

California Adolescent Nutrition and Fitness Program

SUMMARY OF COMPLETED  
CANFIT GRANTEE PROJECTS  
1999-2001

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## *INTRODUCTION*

Between 1999 and 2001, CANFit awarded ten planning grants and six intervention grants. Of these sixteen grants, five (four planning and one intervention) were incomplete at the time of this report. Two of these grants – Bayview Hunters Point, #IB3-99, and Family Bridges, #PB41-99 – were rescinded because they failed to provide any project deliverables and did not complete their required progress reports.

The findings of the completed grants comprise this summary. Also included in this report are the results from East County Community Health Clinic's first planning grant (#PS1-98). 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 reviews the principal findings of each category of grantees. This section summarizes the similarities and differences between those who received planning grants and those who received intervention grants. The information presented about planning grantees includes youth physical activity and nutrition habits, knowledge and attitudes, environmental factors and barriers, and project results. Information about intervention grantees details needs of youth in terms of knowledge, attitude, behavior, and environment, changes resulting from the projects, project strengths and areas to improve, and materials developed by the grantees.

Section II describes in detail each individual grantee's final report. The following topics are examined: significant findings, major strengths, areas to improve, youth/community needs identified, noticeable changes resulting from the project, surveys or other materials developed, ways in which the grantees shared their information, the type of technical assistance sought and from whom, the way in which the agency may be able to institutionalize the project, and the grantees' plans beyond CANFit funding. Where possible, quotations from youth or others involved with the projects also are included.

Finally, Appendix 1 provides information about the resources leveraged by those projects who reported receiving in-kind donations of time and/or resources. During this reporting period, an additional \$59,869 was leveraged from \$135,000 that was awarded in grants.

**TABLE 1: LOCATION AND TARGET POPULATION OF CANFIT GRANTEES  
INCLUDED IN SUMMARY REPORT 1999-2001**

<i>Grantee</i>	<i>Location</i>	<i>Target Population</i>
<i>Planning Grantees</i>		
Contra Costa Health Services – TeenAge Program	Bay Point (Contra Costa County)	multi-ethnic
East County Community Clinic (1998)	Lakeside (San Diego County)	Latino and American Indian
East County Community Clinic (1999)	Lakeside (San Diego County)	Latino and American Indian
Indian Health Council	Pauma (San Diego County)	American Indian
Sports4Kids	Oakland	multi-ethnic
United American Indian Involvement	Los Angeles	American Indian
<i>Intervention Grants</i>		
American Indian Public Charter School	Oakland	American Indian
Korean Health Education, Information, and Referral	Los Angeles	Korean and Latino
YWCA of San Francisco (1999)	San Francisco	Latina, African American, and Asian/Pacific Islander girls
YWCA of San Francisco (2001)	San Francisco	Latina, African American, and Asian/Pacific Islander girls

**TABLE 2: YOUTH REACHED BY CANFIT GRANTEES  
INCLUDED IN SUMMARY REPORT 1999-2001**

<i>Age</i>	<i>Girls</i>	<i>Boys</i>	<i>Total</i>
10	71	47	118
11	95	46	141
12	101	55	156
13	90	36	126
14	37	23	60
<b>TOTAL</b>	<b>394</b>	<b>207</b>	<b>601</b>
under 10	44	10	54
over 14	18	12	30

**Ethnicity Breakdown:**

- 28.9% Latino
- 23.8% African American
- 17.6% American Indian
- 15.4% Asian/Pacific Islander (primarily Chinese and Korean)
- 12.1% White
- 2.2% Other/Multiethnic

This table includes:

- Contra Costa TAP
- Sports4Kids
- United American Indian Involvement
- American Indian Public Charter School
- KHEIR
- YWCA (1999)
- YWCA (2001)

Not included in the table are Indian Health Council and East County Community Clinic (1998) because they did not report this data. East County Community Clinic (1999) is also not included because they did not present demographic data in a comparable format. They did report serving 68 youth, with the majority between 12 and 14 years old and approximately 14% of American Indian or Latino descent.

## ***SECTION 1: INFORMATION GATHERED***

### **Planning Grants**

#### **Grantees**

Contra Costa Health Services – Teen Age Program  
East County Community Clinic (1998)  
East County Community Clinic (1999)  
Indian Health Council  
Sports4Kids  
United American Indian Involvement

#### **Knowledge**

Both children and their parents were relatively uninformed about nutrition issues such as the Food Guide Pyramid and the correlation between food and general health. Sports4Kids surveys and focus groups suggest that over 50% of the youth lack knowledge about nutrients in food. In addition, 73% of parents surveyed did not think that the foods they ate affected their health. Education in the areas of nutrition labeling, fats, milk, cholesterol, sugars, salts, as well as what effects they can have on energy levels is needed. Youth also need to learn the benefits of smaller meals eaten throughout the day rather than large, infrequent meals.

Youth participating in the Contra Costa TAP focus group said they were unaware of the resources available in the community with regards to physical activity.

#### **Attitudes**

For many youth, junk foods were “cool,” whereas nutritious foods did not impart the same cool image. For example, East County youth preferred junk foods like pizza, candy, chips, and ice cream, while school food, fish, broccoli, and plain yogurt were disliked. However, students also reported that school lunch could be better with “fresher food, better food, and ‘real’ salad” and that healthy foods, such as smoothie shakes, sweet strawberries, and cold watermelon, would be desirable. Students also expressed interest in a juice bar, garden, and fitness classes.

Contra Costa TAP youth also reported that they feel girls are treated differently than boys in P.E. classes. Girls voiced that little attention is paid to female sports teams at Riverview Middle School. For Sports4Kids youth, most children had positive associations with exercise and recess. Some youth also expressed interest in participating in physical activity with their families.

Approximately a third of the East County youth wanted to lose weight, while only 36% were happy with their weight. Likewise, 45% of Contra Costa TAP students surveyed were not satisfied with their current body size.

Among Sports4Kids youth, there was a reticence to experiment with new, different, and healthy foods. However United American Indian Involvement found that over 50% are willing to try new, healthier foods if presented with the option. This is especially true if parents are involved in presenting the new food choices. Over 50% are also influenced to eat healthier if they see their peers making healthy food choices.

Finally, 75% of East County youth felt it was important to be respectful of other people's beliefs, practices, and lifestyle, but 50% admitted to having prejudices and biases. Twelve percent (12%) admitted to teasing someone within the last week for being different.

### **Nutrition and Physical Activity Habits**

Not all youth consume 5 servings of fruits and vegetables each day. Among East County youth, only 13% ate the required daily servings of vegetables, and 52% did so for fruit.

Breakfast was eaten daily by only half of East County youth, while 60% Contra Costa TAP youth occasionally skipped breakfast. Among East County youth, 36% ate lunch every day, and 75% prepared their own meals.

Another concern is that 30% of Contra Costa TAP students practiced unhealthy behaviors when trying to lose weight. Two girls also reported drinking alcoholic beverages.

Seventy percent (70%) of East County participants exercised at a high intensity level for at least 20 minutes on five or more days a week. Fifty percent (50%) walked or biked for at least 30 minutes on five or more days a week. In addition, 25% watched more than one hour of TV per day.

### **Environmental Factors and Barriers**

One potential barrier is the lack of control that youth have over their food choices. They basically eat what their parents serve or what is on the menu at fast food restaurants. The availability of junk food in the children's lives is ubiquitous. They can get junk food at home, at stores, at fast food restaurants, and at school. Access to healthy foods is much more limited. Also, over 90% of students reported eating the food served in school, while 62% reported not liking the food served.

Community environments play a large role in inhibiting or encouraging youth physical activity. Contra Costa TAP students felt that community parks are not safe or appealing for teens or family recreation. When a more favorable environment was presented by the United American Indian Involvement, the boys' participation in physical activities increased, and nutritious eating improved. Moreover, the boys exercised proper rehydration of fluids and ate nutritious foods when they were provided at practice sessions.

Only 27% of East County youth eat with their family every day, yet 36% do so once a week or less. Also, 38% of parents were physically active, many participating in activities with their youth.

