

II. Physical Activity

Report Title:	Data Source:	Publish Date:	Contact:
Kidsdata.org	Compiled data from state, county, and local data sources including: SCC & SMC Children's Reports, SMC Healthy People 2010 Report, SCC Healthy Kids Report, Calif. Health Interview Survey, etc. Data accessible through www.kidsdata.org	Updated regularly	Andy Krackov, Senior Dir. of Public Info. Lucile Packard Foundation for Children's Health (650) 736-0677

Major Findings

7th Grade Students Meeting All Fitness Standards 2006

<u>San Mateo County</u>	<u>Ravenswood City Elementary</u>
37.3%	7.1%

Definition: Percentage of 7th grade students in public school meeting six out of six fitness standards.

Footnote: LNE (Low Number Event) means that the number of students tested is 10 or fewer. Years presented are the final year of a school year, e.g., 1998-1999 is shown as 1999. Data are not available for 1999-2000.

In order to meet fitness standards, children must score in the "Healthy Fitness Zone" on six out of six fitness tests (for more information, see "What It Is" below). If fewer than six tests are administered, it is not possible for any students to meet all six fitness standards; this may be the case for districts with 0%.

Data Source: California Dept. of Education DataQuest. <http://data1.cde.ca.gov/dataquest/>. Retrieved 02/12/07.

What it is: On kidsdata.org, indicators of weight and physical fitness include the percentage of children meeting California's fitness standards, percentages of overweight and unfit children, parent concern about their child's weight, and parent perceptions of their child's weight. Children's weight and physical activity are measured through the California Physical Fitness Test, which is administered annually to public school children in grades five, seven, and nine. Six areas of fitness are measured: upper body strength, flexibility, aerobic capacity, body composition, abdominal strength, and trunk strength. Students must meet minimum fitness levels in all six areas to pass this state test.

Why is this topic important?

According to the Surgeon General, there are nine million overweight children nationwide, representing an alarming increase over the past three decades. Children who are overweight or obese are at risk of developing high blood pressure, high cholesterol, asthma, and Type 2 diabetes, among other serious physical problems. Type 2 diabetes is a particular concern, as it now is being found in children at increasing rates. Overweight and obese children also are more likely to have weight problems in adulthood.

Title:	Data Source:	Publish Date:	Contact:
Ravenswood Sports Field/Facility Status	Informal assessment of athletic facilities conducted by the Ravenswood Youth Athletic Association (RYAA)	April 26, 2007	Shannon Pekary, Executive Director 1290 Cypress St. East Palo Alto, CA 94303 (650) 248-0488

Major Findings

Field and Open Space Needs: In September of 1995, the City of East Palo Alto issued a study titled Parks, Recreation and Open Space Recommendations. This study identified the park and athletic facility needs of the community, summarized below. Since that study, Jack Farrel Park and MLK Jr. Park both were renovated, but little else has been done towards the needs highlighted in the report.

The report discussed Quimby Act standards for public facilities, and compared them to what is available to the community. Here are just the highlights, with adjustments for the estimated population of 35,000 residents and what facilities exist today:

Facility Type	Recommendation	Existing
Basketball Courts	6	1 (At Jack Farrel Park)
Tennis Courts	18	0
Volleyball Courts	6	0
Baseball Fields	6	2 (Jack Farrel & MLK)
Soccer Fields	3	1 (MLK, Not full sized)
1/4 Mile Track	1	0
Softball Fields	6	0
Football Fields	1	0

The needs are understated. There is great demand for affordable soccer field access, both for organized play and pick-up games. The report also highlighted the fact that the Ravenswood School District owns the majority of sports facilities in the community, and that if the City and the School District could make a plan to cooperate, many of the needs listed in the report could be alleviated.

Current Field/Facility Users:

Here is the list of people who use outdoor sports fields, or that have expressed a desire to use them if they existed:

- EPA Rugby club, both youth and adult
- RYAA recreational and competitive soccer
- PAL Football
- Babe Ruth baseball
- Adult soccer club
- Pick-up soccer games throughout city from various adult groups
- Various after school programs
- East Side Prep, for its soccer teams. They have no home field currently.
- EPA Stanford High School, needs some extra space for soccer.
- Club Arca, soccer program. This is a non-profit group from outside the community that is linked to a for-profit group.
- YMCA soccer program
- Little League
- T-Ball/Pitching Machine
- EPA Greyhounds Track Club
- Community members that frequently walk or jog around the track at Cesar Chavez school

Status of Current Fields:

Martin Luther King Jr. Park: Baseball diamond and short soccer field. The baseball diamond is fenced. However, the soccer field is next to the baseball diamond and balls frequently fly into baseball diamond, causing conflicts. A higher fence would help. The soccer field is 80 yards long, and so is not usable as an official game field for 12 year olds or older. There are two permanent soccer goals purchased by the city on wheels here. The field is currently used by RYAA as a practice field, and by the adult soccer league for games

on weekends. Adult pickup soccer games are frequent here on evenings. Lights are present, but are not bright enough for playing safely at night.

