

Summary of  
Completed CANFit  
Grantee Projects  
1994-1995

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# Summary of CANFit Grantees' Final Reports 1994-1995

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# **SUMMARY OF CANFit GRANTEES' FINAL REPORTS 1994-1995**

## **INTRODUCTION**

The following report is a compilation of the final reports from the 1994-1995 CANFit Program Grantees. There were twelve grantees in total, four intervention grantees (Escondido, Girls Inc., San Bernardino, Ventura) and eight planning grantees (CLDI, El Concilio, Kalusugan, KHEIR, Monterey, SE Asian Health, Stanislaus, Viejas). There is no data reported for Stanislaus, as they have received a no-cost extension to their grant, and have not completed the analysis of their survey data.

Section I contains information obtained from surveys conducted by the grantees. Chart 1, "Youth Reached By CANFit Program Grantees, 1994-1995" shows the aggregate number of youth reached by the programs. Chart 2, "Participants Surveyed: Number, Type, and Ethnic Breakdown" shows the number of program participants who were surveyed, the type of survey conducted (written, focus group, interview), and the ethnic breakdown of the participants (African American, American Indian, Asian, Latino).

The remainder of Section I contains the survey data and related facts. Information is reported about exercise, nutrition, weight/body image, knowledge/attitudes, environmental change, and barriers.

Section II is a summary of other information described in the final reports. The following information is outlined for each of the grantees: top five significant findings; sharing data findings/intervention results; major strengths, areas in need of improvement (what you would have done differently); youth/community nutrition and fitness needs identified; technical assistance sought (purpose, received from, would have liked); noticeable changes (individual, organizational, community, policy); institutionalization; plans beyond CANFit funding; and other project activities/lessons learned. When available, quotes from program participants or staff are included as well.

## SECTION I: SURVEY DATA AND INFORMATION

Many of the grantees conducted surveys to determine attitudes, beliefs, behaviors, and environmental factors regarding access to nutrition and physical fitness. Surveys were carried out in the form of written questionnaires and focus groups. When necessary surveys were translated into other languages, including Spanish and Korean.

### Exercise

The most popular forms of exercise were basketball, baseball, soccer, football, dancing, bicycling, jogging, walking, swimming, and rollerblading (CLDI, Kalusugan, Monterey)

Two of the programs reported increases in physical activity, stamina, strength, and flexibility (Girls Inc, Ventura). Others indicated an interest in exercising more (KHEIR), and a desire for exercise classes and self-defense classes to be offered at their community center (CLDI).

Some of the youth indicated that they were too lazy to exercise (SE Asian Health). In one case exercise was not desirable because the girls did not want to sweat and the boys were experiencing peer pressure for underachievement (Kalusugan). It was also reported that students did not know how to exercise properly -- they complained of cramps while swimming, ankle pains while exercising, and that they tired easily (Kalusugan). Others reported that they would exercise if they were doing something they enjoyed (Girls Inc).

### Nutrition

The following projects reported data regarding skipping meals:

- 67% of adolescents skipped breakfast (KHEIR)
- On average, teens surveyed skipped breakfast three times per week and lunch once per week (SE Asian Health)
- More than 33% of the youth reported skipping lunch and not eating regular meals (El Concilio)

Loss of appetite (ate dinner late or snacks prior to meal), not enough time (woke up too late), and better things to do (talk on the phone, hang out with friends, play sports) were cited as reasons for skipping meals (KHEIR, SE Asian Health).

Other projects indicated that the youth ate when it was most convenient, rather than during a regular meal schedule (SE Asian Health), and that they rarely ate three meals per day and snacked on high fat and sugar foods (Girls Inc). In one case, cereal was reported as the most common food eaten first each day, though candy, lunch, sandwich, and nothing were also given as answers

(Monterey). It was also noted that there are students who qualify for free or reduced cost meals and do not get them (CLDI, Monterey).

The following projects reported specific intake of fruits and vegetables:

- 70% of girls and 41% of boys reported eating the recommended amount of fruit (El Concilio)
- 64% of youth did not consume fruit and 68% did not consume vegetables 1-3 times weekly; 87% did not eat three or more fruits and 86% did not eat more than three vegetables per day (San Bernardino)
- At least 70% of youth surveyed did not meet the recommended intake for fruits and vegetables (Kalusugan)
- 33% of students reported eating fruit as snacks

Youth reported that they did not like to eat fruit (SE Asian Health), they ate fruits and vegetables (fruit more often), though only one or two servings per day (Monterey). A majority of respondents reported eating less than the recommended amount vegetables per day (El Concilio).

Whole milk, followed by chocolate milk and low fat milk (Monterey, San Bernardino, Ventura) were the types of milk consumed. More than 50% of Korean-American students surveyed had inadequate intake in the milk group (KHEIR). One of the projects reported a change in consumption from whole milk to low fat milk during the course of their intervention (Ventura).

Regarding intake of whole grain products and breads, nearly 50% of youth reported that eating noodles, breads, potatoes, and other carbohydrates were fattening (El Concilio). Other projects reported inadequate intake of whole grain products (Ventura), meat, and bread/cereal groups (Kalusugan).

In terms of knowledge of the link between nutrition and disease, 74% of those surveyed knew that eating less dairy products can cause weak bones; 35% knew the fat content of popular fast foods; and 90% did not know that eating too little fiber can cause colon cancer (KHEIR).

### **Weight/Body Image**

The following perceptions of weight were reported by the projects:

- 38% of Korean-American youth felt overweight (KHEIR)
- 44% of overweight Latinos perceived themselves to be of normal weight (San Bernardino)
- 28% of normal weight Latinos perceived themselves as being overweight (San Bernardino)
- 13% of girls and 6% of boys believe that they are overweight (El Concilio)

Regarding weight loss, the following projects reported data:

- 63% of boys and 43% of girls want to lose weight (El Concilio)
- 29% of boys and 52% of girls want to lose weight (KHEIR)

Another project reported that though a majority of youth described their weight as about right, a majority indicated that they would like to lose weight (SE Asian Health).

A majority of respondents indicated that being overweight is unhealthy (El Concilio). In terms of perceptions of body weight, participants reported being happy with their body by the end of the program, though their perceptions of weight did not change. They also believed that overweight people are less happy than thin people (Ventura). In another project, 33% of girls initially indicated that magazines affect how they feel about their body size and weight. The number dropped to 16% by the end of the program (Girls Inc).

## KNOWLEDGE/ATTITUDES

A lack of information about basic facts about nutrition and fitness (Ventura) and regarding knowledge and skills in selecting and preparing healthy foods (particularly low fat foods) was reported (San Bernardino). Specifically, teens saw no difference between baked and fried potatoes -- potatoes are viewed as a healthy vegetable, regardless of how they are prepared (Viejas). By the end of the programs, participants gained an increased awareness about choosing healthy foods and about the importance of being in shape (San Bernardino, Girls, Inc).

Susceptibility to disease was not related to dietary habits (Girls, Inc), and skipping meals was not viewed as unhealthy behavior (SE Asian Health). Regarding healthy eating, some participants thought that healthy eating meant no flavor and no fun (San Bernardino); others felt that the taste of food was more important than nutrition (Kalusugan).

Some of the projects revealed attitudes toward nutrition and traditional foods. In one case, youth believed that traditional cooking habits would have to change in order to prepare healthy foods (Escondido). Another project mentioned the need to know how to modify traditional recipes (CLDI). Other youth felt that American processed food was better than traditional food items (Ventura). Still others believed that food eaten at home was more nutritious than food eaten in restaurants or school cafeterias. Pizza, hamburger, and taco restaurants were mentioned as the favorite places to eat out (El Concilio).

Regarding exercise, teens did not relate exercise with being healthy (Viejas). Others believe it is unseemly for young women to exercise, especially during pregnancy (Ventura).

One of the projects reported attitudes about body image. The teens indicated that their image of a healthy person includes white, blond/brown hair, well built, models or black athletes. Dieting meant eating less or not at all, in order to lose weight and look thin/skinny, which was viewed as looking healthy (SE Asian Health).

## ENVIRONMENTAL CHANGE

In terms of environmental change, some projects reported actual changes, and others reported a need for change. In one case, a school cafeteria is installing a salad bar with nonfat dressings. There has also been an increased demand for fruits, vegetables, and corn tortillas. This change is occurring at the request of the students (Ventura). As the result of another project, healthier foods have been introduced at school and at community functions. The school menu now includes more fruits, vegetables, less salt and sugar. The milk served is now low fat, coffee is decaffeinated, foods are baked rather than fried, and lard has been replaced with vegetable oil (Viejas). In addition, projects introduced new ideas and styles for preparing foods (Escondido, Viejas).

