

***SUMMARY OF COMPLETED  
CANFIT GRANTEE  
PROJECTS  
2003***

*April 2007*

***California Adolescent Nutrition and Fitness Program  
2140 Shattuck Avenue, Suite 610, Berkeley, CA 94704***

## ***TABLE OF CONTENTS***

Introduction	1
Table 1: Project Location and Target Population of CANFit Grantees	3
Table 2: Youth Reached by CANFit Grantees	3
Section I: Information Gathered	4
Intervention Grants & Dissemination Grant	4
Partnership Grants	6
Section II: Grantee Report Summaries	7
East Bay Asian Youth Center (2003)	7
Hands for Hope (2003)	9
San Diego Youth and Community Services (2003)	11
Mission Neighborhood Centers (2003)	13
News from Native California (2002 & 2004)	15
Appendix 1: Table of Leveraged Resources	16

## *INTRODUCTION*

The goal of the California Adolescent Nutrition and Fitness Program (CANFit) is to widen the diversity of agencies providing nutrition education and physical activity services to low-income multi-ethnic adolescents. One of the strategies designed to achieve this goal is a grant-making program that funds innovative community-based projects in nutrition education and physical activity. CANFit program grants are directed to organizations – urban or rural, public or private, based in a single community or part of a state or countywide coalition – that have a working rapport with, access to, and/or provide services for low-income adolescents of color.

CANFit funds four types of grants – planning, intervention, dissemination, and partnership. The intent of the planning grant is to support planning for community nutrition education and physical activity projects through convening a planning group, conducting a needs assessment, setting priorities, and developing an action plan. Over the years, CANFit has found that successful youth nutrition and physical activity projects result when organizations take the time to work with youth and their community to find out how healthy, culturally-appropriate eating and physical activity behaviors can be acquired, supported, and sustained within the organization and the community. Intervention grants are expected to build upon previous planning activities and advance sustainable environmental or policy changes. Dissemination grants provide funding for grantees to take what they have done with a previously funded CANFit grant and put it in a format that others can use. Partnership grants provide support for special projects that develop nutrition and/or fitness educational materials, products or services that meet the needs of low-income, multi-ethnic adolescents, or build collaborative relationships with state or national organizations which influence or serve CANFit's target population.

In conjunction with funding, CANFit offers technical assistance and training to all grantees on an extensive range of topic areas and issues related to nutrition and physical activity. Given that some organizations require more technical assistance than others and that the nature of community work can be slow and unpredictable, some grantees take longer than one year to complete their projects. In these situations, it is CANFit's policy to build the capacity of its grantees whenever possible, rather than adhering to strict timelines.

In 2003, CANFit awarded four intervention grants and one dissemination grant. One of these grants was rescinded because the grantee failed to fulfill grant obligations. The findings of the completed grants comprise this summary. Also included in this report are the results from two partnership grant awards given to News from Native California for special edition publications in 2002 and 2004. See Table 1 for a description of the location and target populations of the grantee projects included in this report and Table 2 for information about the number of youth reached by these projects.

Section I of this report describes the similarities and differences between those who received intervention grants and the one who received a dissemination grant. Information about intervention grantees details lessons learned at each of the six levels of the Spectrum of Prevention, as well as materials developed. Information about the partnership grants is also included.

Section II summarizes each individual grantee's final report. The following topics are examined: major successes, areas to improve, lessons learned, materials developed, ways in which the grantees shared their information, the type of technical assistance sought and from whom, and the grantees' plans beyond CANFit funding.

Finally, Appendix 1 provides information about the resources leveraged by the intervention and dissemination projects that reported receiving in-kind donations of time and/or resources. During this reporting period, an additional \$145,472 was leveraged from the \$88,000 that was awarded by these two types of grants.

