

UC ANR STAFF MEETING
APRIL 18, 2019
1:30 - 2:30 PM

AGENDA

<https://ucanr.zoom.us/j/530365395>

US: +1 669 900 6383 or
+1 646 558 8656

Webinar ID: 530 365 395



University of California
Agriculture and Natural Resources

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

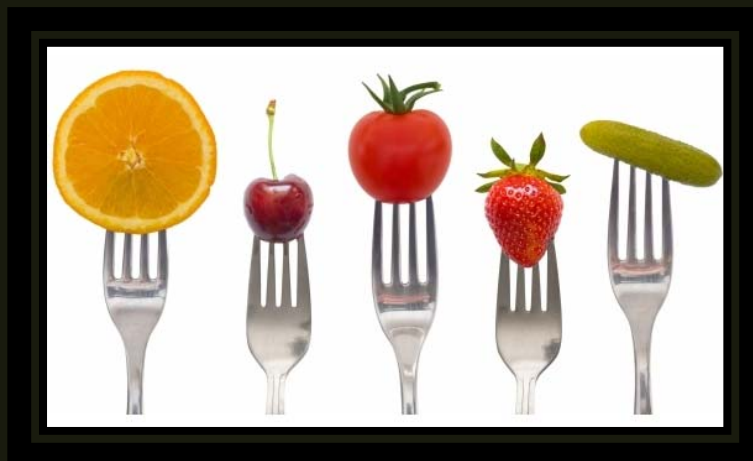
WE MEET NEW FACES

WE LAUGH

WE INSPIRE

WE BUILD TEAM





STORIES FROM THE FIELD

Phoebe Harpainter, MPH, RD
Nutrition Policy Institute
pharpainter@ucanr.edu

University of California
Agriculture and Natural Resources

IMPROVING CHILDHOOD NUTRITION:

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

Phoebe Harpenter, NPI | ANR All-Staff Meeting

April 2019



University of California

Agriculture and Natural Resources | Nutrition Policy Institute

Research for healthy food, people and places

Who is NPI?



University of California

Agriculture and Natural Resources | Nutrition Policy Institute

Research for healthy food, people and places

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 ¹

Why is childhood nutrition important for California?

- Population: CA has 3 million young children (0-5) ²
- Increasing weight over time in CA children ³

1. <https://cfpa.net/ChildNutrition/ChildCare/CFPAPublications/PCD-DrinkingWaterinCAChildCare-June2015.pdf>