Several of the projects voiced a need for change in the form of healthier food choices in cafeterias, snack bars, convenience stores, neighborhood grocery stores, and schools (San Bernardino, Girls, Inc, Escondido, Ventura, CLDI). Specifically, one project hoped that candy shacks would be replaced by healthy snack shacks, and that cooking and exercise classes would be offered in their community (CLDI).

Regarding exercise, many of the projects indicated that violence and safety concerns were a deterrent to utilizing recreational facilities (Ventura, El Concilio, Kalusugan, CLDI, Monterey, SE Asian Health). Some of the projects report that there are not enough physical activities available/affordable for youth (San Bernardino, Escondido). In one case, 38% of youth surveyed mentioned a need for additional physical education hours; 23% wanted additional playgrounds and 22% wanted additional recreational parks (KHEIR).

## BARRIERS

Barriers cited by the grantees included fear of violence/safety concerns, the fact that nutrition and fitness are not priorities, lack of access to exercise equipment and healthy foods, watching too much television, lack of support from parents, and the challenge of creating appropriate programs.

The barrier most frequently mentioned by the grantees was the threat of violence/safety concerns. The issue arose regarding the use of recreational facilities for exercise, and the fact that nutrition and fitness are not priorities for youth because safety is a greater concern (Ventura, El Concilio, Kalusugan, CLDI, Monterey, SE Asian Health).

The fact that nutrition and fitness are not priorities among youth was mentioned by many of the grantees. Issues such as illegal drug activity, neighborhood violence, lack of recreational activities and lack of economic opportunity are considered more important than nutrition (CLDI). Alcohol, smoking, drugs, and family problems, followed by lack of exercise and eating too much were listed as top concerns. Body image; getting shot, beat up, killed, or raped; getting sick and not staying healthy are the things teens worry most about (SE Asian Health).

Lack of access to recreational facilities and healthy foods was mentioned by many of the grantees. Lack of resources or unwillingness to purchase exercise equipment or to pay for sports activities was considered a barrier (El Concilio, Kalusugan, CLDI). In addition to physical fitness not being a priority, there isn't anywhere teens can go to exercise (Viejas). Many local grocery stores do not carry fresh fruits and vegetables and healthy foods are often very expensive. Since many residents do not have cars, it is difficult to get to large grocery stores that carry affordable nutritional food items. Community members also need assistance and encouragement in how to shop for more nutritious foods (CLDI). It is also necessary to expose youth to healthy food choices. Many of the program participants came from homes where vegetables were not served. Once they were offered vegetables, they enjoyed them and wanted more (Girls, Inc).

The challenge of creating suitable programs such as those which are culturally appropriate and which reach youth with a wide range of abilities was discussed by some of the programs. Specifically, lack of English skills, different literacy levels, and youth with learning disabilities created obstacles to successful progression of programs (CLDI, Ventura). In one case, teens did not want to go to the salad bar because they do not recognize the fruits and vegetables and are afraid to ask (Viejas).

Television was viewed as an obstacle to good nutrition and physical fitness. One survey reported that 55% of students watch at least three hours of television each day (Monterey). In another case, television was viewed as a barrier to being healthy because of the time spent being sedentary, and because a majority of the commercials are for unhealthy items such as beer, soda, and sweet cereals. Some of the youth felt that television commercials give accurate nutrition and fitness information (El Concilio).

Lack of parent involvement and the fact that parents discourage children from exercising (they want them close by) were also cited as barriers (Escondido, Viejas). In terms of nutrition, parents often use food to discipline their children, and have a "clean your plate policy" (Kalusugan).

## GENERAL COMMENTS

The importance of culturally appropriate project interventions was emphasized by many of the grantees (Girls Inc, San Bernardino, Ventura, CLDI). Forging community partnerships and getting buy-in for programs was also mentioned as a necessity for successful programs (San Bernardino).

Providing hands-on activities (such as cooking demonstrations) proved effective in moving youth toward behavior change (Girls, Inc, CLDI).



Chart 1: Youth Reached by CANFit Program Grantees, 1994-1995

AGE	GIRLS	BOYS	TOTAL
10	155	157	312
11	229	207	436
12	351	313	664
13	378	361	739
14	169	177	346
<b>Subtotal</b>	<b>1,282</b>	<b>1,215</b>	<b>2,497</b>
< 10	255	389	644
> 14	73	96	169
<b>TOTAL</b>	<b>1,610</b>	<b>1,700</b>	<b>3,310</b>

The data from this chart was compiled from the following twelve grantees:

#### Intervention

- Escondido Community Health Center (Escondido)
- Girls, Inc. (San Leandro)
- San Bernardino County Department of Public Health (Colton)
- Ventura County Public Health Services (Santa Paula)

#### Planning

- Community Leadership Development Institute (Richmond)
- El Concilio del Condado de Ventura (Oxnard)
- Kalusugan Community Services (San Diego)
- Korean Health Education, Information, and Research (Los Angeles)
- Monterey County Department of Health (Salinas)
- Southeast Asian Health Project (Long Beach)
- Stanislaus Health Services Agency (Modesto)
- Viejas Indian School, Inc. (Alpine)

Chart 2: Participants Surveyed: Number, Type and Ethnic Breakdown

	Number Surveyed	Type of Survey	Ethnic Breakdown (%)				
			African American	American Indian	Asian	Latino	White
<b>INTERVENTION</b>							
<b>Escondido</b>	195 youth	Nutrition assessment					
	51 youth	Focus group		49		51	
<b>Girls, Inc.</b>	77 youth	Written, Interviews	77		14	5	4
<b>San Bernardino</b>	209 youth	Written, focus group	1		1	77	
<b>Ventura</b>	76 youth, 4 adults	Written, Interviews	1			98	1
<b>PLANNING</b>							
<b>CLDI</b>	53 youth/adults	Written	98			2	
<b>El Concilio</b>	115 youth 19 adults	Interviews, focus groups, written				98	
<b>Kalusugan</b>	271 youth	Written, focus group			99		
<b>KHEIR</b>	247 youth/28 adults	Written			100		
	98 youth/24 adults	Focus group			100		
<b>Monterey</b>	836 youth	Written				99	
	96 youth	Focus group				99	
<b>SE Asian Health</b>	11 youth	Written, focus group			100		
<b>Stanislaus</b>	245 youth	Written, anthropometric	8	2	35	44	10
<b>Viejas</b>	27 youth	Interviews		100			

## **SECTION II: FURTHER INFORMATION**

### **ESCONDIDO**

#### **Top 5 Significant Findings**

- Community interest and involvement in implementing project
- Training session results were outstanding -- students who received the training questioned cafeteria staff about nutritional components of foods at school
- Knowledge gained by youth was put into action -- youth presented information about nutrition to their parents and families
- Participation and commitment in a variety of community activities and food demonstrations has been significant for the underserved communities
- Interest and willingness of migrant education parents to learn new healthy techniques for preparing culturally favorite meals

#### **Sharing Data Findings/Intervention Results**

- Presented information at community meetings
- Provided information to schools and programs involved with the project
- Sent out press release with data findings
- American Indian Reservation newsletters and presentation to Tribal Council

#### **Major Strengths**

- Staff from the communities -- staff motivation, interest and dedication have been an asset to our target population
- Community relations with the target communities -- the ability to nourish and maintain relationships with community leaders at the American Indian reservation and in the Latino community has opened doors and enhanced our program
- Ability to deliver services to underserved communities -- project has received positive response due to lack of existing services
- Development of Educational Modules is a strength for institutionalization of project activities, offering an opportunity for long-term existence of project goals
- American Indian Youth Committee has taken the initiative and interest in participating in more community events, and has requested more after school activities at the reservations

#### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Training session was too long (3 hours) for certain communities; one hour presentations for the community are adequate
- There is a need to purchase more physical activity equipment
- Additional funds needed for transportation and to provide gas money to the Tribal Council for use of their van -- transportation problems limited the number of store/restaurant tours

### **Youth/Community Nutrition and Fitness Needs Identified**

- Lack of knowledge about nutrition and available resources
- Need to introduce new ideas and styles of preparing favorite meals and snacks
- Need to work with school cafeterias to update nutritional resources
- Need for affordable fitness and physical activity facilities

### **Technical Assistance Sought**

#### Purpose:

Train and update staff about health education resources, physical activity, identifying cultural sensitivity resources

#### Received From:

Migrant Education Summer Academy Program

CANFit Board or Consortium members: Arnell Hinkle, Patricia Lozada, Joan Rupp  
(Project nutrition consultant)

#### Would Have Been Helpful:

Additional resources (such as video tapes) on physical activities for youth, other sources for purchasing equipment, listing of upcoming trainings/conferences related to project activities

### **Noticeable Changes**

#### Individual

- Project staff and participants have become more aware of food intake, preparation, buying healthy foods
- Individuals have replaced chips and chocolate with fruits and vegetables for snacks, and have lost weight due to switching from drinking soda to drinking water

