

CANFit Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

Fall 2004

CANFit Joins with CalSAC to Host National Middle School Conference

In this issue:
National Middle School Conference
(p. 1-2)

Scholarship Recipients Announced
(p. 2)

What's New at CANFit!
(p. 3)

Flexibility Stretches
(p. 4)

Black Beans & Squash Recipe
(p. 4)

Meeting Calendar
(p. 5)

Resources You Can Use
(p. 5)

and more!

CANFit is partnering with the California School-Age Consortium (CalSAC) to host the **National Middle School Conference** at the Cathedral Hill Hotel in San Francisco on **November 3-6, 2004**. The conference will provide an exciting and valuable training experience, especially for after school, school-age care, and youth development professionals.

CANFit will conduct its popular **"Recipes for Success"** workshop as a pre-conference offering on November 3. This is an opportunity for attendees to gain tips, tools, and strategies for promoting culturally appropriate healthy

eating and physical activity in after school and community settings. Visit www.calsacconference.org/conference/default.asp for complete conference information.

With **more than 50 workshops**, this year's conference promises learning, sharing, and collaborating with fellow after school and school-age care professionals from around the country. Workshop topics will include behavior guidance, diversity and inclusion, fitness and nutrition, integrating academics, program management, pop culture, and much more.

(Continued on Page 2)

From the Executive Director

As the importance of healthy eating, physical activity, and obesity prevention gain more of the public's attention, there is increasing awareness of the need to have qualified people to offer culturally-appropriate training to after-school organizations. The past few months have been filled with workshops and presentations around the country that have gotten the word out about the decade's worth of experience, expertise, and materials that CANFit and our past grantees have to offer in the area of obesity prevention. At our November conference, CANFit will be conducting a **"TIPS to Train the Trainer"** workshop. This workshop will give participants the opportunity to practice techniques in presentation skills for training your staff and others utilizing CANFit Super Manual and Recipes for Success curricula. This workshop is part of CANFit's launch of a new program to train and certify youth service providers to conduct adolescent nutrition and physical activity workshops for adolescents, parents, and adults. The full certification program will get underway in 2005, but take advantage of an opportunity to preview the program on Thursday, November 4 from 1:30-4:30 PM at the National Middle School Conference. Hope to see you there!

Annell J. Hinkle

National Middle School Conference *(Continued)*

Whether you are an after school worker or anyone interested in promoting adolescent health and fitness, there's plenty from which to choose.

This year's conference theme is, "**Take Your Job and Love It!**" At a time when shrinking resources are a reality and in a field with such high turnover and traditionally low pay, it's more important than ever to concentrate on the professional development and well-being of you, the valued youth worker. This conference will leave you, and others on your staff, feeling energized and reinvigorated to return to your jobs with a new found passion for working with middle school youth.

Contact CANFit at 510-644-1533 or info@canfit.org for more information or visit www.canfit.org to see a conference brochure.



CANFit Receives New Grant

CANFit has been awarded a grant from the *Louis R. Lurie Foundation* to provide training and technical assistance to after school programs in the Tenderloin District of San Francisco. The goal of the project is to improve the nutrition and physical activity practices of these programs.

Unfortunately...

Senate Bill 1556, which would have established comprehensive nutrition standards for all foods sold outside of the federal meal programs in all California public schools, K-12, passed the Senate but did not pass the Assembly Floor. Efforts will resume next year to get junk food out of our schools.

CANFit 2004-2005 Scholarship Recipients Announced

CANFit is pleased to announce its Academic Scholarship recipients for the 2004-2005 academic year. Scholarships are open to undergraduate and graduate African American, American Indian/Alaska Native, Asian/Pacific Islander, or Latino students who express financial need and are studying nutrition, physical education, public health, or culinary arts in the state of California. This year's recipients are attending schools across California.

Undergraduate recipients include **Nicole Anziani** majoring in Nutrition/Dietetics at UC-Berkeley, **Annabel Castelo** majoring in Food & Nutrition at Cal Poly-Pomona, **Donna Hamilton** majoring in Foods & Nutritional Science at Cal State-Fresno, **Vanessa Quesada** majoring in Nutrition with a concentration in Dietetics at San Jose State University, and **Susan Salinthone** majoring in Exercise Physiology at Cal State-Chico.

Agnes Galvez is attending graduate school at Cal State-Northridge and working on a Masters of Science in Family and Consumer Sciences in Nutrition.