**TABLE 1: LOCATION AND TARGET POPULATION OF 2003 CANFIT GRANTEES**

<i>Grantee</i>	<i>Location</i>	<i>Target Population</i>
<i>Intervention Grants</i>		
East Bay Asian Youth Center	Oakland	Multi-ethnic youth
Hands for Hope	North Hollywood	Latino and African American youth
San Diego Youth and Community Services	San Diego	Multi-ethnic youth, primarily Latino
<i>Dissemination Grant</i>		
Mission Neighborhood Centers	San Francisco	Latina girls
<i>Partnership Grants</i>		
News from Native California	Berkeley	American Indians

**TABLE 2: YOUTH REACHED BY 2003 CANFIT GRANTEES**

<i>Age</i>	<i>Girls</i>	<i>Boys</i>	<i>Total</i>
<b>10</b>	13	14	27
<b>11</b>	94	83	177
<b>12</b>	138	113	251
<b>13</b>	128	100	228
<b>14</b>	41	21	62
<b>Total</b>	414	331	745
<b>Under 10</b>	10	15	25
<b>Over 14</b>	20	11	31
<b>TOTAL</b>	444	357	801

*\* not including News from Native California*

The ethnic breakdown of youth served by these grantees is:

- 41% Latino
- 18% African American
- 40% Asian/Pacific Islander
- 1% Mixed/Unknown/Other

While the publications produced by News from Native California are primarily targeted to the American Indian community, they are available to the general public and read by all racial groups.

## ***SECTION I: INFORMATION GATHERED***

### **INTERVENTION GRANTS**

#### **Grantees**

East Bay Asian Youth Center (EBAYC)

Hands for Hope

San Diego Youth and Community Services (SDYCS)

### **DISSEMINATION GRANT**

#### **Grantee**

Mission Neighborhood Centers

#### **Lessons Learned**

##### *Strengthening Individual Knowledge and Skills:*

EBAYC and Mission Neighborhood Centers both trained youth educators who then trained others on nutrition and physical activity. This strategy promotes strength in the youth educators as leaders as well as learning the content material. All the projects increased knowledge and skills with youth on nutrition and physical activity. Cooking classes with Hands for Hope and Mission Girls increased the ability of the youth to plan and cook healthy snacks and meals. Participation in physical activity increased skill levels as well as knowledge of how to be physically active and its importance.

##### *Promoting Community Education:*

EBAYC provided training on nutrition for parents in their native language. A variety of community events were held by EBAYC, Hands for Hope and Mission Neighborhood Centers. Use of a newspaper, recipe cookbook and magazine were methods to educate the community used by Hands for Hope, SDYCS and Mission Neighborhood Center. Outreach by agency staff was also conducted by SDYCS.

##### *Educating Providers:*

EBAYC held a health fair and workshops for middle school staff. SDYCS worked throughout the course of the yearlong grant to educate staff on promoting healthier snacks and physical activity. This endeavor was successful in that staff now model consistent positive nutrition behaviors for the youth.

##### *Building Coalitions and Networks:*

EBAYC was able to get a Coordinated School Health Council scheduled for the next school year. Hands for Hope and Mission Neighborhood Centers collaborated with other organizations to promote events and activities for youth. Staff from Hands for Hope, SDYCS and Mission Neighborhood Centers were active members of collaboratives. The Center Director with SDYCS met with elected officials with positive results.

*Changing Organizational Practices and Environments:*

EBAYC students conducted a survey on the school lunch program that was to be shared with the Coordinated School Health Council (including food services). New physical activity programming was initiated or increased with the EBAYC, SDYCS and Mission Neighborhood Centers. A *NO SODA* campaign was initiated at Hands for Hope with a *No Junk Food* policy implemented at Mission Neighborhood Centers. Staff no longer eat junk food in front of youth at SDYCS. Healthy snacks are now served at SDYCS and the soda machine has been removed. Fund raising activities at SDYCS no longer include selling candy.

*Influencing Policy:*

SDYCS is striving to make agency-wide changes on snacks and food served. Youth with Mission Neighborhood Centers advocated for and obtained healthier snacks.

