements initiatives throughout Bexar County, the *Healthy Kids, Healthy Communities* program will concentrate culturally-sensitive efforts in a densely-populated area on the near west side of San Antonio; and

WHEREAS, the target area includes over 106,000 residents and 2 school districts, the San Antonio Independent School District and Edgewood Independent School District; and

WHEREAS, the target population is in need of affordable fruits and vegetables and other healthy foods as well as opportunities for physical activity in safe, well-lit environments such as nearby parks, school facilities, and neighborhood sidewalks; and

WHEREAS, while these issues are recognized, limited funding presents challenges to securing commitment of time and resources from collaborating organizations for long-term projects; and

WHEREAS, in an effort to work toward the policy, environmental, and systems change focus of this proposal, organizations have committed support through in-kind contributions during the first year of the project; and

WHEREAS, additional contributions will be secured to meet the grant matching requirement for each year of the project; **NOW THEREFORE:**

BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF SAN ANTONIO:

SECTION 1. The City Manager or her designee or the Director of the San Antonio Metropolitan Health District or his designee, is authorized to submit an application and accept funds upon award for a grant from the Robert Wood Johnson Foundation for the *Healthy Kids, Healthy Communities* Program for up to \$360,000.00 for a four year term beginning December 15, 2009.

If additional funds are awarded during the first program year (December 15, 2009 through December 14, 2010) then the City Manager or her designee or the Director of the San Antonio Metropolitan Health District or his designee is hereby authorized to accept additional funds in an amount up to 20% of the total amount awarded for one program year. A copy of the grant narrative is attached hereto and incorporated herein for all purposes as **Attachment I**.

SECTION 2. The City Manager or her designee or the Director of the San Antonio Metropolitan Health District or his designee is further authorized to execute any and all necessary documents to effectuate said application and acceptance including a grant contract.

SECTION 3. Should funding be awarded, fund 26012000 entitled "Misc Grant" is hereby designated for use in the accounting for the fiscal transaction in the acceptance of this grant, and the sum of up to \$360,000.00 from the Robert Wood Johnson Foundation will be appropriated in said fund. The proposed budget which is attached hereto and incorporated herein for all purposes as **Attachment II** is hereby approved. A formal final budget which will include a department specific fund, an Internal Order number, and General Ledger numbers will be submitted by the department upon award.

SECTION 4. The City Manager or her designee or the Director of the San Antonio Metropolitan Health District or his designee, is further authorized to execute contract amendments pertaining to this grant in the following instances (a) modifications to the performance measures authorized by the funding agency and listed in the contract so long as the terms of the amendment stay within the general parameters of the intent of the grant and (b) line item budget revisions up to 20% of the grant annual budget.

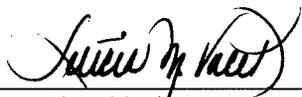
SECTION 5. A proposed personnel complement attached hereto and incorporated herein for all purposes as **Attachment II** is approved. If awarded, a personnel complement of one (1) employee is approved.

SECTION 6. The financial fiscal allocations in this Ordinance are subject to approval by the Director of Finance, City of San Antonio. The Director of Finance may, subject to concurrence by the City Manager or the City Manager's designee, correct allocations to specific SAP Fund Numbers, SAP Project Definitions, SAP WBS Elements, SAP Internal Orders, SAP Fund Centers, SAP Cost Centers, SAP Functional Areas, SAP Funds Reservation Document Numbers, and SAP GL Accounts as necessary to carry out the purpose of this Ordinance.

SECTION 7. This ordinance shall be effective on and after May 17, 2009.

PASSED AND APPROVED this 7th day of May, 2009.