#### Organizational

- Lunches during coalition and network meetings now contain low fat foods

#### Community

- Tribal council members have shown more interest in project activities
- Pauma Elementary school plans to train cafeteria staff
- Salvation Army and Migrant Education Department have incorporated project activities into their curriculum

#### Policy

- None

### **Institutionalization**

- Clinic staff could be trained in nutrition
- Healthy tips and recipes could be provided on a quarterly basis
- Staff meetings/potlucks can promote healthy food choices

**Plans Beyond CANFit Funding**

- A proposal has been submitted to the Wellness Foundation for funding to expand the project over three years

**Other Project Activities/Lessons Learned**

- None

**GIRLS, INC.** (Mawiyah Project)**Top 5 Significant Findings**

- Girls will exercise when they are doing something they enjoy
- Exposing girls to healthy foods increases their ability to consume more nutritious foods
- Hands on activities are an effective way to help change girls' behavior
- Self-empowerment and body image workshops encourage girls to assess the way they feel about themselves
- Nutrition is an interesting topic to girls

**Sharing Data Findings/Intervention Results**

- Presentation at regional conference
- Curriculum sent to national office for review and possible affiliate adoption
- Curriculum disseminated to community agencies, schools, churches, and health organizations

**Major Strengths**

- Mawiyah project proved to be a very successful component of the summer science, math, sports and health program, Eureka, held at Mills College (Oakland)
- Mawiyah is a culturally relevant after school program
- Fitness component was an additional strength of the Mawiyah project

**Areas in Need of Improvement (What You Would Have Done Differently)**

- Determine type of exercise that girls would prefer (they lost interest in the African Dance class)
- Develop an incentive program to increase participation in program
- Include a leadership component where the girls would be directly involved in program planning and implementation so that they could feel ownership of the program and improve their leadership skills

### **Youth/Community Nutrition and Fitness Needs Identified**

- Information about the importance of a balanced diet
- Information about the risks of unhealthy eating and lack of exercise
- Healthy/different ways of cooking
- Schools need to provide healthier food choices
- Youth need to receive nutrition and fitness education in school

### **Technical Assistance Sought**

#### Purpose:

To develop health and nutrition curriculum, evaluation tools, and for clarification on health related questions.

#### Received From:

YMCA, Healthy Kids Resource Center, American Heart Association, American Cancer Society, Kaiser Health Education Department

CANFit Board or Consortium Members: Lucy Adams, Arnell Hinkle

### **Noticeable Changes**

#### Individual

- Girls encouraged younger kids to eat healthier foods and to exercise regularly
- Attitude toward health had improved and leadership qualities were developing
- Program Coordinator has improved her eating habits, which serves as a role model

#### Organizational

- Staff members became educated about the importance of healthy eating and requested information

#### Community

- Parents' awareness about the importance of providing balanced healthy meals to their children was raised

#### Policy

- Needs were identified -- providing nutrition classes during school hours, and offering healthier foods in vending machines

### **Institutionalization**

- Mawiyah will continue to be offered as a daily health class (Eureka)
- Mawiyah curriculum will be presented to the school teachers (Eden Area School Age Mothers Program)
- In the future certain components of the curriculum will be included in trainings and seminars provided for teens

### **Plans Beyond CANFit Funding**

- Incorporate Mawiyah curriculum into existing Girls Inc. programs
- Present curriculum at Girls Inc. regional conference
- Have curriculum available for use by other organizations

### **Other Project Activities/Lessons Learned**

- Girls Inc. submitted the Mawiyah project for a John R. May Award, which recognizes initiatives in response to a significant contemporary problem with a cash prize of \$5,000
- Though the program was initially developed for African American girls in schools, it was implemented during the summer Eureka program at Mills College. Eureka participants were ethnically diverse, and there were a number of differences among the girls. The Coordinator made sure to address issues relating to all ethnicities and made sure that materials were culturally relevant

### **Quotes**

"The Mawiyah project fills a definite void for teen girls in the East Oakland community. Schools no longer offer Home Economics which taught basic skills like cooking. The health classes offered often focus primarily on reproductive health as opposed to nutrition. Only one program focusing on diet for teens exists through Kaiser Hospital in Oakland and few residents affording health insurance are motivated to access other health education programs. This program takes young women at risk of serious health hazards and engages them, while fostering leadership and advocacy skills with a mission to actively involve themselves and their community as they create positive change in their own lives and take charge of their future."

### **SAN BERNARDINO (Colton Youth Soccer)**

#### **Top 5 Significant Findings**

- Opening Ceremonies -- evoked participation by entire Colton Youth Soccer community, integrated nutrition and fitness messages, raised money
- Colton Playerz Health Club -- established pro-active youth group that advocates for improved physical activity involvement and healthy food choice availability
- Environment/Policy Change -- snack bar now includes fruit and pretzels, team moms were urged to tell parents to provide "non-junk food" snacks
- Culturally-Appropriate Message Delivery -- newsletters and handouts increased nutrition and fitness consciousness throughout the league
- Positive relationships were established and will facilitate further nutrition/health interventions after CANF it funding ends

#### **Sharing Data Findings/Intervention Results**

- Published results in club newsletter
- Results shared during live Spanish radio interview (KDIF) that airs in the Inland Empire
- Discussed results on individual basis with soccer league parents and coaches
- Plan to share results with City of Colton government leaders when proposing official recognition for the program

### **Major Strengths**

- Community buy-in regarding the importance of nutrition and fitness promotion for soccer players, and resulting in Board members advocating for similar interventions in other soccer leagues
- Mobilization and utilization of community resources, such as university student volunteers, donated food items, volunteer time, and local agencies as exhibitors
- Project has the potential to be replicated and expanded through the California Youth Soccer Association, as well as other organized sports leagues
- Project is unique in that it integrates nutrition and fitness messages into youth sports leagues

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Communicate better with CANFit Office and Administrative Board regarding baseline data collection expectations and concerns about the project
- Involve a Colton Youth Soccer adult in the coordination of the Peer Advisor group from the beginning of the project
- Change the time frame of the grant so that it would coincide better with peak soccer season

### **Youth/Community Nutrition and Fitness Needs Identified**

- Youth and adults are in need of fitness and nutrition knowledge and resources
- There is a need for physical activity opportunities for youth
- There is a need for additional healthy food items to be offered at snack bar
- There is a need for local media to increase coverage of nutrition and fitness issues that interest 10-14 year old youth

### **Technical Assistance Sought**

#### Purpose:

To develop evaluation tool, analyze baseline data, develop culturally appropriate educational materials, to order materials, and for project implementation, presentations

#### Received From:

Joe Lick (Health Department statistician), Lynn Stacy (Nutritionist), Helen Hopp (Health Education Professor), Karen Jaceldo (DrPH student intern), Alfredo Mejia (DrPH student), Jeanne Silberstein (Program Manager), Paula Benedict (Nutritionist), Greg Papepetru (Health Education Specialist),

CANFit Consortium or Board Members: Lydia Guzman (EPA), Jackie Russum (Healthy Kids Resource Center)

### **Noticeable Changes**

#### Individual

- Peer advisors reported an improved consciousness and behavior with regard to food choices and a perceived importance of being in shape

#### Organizational

- The project resulted in an increased collaboration between Health Department programs,



including Alcohol and Drug Prevention, Chronic Disease, Tobacco Use, and Project LEAN

#### Community

- The project complimented pre-existing awareness of the importance of nutrition and fitness in Colton School and the community-at-large

#### Policy

- Though formal policies have not been established, the following informal commitments to improve health and fitness have been made: incorporating nutrition and fitness information into Opening Ceremonies event; offering more fruit and low-fat foods at snack bar; providing healthy after game snacks; involving youth in the decision-making process

#### **Institutionalization**

- Integrate nutrition and fitness promotion into other youth-centered Health Department Projects (i. e. Club Live, Friday Night Live, Tobacco Use Reduction Now)
- Implement and institutionalize Project LEAN "Food on the Run" Nutrition and Physical Activity Campaign within high schools
- Partner with Loma Linda University Social Action Clinic and Libereria Del Pueblo to submit a proposal to address comprehensive health, including nutrition and fitness, to the California Wellness Foundation

#### **Plans Beyond CANFit Funding**

- Investigate possibility of acquiring night lights so that soccer and other sports can continue to be played during fall and winter
- Promote soccer league registration among low-income, minority 10-14 year old youth
- Institutionalize Peer Advisor group within Colton Youth Soccer

#### **Other Project Activities**

- Project LEAN will partner with Friday Night Live to implement a Food on the Run/Friday Night Live chapter at Colton High School. The project will promote healthy eating, physical activity, and a drug and alcohol-free lifestyle at the high school and the surrounding community
- Project staff produced a flyer for the food service director which utilized 5-a-Day Power play graphics to market newly implemented school breakfasts
- KDIF Spanish radio station has offered to air any public service announcements that project staff would like to publicize

#### **Quotes**

"Now I'm more aware. I pay attention to what I eat and keep in shape. I eat more vegetables. My family has changed the way they eat too," said one of the 13 year old participants.

