



Fact Sheet

San Luis Obispo • Santa Barbara • Ventura

GCC Partners

- Advocates for a Lifestyle of Exercise and Nutrition in Ventura County (A LEAN VC)
- American Cancer Society
- CalPoly
- Arroyo Grande Community Hospital
- CenCal Health
- Dairy Council of California
- First 5 Ventura
- Food Share
- French Hospital
- Healthy Eating Active Living San Luis Obispo (HEAL-SLO)
- Marian Medical Center
- Nutrition Education Project
- Partners for Fit Youth, Santa Barbara (PFY)
- San Luis Obispo County Public Health
- Sansum Clinic
- Sansum Diabetes Research Institute
- Santa Clara Valley Neighborhoods For Learning
- Santa Barbara County Public Health
- Santa Barbara County Women, Infant and Children (WIC) Program
- Santa Paula Medical West
- UC Cooperative Extension, SLO
- Ventura County Public Health
- Ventura Unified School District
- Ventura County Office of Education
- YMCA-San Luis Obispo, Santa Barbara & Ventura

Vision

Everyone in the Gold Coast communities enjoys an environment that supports healthy eating and physical activity.

What is our mission?

The Gold Coast Collaborative for Nutrition and Fitness is a three-county collaborative of organizations and coalitions working to promote and advocate for policies and environmental changes that foster nutrition and physical activity behaviors to reduce the rising trend of obesity and related chronic disease in San Luis Obispo, Santa Barbara and Ventura counties, especially for low-income populations.

What is our goal?

Create sustained access and availability to healthy food and physical activity through our communities, institutions and organizations.

What have we accomplished?

- Developed and released a Policy Brief, *A Health Crisis in Paradise: Youth and Chronic Diseases in California's Gold Coast*, that focused on the epidemic of childhood overweight and related health statistics.
- Previous Nutrition Education Initiatives: *Healthy Fundraising* and *Veggies Make Great Snacks*.
- Annually offer two \$4,000 mini-grants to organizations working with low-income populations to incorporate education on nutrition and physical activity into current or new programs.

Current Projects

- Nutrition Education Initiatives: *Rethink Your Drink*, designed to educate the Gold Coast community on how much sugar is being consumed in sodas, sports drinks and other sweetened beverages, and to highlight the importance of reading nutrition facts on labels.
- Fund local innovative nutrition education and physical activity projects.

What can the Gold Coast Collaborative for Nutrition and Fitness do for you?

- Provide opportunities to share information, network with others and be part of a collective voice to community leaders about improving access to healthy food, nutrition and physical activity.
- Provide technical assistance regarding nutrition, physical activity, and food access topics and resources.

How can you support our efforts?

To join or for more information about the Gold Coast Collaborative, contact:

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