**Materials Developed**

Newsletter article (East Bay Asian Youth Center)

Peer Education Lessons (East Bay Asian Youth Center)

Peer Health Educators Survey (East Bay Asian Youth Center)

*Where's Mr. Stafford?* Video (Hands for Hope)

*After Skool Newz*, an after school newspaper layout (Hands for Hope)

*NFL-YET Golden Hills Recipe Cook Book* (San Diego Youth and Community Services)

Nutrition Assessment (San Diego Youth and Community Services)

*To Your Health* activities/curriculum (San Diego Youth and Community Services)

Mission Latino Families Partnership Curriculum (Mission Neighborhood Centers)

*A Thin Line* video (Mission Neighborhood Centers)

Mission Girls magazine (Mission Neighborhood Centers)

## **PARTNERSHIP GRANTS**

### **Grantee**

News from Native California

### **Methods**

A special article was published in News from Native California covering a traditional physical activity with American Indian youth. A special journal supplement was published on traditional California American Indian foods.

### **Materials Developed**

*Endless Fun: The Third Annual Native Surf Gathering* article in News from Native California, Fall 2002

*Seaweed, Salmon, & Manzanita Cider: A California Indian Feast* special supplement to News from Native California, Winter 2004/05

## ***SECTION II: GRANTEE REPORT SUMMARIES***

### ***EAST BAY ASIAN YOUTH CENTER/ROOSEVELT HEALTH CENTER***

**Grant Number:** IB55-03 (Intervention Grant)

**Project Title:** Body Pride Alive

**Target Youth:** Low-income multi-ethnic youth in the San Antonio District of Oakland

#### **Methods**

East Bay Asian Youth Center trained 13 peer educators to take a leadership role in teaching and modeling improved nutritional choices and increased physical activity for all Roosevelt Middle School students.

#### **Major Successes**

- The improved confidence and leadership ability of the peer educators.
- The opportunity to hear student voices in an organized way regarding the school lunch program.
- The formation of a foundation for the Body Pride Alive Program in terms of curriculum and resource development.
- The beginning of a dialogue with students, teachers and staff about basic nutrition, physical activity and body image.
- Outside recognition of peer educators' contribution in EBAYC awards ceremony at end of year.

#### **Areas to Improve**

- Improved retention of peer educators.
- Peer presentations to classrooms more engaging and interactive.

#### **Lessons Learned**

##### *Strengthening Individual Knowledge and Skills:*

Training increased skills for peer educators who, in turn, increased knowledge for those students to whom they made presentations. In the second round of presentations, the peer educators demonstrated improved comfort with the nutrition material, presentation skills and classroom management. Classes especially engaged during the sugar in drinks activity and the Jeopardy game. A health fair was well attended by the students, parents, neighbors, and staff.

##### *Promoting Community Education:*

Training was held in native language for parents on nutrition. A health fair was well attended by family participants and neighbors.

##### *Educating Providers:*

A health fair was well attended by the school staff. Staff members attended various workshops throughout the course of the project. Teachers were receptive to EatFit curriculum.

*Building Coalitions and Networks:*

Coordinated School Health Council was scheduled for next school year.

*Changing Organizational Practices and Environment:*

A student survey indicated a low satisfaction with, and under-utilization of, the school lunch program. The results of this survey will be presented to the Coordinated School Health Council (including food services). A wrestling program was initiated to provide an opportunity for physical activity after school. A walking club was discontinued due to lack of attendance.

**Materials Developed**

Newsletter article

Peer Education Lessons

Peer Health Educators Survey

**Sharing Information with Others**

Peer educator data and classroom education post-test findings have been shared with EBAYC, University of California, San Francisco (support evaluation efforts) and Roosevelt Middle School staff. The lunch survey results will be shared with the Coordinated School Health Council (including food services) and school staff.

**Technical Assistance**

Technical assistance was obtained from CANFit, Ira Sachnoff (peer helping programming), UC Cooperative Extension (EatFit curriculum, other resources, prizes including nutrition game wheel), and The Body Positive (curriculum and audiovisual support).

**Plans Beyond CANFit Funding**

- Continue to partner with EBAYC and San Antonio neighborhood initiatives such as the San Antonio Sports Initiative, Active Living by Design, and Active Living Collaborative.
- Build a new partnership with Alameda County Nutrition Services where their staff will support the program at no charge through peer educator training, parent education (on-site parent-led Healthy Living Council), teacher education, food services and clinical staff training, cafeteria environmental improvement (mural), and cooking classes for students.

