

## **PARTICIPANT BIOGRAPHY**

**Name: Paula James is the Director of the Contra Costa Child Care Council**

**Title: Director Child Health and Nutrition**

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Paula James is the Director of the Contra Costa Child Care Council, Child Health and Nutrition Program. She has worked for over 25 years to improve the eating and activity environments in early care settings. Her program has developed tools to assist child care settings in assessing their nutrition and physical activity environments and to develop supporting policies. She is actively involved in advocacy for the Child and Adult Care Food Program and public policy efforts focused on prevention of childhood overweight both at the local, state and national level. Paula serves on the board of the National Child and Adult Care Food Program Forum, chairs the CA Child Care Food Program Roundtable, serves on the CA Department of Education Child Nutrition Advisory Council and on the steering committee of the CA Strategic Alliance. Locally she participates on the steering committee for the Contra Costa Families Coalition for Activity and Nutrition and the Executive team for Healthy And Active Before Five, a countywide collaborative to reduce early childhood obesity in Contra Costa County.