Andrew Lee rounds out our recipients for this year. He is attending the California Culinary Academy's Le Cordon Bleu Culinary Arts Program in San Francisco.

Good luck to all these students. We encourage them to use the scholarship awards to be successful in their studies and then return to promote nutrition and physical activity within their communities of color.



What's New at CANFit!



CANFit Updates Web Site

As part of our Community Grant from Kaiser Permanente, the CANFit web site has been updated. Here are some tips as to how to get the most from each web page on our site.

Home: Look for information on all our most recent activities and new downloads. Currently, you'll find links to register for our upcoming National Middle School Conference. You can download our Working Paper entitled *Promoting Health and Preventing Obesity in After School Programs* and our brand new Spanish-language manual, *Recetas para el Exito* (Recipes for Success). (See following article.) You'll also find our public policy report, *Days of Dialogue: Obesity and Diabetes Prevention in Communities of Color*. This report summarizes the various convenings we held across California just this past spring.

About Us: Here you can find answers to those Frequently Asked Questions as well as a means to contact CANFit. Any job announcements will be posted here as well as a list of our current funders. A donation form is available so you can invest in CANFit's mission.

Youth: Links to web sites that offer adolescents fun ways to learn about nutrition and physical activity.

Nutrition: All kinds of resources -- including CANFit handouts that you can print out and use today -- on nutrition and body image.

News: Press releases on CANFit accomplishments.

Fitness: More resources -- this time, on physical activity.

Grants: We've listed all the organizations that have received CANFit grants across California. The Summaries of Completed CANFit Grantee Projects describe what activities and tools each project used -- their challenges and accomplishments too. This is a great place to get ideas for your own work with ethnic youth.

Resources: We have our updated Materials List and Order Form, also resources developed by CANFit and our grantees. Downloadable reports and documents are all here -- including those listed on the Home page. Also look here for our ever-popular Fast Food Presentation (PowerPoint), policy briefs, the CANFit Cultural Needs Assessment Guide, and our 2004 Fact Sheets on Nutrition and Fitness Data for California's Low-income Multi-ethnic Youth. Find newsletters archives since 2000 with many useful and timeless tips, recipes, activities, and information.

Scholarships: Description of our requirements for scholarship applicants. Check back in January for our 2005-2006 scholarships.

Programs: Info on our Consultation and Technical Assistance Services, Recipes for Success Workshops, and social marketing campaigns -- P.H.A.T. Hip-Hop Campaign, R.E.A.L. Digital Storytelling Project, and Adelante con Leche Semi-descremada 1% Campaign.

Spanish-Language Manual Now Available Free!



CANFit has published its Spanish-language manual, *Recetas para el Exito* (Recipes for Success), on its web site. You can download it there. The manual is a "how-to" guide for those wanting to create an eating and physical activity project for adolescents. With so many Spanish-speaking youth, parents, and staff involved with after school programs, there were frequent requests over the years for our *Recipes for Success* manual in Spanish. CANFit is very pleased to have been able to respond to this need!

Upper Body Flexibility Stretches

Flexibility has many positive health benefits. Stretching can prepare muscles for physical activity, reduce soreness and stress, and improve circulation throughout the body. And anyone can learn to stretch, regardless of age or ability. It can be done at any time and the flexibility skills learned can last a lifetime. Here are some stretches for the upper body. Make sure that you are relaxed and taking deep breaths. Remember, don't bounce. Stop if anything hurts.

Lower Back: Lie on your back with your arms out to your sides and bring your knees to your chest. While keeping your shoulders on the ground, let both knees slowly fall to your right until they touch the ground. Hold for 15-20 seconds. Repeat with other side.

Triceps: Bend your right arm behind your head. With your left hand, gently pull your right elbow down until a stretch is felt in the back of your upper arm. Hold for 15-20 seconds. Repeat with left arm.

Obliques: Standing with feet shoulder width apart, arms relaxed to sides, reach up with right arm and over head to the left side, bending your body at the waist until you feel a stretch on your right side. Hold for 10-20 seconds. Repeat 2-3 times on each side.

Abdominals: Lay face down on the ground with hands under your shoulders. Straighten arms pushing chest up, away from the ground, while keeping hips pressed on the ground. Hold 15-20 seconds. Repeat 2-3 times.

Neck: While sitting or standing, reach both hands above your head. Take your right hand over your head and try to grab your left ear. Gently pull head toward right shoulder and slowly relax left arm down to your sides. Hold for 10-20 seconds. Repeat in the opposite direction.



