

CANFIT

Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

April 2005

Promoting Healthy Eating and Activity at Your Program

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SPECIAL FEATURE

(Excerpt from the CANFit Super Manual)

Serve Healthy Snacks and Water

Make sure that all the food and beverages your program serves - to both youth and adult staff members alike - are healthy. If your site has vending machines, fill them with water, 100% juice, and low-fat milk rather than soda and other sugar-laden drinks.

Make Time to Move

It is important that your program not only provide daily opportunities for your youth to be active, but institute "physical activity breaks" during staff meetings and training sessions.

No Soda or Junk Food Allowed

Prohibit youth from bringing unhealthy snacks such as soda, candy, chips, and fast food into your program. Communicate with parents so that they know not to include those types of foods in the lunches or snacks they pack for their children. Staff should also

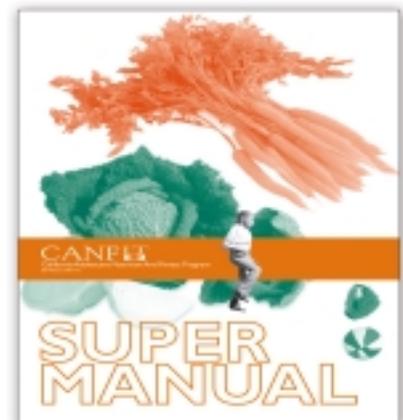
model the "no soda or junk food" policy themselves.

Fundraise the Right Way

Instead of selling chocolate, choose fundraisers that promote healthy eating and activity. Walk-a-thons, dance-a-thons, and car washes are fun ways to raise money while getting people active. Youth can also sell products they create - crafts, cookbooks, jewelry, etc. (Note: See "Creative School Fund-raising Ideas" at www.californiaprojectlean.org.)

Embrace Cultural Diversity

Use food as a way to facilitate learning about different ethnic groups. Serve food from different cultures, and encourage youth to share family recipes.



Asian American Recipes

May is Asian/Pacific Islander Month. Here are recipes from two different grantee projects funded by CANFit in Asian American and Pacific Islander communities.

Sophalla's Sour Chicken Soup

Servings: 8

- 1 1/2 pounds chicken breast, skinned
- 1 can chicken broth
- 1/2 quart water
- 20 lime leaves
- 2 stalks lemon grass, cut 2" long
- 2 cans straw mushrooms
- 1 T fish sauce
- 2 green onions, chopped 1 1/2" long
- 1/2 cup cilantro, chopped
- 1/2 cup lime juice
- 1 t salt or to taste



In a medium to large pot, pour in broth and chicken and cover with water. Bring to a boil. Then add lime leaves and lemon grass. Simmer another 15 to 20 minutes, skimming away the fat left on top. Remove the chicken. De-bone and shred into small pieces. After the chicken is shredded, add back into pot along with the drained mushrooms. Bring to a boil. Add fish sauce and salt to taste. Simmer another five minutes. Add lime juice to the desired sourness. Top soup off with the green onions and cilantro.

Per Serving Nutritional Information: Calories: 140 kcal; Total Fat: 7 g; Cholesterol: 44 mg; Protein: 16 g; Total Carbohydrate: 3 g; Sodium: 196 mg; Potassium: 291 mg.

Source: Quick and Healthy Cambodian Cuisine; Families in Good Health/St. Mary Medical Center; 2002.

Chicken Adobo

Servings: 50 (Developed for Food Service Supervisors in School Lunch Programs.)

- 6 1/4 pounds chicken meat, diced, cooked
- 1 1/2 cups soy sauce, low sodium
- 1 1/2 cups red wine vinegar
- 6 cloves garlic, peeled and pounded (or 4 T dehydrated garlic granules)
- 2 t black pepper
- 3 leaves bay leaves, crumbled
- 2 pt water

Defrost diced chicken in refrigerator. Combine vinegar, soy sauce, garlic, pepper, and bay leaves to form marinade. Add chicken and stir just to coat. Marinade in refrigerator at least 30 minutes. Transfer chicken and marinade mixture to kettle. Add water. Slowly bring to boil.

Serve over 1/2 cup steamed rice.

Per Serving Nutritional Information: Calories: 137; Protein: 17.4 g; Carb: 0.69 g; Total Fat: 6.75 g; Sodium: 117 mg.

Source: Project FLASH: Recipes for Health: Filipino-American Style; Kalusugan Community Services; 1998.



Project R.E.A.L.

