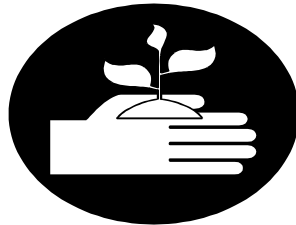


CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

Getting to the Root of the Problem



Health experts say we are in the midst of a public health crisis with over 5.4 million young Americans weighing-in and tipping the scales, in serious jeopardy of falling victim to adulthood diseases like diabetes and heart disease. Considering what we know about how poor diet and inactivity during childhood impacts health, how can our youth be in such serious danger and more importantly what are we doing about it?

Some Have Tried and Failed

Sadly as a society we have done more to negatively impact the health of our youth than to protect and nurture it. However, amidst all the negative influences young people face at a time when they are beginning to shape and form their own attitudes, opinions and behaviors around eating and activity there are a few inspiring examples of communities changing their environment to support health. But unfortunately these trail blazers face uphill battles and little support.

In California a bill that would have banned sodas and junk food from schools encountered much opposition and was scaled back to include only elementary schools. The latest effort was SB-1520, a bill that would have taxed all soda and high-sugar soft drinks to collect funds for schools. The bill was killed soon after its introduction. Also in the works in California AB 1793, would monitor the amount of physical education students actually get and impose deadlines on schools that fail to meet the state's minimum.

Texas is the latest state to restrict the sale of junk foods with "minimal nutritional value" (e.g., sodas, gum and hard candy) during lunch hour or in school cafeterias. However, candy bars, potato chips, and French fries do not fall under the ban because they contain some nutritional value and many schools simply moved their machines just outside cafeteria doors.

Article continued on next page -

SUMMER 2002

From the Executive Director

In our rush to prevent the spread of childhood obesity, let's not do any harm. Focusing on body weight can lead to poor self-esteem, disordered eating, and weight obsession. It also diverts us from the real issue, that most of our youth don't live in an environment where it is safe to be physically active, and where the healthiest foods (e.g., fruits, vegetables, and whole grains) are inexpensive and readily available. As a society it is up to us to change this environment so that instead of promoting poor health behaviors to our youth through the media, schools, and community infrastructures, we provide an environment that all youth can thrive in. This issue of the CANFit Connection is full of resources and ideas that you can use to begin to shift the paradigm in your community.

Arnell J. Hinkle, RD, MPH

It's Not an Individual Problem

Yes young people's appetite for and addiction to fast foods, sodas and sedentary activities like TV and video games, have contributed to the problem, but if you really want to point the finger, take a look at who created the appetite and who continues to feed the addiction? Consider the following:

- A child who watches 4 hours of TV on Saturday mornings will see 202 ads for junk food.
- \$750 million are collected each year from soda and vending machines that are located on school campuses nationwide thanks to exclusive contracts
- School cafeterias now resemble mall food courts as fast food companies like Pizza Hut and Taco Bell have entered into contracts with many school districts
- Fast food restaurants strategically locate themselves within walking distance of urban school campuses
- Grocery stores devote more space to high-fat, high sugar snack foods than produce
- Schools have done away with PE. National surveys show 79% of adolescents do not get PE at all.

Lead article continued...

Take Responsibility

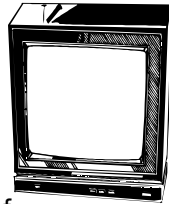
We can talk till we are blue in the face about the importance of eating healthy and exercising, but all the knowledge in the world is useless when your living conditions do not support the healthy attitudes and behaviors you strive to achieve. If we really want to save our young people from a lifetime of disease we need to create a healthy environment for them to eat and be active. As a youth provider, a health educator or parent take a minute to think about how you contribute to the environment your youth live in. Are you a part of the problem or the solution?

For more information:

Fixing a Fat Nation - the Washington Monthly (www.washingtonmonthly.com/features/2001/0112.farley.cohen.html)

Lunch Money Dilemmas - Christian Science Monitor www.csmonitor.com/2002/0516/p01s01-ussc.htm

Less TV = Better Health



Accompanying the recent epidemic of childhood obesity has been an increase in the number of children and teens who suffer from Type 2 diabetes. Type 2 Diabetes is associated with poor eating, inactivity, and recently, increased television viewing.

Each year, youth spend 900 hours in school and 1,023 hours watching TV. It is estimated that during that time they are exposed to a whopping 20,000 TV commercials. Research shows that the more television children watch, the more likely they are to snack between meals, eat foods advertised on TV, and ask their parents to purchase certain foods. Most importantly TV limits the amount of time youth (and adults) can be active.

Fortunately, turning off the TV can help keep kids healthier. A study at Stanford University demonstrated that children who watched less television had smaller waist circumferences and gained less weight than their counterparts.

This summer, instead of letting your kids lounge lazily in front of the TV, encourage them to get outside and play. It will go a long way towards protecting their health and preventing obesity. For more information, visit www.tvturnoff.org.