Lastly, racism is a significant issue which must be addressed when dealing with issues of nutrition and fitness among adolescents. East County discovered that resolving conflicts between ethnic groups superceded any discussion of healthy eating and activity. Nutrition and physical activity simply did not seem as urgent; however, they also found that focusing on those areas provided a less intimidating setting for talking about racism in their community.

## **Materials Developed**

Nutrition and fitness surveys (Contra Costa TAP, East County 1999, UAI)

Community Mapping Exercise (Contra Costa TAP)

Focus group questions on nutrition, physical activity, and body image (Contra Costa TAP, Sports4Kids)

Educational workshop materials (East County 1999)

Mental health assessment (East County 1999)

*Survivor* Game (East County 1999)

*Who Wants to be a Bazillionaire?* Game (East County 1999)

*Jeopardy* Game (East County 1999)

Surveys for parents in English and Spanish (Sports4Kids)

Surveys for principals, cafeteria staff, and Sports4Kids staff (Sports4Kids)



## Intervention Grants

### Grantees

American Indian Public Charter School  
KHEIR Center  
YWCA of San Francisco (1999)  
YWCA of San Francisco (2001)

### Youth / Community Needs Identified

*Knowledge:* Youth generally demonstrated a lack of basic knowledge about nutrition, the Food Guide Pyramid, and the recommended servings of major food groups, including fruit and vegetables. For example, 75% of KHEIR adolescents reported not knowing what health problem could be caused by not eating enough fiber. Also, the older girls from YWCA needed to increase their self-esteem.

*Attitude:* Korean American parents tended to believe that nutrition and fitness was not an urgent issue because of their traditional food consumption pattern, a misconception that transcended to their children, even though their food consumption patterns are quite different than that of their parents. YWCA participants demonstrated self-limiting beliefs, often using the words “always” “never.” They were not open to change, such as cutting back on junk food or participating in games, because either they felt disempowered or did not see the importance of change.

*Behavior:* Although adolescents need to eat breakfast regularly and increase their physical activity, many have difficulties including nutrition and exercise into their daily routines. It is also necessary to break the participants’ habits of eating fast food and to help them find alternatives. In addition, 32% of adolescents surveyed by KHEIR reported spending less than 30 minutes in P.E. class.

*Environment:* These youth live in neighborhoods that are filled with fast food restaurants. Many said that they usually pass by small vendors or markets on their way home after school and purchase most of their snacks at these small markets. However, once exposed to different stores in the community, the YWCA girls were provided with healthier alternatives for snacks.

### Noticeable Change

*Individual:* After the intervention period, the students at several programs were more concerned about the types of drinks and food they consume. Some of them were even eager to share their lessons with their peers. Staff from KHEIR and YWCA also demonstrated an increased awareness and knowledge about nutrition, fitness, and body image. Many are setting the example and continuing to be more cautious of their eating habits. Three YWCA staff members have even signed up for the 24 Hour Fitness gym and go two to three times a week. When KHEIR first contacted outreach sites, some hesitated or refused to approve the nutrition and fitness sessions at their sites. But after witnessing the enthusiasm and interest of adolescents, they praised the program and requested more sessions.

*Organizational:* YWCA no longer gives candy as incentives; instead the girls are rewarded with gift certificates, books, and journals. Healthy snacks are served to promote healthy eating, and junk food is discouraged. Staff members are also finding ways to incorporate nutrition and fitness

information into other curricula. KHEIR has been able to expand its target population to include adolescents who had previously received limited services and to develop effective ways of teaching Korean and Hispanic adolescents and nutrition and fitness.

*Community:* The Western Addition Beacon Center, which provides snacks for the after-school program, began to offer healthier snacks because the YWCA staff asked for them. At other programs, youth are involved in more community events, such as Carnaval, International Women's Day, Graduation, and a neighborhood clean-up program. Through its close work with the Children's Health Bureau of Los Angeles County, KHEIR formed a relationship that will be essential in effectively dealing with health problems in these two neighboring communities.

*Policy:* Only healthy snacks are served during after-school hours at YWCA, and a "no chips or soda" rule has also been enforced. Students at AIPCS are also discouraged from eating candy, gum, sweets, and soda.

### **Strengths**

For AIPCS and YWCA, one strength was having support from students, teachers, and parents; in particular, youth involvement was a valuable asset. Making the presentations culturally sensitive encouraged discussion and appealed to the participants. Practical activities, such as shopping trips, cookbook development, and hands-on nutrition workshops also helped make the educational sessions more enjoyable. In addition, YWCA found that linking nutrition with body image was a beneficial way of bringing attention to both issues.

### **Areas to Improve**

More parent participation was needed at KHEIR. Even at AIPCS, more female parents needed to be encouraged to take part in the evening basketball program. Staff turnover was a problem for both KHEIR and YWCA. KHEIR also found that it was important to educate the program staff at their outreach sites. To improve program results, grantees reported that it would have been better to provide a greater variety in fitness activities, allocate more of the budget towards sports equipment and outdoor trips, and access technical resources regarding food and nutrition. Finally, effort is needed to continue reducing youth soda consumption.

### **Materials Developed**

- Jambalaya cookbook (KHEIR)
- Nutrition curriculum and teaching materials (KHEIR)
- Pre- and post-shopping surveys (KHEIR)
- Chinese American Food Guide Pyramid (YWCA 2001)
- Collection of Chinese snack food labels (YWCA 2001)
- Nutrition curriculum for 7<sup>th</sup> grade class (AIPCS)

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

**Planning Grants**

Contra Costa Health Services – Teen Age Program

East County Community Clinic

East County Community Clinic

Indian Health Council

Sports4Kids

United American Indian Involvement

## CONTRA COSTA HEALTH SERVICES – TEENAGE PROGRAM

**Grant Number:** PB47-01

**Project Title:** CANFit Project

**Target Youth:** Multi-ethnic youth in Bay Point

### **Methods**

A needs assessment was conducted utilizing qualitative and quantitative research methods to document youth nutrition and fitness and environmental factors influencing dietary intake and physical activities. Thirty four students from the Riverview Middle School and After-School Program participated in four focus groups, and 44 students completed written surveys regarding nutrition and physical activity. The data collected was released to the community through the media and a community action meeting on November 29, 2001.

### **Significant Findings / Results**

**Cafeteria Food** – Over 90% of surveyed students reported eating the food served in school, with 62% reporting that they do not like the food served at Riverview Middle School. During the community meeting, a representative from the Mt. Diablo Unified School District food service expressed an interest in following up in this area of concern by meeting with a group of students and acting upon their feedback and suggestions.

**Physical Activity (General)** – Almost 95% of surveyed students reported enjoying sports and physical activity. Students discussed their concerns about the lack of physical activity options in the after-school program. During the community meeting, the director of the after-school program was receptive to this concern and mentioned an interest in getting involved in a dialogue with students regarding changes.

**Physical Activity (Girls)** – In more than one venue (boys' body image focus group, girls' body image focus group, and combined physical activity focus group), the majority of students reported that they felt that girls are treated differently than boys in their physical activity classes. Girls also mentioned that not much attention is given to female organized sport teams at Riverview Middle School.

**Police in the Community** – The middle school youth reported that they would like to see more police present and visible in their community, particularly in the neighborhood parks. Students also expressed that they don't feel that the officers are friendly and approachable. During the community meeting, the police department demonstrated an interest in participating in a dialogue with the students regarding community safety.

**Community Action Meeting** – The most significant result of this project, in addition to collecting valuable information, was the success of the Community Action meeting. Youth involved in the planning grant had the opportunity to share their experiences with the community members during the meeting. This event also gave the youth an opportunity to practice their public speaking and advocacy skills.

### **Major Strengths**

The CANFit planning grant enabled the TeenAge Program to strengthen its existing collaboration with the Riverview Middle School After-School Program.

The project provided a much-needed venue for the middle school youth to articulate their

concerns and provide suggestions on how to improve nutrition, physical activity, and community safety.

Students involved with the needs assessment had the opportunity to present key findings to community members and local officials.

Recruitment of youth was facilitated by a close working relationship with Riverview Middle School.

### **Areas to Improve**

A broader population of Riverview Middle School students could be involved and engaged in the project, not only those in the after-school program.

More teachers and parent participation in community discussion groups is needed.