ATTEST:

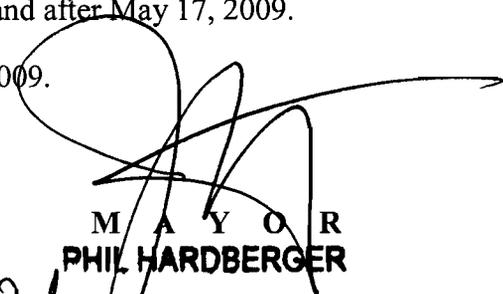


City Clerk

APPROVED AS TO FORM:



City Attorney


MAYOR
PHIL HARDBERGER

Agenda Item:	15						
Date:	05/07/2009						
Time:	05:26:03 PM						
Vote Type:	Motion to Approve						
Description:	An Ordinance authorizing the submission of an application, and acceptance of funds upon award, for a grant from the Robert Wood Johnson Foundation for the Healthy Kids, Healthy Communities Program for up to \$360,000.00 for a four year term beginning December 15, 2009. [Frances A. Gonzalez, Assistant City Manager; Dr. Fernando A. Guerra, Director, Health]						
Result:	Passed						
Voter	Group	Not Present	Yea	Nay	Abstain	Motion	Second
Phil Hardberger	Mayor	x					
Mary Alice P. Cisneros	District 1		x				x
Sheila D. McNeil	District 2		x				
Jennifer V. Ramos	District 3		x			x	
Philip A. Cortez	District 4		x				
Lourdes Galvan	District 5	x					
Delicia Herrera	District 6		x				
Justin Rodriguez	District 7		x				
Diane G. Cibrian	District 8		x				
Louis E. Rowe	District 9		x				
John G. Clamp	District 10		x				

Healthy Kids, Healthy Communities

Brief Proposal Narrative Template

Organization: San Antonio Metropolitan Health District

BACKGROUND

The San Antonio Metropolitan Health District (Metro Health) seeks to submit a proposal for the *Healthy Kids, Healthy Communities* program. Metro Health will increase opportunities for physical activity and access to health foods for children and families through community-level policy, environmental, and systems changes in Bexar County, Texas.

The Bexar County region consists of 1,257 square miles of land and an estimated population of 1.5 million. Bexar County is the fourth largest in Texas. San Antonio, the county seat, has a population of 1,320,130; it ranks as the seventh-largest and the tenth-fastest growing city in the country. The city's multi-cultural community includes a racial/ethnic composition that is 59% Hispanic, 37% Non-Hispanic White, 7% African American, and 2% other racial/ethnic groups. The population is young, with over 69% under the age of 45. The median income for a household in the city is \$40,650 and for a family is \$47,306. The per capita income for the city is \$19,884. Over 18% of families live below the poverty line (U.S. Census, 2006 estimates).

Although Metro Health will implement initiatives throughout Bexar County, it will concentrate its culturally-sensitive efforts in a densely-populated area on the near west side of San Antonio. The target area includes over 106,000 residents and 2 school districts, the San Antonio Independent School District (SAISD) and Edgewood Independent School District (EISD). The racial/ethnic composition of the area is 63% White, 2% African American, 35% other or multiple races, and 95% are identified as Hispanic. The target population is also young with 69% under the age of 45. As of 2000, 35% of the population had less than a ninth grade education and 58% did not have a high school diploma. This area has an estimated per capita income of \$9,925, and a median household income of \$25,160. In addition, 33% of the population was living below the poverty line as of 2000. The projected unemployment rate in 2007 was nearly 13%, with most of those employed working in blue-collar jobs.

Texas ranks 12th in the nation in adult obesity and 6th in the nation in childhood obesity. In Bexar County, two-thirds of the population is overweight or obese, and the obesity rate continues to increase. According to Metro Health's 2007 *Health Profiles*, of 47,844 clients enrolled in the Women, Infants and Children (WIC) program, 11.3% of children were at risk for being overweight and 11.3% were overweight. As part of Metro Health's *Steps to a Healthier San Antonio* program (Steps-SA), the body mass index (BMI) of SAISD students was collected in 2007. Of the 19,045 students measured, 29% had a BMI greater than the 95th-percentile. The Youth Risk Behavior Surveillance System (YRBSS) survey administered at 8 local high schools in 2007 indicated that of 1,317 students, 19.1% were overweight and 20.2% were obese.

As a department of the City of San Antonio (CoSA), Metro Health partners with other departments such as Parks and Recreation, Public Works, Planning and Development Services, and Department of Community Initiatives. Metro Health has added support from various political figures including the Mayor's Office, City Manager's Office, City Council, and various Bexar County leaders.

The target population is in need of affordable fruits and vegetables and other healthy foods and opportunities for physical activity in safe, well-lit environments such as nearby parks, school facilities, and neighborhood sidewalks. One challenge faced by Metro Health is limited funding; although these issues are recognized, without funding it is difficult to secure commitments of time and resources from partner organizations for long-term projects.