## **VENTURA**

### **Top 5 Significant Findings**

- This project has changed some preconceived opinions about Latinos in Santa Paula
- The Coalition is on the verge of going non-profit, due in large part to the team spirit required to move this project forward
- Balance/moderation will be one of the legacies of this project to the community
- Using peeled raw carrots as a snack item was something different for some, as was the notion that fitness was something that only rich people could achieve
- Isbell School cafeteria will be installing a salad bar, with nonfat dressings, at the request of the students

### **Sharing Data Findings/Intervention Results**

- The coalition plans to distribute all findings to the Santa Paula Elementary School Parent Education Committee, to the Santa Paula Times, to Our Lady of Guadalupe Church and to the City Council

### **Major Strengths**

- We are bicultural as well as bilingual and can therefore relate extremely well with the population we serve
- Community feedback has been very positive and has translated into tremendous community support (donations)
- We have been able to communicate our message that good nutrition and fitness are within everyone's reach
- Response from a Spanish radio station indicates that listeners are trying out different things

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- We would have taken more time to introduce the project to the community before we began the actual implementation
- We need to find a more effective way of recruiting staff
- The coalition would like for the project coordinator to spend more time in the community, but this is difficult without a local office

### **Youth/Community Nutrition and Fitness Needs Identified**

- There appears to be a lack of information about some of the most basic facts about good nutrition and fitness
- We found some people still using traditional pots and pans that contain a high level of lead as well as eating lead tainted candy
- The need to wisely select which cultural behaviors to retain and which to adapt and to accept responsibility for individual choices
- The threat of gang violence can be a deterrent for some to leaving home after dark
- Convenience stores located near school need to provide a better selection of snack items
- Pesticide use needs to be addressed, since this is an agricultural community

- It is unseemly for young women to exercise, especially during pregnancy
- American processed food is better than traditional food items
- Driving is better than walking, even if it is daylight and the distance is short
- The belief that lack of English skills is an unsurmountable obstacle

### **Technical Assistance Sought**

#### Purpose:

Nutritional and fitness

#### Received from:

Sylvia Knavery, UCSB Cooperative Extension, Ventura YMCA, Shape Shop, CANFit Board and Consortium members: Arnell Hinkle and Carmen Villalobos

#### Would Have Been Helpful

Information on the fitness component

### **Noticeable Changes**

#### Individual

- Our participants have changed their eating habits, according to school cafeteria staff
- This project has caused staff to exercise more and eat a healthier diet

#### Organizational

- This project has enabled all associated with it to gain more credibility in the Santa Paula community

#### Community

- Community residents are beginning to be more aware of what they eat and why
- The elementary school district is starting to make positive changes in its menu selections
- The parent education committee is strongly considering the addition of a nutrition/fitness component to its parent education seminars

#### Policy

- No one wants to commit to any change that they perceive will increase operating costs because of the current economic climate

### **Institutionalization**

- Promoting nutrition and fitness for youth has already been institutionalized within the coalition -- it is already a part of whatever programs we have

### **Plans Beyond CANFit Funding**

- We will continue with the radio interview program and continue to work with the school district to maintain the positive changes that have occurred
- We will seek outside funds to continue our efforts

### **Other Project Activities/Lessons Learned**

- We received a \$25,000 grant this summer, based in part on the work that we have done with Baile de Vida
- The Coalition and Health Ed. also helped write a small \$10,000 grant to help fellow

- Coalition member, Santa Paula Youth in Action, with its after-school programs
- We anticipate that our efforts will be recognized by the Santa Paula City Council in the not to distant future

### **Quotes**

"When F.R. first came to us, he was an angry and frustrated young man. He was very irritable and would hit the others in the class. F.R. was tall, overweight, and by far the largest program participant. We worked on building self esteem. Little by little, he came to realize that being big was not all bad."

## **COMMUNITY LEADERSHIP DEVELOPMENT INSTITUTE (CLDI)**

### **Top 5 Significant Findings**

- Involvement, enthusiasm, and interest of the young people involved -- as the program continued, they began to choose healthier foods, demonstrated their commitment to exercise, and volunteered to help with program activities
- We were able to adjust the program to meet the differences in the participants (such as learning disabilities, literacy levels), and as the students experienced the adjustments and the attention and respect that the staff gave to their differences, their self-esteem and enthusiasm increased
- The Easter Hill Community was supportive of and interested in the program -- their participation and interest in the program reflects a lack of services currently being provided in their community
- While the youth were very interested in the program, they were also very concerned with the issues of illegal drug activity, neighborhood violence, lack of recreational activities and lack of legitimate economic opportunities
- Access to nutritional foods (fresh produce and healthy food choices) is extremely limited -- there is only one small neighborhood grocery and the prices are much higher

### **Sharing Data Findings/Intervention Results**

- Forum was held for Easter Hill residents during the summer
- Data was presented to Easter Hill Residents Council, elected officials, the Housing Authority, and other agencies and organizations that serve Easter Hill
- Surveys are still being distributed, and the young people who participated in the program continue to appear before groups and at community action meetings

### **Major Strengths**

- Enthusiasm and involvement of the young people who participated
- Involvement by and contribution of the community at large
- Mentoring that developed between those enrolled in the program and the younger children who came to watch and wanted to be a part of the project

- Ability and professionalism of the CLDI staff who were able to lead the participants to an understanding of their own power and ability, with very limited resources

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Needed to design program for lower literacy levels, had we been aware of the learning difficulties and low literacy of many of the participants
- Needed to refocus the curriculum to make it less academic and less structured
- Needed additional staff to give attention to the young people that they needed to remain focused on the project
- Needed additional space, time, and funding
- We would like to have offered more practical experiences for the participants, such as exercise classes

### **Youth/Community Nutrition and Fitness Needs Identified**

- Assistance and encouragement in grocery shopping (purchasing nutritional foods)
- Information on how to modify traditional recipes (such as collard greens) to make them healthy and tasty
- Services to help the young people who have low literacy levels and a variety of learning disabilities
- Additional grocery stores that offer healthy food choices
- Classes offered in exercise, cooking, and other areas of interest to the residents
- Ways to assist community residents so that they can maintain their culture
- Resource center to make referrals to residents seeking help in solving their problems

### **Technical Assistance Sought**

#### Purpose:

Assistance with recruiting youth and getting them excited about program activities, expertise in environmental strategies for addressing nutrition and fitness issues, training support, development of the evaluation tool

#### Received From:

Richmond Police Department, African American Medical Students Association at UCSF, Marin Institute, Richmond Housing Authority, Tobacco Prevention/Healthy Neighborhoods Project, City of Richmond Community Drug Education Program, City of Richmond Parks and Recreation Department, City of Richmond Office of Community Affairs

CANFit Consortium or Board members: Arnell Hinkle, Dr. King

#### Would Have Been Helpful:

It has been difficult for us to ask for assistance, which is not a reflection upon the CANFit staff (all of the exchanges we had with them were extremely positive). We should have sought more assistance regarding reporting and the limitations of our agency.

### **Noticeable Changes**

#### Individual

- Project staff often felt overwhelmed by the attention demands of the participants due to

their enthusiasm, individual differences, and life situations

- Planning group members donated their time and were full of enthusiasm
- Youth grew intellectually and emotionally

#### Organizational

- The staff had not anticipated the heavy workload and the complexity of the plan in relation to the needs of the participants
- Advisory groups, agency partners, and coalitions were very responsive, particularly the Chronic Disease Subcommittee of the Public and Environmental Health Advisory Board (PEHAB)

#### Community

- CLDI received a great deal of support from the local school
- The turf issue arose often -- there is usually a group within the community engaged in a number of illegal activities where there is an incentive for conditions to remain the same
- Although the community has serious problems which are detrimental to the health and welfare of its residents, there is a lot of love, support, and care among the residents

#### Policy

- Issues arose surrounding the use of the Community Center, depending upon the point of view of those granting time and space
- We had to establish policies and rules of conduct for the youth in relation to the Community Center

#### **Institutionalization**

- Through articles which would appear in our newsletter and newsletters of other organizations
- Through speakers who would appear before community groups, schools, churches, service agencies, and other interested groups
- By continuing to develop and advertise the project as a model program and by acting as consultants for other communities interested in establishing a similar program
- By publishing recipes which are nutritious and attractive to the community
- By establishing a Drill Team from Easter Hill, entering them into competition and using the activity to advance the fitness of the youth of Easter Hill and to advertise the CANFit program
- By engaging the community in a level of participation which would develop their ability to continue the project

#### **Plans Beyond CANFit Funding**

- We have no committed funds and are attempting to continue the program through non-traditional forms of networking, specialized funding for particular program aspects, potlucks and coffee klatches
- We will assist youth in forming baseball teams, using hiking trails, and encouraging them to venture outside of the community

### **Other Project Activities/Lessons Learned**

- We have begun the initial organizational phase to involve youth in a nationwide tennis program, and we plan to start a drill team as mentioned previously
- We are especially pleased with the leadership retreat weekend attended by the participants of the program
- As a consequence of CANFit Funding, we received \$7,500 from Northern California Grant makers to augment the HYPE Project during the summer (e.g. provided recreation, meals)

### **Quotes**

"Residents said they would like to see many changes in the variety of foods available in neighborhood markets. A large number of respondents stated that they want more fresh produce and higher quality products sold in their local stores. Specific requests included fresher vegetables and fruit, fresher and better grades of quality produce, fish, meats, and cheeses. People wanted ingredients for soul food dishes sold in nearby neighborhood markets."