## ***HANDS FOR HOPE***

**Grant Number:** IL34-03 (Intervention Grant)

**Project Title:** Active Hands

**Target Youth:** Multi-ethnic youth in North Hollywood

### **Methods**

Hands for Hope strives to improve the life skills of at-risk youth through after school enrichment programs that include weekly physical fitness and nutrition classes.

### **Major Successes**

- Youth were active and safe after school.
- Projects were accomplished that involved youth participation and leadership.
- Cooking and nutrition classes were implemented.
- Partnering with Tennis LA and RPM Fitness Studio.

### **Areas to Improve**

- Stable and sufficient funding for staff.
- Sustain consistent staff.
- Recruit and retain volunteers.
- Behavior management.

### **Lessons Learned**

#### *Strengthening Individual Knowledge and Skills:*

Youth participated in daily physical activity through team sports and developed a daily physical routine that can be done alone. Cooking and nutrition classes taught the youth how to prepare nutritious snacks and meals. Attending the local farmers market also introduced the youth to new fruits and vegetables.

#### *Promoting Community Education:*

Components for an after school newspaper were completed. Enlisted parental involvement in monitoring park facilities to promote bathroom safety. Nutritional potluck Thanksgiving held. Students sold nutritional snacks at a ceremony.

#### *Building Coalitions and Networks:*

Hands for Hope collaborated with California Children's 5-a-Day and RPM Fitness Studio to conduct a Hollywood Fit-Kidz challenge to promote 60 minutes of daily exercise and 5-9 servings of fruit or vegetables daily. They also partnered with Tennis LA to hold free weekly tennis lessons for youth. The Executive Director is also a member of the Collaborative After School Project (CASP), MEE Network, LA PASE, and Mid Town North Hollywood Neighborhood Council.

#### *Changing Organizational Practices and Environment:*

*NO SODA* campaign at Hands for Hope.

**Materials Developed**

*Where's Mr. Stafford?* video

*After Skool Newz*, an after school newspaper layout

**Sharing Information with Others**

Material to be shared at a Tween Fitness Challenge event, HopeWalk, graduation, and progress reports.

**Technical Assistance**

Staff attended grantee training provided by CANFit as well as the National Middle School Conference.

**Plans Beyond CANFit Funding**

- Quality after school nutrition and physical fitness classes and community presentations will continue.
- Proposals have been submitted.

## ***SAN DIEGO YOUTH AND COMMUNITY SERVICES***

**Grant Number:** IS30-03 (Intervention Grant)

**Project Title:** To Your Health at NFL Youth Education Town (YET)

**Target Youth:** Latino and African American youth from the Golden Hill and Sherman Heights neighborhoods of San Diego

### **Methods**

Weekly youth groups focused on healthy eating, reading food labels, cooking classes and positive body image.

### **Major Successes**

- Youth learned to cook healthy snacks and published their own recipe cookbook for their families and community.
- Youth learned how to read a food label and interpret their daily intake of calories.
- Youth demonstrated the importance of drinking water and the signs of dehydration.
- Education of local public officials that led to a contribution of \$10,000 to continue services.
- Staff became strong role models with increased knowledge regarding nutrition and physical activity.

### **Areas to Improve**

- Advocate with the local corner store to offer healthier snacks instead of the unhealthy snacks that are displayed prominently.
- Have each youth and parent sign a “Healthy Living Contract” to affirm the YET’s policies on junk food and passion about nutrition and physical fitness as well as encourage parents to employ healthier practices at home.

### **Lessons Learned**

#### *Strengthening Individual Knowledge and Skills:*

Youth learned how to read a food label, what healthy snacks are and how to make healthy snacks. Youth understand the importance of drinking water and daily exercise. Youth also grasped how what they put into their bodies now, can and will affect them in the future.

#### *Promoting Community Education:*

Information was dispersed to the youth and their families through the recipe cook book. The Center Director also met with Principal of the local elementary school to discuss food served in the cafeteria. The provider of food to the agency’s emergency shelter was also contacted about healthier foods.

#### *Educating Providers:*

Staff now model consistent behavior in regards to food and buying snacks for youth. This was a yearlong process with the Center Director continuing to promote healthier snacks and physical activity.