2. <https://cfpa.net/early/>

3. https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201720180SB1192

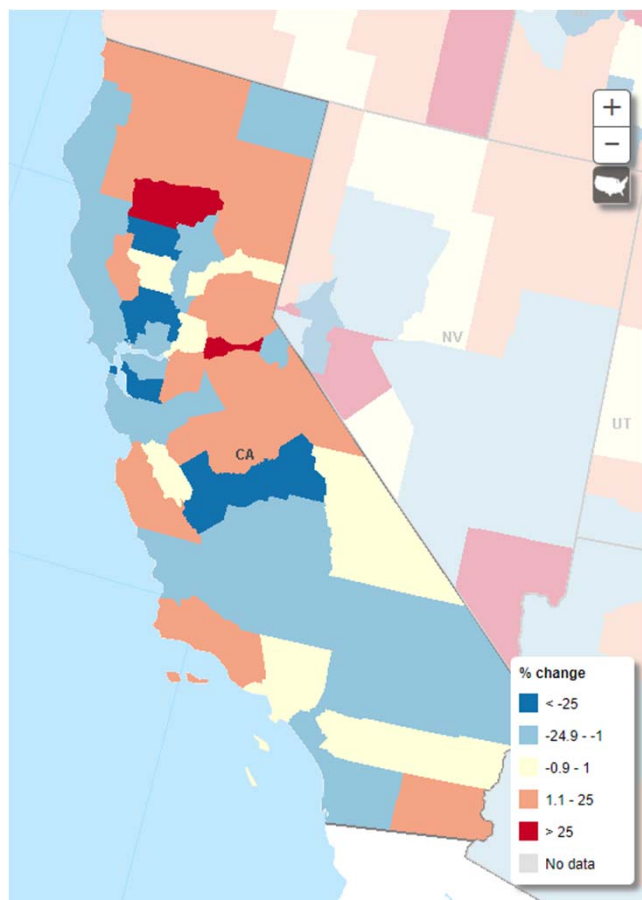


University of California

Agriculture and Natural Resources ■ Nutrition Policy Institute

Research for healthy food, people and places

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](#)



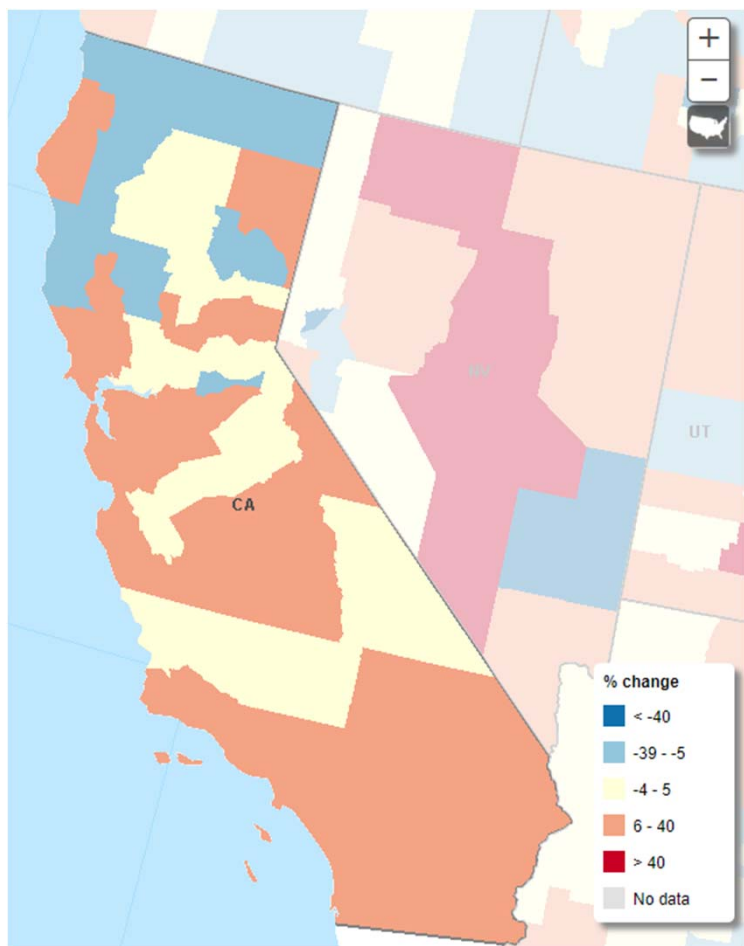
University of California

Agriculture and Natural Resources

Nutrition Policy Institute

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](#)



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



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! (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?**



University of California

Agriculture and Natural Resources | Nutrition Policy Institute

Research for healthy food, people and places

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



University of California

Agriculture and Natural Resources | Nutrition Policy Institute

Research for healthy food, people and places

UPDATES

Leadership Corner – Wendy Powers

UCPath – John Fox

Staff Assembly – Jeannette Warnert

UC Walks – Megan Marotta

City Nature Challenge – Sarah Angulo

Second Street Operations – David Alamillo

Celebrate – Joan Taylor Warren



University of California
Agriculture and Natural Resources

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

UC ANR Staff Assembly Wellness Committee





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 "mini" versions or cut larger portions in half. Consider serving no pastries, but if you do include them, keep the portions small or cut in half.