RECENT AND CURRENT EFFORTS TO REDUCE CHILDHOOD OBESITY

As the San Antonio public health authority, Metro Health has a well-established track record of implementing creative, sustainable, and evidence-based health promotion practices with an emphasis on reducing health disparities.

In 2004 Metro Health, was funded to create Steps-SA as part of a cooperative agreement program coordinated by the Centers for Disease Control and Prevention. Steps-SA encourages good nutrition, increased physical activity, and smoking prevention or cessation to help reduce diabetes, obesity, and asthma in San Antonio. Evidenced-based program activities occur at schools, workplaces, and in many areas around the city. Steps-SA has also explored small-scale policy, environmental, systems, and organizational change initiatives addressing nutrition and physical activity environments. A crucial component has been the establishment of a Steps-SA Community Consortium made up of key partners and stakeholders, many of which have pledged to continue their efforts through *Healthy Kids, Healthy Communities*. These relationships have fostered numerous successful joint projects aimed at enhancing opportunities for physical activity and increasing awareness of healthy lifestyle choices including:

- A partnership with the Parks and Recreation Department that placed signs in city parks featuring information on the length of the park's walking trails and health promotion messages regarding exercise and fruit and vegetable consumption.
- Working with the San Antonio-Bexar County Metropolitan Planning Organization (MPO) to improve infrastructure for parks, sidewalks, streets, and walking trails. This partnership provides walkable community workshops and hike & bike activities.
- Expansion of the Bienestar Elementary and Pre-K curricula on nutrition and physical activity for children.

Metro Health's WIC program helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. The program recently served over 50,000 participants each month with nutritional education classes. The program receives extra funding from the WIC State Agency to implement additional obesity prevention projects. Specialized classes were developed and taught by dietitians that focus on making healthier food choices when shopping for groceries. Metro Health's four-year *Families Preventing Diabetes* (FPD) program, a population-based intervention project, supports diabetes management strategies centering on healthy diet and exercise. Additional funding has recently been awarded to reduce diabetes risk through policy and environmental changes, which include implementing nutritional information labeling on restaurant menus.

Metro Health works with health systems and health-focused organizations across San Antonio through coalitions, work groups, and formal partnerships that address the growing epidemic of childhood obesity in the community. The University of Texas Health Science Center at San Antonio School of Nursing (UTHSCSA-SoN) developed "Healthy Choices for Kids" classes which pair medical and nursing students with children from a predominantly Hispanic neighborhood. The students developed a curriculum to teach and model healthy living practices to prevent obesity among the participants of the summer youth program.

The Bexar County Community Health Collaborative has long been a leader in efforts to reduce childhood obesity. The Health Collaborative developed a youth overweight and obesity project called *Project Measure Up* to serve as a resource to Bexar County's independent school districts by maintaining a corps of free, local volunteers to assist districts with completing mandated fitness testing; providing tangible incentives to support school district infrastructure; and providing access to comprehensive obesity prevention programming and resources.

The CoSA Parks and Recreation Department offers a variety of year-round and summer programs for children. These programs range from fitness classes offered at their 27 community centers to youth sports leagues. The department also teams up with local school districts in the summer to provide a structured, supervised program for children at approximately 64 sites throughout the city.

ORGANIZATIONAL CAPACITY

Metro Health has the organizational capacity to support and implement the requirements of the *Healthy Kids, Healthy Communities* proposal. Metro Health serves as the sole public health agency charged with the responsibility of providing public health leadership and programs in San Antonio and the unincorporated areas of Bexar County. Metro Health has jurisdiction over public health activities within Bexar County, but operates within the City of San Antonio governmental structure and has access to the CoSA financial, human resources, contracts, legal, and purchasing departments. As previously described, Metro Health activities currently address physical inactivity and poor nutrition among children and families, most notably, through the Steps-SA and WIC programs. Other activities address diabetes management, worksite wellness, tobacco prevention and control, sexual health, and infant mortality, as well as traditional communicable disease prevention and detection, and environmental health services.