### *Building Coalitions and Networks:*

Center Director served on a city steering committee. A meeting with City Councilman Ralph Inzunza resulted in a \$10,000 grant to continue the work of the program. A meeting with State Assemblyman Juan Vargas resulted in information being posted on his web site.

### *Changing Organizational Practices and Environment:*

Staff no longer eat junk food in front of youth. Instead, they educate youth on the dangers of fast food and over-eating. Snacks are now healthy alternatives. Exercise is incorporated into daily activities. The soda machine was removed. The agency is participating in more nutritional activities and shifting their focus to health and nutrition. Youth sell nutritious snacks and other fundraising activities instead of selling candy.

### *Influencing Policy:*

SDYCS is striving to make all snacks nutritious and follow the 5-a-Day plan. The agency is also looking to make agency-wide changes on snacks and food served but is in the difficult position of receiving donated food.

### **Materials Developed**

*NFL-YET Golden Hills Recipe Cook Book*

Nutrition Assessment

*To Your Health* activities/curriculum

### **Sharing Information with Others**

Disseminated primarily through the recipe cookbooks being sent home with youth. Information was also shared with parents when they came into the center for groups or one-on-one meetings with staff.

### **Technical Assistance**

Staff attended training conducted by CANFit and the National Middle School Conference.

### **Plans Beyond CANFit Funding**

- Councilman Ralph Inzunza of District 8 in San Diego County awarded a \$10,000 grant.

## ***MISSION NEIGHBORHOOD CENTERS***

**Grant Number:** DB54-03 (Dissemination Grant)

**Project Title:** Mission Girls

**Target Youth:** Latina youth in the Mission district of San Francisco

### **Methods**

Youth leaders conducted weekly workshops on nutrition, fitness and body image education in schools and after school programs.

### **Major Successes**

- Youth are more aware of snack content and make better choices.
- Youth are more physically active in participating in various fitness activities.
- The youth leaders had a tremendous amount of initiative and vision and were able to develop and facilitate various components of the CANFit program throughout the year.
- Dinner night was a huge success with over 100 people in attendance.
- Increased advocacy by youth leaders on the types of foods and drinks served.

### **Areas to Improve**

- During the school year, there are time restraints that demanded creative use of time.

### **Lessons Learned**

#### *Strengthening Individual Knowledge and Skills:*

Increased knowledge on nutrition as measured by pre- and post-test surveys.

Weekly physical activities that included dance, swimming, hiking, sports, stilt walking, yoga, and recreational games. Weekly dance classes focused on traditional Latino dance that culminated in a performance at the San Francisco Carnaval Parade and Festival. Cooking classes increased knowledge on healthy eating as well as cooking skills.

#### *Promoting Community Education:*

Two dinner nights for the community exposed participants to healthy nutrition and the dance component of the program. A magazine was produced and distributed to educate the community about the program.

#### *Building Coalitions and Networks:*

Mission Girls collaborated with other community training programs to increase the knowledge of other health related issues. Community outreach was accomplished through participation in the Mission Latino Families Partnership Collaborative. Healthy soup was served with the recipes shared.

#### *Changing Organizational Practices and Environment:*

A *No Junk Food* policy was implemented at the center with healthy snacks served daily and fitness activities offered weekly.

### *Influencing Policy:*

Participants advocated for and obtained healthier snacks that included fruits in after school programs.

### **Materials Developed**

Mission Latino Families Partnership Curriculum

*A Thin Line* video

Mission Girls magazine

### **Sharing Information with Others**

Magazine was shared with the youth in the program and their parents, youth in school presentations, and at resource tables at community events. A presentation on body image (including the video, *A Thin Line*) was made to a high school and at a conference.

### **Technical Assistance**

The San Francisco Unified School District reviewed the curriculum and the task force made recommendations on the lesson plans. Staff also attended CANFit grantee training workshops and the National Middle School Conference.

### **Plans Beyond CANFit Funding**

- A grant was funded by the Department of Children, Youth and Their Families for \$120,000 to support after school and summer nutrition and fitness programming.
- Another proposal was submitted to continue the workshops, cooking classes, fitness activities, dinner nights, and curriculum implementation.
- *A Thin Line* video will be used for presentations and incorporated into our in-house groups.
- Youth leaders and staff will participate as guest speakers in the schools.