Selections from Caterers & Restaurants	Selections from Grocery Stores
<ul style="list-style-type: none">✓ Eggs – hard-boiled, scrambled, or egg dishes such as frittata with vegetables✓ Fruit platter, fruit salad, or whole fruit✓ Breakfast burritos with eggs, beans, salsa, and veggies✓ Whole grain baked goods such as bread, muffins, and bagels. Better accompaniments include nut butters, whipped cream cheese, and sliced vegetables✓ Oatmeal and toppings on the side	<ul style="list-style-type: none">✓ Plain yogurt, with toppings of fresh fruit or frozen berries and nuts✓ Whole fruit✓ 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✓ Plain, instant oatmeal (have 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 overhead for 30-60 seconds to improve blood circulation, attention, and focus.
- Announce to participants that it is fine to stand up and move around, as needed. If possible, provide raised tables for those electing to stand during the meeting.



March in Place



Neck Stretch



Focused Breathing



Hip Circle



Chest Stretch



Side Stretch

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 these examples 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

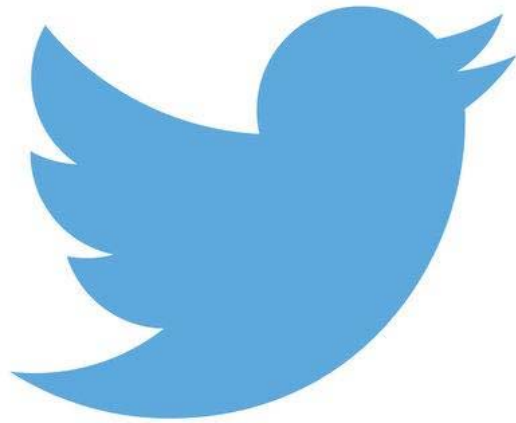
- Try fresh fruit, cut veggies and hummus, unsalted nuts and whole grains for snacks.
- Remember - smaller plates allow for better snack-size portions.

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.