WAYS YOU CAN BE PART OF THE SOLUTION

1. Be mindful of the foods you serve or sell to your youth. Serve fruits, vegetables, 100% juices, whole grain breads, bagels, crackers and water instead of chips, cookies, candy and sodas. Visit www.nal.usda.gov/wicworks/Sharing_Center/tatedev_getfresh.htm for recipe cards in English and Spanish, cooking and storing tips, nutrient information, and suggestions for fun ways to involve children in snack preparation or visit www.canfit.org/html/snacktra.htm for a 3 week snack menu.
2. If you have vending machines on site, fill them with healthy choices - lowfat granola bars, trail mix, nuts, dried fruit, water, or 100% juices.
3. Provide a variety of organized, noncompetitive opportunities for youth to be physically active everyday at your program. Visit the SPARK Physical Education website at www.foundation.sdsu.edu/projects/spark/index.html for a list of materials and services.
4. Incorporate nutrition activities into your regular programming visit www.nytimes.com/learning/teachers/lessons/20020219tuesday.html for Sugar-Coating the Facts a lesson plan on examining the food industry's influence on nutritional habits.
5. Help keep parents and staff informed. Include nutrition and fitness info in staff meetings, newsletters, and correspondence to parents. Visit www.cnr.berkeley.edu/cwh for resources, tools, literature, links, and directories related to weight, physical activity, and nutrition or www.activelivingatwork.com for research relating workplace active living with improved productivity, morale, and job satisfaction.

Consider this...

If you eat a BK Whopper w/ cheese and a large fries just once a week for a year, you will consume 12 pounds of fat!



What's Happening at CANFit...

- CANFit received a 2002 Dannon Institute *Award for Excellence in Community Nutrition®* for the Promoting Nutrition & Physical Activity to African American Males: the "100 Way" Project. The project was a collaboration between CANFit, Centers for Disease Control and Prevention, USDA, and the 100 Black Men of America Mentoring Program. The award-winning curriculum will be printed and released by the USDA later this fall. The award will be presented at the American Dietetic Association Conference in Philadelphia.
- CANFit will be conducting interactive nutrition and physical activity workshops for youth providers in Contra Costa and Fresno Counties in October. If you are interested in attending or helping to promote the workshop please let us know.

Other Updates...

- Congratulations to Project Lean for receiving a Silver Award from the World Wide Webby Awards for their Teen Web Site Promoting healthy eating, physical activity and advocacy. Their site includes workout tips, recipe ideas, smart snacking strategies, and stories on teens making a difference at their schools. Check it out at www.caprojectlean.org!
- The Strategic Alliance to Prevent Childhood Obesity is sponsoring speaking engagements by Marion Nestle in the San Francisco Bay Area (August 14) and Los Angeles (August 16). Dr. Nestle will be discussing her latest book, **Food Politics: How the Food Industry Influences Nutrition and Health**. For more information, contact CANFit (an Alliance member) or (510) 444-7738. The Strategic Alliance is a coalition founded to monitor industry and government practices and advocate for significant environmental policy changes that support healthy eating and physical activity.

Fresh Produce Now In Season

Fruits	Vegetables
Apricots	Artichokes
Asian Pears	Asparagus
Blackberries	Corn
Cherries	Cucumbers
Nectarines	Squash
Plums	Tomatillos
Strawberries	Radishes

Meeting Calendar & Deadlines



July 1, 2002

Melida Manjarrez Community Service Award Nominations due (See insert for form.)

July 8-12, 2002

SPARK "Summer Institute", San Diego
For more info call 1-800-SPARK PE

Aug 14 (Berkeley), Aug 16 (Los Angeles)

Lecture by Food Politics author, Marion Nestle
Call 510-444-7738 for details

September 17, 2002

Weight Matters, a conference featuring practical approaches for children, San Francisco
for more info call 415-575-5731

October 18-20, 2002

California Agriculture in the Classroom Conference, Irvine Marriott Hotel. For more info call 800-700-AITC or visit www.cfaitec.org

November 20-22, 2002

CANFit's 3rd Bi-Annual Conference "Recipes For Success", San Diego. For more info call (916) 925-0983 or visit www.canfit.org

Snack Ideas

Green Chips

Full of iron kale provides a nice substitute for a healthy chip.

1 bunch of kale
salt to taste
olive oil



Heat oven to 350 degrees F and grease a cookie sheet with olive oil. Separate kale leaves from stems and rinse and pat dry with paper towels. Chop kale leaves into approx. 1" by 2" strips and arrange on cookie sheet and avoid overlapping. Bake for 15-20 minutes or until leaves are crisp. Be careful - leaves burn easily. Add a dash of salt or parmesan cheese and serve in a big bowl.

From the California Project Lean web site recipe files at www.caprojectlean.org

CANFIT

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS

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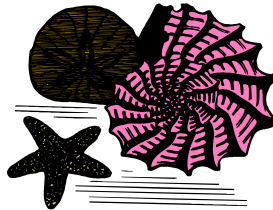
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CANFit is... a non-profit organization that engages communities, and builds their capacity to improve the nutrition and physical activity of California's low-income, American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents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

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Sunny San Diego here we come!

CANFit is pleased to announce its 3rd conference - *Recipes for Success* - scheduled for November 20-22, 2002 in San Diego, California.



The conference is geared towards anyone working with youth 10-14 years-old and looking for innovative and culturally-appropriate ideas on obesity prevention, healthy eating, or physical activity. Workshops will highlight successful programs and strategies, encourage interaction and critical discussion, and offer a range of skill-building sessions.

The conference is \$200 for registrations postmarked by September 13. This fee covers the two-day conference and reception on the evening of November 21; there is an additional fee for attending the pre-conference workshop on November 20. Continuing Education Units (CEUs) are available for Certified Health Education Specialists and Registered Dietitians. Registration materials will be mailed in August.

The Shelter Pointe Hotel & Marina in San Diego has a conference rate of \$109/night (single or double) for those attending the conference. Call (800) 566-2524 for reservations. For more information, go to www.shelterpointe.com

If you are interested in exhibiting, contact the PHI Conference Logistics Team at (916) 925-0983. For other questions, call CANFit at (510) 644-1533 or visit www.canfit.org

To submit an article or announcement, or to be added/removed from the newsletter mailing list...

Contact Us at...

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