Technical assistance and resources could be better utilized and accessed to facilitate the data collection for process evaluation.

### **Youth / Community Needs Identified**

*Knowledge:* Exactly 30% of surveyed students reported engaging in unhealthy behaviors when trying to lose weight. Also, youth participating in the focus group said they were unaware of the resources available in the community with regards to physical activity.

*Attitude:* Students reported that they feel girls are treated differently than boys in P.E. classes. Girls voiced that little attention is paid to female sports teams at Riverview Middle School. In addition, 45% of surveyed students are not satisfied with their current body size. Also, youth express interest in participating in physical activity with their families.

*Behavior:* Not all youth consume five servings of fruits and vegetables each day, and 60% occasionally skip breakfast. Another concern is that 30% practice unhealthy behaviors when trying to lose weight. Two girls also report drinking alcoholic beverages.

*Environment:* Even though over 90% of students reported eating the food served in school, 62% reported not liking the food served. Students also feel that community parks are not safe or appealing for teens or family recreation.

### **Noticeable Change**

*Individual:* Youth involved in the project, particularly those participating in the Community Action Meeting, benefitted considerably from the project. It was empowering for those students involved to see that individuals in the community wanted to hear what they had to say. They felt comfortable articulating their concerns in front of a room of so many adults and officials, as they openly provided their suggestions on improving quality of life in the community.

*Organizational:* Significant changes in the After-School program have been made regarding nutrition and physical activity as a result of the CANFit project. For example, the After-School program's nutrition and physical activity curriculum has been revised.

*Community:* Community members participated in this project and demonstrated an interest in the efforts of the project in several ways. Over 20 people attended the Community Action Meeting. Representatives from the school district's food service, After-School program, and the police department expressed their interest in pursuing students' concerns. Riverview Middle School

students shared their experiences and perceptions. Finally, community interest in the project continues.

*Policy:* The Community Action meeting created a platform to begin discussing the important issues and concerns raised by the Riverview Middle School students and set the stage for future projects and potential changes in nutrition and physical activity patterns.

### **Materials Developed**

- Nutrition and Physical Fitness Survey for middle school students
- Community Mapping exercise
- Focus group questions on nutrition, physical activity, and body image

### **Sharing Information with Others**

Multiple venues were used to disseminate CANFit project findings, including a press release distributed to local newspapers and articles published in newsletters. Over 150 community members were invited to a Community Action Meeting on November 29, 2001. Over 20 individuals and a reporter from the Contra Costa Times attended. Students presented information collected from the CANFit project and participated in a discussion with community members.

### **Technical Assistance**

The Public Health Department's Epidemiologist provided technical assistance in database creation and data analysis. The Community Education and Information Director consulted on the drafting and dissemination of a press release.

The project could have benefitted from receiving assistance and training in survey design and implementation, focus group facilitation, and data analysis.

### **Institutionalization of Nutrition / Fitness Promotion**

The CANFit project influenced the existing After-School Program curriculum in the following ways:

- CANFit's nutrition and exercise activities have been incorporated into existing classroom presentation curricula;
- The After-School Program was provided with SPARK's physical activity binder to be utilized during sports activities;
- Master Gardeners have been hired as part of the community garden at Riverview Middle School to provide a connection between horticulture and nutrition; and
- The Mentor Program now provides participants with healthy snacks.

### **Plans Beyond CANFit Funding**

During focus group discussions, it became clear that the youth were unaware of the many community resources available to them with regards to exercise and physical activity. TAP staff will address this lack of information by creating a resource guide of physical activity resources in the community and share this guide with the youth, After-School Program, recreation programs, and the community at large.

## EAST COUNTY COMMUNITY CLINIC

**Grant Number:** PS1-98

**Project Title:** Operation Our Way

**Target Youth:** Latino and American Indian youth in Lakeside (San Diego county)

### **Methods**

A community coalition, with members including the Barona Reservation, Lakeside Teen Advisory Board, and San Diego County Department of Parks and Recreation, was formed to address nutrition and fitness issues among youth. At the same time, a youth program called the Future Nutritionists of American conducted surveys and brainstormed nutrition promotion ideas.

### **Significant Findings / Results**

As a result of higher demand for fitness activities and because of adult stakeholders' growing commitment to nutrition and fitness, after-school fitness activities increased from two to five hours per week.

The Lakeside Teen Advisory Board met regularly, and on one occasion middle school students advised the board on nutrition and fitness concerns, as well as the experience of having been on the receiving end of racial harassment.

Another resource attracted to the program was the El Capitan High School's Mentoring Program. High school mentors contributed hundreds of volunteer hours, and several took responsibility for writing an academic proposal for a mentoring program for local adolescents.

The CANFit grant was the catalyst for the community to, for the first time, consider and act on the painful reality of local racism. In addition, key stakeholders in the CANFit planning process were formally invited to participate in the East County Unity Summit. This is in part because stakeholders have come to view multi-cultural nutrition and fitness programming as a non-confrontational way to address a topic that is urgent, yet quite controversial in the local community.

### **Youth / Community Needs Identified**

*Attitude:* Foods that youth preferred included junk foods like pizza, candy, chips, and ice cream, while school food, fish, broccoli, and plain yogurt were disliked. Students reported that lunch could be better with "fresher food, better food, and 'real' salad." They also reported that healthy foods, such as smoothie shakes, sweet strawberries, and cold watermelon, would be desirable. Students expressed interest in a juice bar and garden, as well as fitness facilities and classes.

*Environment:* Racism is a significant issue.

### **Noticeable Change**

*Individuals:* Adult participants involved in the Lakeside Teen Advisory Board who had initially opposed a Teen Center in the local park emerged as champions of the concept. It was established that the Teen Center would include a space designed specifically for nutrition and fitness activities, including a possible healthy juice bar.

*Community:* Relationships were formed with the Lakeside Union School District, East San Diego County chapter of the American Heart Association, and the 5-A-Day Program. Nutrition Awareness Month in March has begun occurring. The district is also presently employing the “Exercise Your Options – A Food Choice and Activity Program for Middle School Students” booklet in local classrooms. The full cooperation of the San Diego County Parks and Recreation Department was secured for possible future hiking projects. The Latino Association of East San Diego County agreed to help in any future outreach to Latino youth, and Our Lady of Perpetual Help Church agreed to list health announcements in the school bulletin.

### **Materials Developed**

Surveys and focus group questions

### **Technical Assistance**

Wendy’s Health and Fitness Services provided nutrition education and fitness activities.

### **Plans Beyond CANFit Funding**

East County Community Health Services plans to submit a second proposal to CANFit to continue the planning process.



## EAST COUNTY COMMUNITY CLINIC

**Grant Number:** PS6-99

**Project Title:** Operation Our Way

**Target Youth:** Latino and American Indian youth in Lakeside (San Diego county)

### **Methods**

Continuing the work of the previous planning grant (#PS1-98), a community coalition and youth leadership group led in the development of nutrition and fitness activities. These activities were pilot tested during the summers of 2000 and 2001.

### **Significant Findings / Results**

Youth are heavily driven by incentives. They came to the classes with great enthusiasm if they knew there was going to be some kind of reward afterwards. Originally, it was believed that the prizes motivated them to come. Staff came to realize that the cooking classes provided at the end of the workshops got them to attend in far greater numbers and that the youth then tended to be repeat attendees.

Rules need to be posted. Because of the competitive nature of some of the activities, it was particularly helpful to post rules before each activity, review the rules with the youth, have specific guidelines for discipline, and be consistent in the way the staff handled each class.

Limiting participation made the classes more manageable and created a sense of urgency in the youth to get into the classes before they filled up. It became more of a privilege to attend!

The needs assessment was extremely helpful in determining the downfalls of the youth's eating habits, lifestyle behaviors, and mental health status. For example, it was determined that 76% of the youth surveyed drank 2% or whole milk at home; only 13% ate the required servings of fruit and vegetables; a third wanted to lose weight; breakfast was eaten daily by only 50%; and only 36% eat lunch every day. Also, 27% ate with their family every day, 27% ate with them three to five times per week, and 36% ate with them once a week or less. Only 40% knew that they needed to eat a minimum of five fruits and vegetables per day, and 75% prepared their own meals.

