

A stop to obesity



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Proposal:



- The problem is that people are having bad eating habits within our city of Bell Gardens.
- Its effect on people has to do with obesity and diabetes spreading out.
- This also rarely effects our government because money that is given to some families for food such as EBT or food stamps is not being well spent.
- We decided that the problem is that people are having bad eating habits within our city of Bell Gardens.
- Its effect on people has to do with obesity and diabetes spreading out.

Thinking it through:



- **OUR GOAL WITH THIS IS TO HAVE AN ACTUAL CLASS OR CLUB THAT WOULD LIKE TO LEARN ABOUT NUTRITIONAL FACTS.**
- **WE ALSO WOULD WANT THIS TO BE FOR THE PUBLIC OF BELL GARDENS.**
- **WE WELL ATTEMPT BY STARTING OF SPEAKING WITH OUR PRINCIPLE MR.HERRERA**
- **WE HAVE TO THEN SET UP A MEETING WITH HIM**

Civic Action :1



- **WE SET UP A MEETING WITH MR. HERRERA TO PITCH HIM OUR IDEA.**
- **WE TALKED TO HIM ABOUT OUR IDEA AND HOW WE ARE GETTING STARTED BY ASKING HIM FIRST.**
- **HE GAVE US HIS APPROVAL**
 - **THE SKILLS WE USED TOWARD THIS CIVIC ACTION WAS; THE ABILITY TO EXPLAIN AND CLARIFY INFORMATION AND EXPRESSING AND PRESENTING INFORMATION**
 - **HE SEND US TO ART THE LUNCH ADVISOR IN THE TEACHERS LOUNGE FOR FURTHER INFORMATION ABOUT A NUTRITIONAL CLASS WITHIN THE DISTRICT OF THE SCHOOL.**

Civic Action :2



- Our last civic action was speaking to the principle of the high school
- He then sent us to the schools principle Mr. art
- So we went during our free time and went to the teachers lounge to speak to art.
- Art told us many good facts about a nutritional class already set up with the district named NAC.
- The (NAC) nutritional Advisory council
- But he said ms.Mcaskil AVID teacher actually does teach this whit in her students.
- So our next civic action was to meet with Mrs. Mc askill for a meeting.

Civic Action:3



- **ON OUR LAST CIVIC ACTION; WE SPOKE TO ART FROM THE TEACHERS LOUNGE.**
- **HE ADVISED US TO SPEAK TO MRS. MCASKIL ABOUT THE (NAC) PROGRAM.**
- **SO WE SCHEDULED A MEETING WITH HER 2 DAYS LATER.**
- **WHEN WE MET UP WITH HER SHE SPOKE OF HOW SHE TEACHES THIS NUTRITIONAL CLASS; AND WHAT SHE DOES WITH HER STUDENTS.**
- **SHE ALSO GAVE US THE NUMBER TO PIPER MATTSON THE NUTRITIONAL ADVISORY COUNCIL HEALTH SPECIALIST OF MONTEBELLO UNIFIED DISTRICT.**
- **WE THEN DECIDED TO CALL PIPER MATTSON FOR FURTHER INFORMATION.**

Civic Action :4



- our last civic Action was upon speaking with Mrs. Mcaskil; and she gave us piper Mattson's number the Nutritional Advisory council health specialist
- We then called Piper Mattson and spoke to her,
- She talked about the things NAC does for the schools of MUSD.
- She then gave us news on how we can promote this NAC class but yet ONLY upon the school students and not the public of the city.
- We then thanked her for all her help and she gave us her email for further questioning.
- We figured that we would like to email her asking questions that would help us.

Civic Action:5



- As we spoke to Piper Mattson; she gave us her personal email address so we can ask her anything we want.
- So we emailed her asking her how can we make this possible and further questions, she then answered us back the same night with great results.
- We asked her if we can do something with us during spring break and meet up to talk about this.
- She also seen that we were really concerned about this so she decided to actually meet up with us within 3 or 2 weeks.

Report:



- Since the problem is that people are having bad eating habits within our city of Bell Gardens.
- And its effect on people has to do with obesity and diabetes spreading out.
- and we decided that the problem is that people are having bad eating habits within our city of Bell Gardens.
- Its effect on people has to do with obesity and diabetes spreading out.
- So we tried setting up a class within the school to the public; then found out that, that was not possible and only with our school so we then decided to change it up and do it for our own schools sake.

Advice/ reflection:



AS WE HAD MANY MEETINGS WITH PEOPLE AT OUR SCHOOL AND GAVE PHONE CALLS WE REACHED SOMEWHAT OF WHAT WE WANTED.

WE CAME TO THE POINT THAT WE NEED A BIT MORE TIME, BUT IF WE KEEP ON DOING IT WE WILL FINISH AND HAVE WHAT WE HOPE TO SOON ACCOMPLISH FOR THE SAKE OF THE CITY OF BELL GARDENS AND OURSELVES.