## ***NEWS FROM NATIVE CALIFORNIA***

**Grant Number:** PRT02-02 (Partnership Grant)

**Project Title:** Surf Camp Article

**Target Youth:** American Indian Youth

### **Methods**

Publish article about a traditional physical activity and cultural event held in Southern California that is partially funded by CANFit.

### **Materials Developed**

*Endless Fun: The Third Annual Native Surf Gathering* article in News from Native California, Fall 2002

**Grant Number:** PRT02-04 (Partnership Grant)

**Project Title:** California Indian Food Special Edition

**Target Youth:** American Indians

### **Methods**

Publication of a special edition supplement about traditional California American Indian foods.

### **Materials Developed**

*Seaweed, Salmon, & Manzanita Cider: A California Indian Feast* special supplement to News from Native California, Winter 2004/05.

**APPENDIX 1: TABLE OF LEVERAGED RESOURCES**

<b>Grantee</b>	<b>Resource Donated</b>	<b>Monetary Value</b>
East Bay Asian Youth Center \$25,000	Project Director <i>(total of 25% x 12 months, no benefits)</i>	\$6,080.00
	Health Educator <i>(no benefits)</i>	\$9,000.00
	Nurse Practitioner <i>(total of 25% x 10 months)</i>	\$9,543.00
	Wrestling Coach <i>(no benefits)</i>	\$1,000.00
	Fringe Benefits <i>(24% rate)</i>	\$2,863.00
	Postage	\$100.00
	Duplication/Printing	\$500.00
	Staff Training	\$500.00
	Educational Materials	\$600.00
	Promotional Materials	\$500.00
	Peer Educator Incentives <i>(\$100 x 14)</i>	\$1,400.00
	Indirect <i>(15% rate)</i>	\$3,850.00
	<b>Total</b>	<b>\$35,936.00</b>
Hands for Hope \$20,000	Program Assistant <i>(total of 25 hrs/wk @ \$9/hr)</i>	\$3,900.00
	Instructors <i>(total of 4 hrs/wk @ \$25/hr)</i>	\$3,200.00
	Administrative Assistant <i>(total of 20 hrs/wk @ \$10/hr)</i>	\$8,600.00
	Fringe Benefits <i>(20% rate)</i>	\$3,140.00
	Telecommunications	\$2,300.00
	Postage	\$350.00
	Duplication/Printing	\$700.00
	Staff Training	\$1,250.00
	Travel	\$900.00
	Space Lease/Rental	\$14,500.00
	Equipment Rental	\$4,650.00
	Educational Materials	\$1,850.00
	Promotional Items	\$4,700.00
	Consultant Services	\$16,400.00
	Contractual Services	\$4,700.00
	Program Expenses	\$120.00
	<b>Total</b>	<b>\$71,260.00</b>

San Diego Youth and Community Services \$20,000	Nutritionist/Recreation Specialist	\$6,750.00
	Center Director	\$4,860.00
	Fringe Benefits (23.82% rate)	\$2,766.00
	General expenses	\$224.00
	Telecommunications	\$200.00
	Postage	\$50.00
	Duplication/Printing	\$50.00
	Staff Training	\$200.00
	Space Lease/Rental	\$7,501.00
	Equipment Rental	\$200.00
	Utilities	\$200.00
	Youth Activities	\$1,500.00
	Indirect (15% rate)	\$3,000.00
	<b>Total</b>	<b>\$27,501.00</b>
Mission Neighborhood Centers \$15,000	Program Coordinator (total 15 hrs/wk @ \$12.50/hr)	\$6,500.00
	Fringe Benefits (15% rate)	\$975.00
	Duplication/Printing	\$500.00
	Travel	\$300.00
	Educational Materials	\$500.00
	Food Supplies (healthy snack)	\$500.00
	Indirect (10% rate)	\$1,500.00
	<b>Total</b>	<b>\$10,775.00</b>
<b>GRAND TOTAL</b>		<b>\$145,472.00</b>