Based on the needs assessment, there seems to be a great need for a cooking class of some sort to teach youth meals they can cook on their own, which includes educating the youth about choices, nutritional needs, and the importance of food from a nutritional standpoint in their overall development.

### **Major Strengths**

Each of the projects was well-organized and handled with the youth in brief and highly concentrated ways. The attention span of the youth is brief, so the workshops tended to be 45 to 60 minutes long and adaptable to the youth audience of that day to make them longer or shorter.

The Lakeside Community Center staff have complete buy-in into the CANFit project, are extremely supportive of the projects, and key in exciting the youth about the programs, which in turn, creates a higher level of participation.

Because there is such a high level of cooperation and desire for the program to succeed, partners contributed to the program without even considering reimbursement issues. Resources were available, which made the success of the program much more viable. San Diego County Parks and Recreation provided the program with in-kind resources, such as staff time, the use of their fan, and office space for the programs to be held. Wendy's Health and Fitness Services also provided in-kind resources to include staff time, incentives, administrative support, and consultant services.

Because the programming offered was extremely diverse and exciting, ranging from outdoor games to nutrition workshops, the youth continually wanted more. Change in programming seems to keep the youth wondering about what is coming next. Even after this project was completed, the youth kept asking when the next one was!

The project received support from San Diego County Parks and Recreation, the Lakeside Community Center and Recreation staff, the Lakeside Union School District, Wendy's Health and Fitness Services, and the East County Community Clinic.

### **Areas to Improve**

The body image component was probably the area that needs the most improvement. Several youth destroyed their surveys because they did not want their answers to be read or simply refused to fill out the survey. The co-ed structure of the class was also inappropriate.

It was difficult getting the youth to fill out all the surveys, needs assessments, pre-tests, and post-tests. It would better to make them shorter and combine them.

A demographic survey and needs assessment should have been completed by all of the youth at the center instead of just the youth participating in the program.

Instead of the programs being offered in the summer only, they should be offered as a long-term program over an extended period of time for a more cumulative effect.

The survey tool for mental health was great, but needs modification to be simpler to use.

The two-column food pair questions that were used on one of the surveys were determined to be a failure. The youth simply could not understand what was being asked.

### **Youth / Community Needs Identified**

*Knowledge:* One survey illustrated a lack of knowledge of the link between eating and health. Education in the areas of nutrition labeling, fats, milk, cholesterol, sugars, and salts is also needed.

*Attitude:* Approximately a third of the youth wanted to lose weight, while only 36% were happy with their weight. Seventy five percent (75%) felt it was important to be respectful of other people's beliefs, practices, and lifestyle, but 50% admitted to having prejudices and biases, and 12% admitted to teasing someone within the last week for being different.

*Behavior:* Only 52% and 13% ate the required daily servings of fruits and vegetables, respectively. Breakfast was eaten daily by only half, and 36% eat lunch every day. Seventy percent (70%) exercised at a high intensity level for at least 20 minutes on five or more days a week; 50% walked or biked for at least 30 minutes on five or more days a week. In addition, 25% watched more than one hour of TV per day. Seventy five percent (75%) prepared their own meals.

*Environment:* Only 27% of youth eat with their family every day, yet 36% do so once a week or

less. Also, 38% of parents were physically active, many participating in activities with their youth.

### **Noticeable Change**

*Individual:* Youth began choosing healthier snacks and sharing the information with their families. Even community center staff, completely separate from the youth programming, attended the nutrition workshops.

*Organizational:* The original grantee agency, East County Community Clinic, has changed its role to acting as only a fiscal agent.

*Community:* The school district, involved with the Lakeside Teen Advisory Board from the beginning, took a larger role in the project by providing substitute teachers for all teachers wanting to attend the SPARK trainings.

*Policy:* The vending machines now include healthy snacks and the Rec Club now has healthy and motivational posters on their walls. They also kept the fat workshop baggies around as a conversational piece!

### **Materials Developed**

Nutrition and fitness surveys

Educational workshop materials (nutrition labels, fat and milk, Kumeyaay culture, salt, sugar)

Mental health assessment

*Survivor* Game

*Who Wants to be a Bazillionaire?* Game

*Jeopardy* Game

### **Sharing Information with Others**

The findings have been disclosed to the San Diego County Parks and Recreation, which has been vital in the success of this project, and the Lakeside Teen Advisory board. This includes all of the most important members of the community which contribute to the well-being of Lakeside's youth. The findings will be further disclosed to the community through the Lakeside Community Center Newsletter and the local Lakeside newsletter.

### **Technical Assistance**

Wendy's Health and Fitness Services provided curriculum development, incentives, and staff expertise in the areas of nutrition and fitness. 5-A-Day supplied curricula, recipe books, pamphlets for distribution, and incentives. The Dairy Council and American Cancer Society also brought curriculum and incentives. The American Diabetes Association provided diabetes pamphlets for community distribution.

It would've been helpful to have more strategies, guidelines, and structured curriculum on self and body image, eating disorders, etc. It would have also been helpful to have more guidance on how to create a strategic plan for the grant. It seems like it was a difficult process, though that might simply be the nature of planning grants.

**Institutionalization of Nutrition / Fitness Promotion**

It is the belief of this planning group that nutrition and fitness programs are, in theory, already institutionalized. However, a refinement of the planning grant programs and further exploration of new programs may help to make a more permanent allocation of funds in this area a priority.

**Plans Beyond CANFit Funding**

San Diego County Parks and Recreation fully supports nutrition and fitness programs administratively and fiscally. Of course, funds are limited, so this group will continue to seek out funds, as they did with the California Nutrition Network grant, that are supportive of such programs.

**Other Project Activities**

The original planning grant included a garden. The planning group is currently exploring opportunities to make that dream a reality with a mobile garden!

## **INDIAN HEALTH COUNCIL**

**Grant Number:** PS25-99

**Project Title:** Ahmium for Health

**Target Youth:** American Indian youth in North San Diego County

### **Methods**

Youth representatives from nine Indian tribes in North San Diego County formed a planning group and conducted a community needs assessment.

### **Significant Findings / Results**

The 2<sup>nd</sup> Annual Surf Camp was such a success that it will be continued as an annual event of surf instruction, environmental education, and cultural teachings for 100 children and families at San Onofre State Beach.

IHC has been involved with the formation of the All-Tribes American Indian Charter School (ATAICS), which meets the needs of 6<sup>th</sup> through 8<sup>th</sup> graders from surrounding communities.

Giving the school access and ownership over the community garden has stimulated interest and motivation in the youth. They have build a native garden next to the school and created landscaping for an after-school youth program at IHC.

### **Areas to Improve**

One challenge is in maintaining cooperation and partnership between the various agencies.

### **Noticeable Change**

*Individual:* Youth are more interested in maintaining gardens and animal care. They are also showing an awareness of diabetes and the willingness to talk about prevention.

### **Materials Developed**

Tribal food exercise

### **Sharing Information with Others**

*Surfing* magazine included an article on Surf Camp on July 23, 2001. The event was also covered by Fox Sports.

## **SPORTS4KIDS**

**Grant Number:** PB51-01

**Project Title:** After-School Nutrition Planning Project

**Target Youth:** Multi-ethnic youth in Alameda County

### **Methods**

Sports4Kids conducted focus groups and taste tests at three Oakland schools to determine what youth like to eat, what they actually eat, and how they might best be educated about nutrition and eating well. Teachers, parents, school administrators and cafeteria staff, and Sports4Kids staff were also surveyed. Results were used to develop a nutritious snack menu, as well as a new unit in the Sports4Kids curriculum that trains staff how to educate children about nutrition.

### **Significant Findings / Results**

Junk foods are readily available to the children. They bring them from home, buy them from nearby stores and fast food outlets, and in some cases, buy them at school. Children often do not like the food that is provided by schools or after-school programs. It is difficult to offer healthy foods without adequate cold storage. Surprisingly, fresh fruit is actually very popular. Because it is not that available for many low-income kids, it is seen as a treat. Many children do not have much exposure to healthy foods. Children are often resistant to try new and unfamiliar foods.

