

2024

A RESOURCE GUIDE



SACRAMENTO SCHOOL WELLNESS SUMMIT

SEPTEMBER 2024

HEALTH EDUCATION COUNCIL



This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program--SNAP. This institution is an equal opportunity provider.



Thank you

FOR ATTENDING OUR 5TH ANNUAL SACRAMENTO SCHOOL WELLNESS SUMMIT

The Sacramento School Wellness Summit seeks to engage school district staff and stakeholders to advance a culture of health and well-being in K-12 schools through sharing best practices that support wellness for the whole student.

The Health Education Council wants to thank you for attending our summit this year! We have compiled a list of resources from our speakers and sessions to provide easy access for everyone.

We would also like to thank all of our sponsors and supporters: Cal Fresh Healthy Living, Sacramento County Public Health, Western Health Advantage, Molina Healthcare, UniverSOUL Cafe, and Sacramento Youth Center.

This year's theme was *A Seat at the Table: Community Conversations on School Wellness*.

Sessions:

- Keynote: Cultivating Joy, Food, and Inspiration
- The Role of Health Insurance in School Wellness
- Nutrition Champions Panel
- Holistic School Wellness: Enhancing Nutrition, Physical Activity, and Wellness Policies

We would love your feedback on your experience! Please click on the link:
<https://forms.office.com/r/0hj9LGQXBF>



Health Education Council

✉ 7617 Alma Vista Way, Suite C
Sacramento, CA 95831

☎ (916) 556-3344

🌐 <https://healtheducouncil.org/>

KEYNOTE: CULTIVATING JOY, FOOD, AND INSPIRATION

Fatima T. Malik-Wilson, MPH

Founder & (Volunteer) CEO
Del Paso Heights Growers' Alliance

email: rootcellarcommunity@gmail.com



Fatima is a public health professional and health equity practitioner dedicated to advancing social justice in disadvantaged communities. She is an alumni of the 2021 Partners Advancing Climate Equity cohort led by SGC.

As the volunteer CEO for the Del Paso Heights Growers' Alliance, she creates poverty intervention strategies that work to directly benefit vulnerable populations. Her life's work includes urban agriculture education, edible landscaping, organizing community gardens, and long-term neighborhood planning efforts to increase social, economic, and environmental well-being. She serves on the board of Solar Rights Alliance.

Fatima loves to teach gardening, cook, and travel. As a new parent, she loves to spend time in parks, libraries, and swimming pools with her kiddo. Being an immigrant herself, she humbly supports new arrivals and those with limited English speaking skills navigate systems with dignity. Malik earned a Master of Public Health at SJSU and a degree in International Agricultural Development at UC Davis.

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email: rootcellarcommunity@gmail.com

Please click on the following to access the materials:

- [Powerpoint](#)

State Physical Activity and Nutrition Program - Gardening and Composting Training: <https://youtu.be/XBvu7uuNpNM>

2024 DPHGA Food Forum: <https://youtu.be/qWFwdmVc5vw>

Waste Management: <https://youtu.be/P4ObiWtEZMo>

Access Let's Eat Healthy nutrition resources: <https://www.healthyeating.org/>

Social media handles:

- Facebook, [@dphga95838](#)
- Instagram, [@dphgrowsalliance](#)
- X, [@dphga95838](#)
- LinkedIn, [Del Paso Heights Growers' Alliance](#)
- YouTube, [@DPHGrowersAlliance](#)



Del Paso Heights Growers' Alliance

✉ info@dphga.org

☎ Live chat: M-F | 11am-6pm

🌐 <https://dphga.org/>

THE ROLE OF HEALTH INSURANCE IN SCHOOL WELLNESS

Khuram Arif, M.D., MBA

President

Western Health Advantage

email: k.arif@westernhealth.com



Dr. Arif practiced as a board-certified pediatrician for nineteen years. Along the way he acquired a keen understanding of the challenges facing clinical providers and the imperative of preserving the joy of practice. Additionally, Dr. Arif has spent over a decade in healthcare leadership working with providers and health plans. Most recently he served as Chief Medical and Chief Operating Officer at Western Health Advantage. Prior to that he worked as Chief Medical Officer at Woodland Clinic and before that as Medical Director Managed Care at Mercy Medical Group.

Dr. Arif obtained his medical degree at The Aga Khan University in Pakistan, then completed a pediatrics residency at SUNY Brooklyn Downstate Medical Center where he had the privilege of serving as Chief Resident. After a three-year stint in Portales NM, a federally qualified, underserved area, he moved to Sacramento in 2005. Dr. Arif has served on medical group boards, published peer reviewed articles, written about quality in managed care publications, advised industry and testified as expert witness on healthcare at the California Senate.

In 2014, Dr. Arif completed an MBA from UC Davis and became a Certified Physician Executive with the American Association of Physician Leadership in 2019. In 2021, he was certified as a Fellow, Academy of Healthcare Management at America's Health Insurance Plans.

Dr. Arif currently serves as Board Member for the American Heart Association, the Mercy Foundation and the Health Plan Alliance.

Dr. Arif continues to share his passion for empowering patient autonomy and supporting clinical providers in the practice of medicine through healthcare innovation at Western Health Advantage.

