

# CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

Summer 2001

## Diabetes: The New Epidemic Among Multi-Ethnic Youth

There was a time when snack meant a piece of fruit or cookies and milk, when kids used to play outdoors, and when Type 2 diabetes only developed in adults after the age of 40. Today, kids fill up on soda, candy and "value meals", watch TV and play video games, and Type 2 diabetes accounts for 20% of newly diagnosed diabetes cases in children.

### ***What is type 2 diabetes and why are we seeing it in our youth?***

Type 2 diabetes occurs when cells grow resistant to insulin, causing sugar to build up in the blood. If not carefully managed, diabetes can lead to kidney failure, blindness, amputations, heart attack and stroke.

Type 2 diabetes in children has been directly linked to rising obesity rates. Over the past 30 years, the percent of children and adolescents that are overweight has more than doubled. Currently, about 5.3 million or 13% of youth ages 6-17 in the U.S. are overweight. The prevalence of high fat and high sugar fast foods and snacks, combined with "couch potato" technology such as remote controls, cordless phones and the internet, have fostered poor eating and sedentary behaviors that are making young people heavier and unhealthier.

### ***Why are low-income, multi-ethnic youth especially at greater risk?***

According to national statistics, 27% of African Americans and about 21% of Latinos of all ages are considered obese, compared with 17% of whites. In California, 11% of African American, 14% of Latino and 14% of American Indian children are overweight.

Living environments can contribute to the problem because low-income neighborhoods often have:

- Greater access to high-fat, high sugar foods at fast food places, corner stores, and even schools;
- Limited access to full-scale grocery stores that provide healthier options like fresh produce;
- Limited access to community recreation programs and parks; and
- Neighborhood safety issues that keep young people indoors playing video games and watching TV. (Studies have found that TV watching is directly associated with obesity in young persons.)

See inside this issue for tips and strategies for improving the eating and activity behaviors of the youth in your program.

### **From the Executive Director**

With all of the press coverage about California's energy crisis, little attention has been paid to three important nutrition and physical activity bills that have been working their way through the California legislature.

SB 19 (Escutia) - The Pupil Nutrition, Health, and Achievement Act of 2001 would establish nutrition standards for competitive foods sold in elementary and secondary schools, limit sales of junk foods in schools, and increase the school meal reimbursement rate.

AB 367 (Migden & Alquist) - Physical Education would impose new duties on the Department of Education regarding physical education, including more intensive monitoring and an annual pupil fitness evaluation.

SB 292 (Ortiz) - Physical Activity and Health Initiative would expand the activities of the state program and create a community granting program and a state media campaign to promote physical activity.

For more information and current status of these bills, see <http://www.leginfo.ca.gov>

*Arnell J. Hinkle, RD, MPH*

# Walk This Way



Kids today don't have as many opportunities to be as physically active as they used to. Adding a walking club to your program can be a fun, easy and safe way to increase their activity. Walking offers benefits like a stronger heart and bones, increased muscle mass, and good posture. It can also help build self-esteem, diminish hyperactivity, and most importantly help your youth develop a good wellness attitude. Walking is non-competitive, allowing youth of all athletic abilities to participate and enjoy!

Try the following activities to turn your youth onto walking:

## Environmental Inspectors

Give children bags to fill with trash they find walking. Provide gloves and warn youth about picking up dangerous trash (needles and glass). Award a prize or privilege for the most trash, or the strangest discarded item.

## Contests

Hold weekly or monthly contests. Have youth record the miles they walk in a week or month. Award a prize or privilege for the most miles.

## Pollution Stoppers

Have the children calculate how much they are reducing pollution by walking. The Environmental Defense Fund has a great pollution calculator on the Internet ([www.edf.org/programs/ppa/vlc/driving\\_practices.html](http://www.edf.org/programs/ppa/vlc/driving_practices.html)).

Adapted from Kids Walk-to-School, Center for Disease Control and Prevention

# Beat the Heat



Summer is here along with days spent in the park, picnic lunches and HOT weather. Make sure your program practices sun safety.

- Sunburns can increase a child's risk of developing skin cancer as an adult. Encourage children to wear sunscreen (SPF 15 or higher, UVA/UVB-protective), sun visors or hats, and long-sleeved clothing.
- Children dehydrate faster than adults. Make water available at all times and encourage youth to drink water (especially when they are active). Suggest that parents provide water bottles.
- Make sure your foods stay safe. Keep cold foods cold and hot foods hot. Reheat hot foods to 165 and hold at 140 or higher. Keep cold food items at 40. Use containers that are designed to maintain proper temperature when transporting foods. Always carry milk in an ice chest and make sure foods that are made with mayonnaise are kept cool.