"One young adult requested low-sodium, low-fat foods, and the ability to buy food without dealing with stores full of alcohol."

## **EL CONCILIO**

### **Top 5 Significant Findings**

- The community Advisory Group for the Latino Adolescent Nutrition and Physical Activity Program met eleven times
- The youth Planning Group met six times and assisted in planning the focus group questions and sessions, developing the survey, and data input and analysis
- Planning group members received two presentations on survey data entry, analysis and interpretation
- Two Advisory Group members participated in a community radio talk show to discuss the program and survey results; two other members were involved in writing a Spanish and English newsletter article on the needs assessment results
- The youth are eager to participate in nutrition and fitness educational and skill-building activities

### **Sharing Data Findings/Intervention Results**

- Discussing the survey results with the Advisory Group and encouraging them to share with other groups and within their own organization
- Sharing results with the Colonia and South Oxnard Junior Youth Council members and obtaining input on intervention activities
- Writing Spanish and English newsletter articles for Oxnard Public Housing Authority's newsletter "Neighbor to Neighbor."
- Writing press release on the program and needs assessment results
- Participating in local morning radio talk shows

**Major Strengths**

- Developed a functioning bilingual/bicultural community Advisory Group
- Established contact with the target population in the area of nutrition and fitness
- Documented nutrition and fitness-related needs of the target population

**Areas in Need of Improvement (What You Would Have Done Differently)**

- Educational material development
- Intervention design
- Evaluation design

**Youth/Community Nutrition and Fitness Needs Identified**

- Participants believe they watch too much TV, and that it is a barrier to being healthier
- Participants believe that only sometimes do TV commercials give them positive and accurate nutrition and fitness information
- Pizza, hamburger, and taco restaurants were identified as favorite places to eat out
- Girls, though not boys, included fruits and vegetables as some of their favorite foods
- All youth (especially girls) were unable to adequately describe the Food Guide Pyramid
- Families lack the resources to purchase healthier foods and/or fitness equipment
- Residents do not frequent local parks or gyms because of safety concerns

**Technical Assistance Sought**Purpose:

Focus group question development, survey development

Received From:

Mimi Nichter (University of Arizona), James Sallis (San Diego State University), Michelle Zive (UC San Diego)

CANFit Board or Consortium members: Individual Board members' advice was utilized

Would Have Been Helpful

Assistance in data analysis and reporting would have facilitated report and grant writing.

**Noticeable Changes**Individual

- Program participants want additional nutrition and fitness-related educational activities

Organizational

- El Concilio and Oxnard Public Housing incorporated nutrition and fitness promotion in on-going educational efforts with target population

Community

None

Policy

None

**Institutionalization**

- Staff attended CANFit trainings which allowed for increased knowledge in area of nutrition and fitness



- Provide healthier snacks and drinks at the many El Concilio sponsored community outreach activities

### **Plans Beyond CANFit Funding**

- Include nutrition and fitness promotion as part of ongoing community education efforts
- Utilize and share nutrition and fitness resources such as educational videos and materials
- Seek funding from other agencies for nutrition and fitness promotion services

### **Other Project Activities/Lessons Learned**

- Program participants are currently being recruited to participate in Ventura County's Red Ribbon Games
- Local Spanish language TV station KSTV will interview Rigoberto Vargas on the outcome of the program during its evening news hour

### **Quotes**

"Overall the survey information seems to indicate that there is a problem of an unhealthy diet among youth and parents. Both groups report that they eat low amounts of whole grain products, fruits and vegetables which are important to prevent problems associated with cancer and heart disease," said a Registered Dietician and advisory group member.

Parents mentioned that TV is a barrier keeping the family from being healthier because of the amount of time spent watching it a because "the majority of commercials are for beer, soda and sweet cereals."

## **KALUSUGAN**

### **Top 5 Significant Findings**

- Filipino American youth have poor dietary practices and lack of physical activity
- The main causes of the problems include lack of emphasis on nutrition and fitness, lack of information accessible to parents and youth, unappealing food served in the school lunch program, insufficient extra-curricular programs in school involving physical activity, cultural factors, and reluctance of parents to let kids play outside because of safety concerns
- Intervention plan should be comprehensive -- strengthening individual knowledge of youth and parents, educating providers such as teachers, promoting community education, fostering coalitions and networks, and changing organizational practices such as the school lunch program
- Most of the school administrators, teachers, staff, parents, youth and community leaders were cooperative and volunteered to perform tasks to make the project successful
- Most of the youth were knowledgeable about nutrition but needed some motivation to change their behavior

- There were a variety of community resources in nutrition and fitness that the public needs to be informed about
- Cultural differences come into play in determining causes and designing interventions

### **Sharing Data Findings/Intervention Results**

- Data will be shared with teachers, staff and school administrators during their meetings and through bulletin boards
- Findings will be presented to parents through parenting classes, workshops or seminars, bulletin boards, and newsletters
- News will be communicated through flyers/brochures, ethnic media, food/fitness fair, and resource directory

### **Major Strengths**

- The directors have good leadership qualities -- excellent academic background, experience in the area of nutrition and coalition building, and strong administrative skills
- Expanding coalition -- the coalition began in 1992 and members with expertise in nutrition and fitness were recruited during the project
- Networking and collaboration with numerous Filipino and non-Filipino agencies
- Strong ties with the media, particularly ethnic media, which enabled the project to inform the community about its existence and progress

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- More time, energy and resources should have been devoted to obtaining dietary recalls from the children
- Time line should have been followed more closely to avoid the work crunch at the end of the project in terms of analyzing data and obtaining feedback from the teachers
- Advantages and disadvantages regarding the start and end dates of the project – summer months are great for proposal writing because it is quiet, however it is difficult to get in touch with teachers

### **Youth/Community Nutrition and Fitness Needs Identified**

- Unappealing food served in the school lunch program
- Irregular physical education instruction
- Girls do not want to sweat during physical education, and boys experience pressure for underachievement
- Focus groups reported that youth lack knowledge of good nutrition, however, written surveys indicated that most of the students were knowledgeable about healthy food choices
- Cultural factors exist, such as "eat what you want philosophy" or "clean your plate policy"
- Parents, at times, use food to discipline their children
- Parents do not promote exercise; there is a lack of parental support and encouragement
- Parents are reluctant to let their kids play outside their homes for safety reasons
- Filipino restaurants and fast food restaurants should serve foods that are lower in fat, sugar and salt

## **Technical Assistance Sought**

### Purpose:

Designing survey questionnaire, obtaining accurate dietary recalls from children

### Received From:

Michelle Zive (Nutritionist with Project CATCH)

CANFit Board or Consortium members: Gail Frank

### Would Have Been Helpful

Samples of survey questionnaires and examples of meaningful questions to ask would have been helpful. Hints on how to obtain accurate dietary recalls on children were needed.

