UC ANR IN ACTION

Why We Meet
Stories From the Field
Phoebe Harpainter – NPI

UPDATES

Leadership Corner – Wendy Powers & Tu Tran
UCPath – John Fox
Staff Assembly – Jeanette Warnert
UC Walks – Megan Marotta
City Nature Challenge – Sarah Angulo
Second Street Operations – David Alamillo
Celebrate – Joan Taylor Warren

LEARNING

Safety Training – Fire Extinguisher Training
David Alamillo
WHY WE MEET

WE CELEBRATE
WE MEET NEW FACES
WE LAUGH
WE INSPIRE
WE BUILD TEAM
STORIES FROM THE FIELD

Phoebe Harpainter, MPH, RD
Nutrition Policy Institute
pharpainter@ucanr.edu
IMPROVING CHILDHOOD NUTRITION:

What role does the Nutrition Policy Institute (NPI) play?

Phoebe Harpinter, NPI | ANR All-Staff Meeting
April 2019
Who is NPI?
What kind of work do we do?

- IMPROVE FEDERAL NUTRITION PROGRAMS AND POLICIES
- PURSUE STRUCTURAL CHANGES IN FOOD SYSTEMS
- IMPROVE PHYSICAL AND SOCIAL ENVIRONMENTS
Why is young childhood an important time for good nutrition?

- Establish healthy behaviors: food, beverage intake
- Increased prevalence of diabetes in childhood

Why is childhood nutrition important for California?

- Population: CA has 3 million young children (0-5)
- Increasing weight over time in CA children

2. https://cfpa.net/early/
How has the food environment changed over time? (1)

**Children, low access to grocery store (% change), 2010 – 15**

**Definition:** Number of children (age < 18) in a county living more than 1 mile from a supermarket or large grocery store if in an urban area, or more than 10 miles from a supermarket or large grocery store if in a rural area.

Data source: [USDA Economic Research Service](https://www.ers.usda.gov/)

Research for healthy food, people and places
How has the food environment changed over time? (2)

**Number of fast-food restaurants (% change), 2009-14**

*Definition:* The percent change in the number of limited-service restaurants in the county.

Data source: [USDA Economic Research Service](https://www.ers.usda.gov/)

*University of California*
Agriculture and Natural Resources  Nutrition Policy Institute

*Research for healthy food, people and places*
Our story from the field: Healthy default beverages in kid’s meals! (1)

- **Passage of SB-1192**
  - Water or unflavored milk the default beverages for kid’s meals on Jan 1, 2019
  - First statewide law of its kind in USA

- **Dec 2018: Collected data pre-SB-1192**
  - **111** fast-food restaurant observations
  - **11** counties
  - **25** restaurant brands (national and local)
  - **79** caregivers interviewed about kid’s meals
Our story from the field: Healthy default beverages in kid’s meals! (2)

• Preparing report for ANR on results from baseline

• Preliminary results:
  • Clear need for healthy default law, AND...
  • Clear need for supporting restaurants in implementing this law

• Next Step: Collect data post-SB-1192: Will SB-1192 change what beverages are presented to customers that purchase kid’s meals?
Acknowledgments

• ANR Leadership: Opportunity Grant

• Mark Bell, Joan Warren, Jodi Azulai

• All of you for listening!

Please reach out and say hello anytime!

pharpainter@ucanr.edu
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Leadership Corner
Wendy Powers
Tu Tran

UPDATE
Leadership Corner

- First meeting of new Governing Council went well; info shared and some expression of need for our budget to grow. Next meeting to dig into nuances of our budget.
- UC ANR is on the May Regents meeting agenda!
- Mid-May is our annual review with President Napolitano.
- Working with OP to support our budget change proposal; good news is that the President has approved the Corridor formula increase for FY 2019-20.
- The Fire Summit here in Redding is a huge success and has really highlighted the important role that UCCE plays for local communities as well as developing solutions to big, state-wide challenges.
- Critical that everyone help get messages out to public and policy-makers on our impact. Great impact stories in the current report to USDA.
- May 15 – last day to Raise Your Hand! (https://.4-h.org/rasieyourhand)
  - Cards in the back
  - Prize for states with most hands raised
  - Local prizes, too! See Mary Ciricillo for more info.
- More info from Tu...
UCPath new Go Live Date

• UC ANR and UC Davis now planning to launch UCPath on October 1, with cutover activities happening in September

• Questions about UC Path? Email ucpath@ucanr.edu or visit ucpath.ucanr.edu
Healthy Meeting and Event Guide

A tool for campus event planners
Guidelines for Meals and Snacks

Follow these guidelines for more in-depth information and ideas on meals and snacks.