KEY PARTNERS

In order to achieve policy, environmental, and systems changes to increase active living and healthy eating for children and families, several partner organizations have committed to work alongside Metro Health. Under the leadership of Metro Health, seven key partners will assist in the planning, implementation and evaluation of the interventions within this proposal. Additional information about these partners is detailed in the Organizational Partners Form.

In the area of healthy eating, the UTHSCSA-SoN will contribute its leadership, experience, and nursing students to conduct comprehensive food assessments within the project area measuring the physical location and merchandise of food retailers and restaurants to identify neighborhood access to healthy foods. The San Antonio Restaurant Association (SARA) recognizes its unique and integral role in the obesity epidemic in San Antonio, and is committed to being a proactive part of the solution. SARA is committed to reformulating menu items to include healthier options, offering affordable and reasonably sized portions, providing healthier combinations for meals, and making healthier items the standard for children's meals. The Health Collaborative will contribute staff time and expertise in leveraging its existing relationships throughout the community, and with political leaders to implement the proposed interventions.

In the area of active living, the CoSA Parks and Recreation Department will assist in increasing public access to parks, natural areas, recreational facilities, and recreational programs to promote physical activity. CoSA Planning and Development Services will assist in the development of healthy communities by improving sidewalk conditions and making other infrastructure improvements in new and existing communities to enable the safe and convenient travel of all users of the roadway. The Metropolitan Planning Organization will implement

Walkable Community programs in the target area to assess and plan for the safe and convenient travel of pedestrians and bicyclists. MPO's workshop findings will be used to make recommendations regarding development to key decision-makers.

Finally, the local Texas Public Radio affiliate, KSTX, will develop a series of radio news segments addressing childhood obesity. These segments will inform listeners as a public service, and will serve to advise key decision-makers in the community about the need for action.

LOCAL FUNDING SUPPORT

Seven organizations have committed to support the proposal through in-kind contributions totaling \$68,000. The organizations include Metro Health, the Health Collaborative, University of Texas Health Science Center at San Antonio School of Nursing, San Antonio-Bexar County Metropolitan Planning Organization, Texas Public Radio, and CoSA Departments including Planning and Community Development, and Parks and Recreation. Based on each of these organizations' mission statements and current priorities, Metro Health secured long term commitment from each to work toward the policy, environmental, and systems change initiatives that are the focus of this proposal. Each organization has committed to full participation in a planning committee facilitated by the project coordinator. The planning committee will align each organization's respective work plans to the interventions within this proposal. Although some of the interventions will take months or years to fully implement, some will be realized very quickly. By capitalizing on long-term partnerships, Metro Health is confident that the relationships with the key partners will continue well beyond the grant period.

READINESS

As the leading public health authority for the San Antonio area, Metro Health is well positioned to successfully carry out the proposed initiative. The experience of Metro Health in spearheading community coalitions includes initiatives such as *The Alliance for Community Health in San Antonio and Bexar County* (The Alliance), formed to carry out a strategic process to improve the community's health and quality of life through the development of a community health improvement plan; *Healthy Start*, which brings together academic institutions, faith-based agencies, health care providers, citizens and others to define and develop new systems to reduce infant mortality among African-American women and at-risk Hispanics; and *Steps-SA*, as previously described.

Local elected officials have recently formed a work group involving Metro Health to address the burden of diabetes in the community through policy and organizational change. In addition, multiple CoSA departments developed a City of San Antonio *Strategic Plan for Community Development* that includes plans to improve the physical environment for bicyclists and pedestrians. As more San Antonio and Bexar County leaders look to improve the health of their constituents, Metro Health has the infrastructure and experience create and advocate for community policy, systems, and environmental changes to combat childhood obesity. Metro Health received considerable support from key political leaders in response to this proposal. The current political climate recognizes the importance of and is ready to support and move forward with efforts to prevent and reduce childhood obesity through physical activity and healthy eating.

PRELIMINARY FOCUS OF THE INITIATIVE

Metro Health proposes four interventions to promote active living and healthy eating among children in the project target area and larger Bexar County.

In the area of active living, Metro Health plans two interventions:

- 1) *Develop agreements to expand the shared use of schools and other public facilities for after-hours use for physical activity.*

This intervention will leverage the existing relationships between Metro Health and area school districts. Metro Health will also continue its long history of partnership with the CoSA Parks and Recreation Department to promote access to public facilities and green spaces. The intervention will first focus in the target area, and then be implemented in other areas of Bexar County as appropriate.