## **Noticeable Changes**

### Individual

- Project staff are more conscious about their eating habits and exercise activity, and how they could serve as role models

### Organizational

- SDSU faculty and students, and nutritionists in the community have become more knowledgeable about the dietary practices of Filipino Americans

### Community

- As a result of the news media, community leaders, school teachers and staff are more aware of the nutrition and fitness problems of Filipino American youth

### Policy

- Project participants expressed desire to write more grants and obtain funding to support nutrition and fitness activities

## **Institutionalization**

- Continue collaboration with SDSU Department of Nutrition to provide technical assistance on recipe modification and student volunteers to work on the project
- Develop and encourage local Filipino American nutritionists/dietitians/home economists to provide nutrition education to the community
- Develop and train community leaders to organize and teach the parenting classes
- Develop and organize youth groups who will be interested in promoting nutrition and fitness

## **Plans Beyond CANFit Funding**

- Continue the training of teachers using community resources such as the Dairy Council, American Heart Association, and EFNEP (Filipino American nutritionists/dietitians will work with the teachers to make it more ethnic specific)
- A Filipino curriculum guide will be prepared for and presented to teachers (KCS will update this guide on a regular basis)
- Parenting classes with nutrition and fitness themes will continue to be taught in schools and in the community -- parents will be trained to teach nutrition and physical activity and a curriculum guide for teaching Filipino parents will be produced

- Nutrition and fitness themes will be integrated in youth programs, meetings, and seminars -- a nutrition/fitness guide for youth will be developed
- Seminars and workshops for restaurant and grocery owners will be continued -- a guide for restaurant and grocery owners will be developed
- Restaurant owners will be encouraged to collaborate with the group that publishes the "Healthy Dining Guide" so their restaurant can be advertised as one providing healthy food choices
- Community organizations such as the Council of Pilipino American Organizations (COPAO), local Filipino dance companies and other fitness groups will be encouraged to continue and expand their services to the Filipino American population

#### **Other Project Activities/Lessons Learned**

- An abstract entitled, "Nutri-fit: A nutrition/fitness project for Fil-Am youth" was accepted for presentation at the 1995 meeting of the American Public Health Association
- KCS received several awards this year, including a Congressional award from Randy "Duke" Cunningham and a community service award from COPAO

#### **Quotes**

"Filipino American kids bring to school snacks that are not healthy (e.g. too much sugar, chips, and chocolate milk). Students and parents need to be educated in this area. I also observed that the kids are not in good physical condition... they stay indoors for fear that their kids will get hurt," noted one of the teachers.

### **KOREAN HEALTH, EDUCATION, INFORMATION AND RESEARCH (KHEIR) CENTER**

#### **Top 5 Significant Findings**

- Most Korean-American adolescents age 10 to 14 are concerned with their body image
- Two-thirds of adolescents surveyed skipped breakfast due to loss of appetite and not enough time
- Soda consumption is high and milk consumption is less than the RDA
- Many participants lacked nutritional knowledge
- Participants reported that they did different exercises (aerobic, flexibility, strength) 3-4 times per week, and many wanted to exercise more
- Adolescents need to be informed about the nutritional values of American as well as Korean foods -- most of the participants ate American style meals for breakfast and lunch, and Korean style meals for dinner

#### **Sharing Data Findings/Intervention Results**

- Press release was sent out to the Korean media about the results of the needs assessment

- Korean TV station KTE did an interview with the project coordinator about the survey results
- Korean Central Daily, a Korean newspaper, wrote an article about the results
- Project Coordinator and Registered Dietitian will meet with the Korean language school principals to share findings and to discuss how to implement a nutrition and fitness education program among Korean American adolescents
- Using data findings from the needs assessment and focus groups, KHEIR center will develop a nutrition/fitness curriculum for Korean adolescents age 10 to 14

### **Major Strengths**

- This is the first nutrition program ever to be implemented in the Korean community, and the project will be a useful source of nutrition facts for many Koreans
- The overall turnout of participants was greater than expected -- over 300 survey questionnaires were collected from the adolescents, and surveys were conducted among parents and Korean language school principals
- Project received wide support from the Korean media, community, and educators
- Planning committee members were very committed and dedicated

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Staff members did not have sufficient resources to start the program since it is the first of its kind -- pilot study for survey and experience with conducting focus groups would have improved the content of the questionnaires, and change in project coordinator delayed project
- Project staff did not have control over selection of the classes which made random sampling difficult -- in some cases staff was given little time to conduct surveys
- Focus groups were too large (more than 10 adolescents) which made them difficult to control and led to many distractions
- Our survey questionnaire and focus groups for mothers had low participation due to limited contact with the PTA members from the Korean language school -- we became aware of the Korean Parents Organization which we would contact in the future

### **Youth/Community Nutrition and Fitness Needs Identified**

- There is a need to educate Korean American adolescents on the importance of fiber and on the fat content in fast foods
- Information is also needed regarding ways to lose weight, heart healthy diets, cancer and fruits/vegetables, hidden fat from food, healthy bone diet, and composition of Korean food
- Korean adolescents need to be encouraged not to skip breakfast and to read nutrition labels to identify products low in fat
- Need to support healthy snacking behavior and encourage Korean adolescents to set realistic goals
- There is a need for more recreational facilities
- Needs to be an intervention with the Los Angeles County Unified School District to develop a more suitable PE program with longer hours

- Since mothers prepare and purchase most of the food, they need to be educated about healthy eating
- Korean Language School principals need assistance in planning healthy snack menus

### **Technical Assistance Sought**

#### Purpose:

None

#### Received From:

None

CANFit Consortium or Board members: None

#### Would Have Been Helpful:

Results of nationwide surveys and survey questionnaire would have helped in developing our questionnaire. Guideline for focus groups would have made it easier.

### **Noticeable Changes**

#### Individual

- Project coordinator and planning committee members have become more aware of problems concerning nutrition and fitness in the Korean community

#### Organizational

- Prior to this grant, we limited ourselves mostly to adults, and now we have expanded our target population to adolescents
- KHEIR has put all of its time and energy into this project, since it is the first of its kind

#### Community

- Due to the media attention, the Korean community became aware of the nutrition and fitness findings
- Principals of Korean Language Schools became interested in the project and wanted to implement the program in their schools

#### Policy

- We hope to set policies for our agency and at Korean Language Schools in the future

### **Institutionalization**

- We intend to train our staff and other health educators on topics related to nutrition and fitness so that they may teach and answer questions
- When KHEIR members make presentations for other projects, they can include nutrition and fitness education
- During KHEIR's annual Children's Health Fair, we intend to distribute handouts on topics related to nutrition and fitness

### **Plans Beyond CANFit Funding**

- We are trying to look for other funding sources to improve quality and to expand the project
- We plan to make curriculum self-explanatory so that one does not need a nutrition or fitness background to understand the content and to teach others

### **Other Project Activities/Lessons Learned**

- None

## **MONTEREY**

### **Top 5 Significant Findings**

- Cereal was the most common food eaten as the first thing each day, though candy, lunch, sandwich, and nothing were also given as answers
- During focus groups, students revealed that they often skip meals, mostly breakfast, even though they qualify for reduced cost meals at school
- Students eat only one or two servings of fruits and vegetables each day
- Students reported drinking whole milk or chocolate milk (they were unaware that the chocolate milk is 2%)
- Students reported watching a lot of TV
- Students listen to music, watch TV, talk, take part in sports, hang out, go to the mall
- Fruits, candy, and chips were the top three snack foods eaten

### **Sharing Data Findings/Intervention Results**

- Some findings have been reported verbally to administrators and staff
- Newsletter will be sent to advisory committee, community leaders, school administrators
- A summary of the findings will be included in the newsletter that the Health Department sends to the medical community

### **Major Strengths**

- Working with the existing IMPACTO task force, and forming a subcommittee on nutrition and fitness for youth, a topic which they had not previously addressed
- Assessing resources in the community around youth nutrition and fitness
- Working with Healthy Start planning process and developing good working relationships
- The three communities received the surveys well and helped get them completed
- Working with youth to help develop and pre-test the surveys

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Should have computerized our survey (tallying over 800 surveys has been the biggest challenge of the project)
- Would be better to concentrate on one community, to focus more on quality than quantity
- Should have held more focus groups, asking more about food choices and activities

### **Youth/Community Nutrition and Fitness Needs Identified**

- Most students were not sure whether eating noodles, bread or potatoes was fattening
- Girls knew that cheese has a lot of fat and calories but boys did not
- Students did not know that eating at salad bars can be fattening
- Recreation facilities for students are limited

- Parents cited safety concerns about gangs regarding after-school activities
- A sedentary lifestyle is reflected in the high number of hours spent watching TV

### **Technical Assistance Sought**

#### Purpose:

Input on developing surveys

#### Received From:

Youth, IMPACTO subcommittee, Maternal and Child Adolescent Health Advisory Board  
CANFit Board or Consortium members: Karen Kamachi (member of the Maternal and Child Adolescent Health Advisory Board)

#### Would Have Been Helpful

Survey design and computerization, combined with our local input and field testing.