**Breakfast**
- **Protein**: Include healthy proteins such as eggs and low-fat dairy products. Try plain Greek yogurt and serve with fresh fruit and nuts as toppings. Avoid processed meats such as bacon and sausage.
- **Fruit**: Provide fresh fruit, whole or sliced, rather than juice.
- **Whole grains**: Select whole grain breads and baked goods. For items such as bagels and muffins, choose “zero” versions or cut targeted portions in half. Consider serving no pastries, but if you do include them, keep the portions small or cut in half.

### Selections from Cafeterias & Restaurants
- Eggs – hard-boiled, scrambled, or egg dishes such as frittata with vegetables
- Fresh fruit, fruit salad, or whole fruit
- Breakfast burritos with eggs, beans, salsa, and veggies
- Whole grain breakfast foods such as oatmeal, muffins, and bagels. Better accompaniments include nut butters, whipped cream cheese, and diced vegetables
- Omelet and toppings on the side

### Selections from Grocery Stores
- Plain yogurt with toppings of fresh fruit or frozen berries and nuts
- Whole milk
- Pre-made fruit platter or fruit salad
- Whole grain bread or English muffins
- Better accompaniments include nut butters, whipped cream cheese, and tomato and cucumber slices
- Pitas, instant oatmeal, and hot water available with fruit, nuts, and cinnamon on the side
Standing Breaks
- At least once an hour, participants should be given a break to stand up to improve blood circulation, boost metabolism, and relieve physical discomfort from sitting for prolonged periods of time.

Energize participants by having them stand up, march in place, and raise arms and legs in a sequence for 30-60 seconds to improve circulation, attentiveness, and focus.

Announce to participants that it is time to stand up and move around as needed. If possible, provide visual cues for those deciding to stand during the meeting.

Stretch Breaks
- Stretch breaks help participants wake up their bodies and minds.
- Encourage people to stand up and stretch in place. Select 3-4 different stretches from those provided to the right.
- Most of the exercises above can be done seated as needed.

Breathing Exercise
- Focused breathing is an energizing activity that can help achieve a relaxed and clear state of mind. Simply inhale for 4 seconds, hold it for 7 seconds, and exhale for 8 seconds.
Healthy Meeting Best Practices

Creating a culture of health and wellness at UC ANR is easy. Try these quick tips and make all your meetings healthy, productive and focused!

Plan mini-breaks every hour into your agenda
- Include formal or informal stretch/dance/movement breaks.
- Invite attendees to stretch or stand at any time.
- Be mindful open or close your meeting with a five-minute breathing or meditation exercise.

Make water first for thirst
- Always offer water, preferably from the tap using reusable pitchers.
- Mix it up: Try cold, infused fruit or herb water instead of sugary beverages or sodas.

Up brain power with fruits, veggies and whole grains
- Try fresh fruit, cut veggies and hummus, unsalted nuts and whole grains for snacks.
- Remember - smaller plates allow for better snack-size portions.

Go green - reduce, reuse and recycle
- Encourage attendees to bring their own cups, plates, utensils and refillable water bottles.
- Use locally sourced refreshments.
- Instead of printing agendas or handouts, email copies before the meeting!
- Opt for reusable, compostable and recyclable goods.
#UCANRhealthymeeting
THE WINNER!
THE PRIZE!
Get involved in Staff Assembly!

Nominations are now being taken for the 2019-20 council and committees.

“I didn’t realize how much I grew until I interviewed for my current position .... I feel that it really helped me obtain this job and advance my career in a direction I wasn’t expecting.”

Christina Adamson, former SA chair
Get involved in Staff Assembly!

Nominations are now being taken for the 2019-20 council and committees.

“I have had the opportunity provide input on policy, sharpen my research skills, incorporate best practices and network with diverse groups throughout the University of California.”

LeChé McGill, CUCSA delegate
Get involved in Staff Assembly!

Nominations are now being taken for the 2019-20 council and committees.

For more information, talk to:

In Davis
• David Alamillo
• Matt Baur
• Michelle Hammer Coffer
• LeChe McGill

In all other locations
• Your Staff Assembly Ambassador

http://staffassembly.ucanr.edu
Click the “UC ANR Staff Assembly Council tab
Promoting UC ANR community through healthy living

Wednesday, May 1, 2019
9:45 – 11:00 am

UC Walks

T-Shirts
Prizes
Fun

2nd Street Walkers, please register through the survey link in the collaborative tools communication.
Join the Second Street Ops Committee and CalNat for these UC ANR Davis Building events!