49er/McNair School Field: Football field with football goals and lights. The only lighted field in the community. Current field has deteriorated to the point of almost unusable. Was recently renovated by 49ers, I believe costing \$50k, but field today is in worse shape than before, mainly due to broken sprinklers and improper watering. Part of the problems is that the School District laid off its entire irrigation maintenance staff last year to give teachers a raise. Overuse by adults on weekends and evenings is also a problem. Field is currently used by PAL Football, Club Arca soccer, EPA Rugby, and an adult soccer league. Not all of these groups have officially rented the field. There are football goals here, but not soccer goals. School officials at Edison McNair have expressed an interest in raising money to build a turf field here.

EPA Charter: This field is unusable and unsafe. There is no landscaping and no irrigation system. Field is riddled with large holes from ground squirrels. A very large space that no one uses.

Jack Farrel Park: This park is dominated by a small baseball diamond that is used primarily by T-ball/pitching machine with a fenced outfield. Remainder of outfield is not big enough for a soccer game. Small pickup soccer games and volleyball are played on the remaining field space.

Castano School: Large baseball diamond, with a very large outfield and a dirt track around the whole thing. The baseball diamond is used frequently by Babe Ruth baseball. It is the only baseball diamond in the city that is suitable for high-school and adult play. The outfield is large enough for a full sized soccer field, and a smaller youth sized soccer field. RYAA used it for a soccer program many years ago, and it worked well. This field is also used by an adult soccer league, after-school programs, and more and more by RYAA as a practice field on weeknights. The track is no longer used, and is overgrown.

Cesar Chavez School: Large field with a 4 lane rubber track surrounding it. The track is 1/3 mile. The field is big enough to fit two adult sized soccer fields. The field was built at great expense using bond-money about 5 years ago, and is built on a 12 inch sand base. It is designed to be a professional level soccer field. However, to really be this, it needs professional level care because of the sand. This field is used by RYAA youth soccer almost year-round. RYAA has grown to the point where they can no longer fit a full day of games on the field and will need to find an expansion field for fall games. The track is used by the Greyhound track team. I understand that it is not suitable for a track meet, but is fine for practice. The track is also frequently used by the community for jogging or walking on weeknights or weekends.

Green Oaks School: Large field with playgrounds. One playground quite old. If playgrounds were removed, would be big enough for an adult soccer/football field. This field serves RYAA in the fall for 10 and under soccer. Maintenance at times is a problem with this field. It is also used at times by after-school programs due to crowding on the Chavez field.

St. Francis of Assisi Church: Large dirt area behind church and neighboring the Green Oaks field. Occasionally is used by young soccer players. Church is planning a field development of its own here.

Bell Street Park: Medium sized field with lots of trees. Not used by any organized group, and rarely used even for pickup soccer. Historically, this park has been used by heroin addicts and the homeless, so it is generally shunned by the community. There are still perceptions that going there would put you in danger of stepping on a needle and getting AIDS.

Willow Oaks School: A medium sized field usable by 12 and unders for soccer. However, numerous complaints from neighbors regarding noise and balls going over the fence prevent outside groups from using it. A tall net along the fence-line to catch balls would greatly improve relations with the neighbors.

Menlo Oaks School: Does not have a field officially, but has occasional use of Willow Park field. Owned and operated by Menlo Park.

Belle Haven School: A poorly designed combination baseball/soccer field. Both are too small to be usable by organized groups except as a practice field. Field suffers from a high crown down the middle which causes heavy sloping to either side of the field. No soccer goals exist on the field. City of Menlo Park controls field during after-school hours. Fees range from \$10-\$15/hour, and so most organized groups that serve the immediate community cannot afford to use it.

Kelly Park: Large field area usable for soccer, as well as a large baseball diamond. High usage fees from the city keep local organizations out. Field is frequently used by organizations serving youth from the other side of the freeway. Field is also frequently used by adult pickup soccer. City at times has struggled to maintain this field.

Recommendations:

- 1) Development of an artificial turf soccer/rugby field behind the church at St. Francis. This would give needed expansion room for the RYAA youth league, and in addition, would serve the Tongan rugby community. Financing provided by private grants and donors. Part of land to be leased from the school district.
- 2) Resurfacing of 49er/McNair field into an artificial turf football/soccer field with addition of a 6-lane 1/4 mile all-weather track around it. This would serve the PAL football organization, the Greyhounds track club, local charter and private high-schools, the adult soccer and rugby communities, and the general community overall. Such a field could also allow RYAA to expand with a winter or spring flag football offering. Another possibility is reconfigure the entire outdoor space there to provide multiple playing fields and basketball courts. Funding provided by city Park-in-Lieu fund, Edison charter schools, EastSide and 49ers. Land provided by school district.
- 3) Development of a lighted artificial turf soccer field at EPA Charter school. Financing provided jointly by EPA Charter, city Park-in-Lieu, and possibly U.S. Soccer, as well as RYAA. Land provided by school district.
- 4) Reconfiguration of Castano field to allow simultaneous playing of soccer and baseball. I am not sure if this is possible. Removal of the current unused track would expand the space. Perhaps the whole could be converted to artificial turf, but I do not recommend removing the only full-sized baseball diamond in the community. Funding provided by school district and city.
- 5) Expand Martin Luther King Jr. Field into land owned by San Mateo County and PG & E to make it a full-sized soccer field. Funding provided by city. Land donated or leased from county and PG&E.
- 6) Relocation of playgrounds at Green Oaks. Expand grass field to be a full-sized soccer/rugby field.