### **Noticeable Changes**

#### Individual

- Positive response from the school administrators, due to the non-controversial subject matter and to the relationships we have built with the community

#### Organizational

- IMPACTO agreed that it was important to improve the nutritional and fitness status of Hispanic youth, a group that they had not previously focused on

#### Community

- The project was well received by staff, group members, participants, and the community

#### Policy

- We will now work with the Greenfield Middle School, expanding our social marketing focus and, hopefully, increasing our impact on the families

### **Institutionalization**

- We are exploring ways to infiltrate other programs in our organization, asking staff to promote healthy food choices and increased physical activity for youth
- We will explore co-facilitation of nutrition and fitness information for young families with our Employee Wellness Program that focuses on nutrition and fitness activities including classes with a family focus

### **Plans Beyond CANFit Funding**

- To work with programs such as Project LEAN that focus on youth nutrition and fitness
- We are working with the tri-county collaboration with the new CSU at Monterey Bay
- Our work in Greenfield will include coordinating and promoting information and resources to the people who need and want the services

### **Other Project Activities/Lessons Learned**

- Speaking to students one-on-one about nutrition and fitness helped us gain invaluable insight into what they are eating and doing



### **Quotes**

"Results from the survey indicate that all of the students are very familiar with the variety of fast food restaurants and their prospective menu items in the surrounding area. Students prefer hamburgers, french fries, and sodas to all other foods. Almost no one admitted to eating more than two servings of fruit and one serving of vegetables per day. Many ate one serving of each or no vegetables at all. Focus groups revealed students would only eat vegetables with dressing (i. e. ranch) or if the vegetables were covered with chocolate."

"Most students reported participating in a wide variety of sports and physical activities but also managed to watch many hours of television each day."

## **SOUTHEAST ASIAN HEALTH PROJECT**

### **Top 5 Significant Findings**

- Good nutrition and physical fitness were not priorities for adolescents (top concerns were alcohol, smoking, drugs, family problems, lack of exercise, eating too much junk food)
- On average teens skipped breakfast three times and lunch once each week because they had no time to eat, were not hungry, or had better things to do
- Teens surveyed did not have a regular meal schedule, but ate when it was convenient
- Things teens worry about most include body image, getting shot, beat up, killed, or raped, and getting sick
- Peer leaders said they choose foods they eat at home, but in reality they choose from the foods that their parents purchase
- Dieting means eating less or not eating at all in order to lose weight and look thin/skinny

### **Sharing Data Findings/Intervention Results**

- Initial data results will be shared with the peer leaders
- When the needs assessment and planning phase is completed in June, 1996, the results will be disseminated to the community

### **Major Strengths**

- Success in relating and interacting with peers
- Project has been well networked with Long Beach's sports and nutrition program through the umbrella program of Families in Good Health
- Process of assessing peer leaders and working with them over an extended period of time has allowed issues to be fine tuned
- Peer leader's partnership in the process allows them to learn the importance of eating healthy and exercising, the steps in the needs assessment process, and to become health advocates to their peers

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- Need to spend more time with peer leaders outside the planning process to build trust with the coordinator, and so that the peer leaders can get to know each other better

- Peer leaders may need to participate in running the meetings so that they can take more ownership of the planning process
- Need to make more use of technical support from CANFit Consortium members, the FiGH Advisory Board, and the Public Health School at Cal State Long Beach

### **Youth/Community Nutrition and Fitness Needs Identified**

- Peer leaders could not list food groups on the Food Pyramid Guide
- Outside of school and YMCA, peer leaders were generally unaware of other existing sports programs and other teen programs and activities
- Skipping meals was not mentioned as a reason why peer leaders think they are unhealthy

### **Technical Assistance Sought**

#### Purpose:

Presentation on the importance of attaining good nutritious habits for teens, development and implementation of a dietary assessment tool

#### Received From:

Johanna Asarian-Anderson (Los Angeles County Department of Health/Project LEAN), Lucille Wang (Registered Dietitian), Eddy Jara (San Bernardino County Department of Public Health)

CANFit Board or Consortium members: None

#### Would Have Been Helpful:

Questionnaire design, working with a teen driven program, hiring of youth participants

### **Noticeable Changes**

#### Individual

- Learned how to keep the attention of 11 teens through the use of games and activities while gathering data from focus groups, discussions, and questionnaires
- Peer leaders were enthusiastic about the project and became aware of the importance of healthy eating and the need for exercise
- By the end of the project I discovered what types of healthy snacks the teens enjoyed (fat free oatmeal cookies and fruit juice)
- Two high school summer workers provided assistance which was very useful -- they learned the same information and one may be hired for the second year planning phase

#### Organizational

- The FiGH Advisory Board has taken great interest in youth issues as well as the issue of nutrition

#### Community

- Not applicable at this stage

#### Policy

- Not applicable at this stage

### **Institutionalization**

- Youth are now able to identify, prioritize, find solutions to, and implement a program that meets the needs of their peers regarding nutrition and fitness
- Peer leaders can become advocates for change, or a source of information for other teens
- The organization will offer youth opportunities to become advocates and provide resources for them to design creative ways to promote nutrition and physical health

### **Plans Beyond CANFit Funding**

- Healthy Youth Component of FiGH
- Advisory Board members will assess this as a priority within their circles of influence
- Peer leaders have become nutrition and fitness advocates and will be able to influence their peers by passing on knowledge

### **Other Project Activities/Lessons Learned**

Not applicable at this stage

### **Quotes**

"Teens have better things to worry about than nutrition and physical fitness"

### **STANISLAUS** (Project not yet completed)

#### **Top 5 Significant Findings**

- The formation of a committed community based advisory board, interested in youth fitness and nutrition and willing to meet on a regular basis
- The creation of a 40 item survey to assess the nutrition and fitness status of the target population
- Obtaining the cooperation of the Modesto City Schools administration to allow the project access to youth in the classroom setting
- Obtaining the cooperation of principals, teachers, and parents at the individual school level to allow us to survey their youth
- Surveying 445 (115 more than planned) youth, weighing, measuring, and getting blood pressure readings on each youth

#### **Sharing Data Findings/Intervention Results**

- Written report to the Modesto City School Board and each participating school
- Interviewed with and published article in the Modesto Bee
- Presentations at each participating school's Parent Advisory Group Meetings
- Presentation to the Inter-Agency Children's Advisory Council
- Presentation to the larger Minority Health Coalition

### **Major Strengths**

- Ability to successfully access the educational system
- Ability to involve community experts in the area of nutrition
- Commitment of the Public Health Department to provide in-kind health educators, Public Health Nurses and clerical staff to carry out the project

### **Areas in Need of Improvement (What You Would Have Done Differently)**

- More youth input is/was needed for the Advisory Board
- Individuals with expertise in physical fitness and data analysis as well as representatives from restaurants, grocery stores, school lunch program is lacking
- Survey did not include attitude questions
- Fitness indicators were difficult to assess

### **Youth/Community Nutrition and Fitness Needs Identified**

Cannot answer this question yet as we have not yet analyzed our data

### **Technical Assistance Sought**

#### Purpose:

Recommendations for a computer program to analyze our survey data, ideas for fitness testing

#### Received From:

CANFit, YMCA

CANFit Board or Consortium members: None

#### Would Have Been Helpful

We would have liked more feedback on our survey tool, and a reminder to include some attitude questions. We also would have liked some general guidance on what kinds of data we wanted (or should have wanted), and whether the questions were actually getting at the information we needed.

### **Noticeable Changes**

#### Individual

- Planning group members who were not involved or knowledgeable in the nutrition/fitness arena have become more interested in the issues
- There is particular interest in school breakfast/lunch programs and their high fat content
- There is also interest in the poor quality and/or lack of physical education programs in the schools

#### Organizational

- Several public health nurses and community health workers have become interested in our project and have volunteered to help administer and tabulate the survey

#### Community

- Modesto City Schools administration has been supportive of the project
- In talking with the teachers, we found that there was an interest in developing nutritional and fitness activities for integration into the classroom

Policy

- We have not yet noticed any changes at this level

**Institutionalization**

- We will lobby for nutrition and fitness programs for youth to be a priority issue in the new health education department in the county health department

**Plans Beyond CANFit Funding**

When our survey results are analyzed we will have a much clearer picture of which direction we should go

**Other Project Activities/Lessons Learned**

- We learned the importance of having an identified staff person with assigned job responsibilities (staff was initially an in-kind donation, and not enough time was devoted to the project on a regular basis)
- We found it difficult to maintain constant youth involvement with the project
- It might be better to have a separate youth advisory board instead of having youth integrated into the adult board
- It takes much longer to accomplish things when a group of people are involved -- though we believe the time is worth it because the product is made better by all of the input

VIEJAS**Top 5 Significant Findings**

- The coming together of our students, parents and staff with the common goals of better understanding and improvement of teen nutrition and fitness
- Student and staff nutrition and fitness awareness and education
- Continuing efforts of our school to introduce more fruits and vegetables into our menu and reduce fats and sugar
- Students teaching parents and Elders about nutrition and fitness
- Director of Viejas Indian School introducing healthier cooking techniques and food choices at traditional gatherings; Pow Wows, Elder, community functions and wakes