Thursday, April 25 at noon in the Sacramento Valley room: iNaturalist training
Friday, April 26 from 12:00 – 1:00 PM, meet at the patio: Bioblitz
Monday, April 29 from 12:00 – 1:00 PM, meet at the patio: Bioblitz
How to Participate in the City Nature Challenge
April 26-29, 2019

1. Download the iNaturalist app & make an account.
2. April 26-29, take photos of WILD plants and animals to make observations. If you take a photo of something you know is not wild (pets, garden or potted plants, zoo animals, market produce), select captive/cultivated in the app.
3. Be careful using the automatic suggestions for species. If you don’t see a suggestion that fits, it’s best to type in an ID (even a coarse ID like “plants” or “animals” or “fungus” is fine!) or leave that field blank.
4. Upload your observations to iNaturalist.
5. Learn more as your finds get identified, and help others by identifying their observations!
6. See how your city is doing by checking the leaderboard. Results will be announced May 6!

For more information visit citynaturechallenge.org
SECOND STREET OPERATIONS UPDATE

David Alamillo

University of California
Agriculture and Natural Resources
SAVE THE DATE

Day – Friday, June 7, 2019
Time -11:30 AM to 1:30 PM
SUMMER POTLUCK
.....more details to follow
From:
Second Street Operations Committee
New Faces

Service Awards

Celebrate!

April birthdays

Joan Taylor Warren

University of California
Agriculture and Natural Resources
LEARNING

David Alamillo

Fire Extinguisher Training

University of California
Agriculture and Natural Resources
What should I do if there is a fire?

• Some things you need to think about –
  • Do you have a safe way to exit the area?
  • How big is the fire?
  • What type of fire is it?
  • Are you in impending danger?

Remember – Using a fire extinguisher by ANR employees is completely voluntary
How big is the Fire?

Small Trash or early developing Fire

Desk or Room Fire

Building Fire
Components of a Fire – Fire Triangle

Fire requires the following three elements to exist:

• **Fuel** – can be from vapor, liquid, or a solid source
  - Starvation – removal of fuel
• **Oxygen** – in the air around the fire
  - Smother – removal of oxygen
• **Heat** – as small as a spark, elevate to material ignition point
  - Cooling – removal of heat
• Need all three to have a fire
• Remove any one of the three components and fire cannot start or be sustained
## Fire Classes

<table>
<thead>
<tr>
<th>A</th>
<th>Trash</th>
<th>Wood</th>
<th>Paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>• wood</td>
<td>• paper</td>
<td>• cloth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B</th>
<th>Liquids</th>
<th>Grease</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>• gasoline</td>
<td>• oil</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C</th>
<th>Electrical Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>• computers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D</th>
<th>COMBUSTIBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>• magnesium</td>
</tr>
</tbody>
</table>
Fire Classes (cont.)

CLASS K FIRES

- Fires involving combustible oils, lards and fats in commercial cooking.
- Special fire extinguishers, class “K”, are used.
- Typically found in the kitchen areas of restaurants/cafeterias.

K Cooking Media
## What type of Fire is it?

<table>
<thead>
<tr>
<th>CLASSES OF FIRES</th>
<th>TYPES OF FIRES</th>
<th>PICTURE SYMBOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Wood, paper, cloth, trash &amp; other ordinary materials.</td>
<td><img src="image" alt="A" /></td>
</tr>
<tr>
<td>B</td>
<td>Gasoline, oil, paint and other flammable liquids.</td>
<td><img src="image" alt="B" /></td>
</tr>
<tr>
<td>C</td>
<td>May be used on fires involving live electrical equipment without danger to the operator.</td>
<td><img src="image" alt="C" /></td>
</tr>
<tr>
<td>D</td>
<td>Combustible metals and combustible metal alloys.</td>
<td><img src="image" alt="D" /></td>
</tr>
<tr>
<td>K</td>
<td>Cooking media (Vegetable or Animal Oils and Fats)</td>
<td><img src="image" alt="K" /></td>
</tr>
</tbody>
</table>

ABC type fires are the most typical of an office setting.
# Types of Extinguishers

<table>
<thead>
<tr>
<th>Extinguisher Type</th>
<th>Type of Fire</th>
<th>Special Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Foam</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Dry Powder</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Carbon Dioxide (CO2)</td>
<td>A</td>
<td>B</td>
</tr>
</tbody>
</table>

Yes | No
What Type do We Have?