All artificial turf fields should include lights. Grass fields should not include lights in order to prevent overuse during winter months. Grass fields should rest during the winter, and the darkness will help that to happen.

Why is this Topic Important?

East Palo Alto benefits from a large number of groups that have an interest in the expansion of sports facilities, as well as a large number of organizations willing to help and provide funds. If these could all get organized, fields could be developed.

The city of East Palo Alto has close to \$1 million in Park-in-Lieu fees collected that could be joined with other money and spent on the development of fields. Unfortunately, there is no plan to do this currently.

Resources:

Raymond Askew, Pitching Machine/T-ball
e-mail: sthompson@mattesonrealty.com
work address: 2540 Gonzaga Street East Palo Alto CA 94303

work number: (650) 322-5440
website: www.epatball.com

Keith Carter, SJ-PAL Football
e-mail: bailbondsbykac@aol.com
work address: 2111 University Ave. East Palo Alto CA 94303
work number: (650) 387-3585
website: <http://www.eastpaloaltoyouthsports.org>

Johnny Gray, East Palo Alto Boxing Club
work address: 1840 Bay Road East Palo Alto CA 94303
work number: (650) 630-0213

Jocelyn Guansing, Dexterity Sports & Literacy
e-mail: dexteritysports@mac.com
work address: 4250 El Camino Real #B 114 Palo Alto CA 94303
work number: (408) 655-1028

David Higaki, EPA Tennis & Tutoring
e-mail: dhigaki@earthlink.net
work number: (650) 823-0516
website: <http://epatt.stanford.edu>

Leighton Lang, Tri-City Rockets Basketball Club
e-mail: tcrmasd@earthlink.net
work address: 2515 Emmett Way Palo Alto CA 94303
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Shannon Pekary, Executive Director, Ravenswood Youth Athletic Association
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Tommie Roberts, EPA Little League
e-mail: rtommie@comcast.net
work address: 172 Jasmine Way East Palo Alto CA 94303
work number: 327-9208

Court Skinner, Al Julian Track Meet
e-mail : L.Skinner@ieee.org
work number: 323-7025

Eric Stewart, EPA Greyhounds
work number: (510) 812-6703

David Tupou, EPA Rugby Club
e-mail: dave@eparugby.org
work number: (650) 642-4751
website: <http://www.eparugby.org>

Title:	Data Source:	Publish Date:	Contact:
California Healthy Kids Survey (CHKS)	California Healthy Kids Survey: Key Findings- 5 th Grade Spring 2006, Ravenswood City Elementary	Spring 2006	Call your CHKS Service Center for further information.

Major Findings

Physical health in 5th graders in East Palo Alto

Ate breakfast today	75%
Think they are the right weight	64%
Ever teased about how their body looks	45%
Exercised 5 days a week or more	59%

Why is this Topic Important?

Eating Habits: Lifetime dietary patterns are established during youth. To assess nutritional habits, the CHKS asks elementary students if they had breakfast the day of the survey. Students who attend school hungry or malnourished may experience compromised health, well-being, and school performance.

Body Weight and Image: The CHKS asks students how they felt about their body weight and whether other kids tease them about their body. A poor body type or image can negatively influence self-esteem and school performance. Both obesity and overemphasis on thinness have negative mental and physical health consequences that can lead to perceptions of a distorted body image and thus distorted and unhealthy eating habits. Students who are teased about their body can become isolated from friends, family and school, depressed and vulnerable to risk behaviors.

Physical Activity: Students were asked how many times they exercised. Regular physical activity is associated with the prevention of disease, lower risk behavior rates, better school performance, and less mental health problems. The fitness of children can be significantly affected by the physical education programs in public schools.

Title:	Data Source:	Publish Date:	Contact:
California Healthy Kids Survey (CHKS)	California Healthy Kids Survey: Key Findings- 7 th Grade Spring 2006, Ravenswood City Elementary	Spring 2006	Call your CHKS Service Center for further information.

Major Findings

Description of Participating Students	Grade 7	
	Fall 2003	Fall 2005
Number of Students Surveyed	220	327
Percent of Students Participating	66%	69%
<u>Gender (%)</u>		
Males	52	48
Females	48	52
<u>Race/Ethnicity* (%)</u>		
American Indian or Alaskan Native	2	4
Native Hawaiian or Pacific Islander	12	15
Asian	0	1
Black or African American	19	14
Hispanic or Latino/Latina	65	64
White or Caucasian (non-Hispanic)	1	2
Other	6	6

Selected more than one category 3 4

*Students that selected more than one category were counted in each category. Therefore, these columns may add up to more than 100%.

Percent of Students Who Took Part in Healthy Behaviors

Eat Breakfast this Morning	64%
Participated in 20 mins. of vigorous activity at least 3 days in the past 7 days	73%
Ate 5 servings of fruits and vegetables during the previous day	67%