- 2) *Implement complete streets that are designed and operated to enable the safe and convenient travel of all users of the roadway including pedestrians, bicyclists, users of public transit, motorists, children, the elderly, and people with disabilities.*

This intervention will help guide new development and rehabilitation of existing developments to better serve the needs of residents and become more navigable by pedestrians and cyclists. The Metropolitan Planning Organization has already done extensive work throughout the county to make recommendations to school and neighborhood communities, and is developing a resolution to recommend that decision-makers implement 'complete streets' policies. The CoSA *Strategic Plan for Community Development* also emphasizes the use of the 'complete streets' methodology and aligns with the purpose of this proposal. This intervention will be implemented throughout the county as funds become available to develop different geographic areas.

In the area of healthy eating, Metro Health plans two interventions:

- 3) *Encourage restaurants to provide healthy foods and beverages by reformulating existing menu items, adding healthier menu items (e.g., fruits, vegetables, and whole grains), offering affordable and reasonably sized portions, providing healthier combinations for meals, and making healthier items the standard for children's meals.*

Working closely with the San Antonio Restaurant Association and area health professionals, Metro Health will lead the movement to modify menus or mark specific menu items to identify those that are healthier choices for children. This intervention will first focus on restaurants in the target area. If efforts are successful, the plan will be expanded into other high need areas of the county.

- 4) *Conduct neighborhood-level nutritional assessments of physical location and merchandise of food retailers and restaurants to identify neighborhood access to healthy foods.*

Using a standardized tool, the Nutrition Environmental Measures Assessment, staff and students of the UTHSCSA School of Nursing will conduct neighborhood-level assessments in the target community to identify neighborhood needs regarding access to healthy foods. The assessment will specifically determine availability of healthy choices; compare prices of healthy vs. less healthy foods and retail grocers vs. convenience stores; and the quality of available fresh produce. In addition, a standardized tool will be adopted to assess the neighborhood saturation of different types of restaurants and their menus. Information obtained from the assessments will be used to inform interventions involving restaurants and physical development of neighborhoods. The information can also be used to approach local elected officials regarding the health status and resources of their districts.

Attachment II

**Robert Wood Johnson Foundation
Fund xxx
Fund Center xxx
Proposed Budget for Period: 12/15/2009 to 12/14/2010**

<u>ESTIMATED REVENUES</u>	<u>SAP GL</u> <u>No.</u>	<u>CURRENT</u> <u>BUDGET</u>
RWJF grant	xxxxxxx	\$ 90,000
Total Estimated Revenues		<u>\$ 90,000</u>

APPROPRIATIONS

RWJF Grant, "Healthy Active San Antonio"

Period: 12/15/2009-12/14/2010

Cost Center xxx

Internal Order 136000000xxx

Regular Salaries & Wages	5101010	52,646
Language Skill Pay	5101050	0
Social Security	5103005	4,224
Life Insurance	5103010	66
Personal Leave Buy Back Pay	5103035	2,031
Transportation Allowance	5103056	540
Group Health Insurance	5104030	7,602
TMRS	5105010	7,216
Fees to Professional Contractors	5201040	0
Binding, Printing, and Reproduction	5203060	400
Transportation Fees	5203090	0
Travel - Official	5207010	3,319
Office Supplies	5302010	750
Computer Software	5304075	0
Other Commodities	5304080	406
Software Licensing	5404520	0
Workers' Disability Comp.	5405020	0
Indirect Cost	5406530	10,800
Computer Equipment	5501000	0
Total 36-xx-xx		<u><u>\$ 90,000</u></u>

PERSONNEL COMPLEMENT:

<u>Class No.</u>	<u>Title</u>	<u>Current</u> <u>Positions</u>	<u>Add/Reduce</u> <u>Positions</u>	<u>Approved</u> <u>Positions</u>
Activity 36-xx-xx				
Cost Center xxx				
Internal Order 136000000xxx				
0999	Sr. Management Analyst (1.0 FTE)	<u>0</u>	<u>1</u>	<u>0</u>
	Total 36-xx-xx	0	1	0