• In most office settings the extinguisher is a Dry Chemical rated for A, B, & C fires

• Location designated with a sign and on your emergency route map

• Instructions are found on the extinguisher and sometime on a separate pamphlet
Emergency Action and Fire Prevention Plan

• Locations of Emergency Equipment
Emergency Action and Fire Prevention Plan

- Building Exterior and Assembly Area
Fire Extinguisher Anatomy

- DISCHARGE LEVER
- DISCHARGE LOCKING PIN AND SEAL
- DISCHARGE HOSE
- DISCHARGE NOZZLE
- DISCHARGE ORIFICE
- PRESSURE GAUGE (not found on CO₂ extinguishers)
- CARRYING HANDLE
- DATA PLATE
- BODY
Is there a danger in using a Fire Extinguisher?

- In most cases fire extinguishers do not pose a direct hazard to the operator when used appropriately

- Dry Chemical – have a non-toxic powder that may be like a nuisance dust if inhaled

- Carbon Dioxide - the CO2 will be cold coming out and will displace the oxygen in a small space

- Consult your SDS for specific health and protective measures for your extinguisher

*SDS – Safety Data Sheet*
What are the limits of a Fire Extinguisher?

- Have an Effective range of 6 to 10 feet
- Have a duration of 10 to 20 seconds dependent on size
- Only work on small, semi-contained fires
- Only work if you know where they are and how to use them
- Home use extinguishers (non-rechargeable) have a shelf life of 8-10 years, see manufacturer guidelines
Firefighting Decision Criteria

• **Know**
  - department emergency procedures and evacuation routes
  - locations of extinguishers in your area and how to use them
• **Always** sound the alarm regardless of fire size
• **Ensure** area is evacuated
• **Avoid** smoky conditions
• **Do NOT** attempt to fight fire unless:
  – Alarm is sounded or occupants and fire department alerted
  – Fire is small and contained
  – You have safe egress route (can be reached without exposure to fire)
  – Available extinguishers are rated for size and type of fire
• If in doubt, evacuate!

**DON’T ATTEMPT TO FIGHT FIRE UNLESS YOU ARE TRAINED**
Fire Safety in the Home

- Locate fire extinguishers in the hazardous areas of your home
- Install Smoke Detectors: on every level of your home, inside bedrooms & outside sleeping areas
- Install Carbon Monoxide Detectors: on every level of your home & outside sleeping areas
- Test & maintain devices regularly: changing batteries and sound alarms
- Know two ways out of every room
- Have a family meeting spot outside the home
- Have a family communications plan, know how to reach each other
- Hold a fire drill and practice how to escape
- Teach/remember: STOP, DROP, & ROLL if your clothes should catch fire
Remember the Password

It's just like squirting liquid cheese on nachos.

KNOW HOW TO USE A FIRE EXTINGUISHER
FOLLOW THE *P*A*S*S WORD
*PULL *AIM *SQUEEZE *SWEEP

FIRE SAFETY REPORTS

University of California
Agriculture and Natural Resources
How to use a Extinguisher

P – Pull to remove pin
A – Aim nozzle
S – Squeeze discharge lever
S - Sweep back-forth at base of the fire

- 6-8 ft from the fire
- Stay low
- Avoid breathing smoke
- If fire spreads or threatens escape route, evacuate
Fire Extinguisher Training Materials

Safety Note #50 (Portable Fire Extinguisher Basics)
http://safety.ucanr.edu/files/1444.pdf

Safety Note #72 (Basic Fire Prevention Measures)
http://safety.ucanr.edu/files/1468.pdf

Fire Extinguisher Monthly Inspection Form
http://safety.ucanr.edu/files/3064.pdf

Emergency Action & Fire Prevention Plan
http://safety.ucanr.edu/Plans,_Forms_and_Templates/

EH&S Web Training Video
http://safety.ucanr.edu/Safety_Training_Resources/Fire_Extinguisher_Video/

Fire Extinguisher Presentations
http://safety.ucanr.edu/Safety_Training_Resources/Power_Points/

ANR Fire Control & Suppression Policy & Procedure
http://safety.ucanr.edu/files/2864.pdf
Fire Extinguisher Training

If you need more information please visit

http://safety.ucanr.edu
Fire Extinguisher Video
(available on the ANR EH&S website)

http://safety.ucanr.edu/Training/Fire_Extinguisher_Video
Any questions?
Next-

UC ANR Staff Meeting
Thursday, May 16, 2019
1:30 to 2:30 PM

https://ucanr.zoom.us/j/530365395
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+1 646 558 8656
Webinar ID: 530 365 395