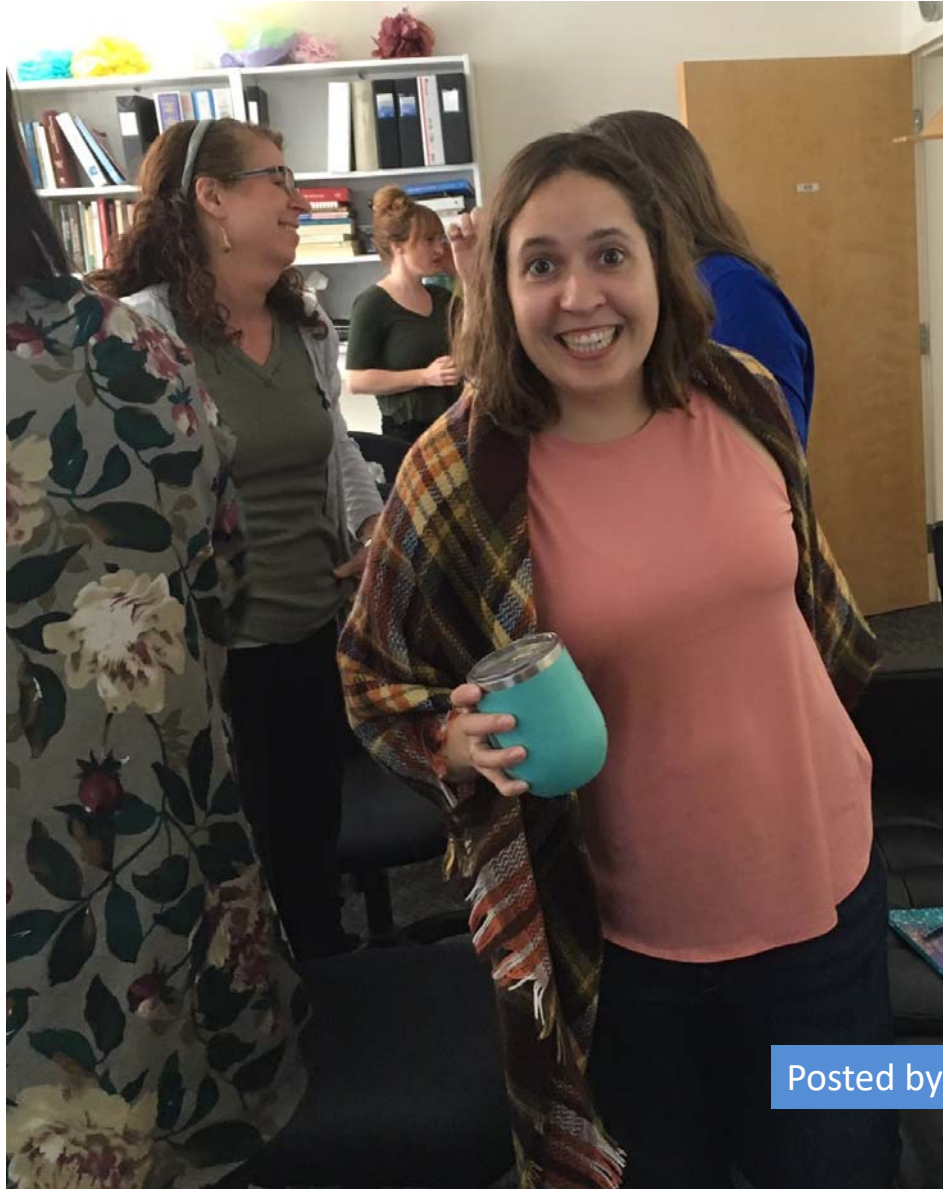
#UCANRhealthymeeting



Posted by @CANaturalist



Posted by @KaelaPlank



Posted by @KaelaPlank



Posted by @KaelaPlank



Posted by @KaelaPlank



Posted by @MGPSanBern



Posted by @MGPSanBern

THE WINNER!



Posted by @MGPSanBern

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 Coffey
- 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