Content provided by Corlean Pitre, CANFit Scholarship Winner and Andrew Manthe CDHS, Cancer and Nutrition Section

# How youth want to spend their active time.

In a study of CANFit funded projects conducted by Project SPARK, as a part of their partnership grant, we learned:

- Kickboxing, skateboarding, mountain biking, boxing, and cheerleading were activities youth were most interested in.
- Circuit training, boot camp, running or jogging, badminton, and lacrosse were activities they were least interested in.
- Girls requested more variation in rules, more choices, and less aggressive activities when participating with boys.
- Boys requested more contact sports, competitive games, and more time for activity.
- Youth showed more interest in participating in activities that they were not familiar with and less in activities they had experienced.

For more information on physical activity programs and trainings contact **Sports, Play, and Active Recreation for Kids**, San Diego State University, 1-800-SPARK 73, [www.foundation.sdsu.edu/projects/spark](http://www.foundation.sdsu.edu/projects/spark).

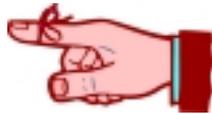
## What's Happening at CANFit...

- A recent survey conducted by the youth advisory group of CANFit Planning Grantee, La Clinica de la Raza looked at fitness and nutrition behaviors of students at Charter Academy in Oakland's Fruitvale District. The group discovered that although students want to eat healthy, they have a hard time finding affordable nutritional meals. Chips, candy and soda are often the cheapest choices available. According to the study 75% of the students drank soda or fruit punch such as Tampico or Sunny Delight every day. 20% reported drinking the equivalent of 3 cans a day. Students were convinced that these drinks were healthy and good for them. The study also found that only 13%

of girls reported eating breakfast compared to 54% of the boys. When questioned the girls said that they had no time to eat and that they weren't hungry in the mornings. The boys on the other hand had breakfast served to them by their parents. For more information contact Cassandra Vives of La Clinica del la Raza at (510) 535-4158.

- The CANFit Recipes for Success workshop is coming to a city near you. Workshops are planned for the Los Angeles, San Diego and Sacramento areas. Contact the CANFit office for more info.
- The California School-Age Consortium is looking for presenters for their 2002 Middle School Conference in San Francisco. Areas of interest include food, nutrition & fitness, snack programs, advocacy, community service projects and youth entrepreneurship. The deadline for proposals is June 30. Contact CANFit for more info.

### CANFit Calendar & Deadlines



#### June 19 & 20, 2001

CANFit Grantee Training, Oakland

#### July 20-24

Society for Nutrition Education Conference,  
Oakland Marriott City Center  
(For more info 202-452-8534, info@sne.org)

#### September/October 2001, date TBA

California's Children's Coalition for Activity &  
Nutrition (CCAN) Policy Summit  
For more info: CEWAER at 916-278-3877

#### October 2001

Application Deadline  
Melida Manjarrez Community Service Award  
Application Deadline

#### Tuesday, October 2

Walk to School Day. This international event highlights the importance of getting more children to and from school safely on foot and in other active ways. Contact 1-888-393-0353 to speak with someone about coordinating an event in your neighborhood. Visit [www.dhs.ca.gov/routestoschool](http://www.dhs.ca.gov/routestoschool) to view event resources and materials.

## Snack Idea

### Macaroni Corn Salad



1 Tbs.	olive or canola oil
2 Tbs.	low-fat or nonfat mayo
2 Tbs.	flavored vinegar (red wine or cider)
2 Cups	frozen corn kernels, thawed
1 Tbs.	chopped fresh cilantro or parsley
1 cup	cooked macaroni
1	tomato, diced
1/4	green pepper diced
1/4	green onion, diced

Combine first 3 ingredients in bowl and mix well. Add the rest of the ingredients and toss together. Cover and refrigerate until ready to serve, up to 24 hours.

Serves 4, 1 cup servings: 4.5 g of fat, 3 g of fiber

*Recipe from May 2000 Issue of Communicating Food for Health*

# CANFIT

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## A Celebration of Culture: Juneteenth

Juneteenth is the oldest known celebration of the ending of slavery. On June 19, 1865, 2 years after President Lincoln's Emancipation Proclamation, union soldiers finally arrived in Gavelston, Texas with news that the enslaved were now free.

Today, Juneteenth provides an opportunity to celebrate African American freedom and encourage self-development and respect for all cultures. Traditional Juneteenth activities include baseball, prayer, storytelling and barbecuing. At most Juneteenth celebrations, the barbecue pit is usually established as the center of attention.

Have a healthy Juneteenth BBQ. Try throwing vegetables marinated in low-fat dressing or lean meats like skinless chicken breast or lean strip steak on the grill. Serve with Summer's Gold Medal Salsa (see insert for recipe) and Macaroni Corn Salad.



**CANFit is...** a non-profit organization that engages communities, and builds their capacity to improve the nutrition and physical activity of California's low-income, American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents (10-14 years of age).

CANFit is supported by The California Endowment's Children's Health Initiative. Newsletter layout made possible through the donation of PageMaker 6.5 Plus software by Adobe Systems, Inc.

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