Rates of childhood obesity and overweight are generally lower among Asian American and Pacific Islander (AAPI) populations than other ethnic communities. However, studies have shown that some groups such as Filipinos and Pacific Islanders are at high risk for hypertension, obesity, and diabetes. Unfortunately, AAPIs are rarely targeted with chronic disease prevention programs. Nutrition-related diseases can also be overlooked within AAPI families and communities.

Though many traditional Asian foods are nutritious, AAPI youth are consuming increasing amounts of soda and fast food. At the same time, parents often discourage physical activity, emphasizing academics. Also, most after school programs serving AAPI youth focus on homework and tutoring rather than enrichment activities that promote physical activity.

CANFit conducted Project REAL (Redefining Excellence, Activity, and Leadership) to encourage physical activity and healthy eating among AAPI adolescents in the San Francisco Bay Area. Youth from participating organizations created "digital stories" about healthy eating and physical activity in their communities using technology, photographs, visual art, and other materials from their own lives. In addition to learning about the exciting process of digital storytelling, participating organizations received funding and technical assistance for implementing a physical activity promotion project specifically for the youth they served.

The final report, *Project R.E.A.L.: A Model for Assessing Nutrition and Physical Activity in Asian/Pacific Islander Youth*, can be found at www.canfit.org/pdf/REALFinalReport.pdf.

Resources

School-Age NOTES has just released its 2nd Edition Revised of ***School-Age Ideas & Activities for After-School Programs***. This classic programming book has great activities and materials addressing the needs of middle-school students, staff recruitment and retention, quality standards, and more. Call 1-800-410-8780 to order. An excerpt follows:

Middle-School Program Tips

- * Call the program something inventive and creative, attractive to middle-school youth.
- * Staff must be trained in adolescent developmental needs.
- * Staff must be considered good role models.
- * Middle-school youth need to have a high degree of involvement in program planning.
- * Enrollment must be flexible to accommodate growing independence and other out-of-school-time activities.
- * Staff must keep in mind the nutritional needs of adolescents.
- * Homework assistance must be a central component of the program, as academic levels increase. Staff must be competent to help with the academic needs.
- * Recreational activities and a variety of choices should be included when time permits.
- * Allowing time to socialize is essential.
- * Foster team-building skills.
- * Service learning projects allow the youth to give back to and support the community.

Legislative Update



School Food Bills include **SB 12 (Escutia)** which requires SB 19 standards for foods on public school K-12 campuses; **SB 965 (Escutia)** which removes soda from high schools -- sponsored by the Governor; **AB 569 (Garcia)** which requires all food and beverage vendors at schools to provide nutritional labeling; **AB 1385 (Laird)** which sets up a program for the direct certification of low-income children into federal school meal programs; and **SB 281 (Maldonado)** which establishes a two-year pilot program for fruits and vegetables in at least 25 schools -- also sponsored by the Governor.

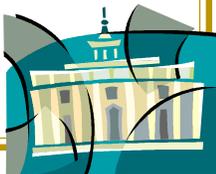
Physical Activity Bills include **SB 523 (Torlakson)** which uses state highway funds for bicycle related purposes; **SB 559 (Torlakson)** which requires districts to assure that students are active in PE -- sponsored by the Governor; and **SB 638 (Torlakson)** which provides voluntary guidelines for physical activity programs.

Nutrition Education Bills include **AB 334 (Chan)** which allocates funds for school gardens; and **AB 689 (Nava)** which requires the incorporation of nutrition and physical activity into core curriculum subjects.

Medical Management Bills include **SB 454 (Ortiz)** which requires Medical to adopt policies and programs for counseling on nutrition, physical activity, and federal food programs.

Funding Bills include **SB 564 (Torlakson)** which establishes a tobacco tax to, in part, fund obesity, diabetes, nutrition, and physical activity programs for childhood obesity prevention.

For a full listing of 2005-2006 nutrition and physical activity legislation, see www.publichealthadvocacy.org.



Major Grant Award!

CANFit has been awarded a grant from The California Endowment (TCE) to provide technical assistance and training to communities involved in TCE's Healthy Eating, Active Communities (HEAC) Initiative. Over the next four years, CANFit will be working with sites in Baldwin Park, South Central Los Angeles, Oakland, Santa Ana, Chula Vista, and Anderson to increase environmental policies that will improve nutrition and physical activity in the after school sector.