City Nature Challenge 2019

April 26–29

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



University of California
Agriculture and Natural Resources

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



Fire Extinguisher Training

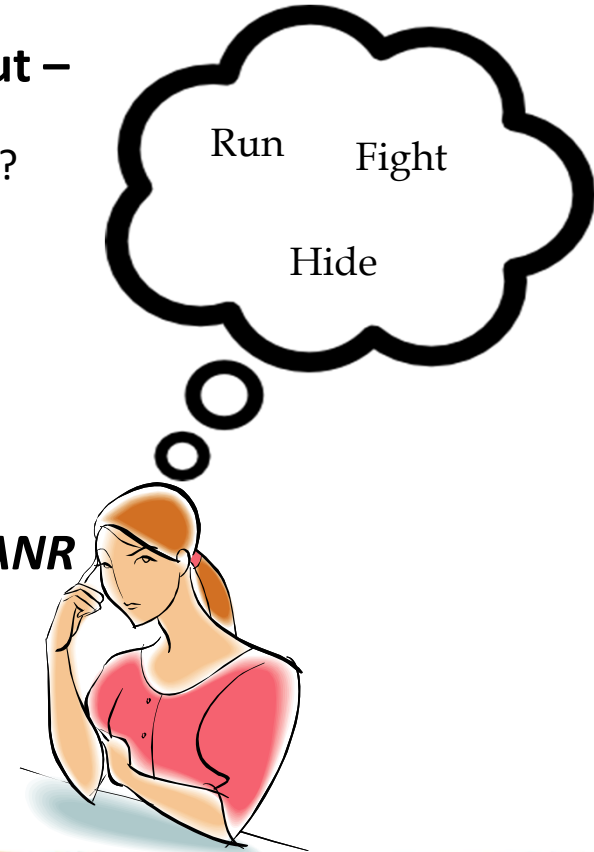


ANR Davis
All Staff Meeting
April, 2019

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

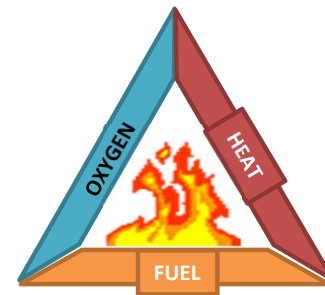


Building Fire

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



<p>A Trash Wood Paper</p> <p>A </p> <ul style="list-style-type: none">• wood• paper• cloth• etc.	<p>B Liquids Grease</p> <p>B </p> <ul style="list-style-type: none">• gasoline• oil• grease• other solvents
<p>C Electrical Equipment</p> <p>C </p> <ul style="list-style-type: none">• computers• fax machine• other energized electrical equip.	<p>COMBUSTIBLE</p> <p>D </p> <p>METALS</p> <ul style="list-style-type: none">• magnesium• sodium• potassium• titanium• other flammable metals



Fire Classes (cont.)



CLASS K FIRES



K Cooking Media

- 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.






























What type of Fire is it?

CLASSES OF FIRES	TYPES OF FIRES	PICTURE SYMBOL
	Wood, paper, cloth, trash & other ordinary materials.	
	Gasoline, oil, paint and other flammable liquids.	
	May be used on fires involving live electrical equipment without danger to the operator.	
	Combustible metals and combustible metal alloys.	
	Cooking media (Vegetable or Animal Oils and Fats)	

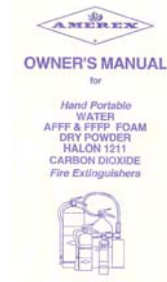
ABC type fires are the most typical of an office setting

Types of Extinguishers

Fire Extinguisher Chart						
Extinguisher	Type of Fire					Special Notes
Type	 A	 B	 C	 D	 K	
Water						Dangerous if used on 'liquid fires' or live electricity
Foam						Not practical for home use
Dry Powder						Safe use up to 1000V
Carbon Dioxide (CO2)						Safe on high and low voltages
			Yes 	No 		

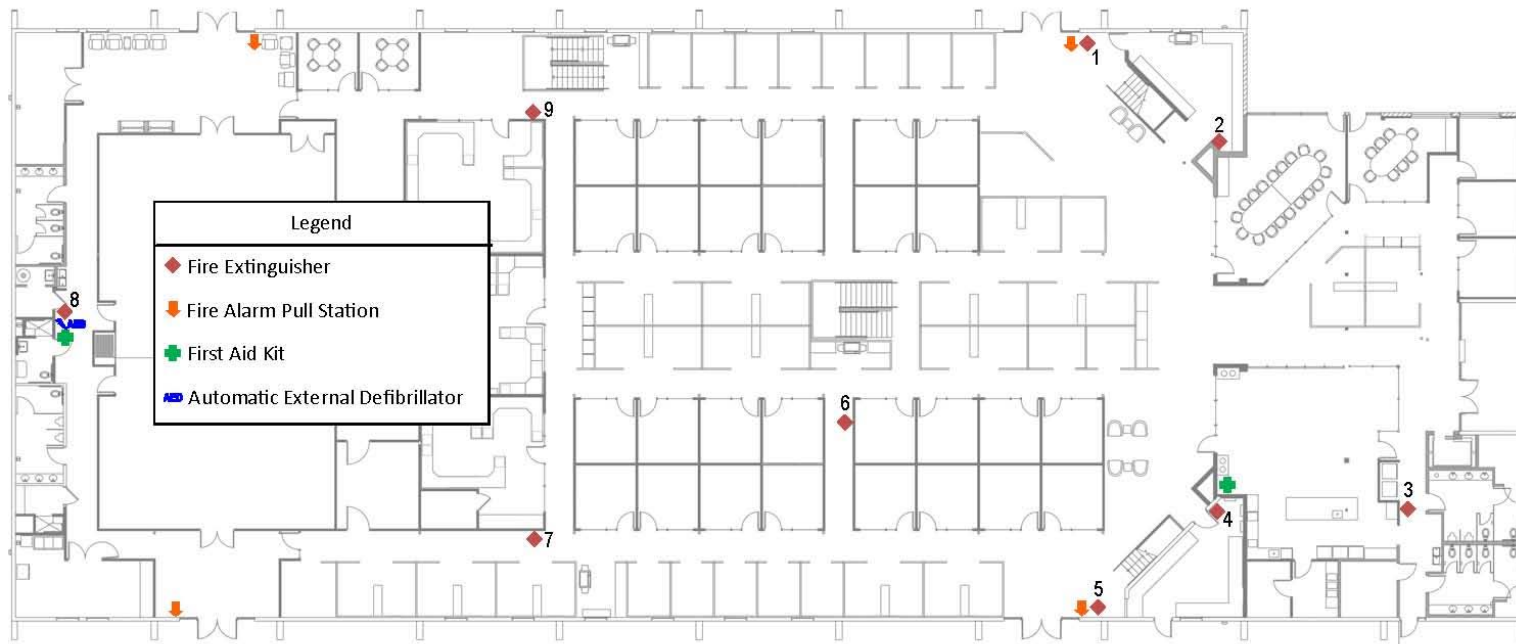
What Type do We Have?

