
Session 4

SAMPLE ONE-PAGER FOR MEETING WITH DECISION-MAKERS

LINCOLN HIGH SCHOOL

BACKGROUND

Youth Engagement and Action for Health (YEAH!) is a program that teaches groups of youth and their adult mentors to plan and implement projects designed to create neighborhoods where it is easier for people to be healthy. Youth are trained to conduct neighborhood assessments, select a meaningful project, and advocate for change with local policy and decision-makers. Past projects have included building sidewalks around a school in east San Diego County, renovating neighborhood parks in Chula Vista and City Heights, and improving school food at high schools throughout San Diego.

OUR PROJECT

At Lincoln High School in Southeast San Diego, the youth wellness council has been working with our fellow students to assess the changes that we would like to see made to the school food. According to a survey that the wellness council conducted of 500 of our peers, the students at Lincoln High School would like the addition of a salad bar at lunch time, more whole wheat options, and more vegetables added to the current meal options.

84% of the students at Lincoln High School qualify for free and reduced price lunch, so a great majority of the students at our school are eating the school food daily. Additionally, 61% of our students are Hispanic/Latino and 28% are Black/African American. According to the California Center for Public Health Advocacy, 46.2% of Hispanic/Latino children and 39.3% of Black/African American children are overweight or obese, compared 26.9% of White children and 23.1% of Asian children.

We believe that making the food healthier at Lincoln High School is the first step in reducing the trend of childhood obesity in our community, which can lead to chronic conditions like diabetes and heart disease.

OUR REQUEST

Almost all of the high schools in the San Diego Unified School District have salad bars. In the past, the administrators at Lincoln High School have told the students that our school lacks the physical space to install a salad bar. However, we believe that the salad bar can be installed in the current cafeteria space or in an adjacent room, and we are willing to work with the administration to come up to creative solutions to the space issue.

Also, we'd like to request that the food services staff at Lincoln High School replace the flour tortillas and white rice with whole wheat options. Our student survey has indicated that the students at Lincoln support this change and will welcome the whole wheat alternatives. Finally, any additional vegetables that can be added to current meal options would be applauded by the student body at Lincoln High School.