**Sharing Data Findings/Intervention Results**

- Data findings will be shared through school functions and activities, word of mouth, Elder Dinners, Pow Wows, community functions and press releases
- As of September 1995, Viejas Indian School will produce a monthly school calendar of events and program updates

**Major Strengths**

- Staff involvement and adoption of the program
- Student/parent support and involvement

- Community support of the program -- so far we have not received negative feedback about the program; healthier changes were accepted without criticism

### **Areas in Need of Improvement (What You Have Done Differently)**

- More mini surveys with five questions or less
- Do not use commodity foods for cooking demonstrations -- there is a stigma attached to them
- Exercising with the boys and the girls in separate groups -- the girls were invisible until we divided the boys and the girls

### **Youth/Community Nutrition and Fitness Needs Identified**

- There is a need for nutrition/fitness information and education for teens to make healthier decisions
- Frying is a way of life -- alternative cooking methods are strange to the teens
- Teens do not understand the difference between the way food is prepared and its nutritional value -- they view baked potatoes and french fries as the same
- It is a challenge to get the teens to taste new fruits and vegetables
- We need to take the mystery out of new foods, and explain what it is, how it is prepared, and other dishes the new foods could be or are used in
- We need to provide a comfortable environment so that the teens are not afraid to ask questions -- the teens are afraid someone will make fun of them if they ask about some of the fruits and vegetables they do not recognize
- Our teens have not related exercise to a healthy body -- they are young and feel they do not yet have to worry about diabetes, heart disease or obesity
- We need a community center which offers teen sports -- volleyball and basketball courts with equipment on site, to give students fitness choices rather than hanging out

### **Technical Assistance Sought**

#### Purpose:

We received information on Project Lean, Dairy Council, American Cancer Society's Changing the Course Curriculum for younger grades

#### Received From:

CANFit Board or Consortium members: Arnell Hinkle

#### Would Have Been Helpful

- Nutrition/fitness curriculum and activities for the Native American teen population

### **Noticeable Changes**

#### Individual

- Our staff is more aware of labels, we are always talking fat, low fat and calories
- Some of the staff take walks at lunchtime, around the school yard
- Staff have a sense of awareness about teen nutrition and fitness that wasn't there before

#### Organizational

- Viejas Indian School has adopted a healthier menu

- We feel a strong commitment to heighten health awareness, giving teens information to make healthy choices

#### Community

- Parents, guardians and the community are invited to each "Health Literate Teens" meeting and function

#### Policy

- Viejas Indian School's menu reflects our new policy of health literacy
- Menu changes were made such as more fruits and vegetables, less salt and fat, low fat milk, decaffeinated coffee, turkey and chicken instead of beef or pork

#### **Institutionalization**

- On a small scale we have incorporated improved nutrition through healthier, hot, school lunches, Senior Dinners, Pow Wows and wakes
- We hold relay, have the exercise bike and treadmill and games, however we lack the physical fitness equipment and expertise for the students
- Our cooking demonstrations and taste tests will be a part of our nutrition and fitness program at a minimal cost

#### **Plans Beyond CANFit Funding**

- Viejas Indian School's goal is to educate and disseminate nutrition/fitness information to students and the community in order to help teens and their families make healthier life style choices
- The menu changes, adapting the available curriculum and after school sports will be in place long after the CANFit funding has ceased

#### **Other Project Activities/Lessons Learned**

- Make it fun, make surveys short, make nutrition/fitness lessons more like life lessons than like school lessons
- Get the kids involved in all aspects of the program
- Don't use "commods"
- Be slow and deliberate in implementing the program
- When teen fitness is involved, it is better to separate the boys and girls
- Use resources that are readily available -- staff on board, parents, ask the teens how they would like to help and what ideas they have

#### **Quotes**

"The community we serve is wary of new programs, they watch and then react. We are continuing our slow and deliberate approach to ensure the continuation of the nutrition and fitness program on some level if CANFit funding is not available next year."

**APPENDIX 1: 1994-1995 CANFit Program Grantees - Leveraged Resources**

Grantee	Resource Donated	\$ Value
Ventura	Project LEAN -materials	\$25.00
	Radio Lazer-air time, prizes for community event	\$25,000.00
	Casa de El Mexicano-site for community event	No \$ amt.
	Sunkist	No \$ amt.
	Ventura County PublicHealth StaffTime (CAC)	No \$ amt.
		Total \$25,275
Escondido	North County Interfaith Council-food for demonstration	\$150.00
	Tribal Council-waived fee for booth	\$60.00
	Personnel: Dr. Whitehorse (university)	\$500.00
	Donated food (fruit, turkey beef jerky)	\$215.00
	Certificate/trophy	\$25.00
	Tickets to Wild Animal park	\$36.00
	Cash from electric company	\$50.00
		Total \$1036.00
Monterey	Tannamura & Antle Produce Co.-lettuce	\$160.00
	Heart Institute Salinas-Monterey-nutrition pamphlets and "sliders"	\$2,290.00
	Consultation time (curriculum review) from middle school teacher	\$200.00
	Administrative support, Chronic Disease Prevention Administrator	\$1,258.00
	Clerical support	\$187.00
		Total \$4095.00
Stanislaus	Public Health Nursing-time to measure blood pressure, height and weight of youth	\$1,100.00
	Community Health Worker	\$225.00
		Total \$1325
Girls, Inc.	Healthy Kids Resource Center-pamphlets and posters on nutrition	No \$ amt.
	Kaiser Health Education Department-brochures on nutrition and fitness	No \$ amt.
	American Cancer Society and American Heart Association-posters, pamphlets and information on nutrition and label-reading	No \$ amt.
		Total No \$ amt.
CLDI	NCG-Summer Youth Project Social Focus Grant	\$7,020.00
	Volunteers	No \$ amt.
	Training and technical assistance from Contra Costa County Health Dept.	No \$ amt.
	City of Richmond Office of Community Affairs-grant for leadership training retreat	\$2,200.00
		Total \$9,220
KHEIR	Dr. Calderon of CalState L.A.	No \$ amt.



		Total	No \$ amt.
SEAHP	EPIC-augmentation grant		\$25,000.00
	In-kind resources provided by SEAHP and Families in Good Health Program		No \$ amt.
	Professionals serving on advisory board		No \$ amt.
		Total	\$25,000
Kalusugan	SDSU -student volunteer services for recipe modification and dietary recall.		\$1,700.00
	Ms. Caeg, Dr. Spindler and Dr. Josephson-consultant services		\$1,000.00
	EFNEP Staff-nutrition services		No \$ amt.
	American Heart Association, Dairy Council of California, EFNEP-curricula		\$65.00
		Total	\$2,765
Viejas	Nutrition and fitness consultants from Cuyamaca College-speaking services at no charge		No \$ amt.
	Commodity food for food demonstrations by the Tribal Chairman's Association Food Distribution Program		No \$ amt.
		Total	\$12,375.00
El Concilio	Advisory Group Member donations		No \$ amt.
	Friday Night Live Program		No \$ amt.
	Oxnard Public Housing		No \$ amt.
		Total	No \$ amt.
San Bernardino	Loma Linda University nutrition students (16) and professors (3)		\$7,623.00
	San Bernardino County Public Health Dept.: health educators, nutritionists, and clerks		\$5,709.00
	Patton State Hospital student interns and dietitians		\$2,055.00
	Volunteers		\$139.00
	Ticket and merchandise donations		\$481.00
	Use of electric scale, balance scales (Loma Linda University)		\$170.00
	Loma Linda University-software access		\$250.00
	In-kind contributors-transportation services		\$169.00
		Total	\$16,596.00
<b>Grand Total</b>			<b>\$97,687.00</b>

## APPENDIX 2: Materials Developed by Grantees (FY '94-'95)

### **CLDI**

Video of leadership retreat  
Evaluation form  
Interviewing Tips

### **Escondido**

Training Modules (English and Spanish)  
Food Record (English and Spanish)  
News Bulletin  
Promotional materials  
Incentives  
Incentive plan  
Contest materials  
Press release

### **Girls Inc.**

Evaluation form  
Process Evaluation form  
Fitness form  
Promotional materials (pencil, mirror,  
carrot pen)  
Nutrition Curriculum

### **Kalusugan**

Workshop brochure

### **San Bernardino**

Nutrition Information sheet  
Project Newsletter  
Nutrition and Math Curriculum  
Promotional items (coloring sheet, stickers)  
Sample menus  
Product Evaluation form

### **SE Asian Health**

Peer Leader Application form  
Peer Leader Contract  
Parental Consent form  
Utilization form

### **Ventura**

Nutrition Lessons  
Recipes  
Nutrition Games  
Nutrition Presentation  
Parent Evaluation form

### **Viejas**

Project logo  
Nutrition Information sheets  
Nutrition Quiz  
Instruction sheet (stretches)  
Low-fat recipe book