### **Major Strengths**

Using a focus group format was a much more effective way to get feedback from children than surveys would have been. The taste tests were a fun and very informative way to get the kids involved. The surveys were well-crafted, and the parent survey was also translated into Spanish.

### **Areas to Improve**

More effort needed to be put into improving the rate of return on the surveys. More people should've been surveyed. Staff required more motivation to integrate nutrition lessons into the after-school program.

### **Youth / Community Needs Identified**

*Knowledge:* Both children and their parents were relatively uninformed about nutrition issues such as the Food Guide Pyramid and the correlation between food and general health. For instance, 73% of parents surveyed did not think that the foods they ate affected their health.

*Attitude:* In general, most children had positive associations with exercise and recess. Kids also thought many junk foods were "cool," whereas nutritious foods did not impart the same cool image. These attitudes are deeply ingrained and present a real challenge to alter.

*Behavior:* There was a reticence to experiment with new, different, and healthy foods. In the taste tests, 100% of the children clearly disliked hummus (chick-pea dip), which none of them had tried before.

*Environment:* This may represent the largest challenge of all. The availability of junk food in the children's lives is ubiquitous. They can get junk food at home, at stores, at fast food restaurants, and at school. Access to healthy foods is much more limited.

### **Noticeable Change**

*Individual:* Project staff became much more involved and interested in the issues.

*Organizational:* This grant has made Sports4Kids as an organization much more aware of nutrition issues in its programs. It is recognized as an area where there is much more room for improvement. It has prompted the organization to take a closer look at health and nutrition issues in their staff training and curriculum.

### **Materials Developed**

- Focus group questions
- Survey for parents (English and Spanish)
- Surveys for principals, cafeteria staff, and Sports4Kids staff

### **Sharing Information with Others**

The questionnaires, focus groups, and taste tests got the attention of many after-school program coordinators and school staff. The healthy snack program will be shared with those who express interest in it. Of interest to many people is the menu development, as well as the source of healthy snacks.

### **Technical Assistance**

Janis Burger, RD, MPH, a Perinatal/Children's Coordinator at Alameda County Health Services helped craft surveys, focus groups, and taste tests and shared her knowledge about getting nutrition information to families. Daniela Boykin from CANFit also helped develop the surveys.

### **Institutionalization of Nutrition / Fitness Promotion**

Sports4Kids is planning to come up with a system for delivering healthy snacks to all the schools in which they operate programs. In addition, the organization hopes to expand its current staff training to include nutrition components. Ideally, this will include age-appropriate tools on how to introduce nutrition concepts. Staff will then teach the kids the lessons in the after-school program as they eat their daily snack.

### **Plans Beyond CANFit Funding**

In the 2002-2003 school year, Sports4Kids plans on expanding to a total of 40 schools, representing an increase of 6 schools from the 34 currently served. This will allow them to serve approximately 20,000 children throughout Alameda County everyday. This year, Sports4Kids experimented with having Assistant Site Coordinators in 7 schools; this proved to work well, and Sports4Kids hopes to expand the number of Assistant Site Coordinators in the coming year. The organization also plans to continue developing the after-school snack program in all schools.

## UNITED AMERICAN INDIAN INVOLVEMENT

**Grant Number:** PL27-01

**Project Title:** CANFit Community Coalition

**Target Youth:** American Indian youth in Los Angeles County

### **Methods**

American Indian youth living in Los Angeles County were assessed regarding their nutrition and fitness knowledge, attitudes, and behaviors, as well as their cultural identity. The results were used to create a culturally relevant fitness and nutrition program for adolescents.

### **Significant Findings / Results**

Most of the youth have a significant worry about self-esteem. Most boys and girls know that their body size has a significant correlation to their self-esteem. Many felt that their body size was just right or a little too big. Moreover, many felt that they could positively influence their self-esteem through increased fitness and better nutrition.

Many youth lacked knowledge of nutritional choices and the effects it can have on their bodies. Most need a better understanding of the link between nutritional food choices and the diseases/health problems they may cause or exacerbate. Many of the youth learned about nutritional choices and their effects primarily from school and parents.

Many youth want to exercise, but they need a structured exercise program to help them get started. Most require an after-school program that doesn't conflict with their regular schedule of homework and chores.

Regarding eating locations and physical activity behavior, several youth are significantly influenced by their peers. Many chose places to eat according to their friend's preferences, although they then became quite independent in the choices of food they ordered. Most like to exercise with friends and have a preference for team sports activities. Moreover, boys and girls are influenced to do physical activities if they see the other gender participating in activities.

Their eating patterns and food choices are quite erratic. Many skip meals simply because they are not hungry. Many are not aware of the significance of meal portion size and the number of meals eaten in a day. Many are also unaware of healthier and more nutritious ways to prepare food. That certain foods, snacks, and soda are not very nutritious seemed to be unknown to many.

### **Major Strengths**

The American Indian Clubhouse has access to approximately 800 American Indian youth currently registered with UAII and has established rapport and trust with other youth who fall within the 10-14 age range.

The American Indian Clubhouse is a division of the larger UAII organization, which can provide access to a wide variety of staff in the health and nutrition area. UAII employs several health professionals, including a dietitian.

The American Indian Clubhouse has access to a wide range of facilities and established programs that will enable the staff to market the project on several levels.



## **Areas to Improve**

The project could have demonstrated more overall consistency and participation. Although much of the inconsistency is due to new staff picking up the project in the middle of the grant period, more consistent nutrition programs could also be structured around the weekly Clubhouse schedule, as well as the youths' school and recreation agenda, to improve participation.

The project could have been more structured and documented. With the new staff, a more detailed and routine structure could be established to facilitate project sustainability and adjustments.

The project could have included more diverse activities for the youth to meet the different needs of boys and girls.

## **Youth / Community Needs Identified**

*Knowledge:* The data from the surveys and focus groups suggest that over 50% of the youth lack knowledge about nutrients in food. For example, they lack knowledge of saturated fats, sodium, and sugar, as well as what effects they can have on energy levels. Over 50% also lack knowledge of good eating habits. They need to learn the benefits of smaller meals eaten throughout the day rather than large, infrequent meals.

*Attitude:* More than 50% of the youth have a good understanding of the benefits of being healthy throughout their life spans and want to be healthy. One potential barrier to realizing this goal is the lack of control that youth have over their food choices. They basically eat what their parents serve or what is on the menu at fast food restaurants.

*Behavior:* Over 50% are willing to try new, healthier foods if presented with the option. This is especially true if parents are involved in presenting the new food choices. Over 50% are also influenced to eat healthier if they see their peers making healthy food choices. Thus, peer and parent influence appears to play a major role in changing food choice behaviors.

*Environment:* When a more favorable environment was presented, the boys' participation in physical activities increased, and nutritious eating improved. More boys participated in the basketball and other physical activities when they were regularly scheduled. Moreover, the boys exercised proper rehydration of fluids and ate nutritious foods when they were provided at practice sessions.

## **Noticeable Change**

*Individual:* The Clubhouse staff has become more aware of their role model status and are more nutrition and fitness conscious, especially around the youth. Planning for group members includes more nutritious snacks and meals during outings. Community residents and volunteers are also more nutrition and health conscious during activities with youth.

*Organizational:* The Clubhouse has included more of a nutrition and fitness approach when marketing itself to other organizations and agencies. Moreover, nutrition and fitness have become integral parts of the Clubhouse's recreational activities.

*Community:* The Clubhouse has assumed a more advisory role at community meetings. At UAH community potlucks held for elders, the Clubhouse has advocated to serve a more nutritiously

balanced meal. At the annual summer camps, the Clubhouse serves nutritious meals to all the participating youth and staff. It is a priority to make sure that each youth have adequate access to healthy food and water.

*Policy:* The Clubhouse has adopted a more nutrition and fitness-minded policy for all of its events. No outside and potentially unhealthy food is allowed into the American Indian Clubhouse or its vehicles. Only 100% juice, low-fat milk, and bottled water is available in the Clubhouse. A wide variety of nutritious snacks are required to be available when youth are present. Clubhouse staff are also required to be nutrition conscious when planning events and outings.