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From the Executive Director

Unknown to many, the Terry Schiavo case has a direct link to our work teaching youth about healthy eating and fitness. Ms. Schiavo's condition was a direct result of her years as a bulimic. Bulimia caused her low potassium levels, which led to her heart attack. Bulimia is an eating disorder that is caused by a poor body image, and the bingeing and purging that a person does to attain or maintain an idealized body weight. A cautionary tale about why it is so important for us to teach all youth to love their bodies, no matter what their size.

If you love your body, you give it the proper foods, adequate activity to keep it strong and flexible, and enough rest. You don't starve yourself. You don't exercise so much that you injure yourself, and you don't use vomiting as a way to control your weight. Please remember that our health message to youth should be about loving your self and your body, not about weight control. For more information on positive health messages, see www.bodypositive.com.

Annell J. Hinkle

Meeting Calendar



April 21-22, 2005: Healthy Cities & Smart Growth: Planning for Healthier Communities, Berkeley. The conference themes include the built environment and health, community growth and change, community livability and social equity, and resource development. See www.civicpartnerships.org/default.asp?id=315#Registration.

April 28, 2005: ENACT: Nutrition and Activity Day, Sacramento. Cosponsored by the Strategic Alliance for Healthy Food & Active Environments, the California State PTA, the California Park and Recreation Society, and the California Alliance for Transportation Choices. Join this broad coalition to meet with legislators about policy solutions to the obesity epidemic. Register at www.cfpa.net/EN-ACT2005/registration.htm. For more information, contact Jessica Reich at 415-777-4422 X129 or jreich@cfpa.net.

June 1-3, 2005: Environmental Solutions to Obesity in America's Youth, Washington DC. CANFit will be on the agenda of this national conference that highlights the effectiveness of environmental interventions aimed at reducing obesity in youth. See www.apps.niehs.nih.gov/conferences/drcpt/oe2005/index.cfm.

June 17, 2005: CANFit/MEE Hip Hop Workshop, Washington DC. This is the first in a series of workshops across the country where organizations can learn how to effectively incorporate hip hop into their programs to promote nutrition and physical activity.

July 7-8, 2005: SPARK Middle School PE Institute, San Diego. The goal of this training is to improve the physical activity content and instruction in grades 6-8. See www.sparkpe.org/instituteMiddlePE.jsp.

November 18-19, 2005: Healthy Schools, Healthy People X, Sacramento. This conference will cover multiple issues including childhood obesity, physical activity, health, and academic success. Registration information available at 916-443-0218 or Stephanie@rdlent.com.

Flexibility Stretches

With nicer weather, you may be doing more activities outdoors. Use these flexibility stretches before and after physical activity to prevent injury, prepare muscles, and reduce soreness.

(Pectorals, deltoids) Placing both hands on lower back, push elbows behind you until you feel a stretch in your chest and shoulders. Hold for 10-20 seconds. Repeat 2-3 times.

(Hamstrings) Stand with feet wider than shoulder width apart or wider. Reach down and grab your right ankle and gently bring your chest toward your leg. Hold 10-20 seconds. Repeat with left leg. Repeat by grabbing both ankles.



(Hip flexor) Stand with left foot forward and right foot back (anywhere from 2-5 feet depending on flexibility). Bend your left leg (close to 90 degrees) and keep your right leg straight with heel on ground. Raise your right hand over your head and lean to your left to increase the difficulty of the stretch.

CANFIT

Staff Directory

Hilda Boyadjian

Administrative Assistant; info@canfit.org; ext. 10

Betty A. Geishirt Cantrell, MSSW, MBA

Program Administrator; betty@canfit.org; ext. 11

Arnell J. Hinkle, MPH, RD, CHES

Executive Director; ahinkle@canfit.org; ext. 12

Ruth Manzano

Technical Assistance Advisor

For more information or
to join our mailing list, visit

www.canfit.org

2140 Shattuck Avenue, Suite 610
Berkeley, CA 94704

Phone: (510) 644-1533

Fax: (510) 644-1535

Email: info@canfit.org

Invest in CANFit!

I would like to invest in CANFit's work to improve the lives of our youth and their futures!

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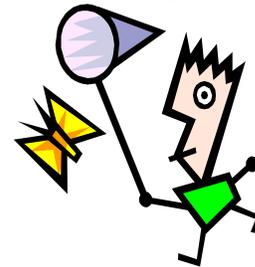
Phone:

Email:

Enclosed is my tax-deductible donation of \$ _____ made payable to CANFit/
Tides Center.

Contact me about volunteer work with CANFit.

I have this suggestion for CANFit:



Thank you for your support!



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

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