Black Beans and Squash with Garlic

Ingredients

2 1/2 c (1 lb) acorn or butternut squash, peeled & cubed
vegetable cooking spray
3 c onion, coarsely chopped
1/2 c carrot, thinly sliced
1/2 c celery, thinly sliced
6 cloves garlic, finely chopped
1 c water
2 t fresh cilantro, chopped 2 t ground cumin
1 t ground oregano 1 t gingerroot, peeled and grated
1/2 t pepper 1/4 t salt
2 (15 oz) cans black beans, drained
5 c hot cooked rice (cooked without salt or fat)



To Prepare

1. Place squash in a saucepan, and add water to cover. Bring to a boil; reduce heat, and cook 8 minutes or until tender. Drain and set aside.
2. Coat a nonstick pan with cooking spray; place over medium heat until hot. Add onion, carrot, celery, and garlic; cover and cook 10 minutes or until onion is tender, stirring occasionally.
3. Add squash, 1 c water, and next seven ingredients; stir well. Cook 5 minutes or until heated, stirring occasionally.
4. Serve over rice.

Serves 5. (1 1/3 cups bean mixture and 1 cup rice per serving)

Per serving: calories 374 sodium 331 mg total fat 1 g saturated fat 0 g
 cholesterol 0 mg carbohydrates 79 g protein 12 g

Source: Native Cookbook, Center for American Indian Research & Education, 1997.

Meeting Calendar



October 2-5, 2004

Food & Nutrition Conference and Expo: Unlock Your Potential. Sponsored by the American Dietetic Association. "Promoting Healthy Eating Among Youth: Engaging Communities Through Multi-Level Strategies" will be presented by CANFit on October 4 at 2:30-4:00 PM. Anaheim Convention Center. Visit www.eatright.org/Public/ConferencesAndEvents/96.cfm.

November 3, 2004 1:00-5:00 PM

CANFit Recipes for Success Workshop. As part of the National Middle School Conference, this pre-conference workshop is an interactive, hands-on experience designed for youth providers who work with low-income, multi-ethnic youth ages 10-14. Cathedral Hill Hotel in San Francisco. (See page 1 and www.canfit.org.) Preregistration required.

November 3-6, 2004

2004 National Middle School Conference: Take Your Job and Love It! Co-sponsored by CANFit and California School-Age Consortium (CaSAC). Cathedral Hill Hotel in San Francisco. We are combining forces to provide an exciting and valuable training experience, especially for after school, school-age care, and youth development professionals. (See page 1 and www.canfit.org.)

January 9-12, 2005

California Childhood Obesity Conference: Launching a Movement: Linking Our Efforts to Make a Difference. Sponsored by the California Department of Health Services. San Diego. Visit www.cce.csus.edu/cts/co/index.htm

Invest in CANFit!

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

Name:
Address:

City / State / Zip:
Phone:
Email:



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

Contact me about volunteer work with CANFit.

Have a suggestion for CANFit? _____

Thank you for your support!



Resources You Can Use

VERB: Get your after school program, youth club, or other community-based organization involved in **VERB Anytime Doubletime** for a fall and winter filled with new physical activities. Use the Anytime Doubletime kit of materials and games as a two-week program anytime to increase the numbers of hours that tweens are physically active. The **VERB Action Rewards** kit includes VERB collectable pins and stickers to help motivate and inspire tweens to participate in the physical activity programs or classes offered by your organization. The kit serves 100 tweens and includes signage, pins, and guidelines for use. Free kits are available while supplies last at www.cdc.gov/VERB, click on "Materials."

Hands On Bay Area: Each month, **Hands On Bay Area** coordinates and manages more than 120 community service projects that inspire 10,000 volunteers each year to get more involved in their community. Hands On also designs and manages projects for corporations that want to support their employees in giving back to the communities where they work and live. One component, **TeamWorks 301** brings 15 to 20 volunteers together to focus on one specific social issue within a particular neighborhood. Participants complete direct service projects and participate in educational opportunities. To find out more, visit www.handsonbayarea.org.

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



Staff Directory

Hilda Boyadjian

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

Betty Geishirt Cantrell, MSSW, MBA

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

Patrice Chamberlain

Intern; info@canfit.org; ext. 14

Arnell J. Hinkle, MPH, RD, CHES

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

Leah Nelson

Intern; info@canfit.org; ext. 15

Stephanie Ramirez

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

CANFit is a non-profit 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/Pacific-Islander, and African-American adolescents 10-14 years of age.

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