## **Materials Developed**

Survey

## **Sharing Information with Others**

Several articles were published in the community-wide circulated UAII Newsletter, *Talking Circle*. Articles and findings geared toward youth will be published in the *Clubhouse Review* newsletter. Discussion of articles and findings will also be presented at UAII staff meetings, as well as community gatherings and meetings sponsored by UAII and friends. For example, findings and results were presented in an informational booth at the annual UAII Sobriety Run and Health Fair in May, a community-wide event that attracts many families and friends in the greater Los Angeles area. In addition, a nutrition and fitness information packet was distributed to the parents of Clubhouse members. Finally, health and nutrition information and links were added to the Clubhouse web site, and workshops will be presented at the three youth summer camps.

## **Technical Assistance**

The UAII staff dietitian provided nutrition and health information. Other professionals also provided training around team-building and planning during the youth summer camps.

More health and education materials would have been helpful in creating the nutrition and fitness presentations.

## **Institutionalization of Nutrition / Fitness Promotion**

Improved nutrition and fitness were institutionalized on several Clubhouse fronts. An ongoing recreational component has been adopted as an integral objective of the Clubhouse. This program will include boys and girls basketball teams with weekly practice and games, weekly swimming sessions, and a variety of new and different weekend activities. In addition an annual sobriety run and health fair have been adopted for the youth and community. Moreover, proper nutrition and hydration are valuable components of these physical activities. On another front, a new Clubhouse nutrition policy allows youth access to bottled water, low-fat milk, and fruit juices, as well as a variety of nutritious snacks and fruits. A new Nutrition and Health Information board has been placed on the Clubhouse walls to better advertise new trends and nutrition and information to Clubhouse members and visitors. New article sections have been created in the UAII newsletter, *Talking Circles*, and *Clubhouse Review* publications to inform the UAII staff and Los Angeles area community of nutrition and health information. UAII has also instituted potlucks and nutrition workshops for diabetic and elderly community members.

**Plans Beyond CANFit Funding**

UAI plans to promote and increase its recreation program. This will include staging a youth basketball tournament that will invite youth teams and organizations from all over the western states. The organization will continue with its annual youth run and health fair, which provides physical activity, nutritious food, and health information to the community. UAI will continue to provide nutrition, fitness, and health information to community members through its Clubhouse and UAI marketing and information services. Finally, UAI will continue to hold nutrition, fitness, and health workshops at Clubhouse and UAI community events.

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

**Intervention Grants**

American Indian Public Charter School

KHEIR Center

YWCA of San Francisco

YWCA of San Francisco

## AMERICAN INDIAN PUBLIC CHARTER SCHOOL

**Grant Number:** IB9-98

### **Project Title:**

**Target Youth:** American Indian youth in Oakland

### **Methods**

Nutrition education was integrated into the 7<sup>th</sup> grade curriculum. In addition, basketball hoops were installed in the gym, and after-school programs in gardening and physical fitness were created.

### **Significant Findings / Results**

The Health Educator was able to:

- Create a healthy lifestyles class;
- Install basketball hoops in the gym;
- Create an after-school physical fitness program;
- Create a garden club; and
- Prepare healthy snacks for the children, and reduce the number of sodas being consumed.

### **Major Strengths**

The healthy lifestyles course is very successful with the students. It has significantly contributed to the health of students by teaching them how to eat properly. The basketball hoops have enhanced the community accessibility to the gym. This has increased visibility in the community. Finally, students, teachers, and parents have shown a great deal of support for the CANFit program.

### **Areas to Improve**

- The basketball tournament was not as successful as hoped.
- AIPCS needs to encourage more female parents to participate in the evening basketball program.
- AIPCS would like to continue to reduce the number of soda drinks the students are consuming.

### **Noticeable Change**

*Individual:* The 7<sup>th</sup> grade students have significantly enhanced their knowledge and understanding of the drinks and foods that are good for their health. The students are more concerned about the types of drinks and food they consume. They have started discussing what types of foods and drinks they bring to school. The 7<sup>th</sup> grade class took the lead in the CANFit program. They started a garden club that was coordinated by Cesar Ramos.

*Organizational:* The Garden Club committee got college students from UC Berkeley Environmental Studies Program involved.

*Community:* The students started a community clean-up program for the neighborhood that was sponsored by the Garden Club.

*Policy:* Students are discouraged from eating candy, gum, sweets, and soda.

### **Materials Developed**

Nutrition curriculum

### **Sharing Information with Others**

The healthy lifestyles class and community basketball program are ongoing and open to the public. Parents are sent flyers and informed at meetings about these activities.

### **Technical Assistance**

AIPCS sought technical assistance from the Native American Youth Center of Oakland and the Environmental Studies program at UC Berkeley for assistance with health information and the garden club.

### **Institutionalization of Nutrition/Fitness Promotion**

In a meeting with AIPCS teachers and staff, Anjali Kamat volunteered to take the lead regarding the healthy snacks and nutrition. She incorporated the nutrition program into the 7<sup>th</sup> grade science and health curriculum.

### **Plans Beyond CANFit Funding**

AIPCS has included adolescent nutrition and fitness into the physical education curriculum.

### **Other Project Activities**

As a result of the basketball equipment purchased through the CANFit project, AIPCS has a group of parents who have started two teams that play Monday and Friday night each week.

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

**Grant Number:** IL14-01

**Project Title:** Jambalaya – A Multicultural Cookbook

**Target Youth:** Korean and Latino youth and Los Angeles

### **Methods**

Youth were engaged in nutrition and fitness workshops (i.e. shopping for healthy snacks, how to read nutrition facts, fat and sugar, and physical activities and exercises) that ultimately led to the development of a multicultural cookbook of favorite recipes that meet dietary requirements.

### **Significant Findings / Results**

Most adolescents showed interest in the subjects of nutrition and physical fitness, although their level of participation varied according to types of class work. For example, they participated in the food ingredient demonstrations and physical activity more enthusiastically than they did in paper work.

Adolescents seemed to be excited about facts and findings they learned in lectures and eager to share their experience with peers. They were motivated and prepared to play an advocate role in their socializing groups.

During pre- and post-shopping, it was witnessed that most adolescents did not know that there were a variety of food items that could replace high fat or high sugar food. Since they were children of recent immigrants with limited knowledge of Western food items, their knowledge was also limited. Such a gap in food knowledge can result in adverse effects on the nutritional health of adolescents in two ways. First, they can end up purchasing unhealthy food due to limited food options. Second, they can purchase ethnic food or snacks, which may be less nutritious and have less reliable food labels.

Adolescents did not have a concept of the amount of ingredients described on the food label. So when they saw sugar samples of 10 grams, 20 grams, and 30 grams, their first reaction was a shock so deep and vivid that they would bring up and share their feelings over the following sessions. It would've helped to prepare fat, sugar, and salt samples. Participating adolescents were requested to answer a Nutrition and Physical Fitness Survey in the first session. One interesting finding was about breakfast eating. Among 47 respondents, 12.6% answered that they rarely had breakfast or had breakfast only on weekends. This finding was very similar to what we found in our 2000 Korean American Health Survey, in which 12.1% reported not having breakfast everyday.

### **Major Strengths**

Cultural sensitivity and lifestyles were considered when developing the educational curriculum. For example, various Korean and Hispanic food items were referred to during the education sessions.

By touring markets and purchasing snacks, participants became aware of the availability of various foods that are lower in fat and sugar. This practice was intended to reinforce making healthy food selections.

A healthy cookbook will provide adolescents and their parents with practical ideas for nutritious food items. Since the recipes in the cookbook were carefully selected and

edited to be user-friendly, readers can get hands-on experience following recipes.

### **Areas to Improve**

Over the project period, a second facilitator needed to be hired because the first one quit after several months. It was quite a waste of time to train the second facilitator. It was also difficult to find a student facilitator with knowledge of nutrition and a commitment to community outreach.

The level of enthusiasm was heavily influenced by the attitude of the program coordinator. Initially, outreach sites were selected based on the availability of equipment, rather than the program coordinator's attitude towards and knowledge of nutrition and fitness issues among adolescents. If more time had been spent educating the program coordinators about the urgent issues of nutrition and fitness, the participating adolescents would have been more eager to participate.