- 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



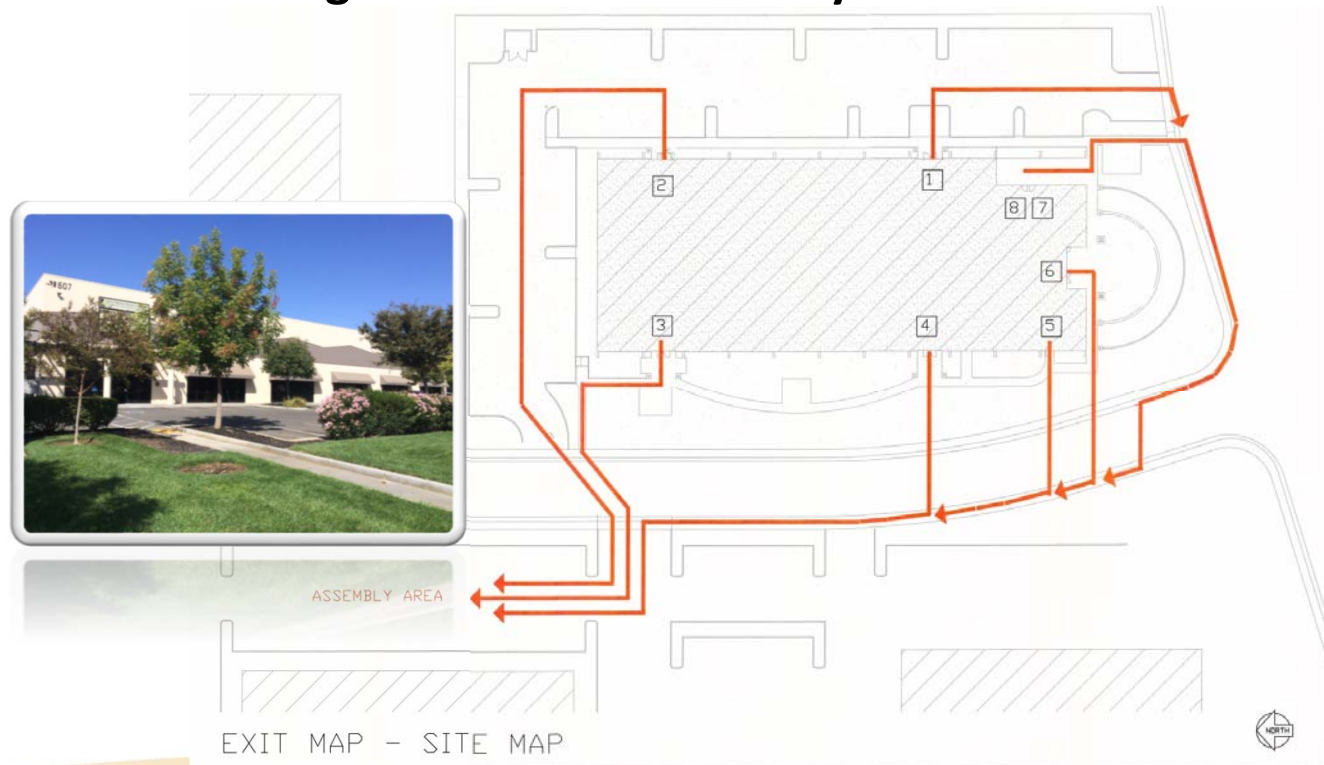
Emergency Action and Fire Prevention Plan

