Healthy Latino Communities

Robert Garcia
Founding Director and Counsel
rgarcia@cityprojectca.org
The City Project Results
Health and the Built Environment

Physical education compliance in public schools

$27 billion in bonds for school construction and modernization

Each $50 million = 935 annual jobs, $43 million wages, $130 million local business revenue

Joint use of schools, pools, and parks

$10 Billion in park and resource bonds

1,000 acres of parks in park poor, income poor communities of color

Equal Access for All

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Institute of Medicine Recommendations

- Alleviate disparities in physical education & activity
- Improve the whole school environment
- Physical activity can improve academic performance & health
- Make physical education a core subject
- Provide physical education with > 50% MVPA
- Teacher training & professional development
- Monitor physical education compliance
The City Project Results

Physical education compliance in public schools

“A best practice example for districts across the state to provide a quality education for the children of California.” Dr. Robert Ross, President, The California Endowment
Physical Education and Student Activity: Evaluating Implementation of a New Policy in Los Angeles Public Schools

Marish Laffeur, MPH • Seth Strongin, MS • Brian L. Cole, DrPH • Sally Lawrence Bullock, MPH • Rajni Banthia, PhD • Lisa Craypo, MPH • Ramya Sivasubramanian, JD • Sarah Samuels, DrPH • Robert Garcia, JD

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Abstract
Background California law has standards for physical education (PE) instruction in K–12 public schools; audits found that the Los Angeles Unified School District did not enforce the standards. In 2009, the district adopted a PE policy to comply with these standards.
Purpose This study aimed to evaluate the outcomes of the PE policy in district schools.
Methods PE class observations were conducted using the System for Observing Fitness Instruction Time in the 2010–2011 and 2011–2012 school years in an income-stratified random sample of 34 elementary, middle, and high schools to assess changes in PE class size, class duration, and time students spent in moderate to vigorous physical activity.
Results PE class duration increased in high-income elementary schools. Mean class size decreased in low-income middle schools.
Conclusions There was limited implementation of the PE policy 2 years after passage. Opportunities exist to continue monitoring and improving PE quantity and quality.

Keywords Physical education • Schools • Policy • Children • Adolescents • Physical activity

Introduction
The health benefits of participation in regular physical activity for children and adolescents are well documented [1]. Frequent moderate to vigorous physical activity (MVPA) is associated with reduced incidence of overweight, obesity, and type II diabetes in children and adolescents and can be protective against hypertension, atherosclerosis, coronary heart disease, and cardiovascular disease in adulthood [2–5]. The US Department of Health and Human Services (HHS) recommends that children and adolescents participate in a minimum of 60 min of moderate or vigorous physical activity daily [6]. Additionally, developing habits, skills, and abilities to participate in regular physical activity during childhood and adolescence is associated with continued physical activity through adulthood [7].

Provision of quality physical education (PE) is recognized as the most widely available tool for promoting physical activity among children and adolescents [8]. This refers to formal school-based PE classes, which count towards mandated minimum PE minutes and adhere to other state and district regulations regarding PE. School-based PE has been found to effectively increase the duration of physical activity and physical fitness, as well as reduce blood cholesterol and time spent watching television [9]. PE can prevent excessive childhood weight gain, especially at early ages. One study found that 60 min of PE daily was associated with less weight gain 1 year later among girls in kindergarten that were overweight or at risk for overweight [10].
Equal Justice Laws

Equal Access to Public Resources

Prohibit Intentional Discrimination

Prohibit Unjustified Discriminatory Impacts
Equal Protections Laws

Title VI of the Civil Rights Act of 1964 and Regulations

President’s Order 12898 on Environmental and Health Justice

Parallel State Laws CA 11135
Strategies for Success

The City Project works with diverse allies to implement strategies to improve green access for all through: (1) community organizing and coalition building; (2) translating research into policy, law and systemic change; (3) strategic media campaigns, including new social media; and (4) policy and legal advocacy outside the courts. (5) When necessary, we also seek access to justice through the courts.
Park Access and Schools for Children of Color Living in Poverty with No Access to a Car
JAPS KEEP MOVING
THIS IS A WHITE MAN'S NEIGHBORHOOD.
OFFICIAL SAMPLE BALLOT
AND VOTER INFORMATION
GENERAL ELECTION
NOVEMBER 5

VOTER ALERT!!!
YOUR POLLING PLACE
YOUR VOTING MACHINE
POLL LOCATION
IN EXCISE ON EACH COVER.

POLLs OPEN AT 7 A.M. AND CLOSE AT 8 P.M.
MARK YOUR CHOICES IN THIS BOOKLET AND TAKE IT WITH YOU TO YOUR VOTING LOCATION.
Catapulting green justice & health to national level

National Park Service Healthy Parks, Healthy People

NPS New National Recreation Area in San Gabriel Mountains & Watershed

Congresswoman Judy Chu Public Health and Environmental Justice

NPS Greening Los Angeles and San Gabriel Rivers AGO

NPS Urban Waters L.A. River

NPS Expanded NRA Santa Monica Mountains

Free the beach! Keep beaches public for all
HEALTHY PARKS, SCHOOLS AND COMMUNITIES:
Mapping Green Access and Equity for Southern California

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Green Access and Equity for Southern California

Green Access and Equity Reports

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- Orange County
- Ventura County
- San Bernardino County
- San Diego County
- Riverside County
- Kern County
- Santa Barbara County
- Imperial County

Click on a county to review the report, maps, tables, and charts.

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Human Health and Development

Economic Vitality

Conservation Values

Culture, Heritage and Spirituality

Equal Justice, Democracy, Livability for All
Equal Justice, Democracy, and Livability for All!

Robert Garcia
Founding Director and Counsel
rgarcia@cityprojectca.org

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