Lack of parent participation was an area of improvement. In order to solicit their participation, staff had parents sign a consent form. Although it was made clear that the sessions were open to parents, only two showed up.

### **Youth / Community Needs Identified**

*Knowledge:* According to the survey conducted prior to the educational sessions, 75% of adolescents reported not knowing what health problem could be caused by not eating enough fiber. Many adolescents also had inaccurate knowledge about the total number of servings of fruit and vegetables needed each day.

*Attitude:* Korean Americans tend to believe that nutrition and fitness is not an urgent issue because of their traditional food consumption pattern. This misconception transcends to their children, although their food consumption patterns are quite different than that of their parents. Also, most Korean parents are likely to believe that their children are doing enough physical activity at school. But according to survey results, 32% adolescents reported spending less than 30 minutes in P.E. class.

*Behavior:* Adolescents need to eat breakfast regularly and increase their physical activity.

*Environment:* The majority of adolescents live in an urban area and said that they usually pass by small vendors or markets on their way home after school. They reported purchasing most of their snacks at these small markets.

### **Noticeable Change**

*Individual:* KHEIR staff and adult members in the outreach sites became more aware of nutrition and fitness issues among adolescents. When outreach sites were first contacted, some adult members hesitated or refused to approve the nutrition and fitness sessions at their sites. But after they witnessed the enthusiasm and interest of adolescents during the five-week sessions, they praised the program and requested more sessions. Participating adolescents were also motivated to make healthy choices in the food they ate. Some of them were even eager to share their lessons with their peers.

*Organizational:* KHEIR expanded its target population to adolescents who had previously received limited services. KHEIR developed effective ways to teach Korean and Hispanic adolescents and nutrition and fitness.



*Community:* Distributing the cookbook to adolescents and their parents in neighborhoods, schools, and churches was intended to make parents, teachers, and other caregivers more aware of the urgent issues of adolescent nutrition and fitness. Unfortunately, this level of change could not be directly measured. In order to target Hispanic adolescents, KHEIR worked closely with the Children's Health Bureau of Los Angeles County. The formation of such a relationship will be essential in effectively dealing with health problems in these two neighboring communities.

### **Materials Developed**

- Jambalaya cookbook
- Curriculum and teaching materials
- Pre- and post-shopping surveys

### **Sharing Information with Others**

Since the results were gathered from only 53 adolescents, KHEIR chose not to present the results to the whole community. Instead they will be assembled as an internal data report and will be used for health fairs, such as the Family Health Fairs held twice a year, media campaigns, and future nutrition programs. The cookbooks are being distributed to the community.

### **Technical Assistance**

No technical assistance was sought, but it would've been helpful to have more ingredient samples of popular snacks and sodas because they looked appealing to adolescents.

### **Institutionalization of Nutrition / Fitness Promotion**

The educational materials will be used in future nutrition and fitness sessions for adolescents. During the annual Family Health Fair and outreach presentations on health issues, project results will be presented to participants. KHEIR will also develop a summary form on adolescent nutrition and fitness and insert it into the educational curriculum for staff and interns.

### **Plans Beyond CANFit Funding**

KHEIR will look for other funding sources to improve quality and expand the project. In addition, KHEIR will keep educating people about nutrition and fitness through community outreach and media advertising.

## YWCA OF SAN FRANCISCO

**Grant Number:** IB25-99

**Project Title:** Girls Now

**Target Youth:** Latina, African American, and Asian/Pacific Islander girls

### **Methods**

The project consisted of weekly educational activities on nutrition and fitness, cooking and snack classes, and fitness activities implemented at three YWCA after-school centers in San Francisco (Mission, Western Addition, and Chinatown).

### **Significant Findings / Results**

Many of the girls who participated in the program didn't look at eating right or exercising as a priority. Most were preoccupied with their school work, friends, boys, Internet use, and television. Through the workshops, the girls became better educated about how to take care of their bodies, started to take part in more physical activities, and began to make healthier choices when snacking.

Many girls were choosing high fat diets over nutritional diets. When it came to eating lunch and after-school snacks, the girls preferred fast foods over school lunches and junk food over fruit. The girls became more familiar with their surroundings when they went out and completed the *CANFit Affordable and Available Healthy Food Access Survey*. They had not realized that they had access to so many stores in their neighborhood that could provide them with healthy foods.

The girls from both Western Addition and the Mission were not too familiar with the daily requirements in the Food Guide Pyramid. They had very little knowledge of the recommended servings because they had never been given a thorough explanation on nutrition at school. They mentioned that the YWCA was the first place to offer them nutritional guidance.

Many of the older girls had low self-esteem. The girls ages 12-17 talked more about their weight and looks than any other age group. They continuously made comments like "I am fat" or "I need to lose weight." After showing the video developed during the previous planning grant and doing the self-esteem workshops, the girls began to have a better understanding on how to love their bodies.

Many were not taking part in enough physical activity. They had never been given information on the daily requirements for exercise, and they were under the impression that only adults needed to be concerned with their health. Fortunately, YWCA was able to provide them with a safe environment to play sports and learn about the importance of exercise.

### **Major Strengths**

Youth involvement has been one of the project's major strengths. The youth workers have assisted in implementing the curriculum, co-facilitating the activities and presentations, leading dance classes, and putting together the magazine and the cookbook. The students also contributed to making this program successful. They have assisted in many of our events. For example, they have educated their peers through dinner nights,

International Women's Day, Carnival, Young Women's Conference, and a community BART event. They have also given us ideas on how the program could be improved. For example, the girls developed games to be added to the curriculum, suggested healthy snacks, and provided important and useful feedback.

The amount of parent participation was a major strength. Without the parents' participation, many of the accomplishments would not have occurred. The parents took a strong interest in improving their children's health. They helped enforce the "no potato chips and no sodas" rule during the after-school program. With the help of Mental Health Specialist, Joanna Sandoval, the parents participated in monthly meetings. At these meetings, parents were updated on their children's progress and given advice on how to better address their children's education and behavior issues. The parents were also very flexible when it came to attendance at and transportation to and from rehearsals, events, and dinners.

### **Areas to Improve**

Planning the budget differently could have improved the project. Making funds available for sports equipment and outdoor trips could help increase participation in physical activities.

Staffing issues were another challenge. Although a health educator was involved, a registered dietitian could offer crucial dietary advice. At the Chinatown center, high staff turnover prevented the program from being completed during the previous year.

### **Youth / Community Needs Identified**

*Knowledge:* The girls were unaware of the importance of proper nutrition and exercise and had little knowledge of the Food Guide Pyramid and the recommended servings of major food groups. They had difficulty including nutrition and exercise into their daily routines, and they needed to take part in more physical activity. Also, the older girls needed to increase their self-esteem.

*Attitude:* It was challenging to get the girls to cut back on junk food. Also, having the girls choose the games during their recreation days helped increase participation.

*Behavior:* The workshops helped raise self-esteem levels. Educating the girls about fat helped decrease their fat intake, while tasting different foods during cooking class helped them decide to purchase healthier snacks. Playing games they enjoyed helped increase their physical activity.

*Environment:* By exposing the girls to different stores in the community, the girls were provided with healthier alternatives when shopping for after-school snacks.

### **Noticeable Change**

*Individual:* As a result of the project, only healthy snacks are served during after-school hours. A "no chips or soda" rule has also been enforced. Although it is impossible to completely change the eating habits of all the girls, some are making healthier decisions while snacking and encouraging their peers to do the same. The staff members are setting the example and continuing to be more cautious of their eating habits. Three members have even signed up for the 24 Hour Fitness gym and go two to three times a week. Staff members are also finding ways to incorporate nutrition and fitness information into other curricula.

*Organizational:* YWCA no longer gives candy as incentives. The girls are now rewarded with

gift certificates, books, and journals. Healthy snacks are served to promote healthy eating, and junk food is discouraged.

*Community:* The students are involved in more community events. They have danced and helped prepare snacks at events such as Carnaval, International Women's Day, and Graduation.

*Policy:* The nutrition and fitness curriculum is being included in the work plans for other funding contracts.