- Locations of Emergency Equipment

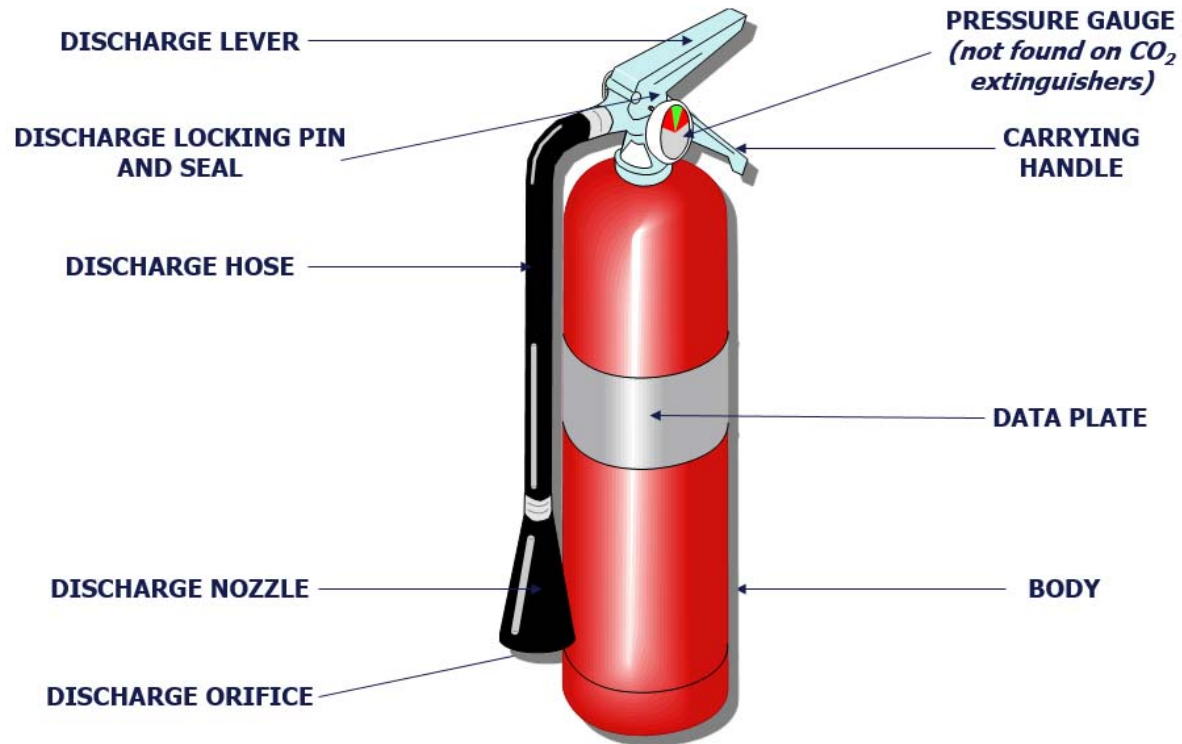


Emergency Action and Fire Prevention Plan

- Building Exterior and Assembly Area



Fire Extinguisher Anatomy



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

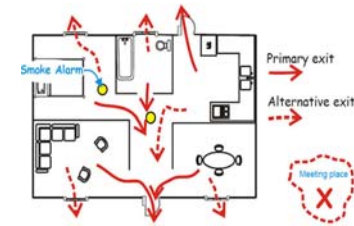
Firefighting Decision Criteria

- **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!