THE ROLE OF HEALTH INSURANCE IN SCHOOL WELLNESS

Khuram Arif, M.D., MBA

President

Western Health Advantage



email: k.arif@westernhealth.com

Please click on the following to access the materials:

- [Powerpoint](#)

Community Fit: mywha.org/communityfit

Introducing Virta — Reversing Diabetes for Employers, Health Plans, and Health Systems: <https://youtu.be/2znW3UbZTao>

Kaia Health — Digital Therapy Reimagined: <https://youtu.be/Z7sC6z3ML5Q>

Social media handles:

- Facebook, [@WesternHealth](#)
- Instagram, [@westernhealth](#)
- X, [@WesternHealth](#)
- YouTube, [@westernhealthadv](#)



Western Health Advantage

✉ 2349 Gateway Oaks Drive, Suite 100
Sacramento, California 95833

☎ (916) 563-2250

🌐 <https://www.westernhealth.com/>

NUTRITION CHAMPIONS PANEL

Lisa Vorce, R.D., SNS

Administrative Dietitian

Twin Rivers Unified School District



email: lisa.vorce@trusd.net

Lisa Vorce has worked as a Dietitian in School Nutrition for over 17 years and with the WIC program before that. She currently works at Twin Rivers Unified School District and has worked to implement and support nutrition education programs in the classroom, cafeteria and afterschool programs. She manages food allergies and special diet menus, food safety and ServSafe training and Pre-K-12 menu development and program compliance. She also works to promote school wellness and supporting families as we all work together to help children develop lifelong healthy eating habits.

Please click on the following to access the materials:

- [TRUSD Food Distribution](#)
- [TRUSD School Nutrition](#)
- [TRUSD Summer Nutrition](#)

Social media handles:

- Facebook, [@TwinRiversUSD](#)
- Instagram, [@twinriversusd](#)
- X, [@TwinRiversUSD](#)
- LinkedIn, [@TwinRiversUSD](#)
- YouTube, [@twinrivers5831](#)



Twin Rivers Unified School District

✉ 5115 Dudley Blvd,
McClellan Park, CA 95652

☎ (916) 566-1600

🌐 <https://www.trusd.net/>

NUTRITION CHAMPIONS PANEL

Diana Flores

**Executive Director of Nutrition Services,
Central Kitchen, and Distribution Services
Sacramento City Unified School District**



email: diana-flores@scusd.edu

After working 20 years as a General and Regional Manager for a national steakhouse chain Diana applied her operational background to school meals. Currently in her 17th year with SCUSD the Central Kitchen's mission is to ensure every student, regardless of income, deserves a freshly prepared meal while at school.

The Central Kitchen opened in 2020 and currently changing school meals one entrée and side at a time.

Please click on the following to access the materials:

- [The Central Kitchen](#)

Social media handles:

- Facebook, [@SCUSD](#)
- Instagram, [@saccityunified](#)
- YouTube, [@SCUSDofficial](#)



Sacramento City Unified School District

✉ 5735 47th Ave,
Sacramento, CA 95824

☎ (916) 643-7400

🌐 <https://www.scusd.edu/>

NUTRITION CHAMPIONS PANEL

Erica Lee

**Director of Food & Nutrition Services
Robla School District**

email: elee@robla.k12.ca.us



Erica Lee is the Director of Food & Nutrition Services at Robla School District in Sacramento, CA, where she leads the district's efforts to provide nutritious, scratch-cooked meals that celebrate the cultural diversity of its students.

Under her leadership, Erica has expanded the district's Farm-to-School program, ensuring that every student experiences farm-to-school field trips, nutrition education, and hands-on learning opportunities that connect the classroom with the cafeteria. With a passion for integrating wellness into the school environment, Erica is committed to creating healthy, engaging food experiences that students will remember.

Please click on the following to access the materials:

- [Robla School District, Food and Nutrition Services](#)

Social media handles:

- Facebook, [@RoblaSD](#)
- Instagram, [@roblasd](#)
- X, [@roblasd](#)
- YouTube, [@roblaschooldistrict4031](#)



Robla School District

✉ 5248 Rose Street,
Sacramento, CA 95838

☎ (916) 649-5248

🌐 <https://www.robla.k12.ca.us/>

HOLISTIC SCHOOL WELLNESS: ENHANCING NUTRITION, PHYSICAL ACTIVITY, AND WELLNESS POLICIES

Kristy Weber

Project Manager

Alliance for a Healthier Generation



email: kristy.weber@healthiergeneration.org

Kristy Weber is a dedicated and long-standing resident of Sacramento, with over two decades of service to the community.

She holds a Bachelor of Arts in Child Development and a Master of Science in Child, Youth, and Family Studies. Kristy is an advocate for whole child health, committed to enhancing community well-being through relationship building and advocacy for young people and their families.

In her current role as Project Manager at the Alliance for a Healthier Generation, Kristy provides invaluable support to school communities across Northern California.

She leverages the whole child health model to foster healthy and equitable learning environments, ensuring that every child has the opportunity to thrive.

HOLISTIC SCHOOL WELLNESS: ENHANCING NUTRITION, PHYSICAL ACTIVITY, AND WELLNESS POLICIES

Kristy Weber

Project Manager

Alliance for a Healthier Generation



email: kristy.weber@healthiergeneration.org

Please click on the following to access the materials:

- [Powerpoint](#)
- [Creating Collaborative Nutrition Education](#)
- [Equity Considerations for Classroom Activity](#)
- [Fitness Trail Cards](#)
- [Increasing Student Engagement Through Taste Tests](#)
- [Integrate Classroom Physical Activity in Schools](#)
- [Mapping Resources to Support District Nutrition and Food Access](#)
- [Mapping Resources to Support District Physical Activity](#)
- [Model Local School Wellness Policy](#)
- [Project Manager Services and Support](#)
- [Snackactivities](#)

Social media handles:

- Facebook, [@HealthierGeneration](#)
- Instagram, [@healthiergeneration](#)
- X, [@HealthierGen](#)
- LinkedIn, [Alliance for a Healthier Generation](#)
- Youtube, [@HealthierGeneration](#)



Alliance for a Healthier Generation

☎ 1-888-543-4584

🌐 <https://www.healthiergeneration.org/>