### **Sharing Information with Others**

The updated curriculum has been made available and implemented at various after-school sites and community agencies. With the help from our youth participants and the Americorp members, a cookbook has been completed and distributed throughout the community. A magazine that highlights the program and provides general nutrition and fitness was created by the students and has been distributed to local youth programs and schools. Members of the youth advocacy team are going with staff members to different middle schools, showing the video, and giving a one hour presentation. Through this arrangement, they are given an opportunity to earn fifty dollars a presentation.

### **Technical Assistance**

Staff attended the CANFit Grantee Trainings. More on-site workshops would have also been beneficial.

### **Institutionalization of Nutrition / Fitness Promotion**

YWCA will continue to add materials to its curriculum that will benefit the youth in the program. The Americorp members and youth workers will be further trained and updated on new information given through CANFit and other organizational workshops. The organization will continue to promote healthy eating by serving healthy snacks. They also plan to buy new sports equipment in the hopes that it will encourage the girls to be more active.

### **Plans Beyond CANFit Funding**

The curriculum will continue to be incorporated in the program. The Americorp members will be trained to implement the activities with the assistance of the youth workers. The video will be offered to the community as a one-hour, peer-led workshop on body image and eating disorders. The cookbook has also been made available to the community.

### **Other Project Activities**

The CANFit project was awarded \$350 from Horace Mann Middle School to implement a weekly educational workshop on nutrition and fitness and a weekly healthy cooking class with their students. The cycle was conducted during the spring semester.

## **YWCA OF SAN FRANCISCO**

**Grant Number:** IB25-01

**Project Title:** Girls Now

**Target Youth:** African American, Asian/Pacific Islander

### **Methods**

A continuation of CANFit Grant #IB25-99, girls at both the YWCA Western Addition and Chinatown after-school centers participated in weekly nutrition, healthy snack, body image, and fitness activities.

### **Significant Findings / Results**

Participants demonstrated a high level of enthusiasm for the cooking classes. While many cook at home or have some previous cooking experience, the participants were able to hone their skills and learn healthier ways to prepare meals.

Health and fitness is an excellent means of exploring a variety of cultural practices and beliefs within the group. Many activities sparked cultural conversation.

Participants were eager to try fitness activities that were outside of their normal repertoire, such as mountain biking.

Most participants demonstrated positive self-image. For those that seemed unsure, they also recognized that they have been manipulated by the media, which promotes skinny body types.

Families are reliant on fast food as an easy and affordable means to feeding youth.

For girls at the Chinatown site, many eat meals prepared at home. Chinese fast food that families eat tend to be high in fat and salt.

### **Major Strengths**

The nutrition workshops provide a tangible means to teach the participants about their bodies and how to select food that will help their bodies run efficiently.

The healthy cooking classes reinforce what the participants learn in the nutrition workshops by teaching them how to prepare healthy snacks.

The project recognizes variety in cultural practices and beliefs and allows for them to be discussed and explored.

Healthy body image and nutrition are linked.

### **Areas to Improve**

A greater variety of fitness activities are needed on a consistent basis. Many of the activities were games that they play in P.E. at school.

More time could have been spent on body image, which is a sensitive subject for girls and young women.

More resources would have been helpful to answer technical questions asked by the participants during the nutrition workshops and to explore more cultural foods, traditions, and beliefs.

## **Youth / Community Needs Identified**

*Knowledge:* The participants demonstrated a lack of basic knowledge about nutrition prior to participation in the health and fitness activities.

*Attitude:* The participants demonstrated self-limiting beliefs. They often used the words “always” and “never.” They were not open to change because either they felt disempowered or did not see the importance of change.

*Behavior:* The greatest challenge is to break the participants’ habit of eating fast food and to find alternative meals.

*Environment:* The participants live in neighborhoods that are filled with fast food restaurants, The families seem dependent on fast food as an easy and affordable way to eat.

## **Noticeable Change**

*Individual:* Staff and participants demonstrated an increased awareness and knowledge about nutrition, fitness, and body image.

*Community:* The Western Addition Beacon Center, which provides snacks for the after-school program, began to offer healthier snacks because the YWCA staff asked for them.

## **Materials Developed**

- Chinese American Food Pyramid
- Collection of Chinese snack food labels

## **Sharing Information with Others**

The participants have been excellent outreach workers in terms of passing on the lessons that they have learned about health and fitness to the community at large. They have shared recipes and fitness activities with families and friends.

## **Technical Assistance**

No technical assistance was sought. However, it would have been helpful to have computer software pertaining to health and fitness that could be incorporated into the curriculum.

## **Institutionalization of Nutrition / Fitness Promotion**

Nutrition workshops, healthy cooking classes, fitness activities, and discussions about body image will continue to be incorporated into the curriculum.

**APPENDIX I: LEVERAGED RESOURCES**

<b>Grantee</b>	<b>Resource Donated</b>	<b>Monetary Value</b>
American Indian Public Charter School	AIPCS Teachers (4 x 60 hrs @ \$20/hr)	\$ 4,800.00
	AIPCS Staff (2 x 80 hrs @ \$15/hr)	\$ 2,400.00
	Garden tools	\$ 75.00
	Garden bags	\$ 75.00
	Native plants	\$ 120.00
	<i>Total</i>	\$ 7,470.00
Contra Costa Health Services – TeenAge Program	Program Manager (1 x 8 hrs @ \$25/hr)	\$ 200.00
	Epidemiologist (1 x 21 hrs @ \$30.48/hr)	\$ 640.00
	Fringe benefits (Project Coordinator @ 12%; Project Manager/Epidemiologist @ 31%)	\$ 1,838.00
	Office supplies	\$ 240.00
	Meeting expenses	\$ 540.00
	Telecommunications	\$ 600.00
	Postage	\$ 86.00
	Printing	\$ 1,550.00
	Travel	\$ 518.00
	<i>Total</i>	\$ 6,212.00
East County Community Clinic (1999)	WHFS Staff (2 x 50 hrs @ \$30/hr)	\$ 1,500.00
	Recreation Club Director (2 x 17 hrs @ \$15/hr)	\$ 255.00
	Recreation Club Staff (4 x 10 hrs @ \$10/hr)	\$ 100.00
	County Parks & Recreation Director (1 x 3 hrs @ \$17/hr)	\$ 51.00
	Office space	\$ 1,600.00
	Blenders	\$ 45.00
	Transportation	\$ 55.00
	<i>Total</i>	\$ 3,606.00
KHEIR	Site Coordinators (4 x 20 hrs @ \$15/hr)	\$ 1,200.00
	Student Intern (1 x 6 hrs @ \$10.50/hr)	\$ 63.00
	Project Assistant (1 x 0.1 FTE for 12 mo. @ \$1,700/mo)	\$ 2,040.00

	Activity room	\$ 1,250.00
	Office	\$ 495.00
	Equipment rental	\$ 2,040.00
	Telecommunication	\$ 920.00
	Educational materials	\$ 140.00
	<i>Total</i>	\$ 8,148.00
<b>United American Indian Involvement</b>		
	Clubhouse Director	\$ 1,750.00
	Health Educator	\$ 5,250.00
	Program Assistant	\$ 420.00
	Fringe benefits	\$ 1,558.00
	Space lease / rental	\$ 3,900.00
	Telecommunications	\$ 400.00
	Postage	\$ 300.00
	Food / snacks	\$ 300.00
	Equipment rental	\$ 250.00
	Educational materials	\$ 200.00
	<i>Total</i>	\$ 14,328.00
<b>YMCA of San Francisco (1999)</b>		
	Americorp Workers (4 x 240 hrs @ \$6/hr)	\$ 5,760.00
	Youth Leaders (5 x 245 hrs @ \$5.75/hr)	\$ 5,750.00
	Food and drinks	\$ 160.00
	Horace Mann Grant	\$ 350.00
	<i>Total</i>	\$ 12,020.00
<b>YWCA of San Francisco (2001)</b>		
	Telecommunications	\$ 3,200.00
	Rent	\$ 2,500.00
	Travel	\$ 1,350.00
	Staff training	\$ 1,000.00
	Duplication and printing	\$ 525.00
	Educational materials	\$ 200.00
	Postage	\$ 130.00
	<i>Total</i>	\$ 8,905.00



<b><i>GRAND TOTAL</i></b>	<b>\$ 59,869.00</b>
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