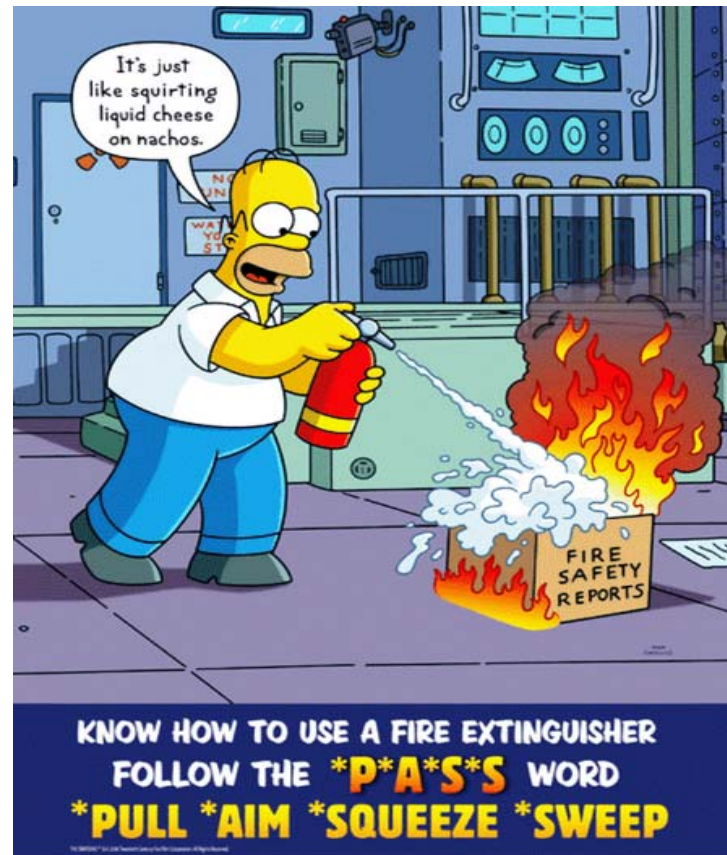
DON'T ATTEMPT TO FIGHT FIRE UNLESS YOU ARE TRAINED

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



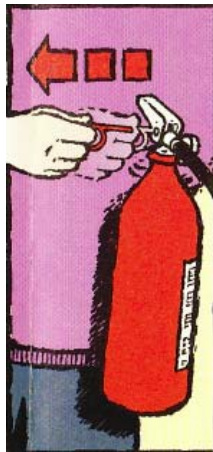
Remember the Password



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

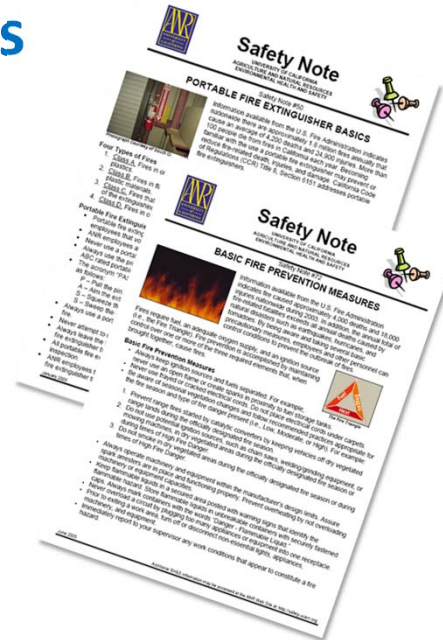
http://safety.ucanr.edu/Safety_Training_Resources/Fire_Extinguisher_Video/

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



University of California
Agriculture and Natural Resources

Next-

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

<https://ucanr.zoom.us/j/530365395>

US: +1 669 900 6383 or
+1 646 558 8656

Webinar ID: 530 365 395