

# CANFIT Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

January  
2007

## In this issue:

Hip-Hop and You  
Won't Stop  
(p.1-2)

Weight is the  
Least of It

Black-Eyed Pea  
Salad  
(p.2)

Spanish-language  
Column 

Legislation  
Update

Job Opening

Mark Your  
Calendar  
(p.3)

2007 Multi-  
cultural  
Calendar  
(p.4-5)



## “Hip-Hop and You Won’t Stop...” CANFit Introduces New P.H.A.T. Training & DVD!

### What is the P.H.A.T. training?

CANFit introduces its newest interactive training – P.H.A.T. (Promoting Healthy Activities Together). After school leaders and staff can sign up for a 4-hour “hands-on” training where we will teach you how to incorporate the elements of hip-hop culture in promoting healthy eating and physical activity for adolescents.

### What is hip-hop and how does it affect our youth?

Hip-hop is not just a type of music, but a cultural movement that involves music, art, dance, deejaying, and emceeing. For most youth (especially African American and ethnic youth), it’s a way of life. Hip-hop was actually formed on the basis of promoting positive messages within the urban community. In fact, most early forms of hip-hop are credited with reducing violence because gangs would engage in hip-hop battles rather than physical violence. It is now a global entity and has turned into the “native tongue” and culture of most of today’s youth. From fast food commercials to corporate billboards, hip-hop’s influence can be found everywhere.

### What does the P.H.A.T. training involve?

Our P.H.A.T. training uses hip-hop as a method of engaging youth to improve the community environment in support of healthy eating and physical activity. The training will focus on getting kids to become more physically active and from our DVD, you will learn some “easy-to-learn and teach” choreographed dance moves. We will also give you important messages and strategies about how to deal with

issues surrounding childhood obesity. Some examples of these issues include the role of fast food, lack of physical activity, how body image is viewed, and the unscrupulous marketing tactics towards youth in the hip-hop community.



## Weight is the Least of It

(The following is an excerpt of a Viewpoint article published in the Dec/Jan edition of Youth Today newspaper by CANFit's Executive Director, Arnell Hinkle. To read the article in its entirety, see [www.youthtoday.org/youthtoday/Dec06/viewpoints2.html](http://www.youthtoday.org/youthtoday/Dec06/viewpoints2.html).)

When it comes to youth wellness, we've been having the wrong conversation. In a culture increasingly plagued by obesity, we've been obsessed with thinness. Granted, healthy eating and exercise are part of the message. But the stated goal is most often weight reduction, and we place responsibility squarely on the individual.

Nowhere is this more clear than with adolescents, who may be the most vulnerable to the flood of messages from print, TV and the Internet, to say nothing of peer pressure. And they're at the stage when lifelong habits are learned.

At California Adolescent Nutrition and Fitness (CANFit), we believe in a different conversation. While the mainstream culture stresses thinness or weight loss, we stress health at every size. The mainstream focuses on individual responsibility; we focus on community responsibility. We also focus on cultural specificity and on public investment, not private funding.

Wouldn't it be better if all adolescents, no matter what their income level or ethnicity, knew what foods they needed to stay healthy, and knew how to use their bodies to keep fit throughout life? Wouldn't it be better if our communities, regardless of income levels or cultural backgrounds, supported youth in this endeavor?

So let's forget about weight. Let's focus instead on health – healthy eating and daily physical activity. That may mean changing the foods we offer, making sure that there's more to do than sports and video games, and interrupting teasing and put-downs that focus on weight.

### “Hip-Hop and You Won't Stop...”

(Continued from Page 1)

From our training, you will have the necessary tools to enhance your curriculum and enable you to incorporate hip-hop into your everyday programming. Like all of our trainings, participants will receive a certificate of completion and handouts that can be shared with your youth and staff.

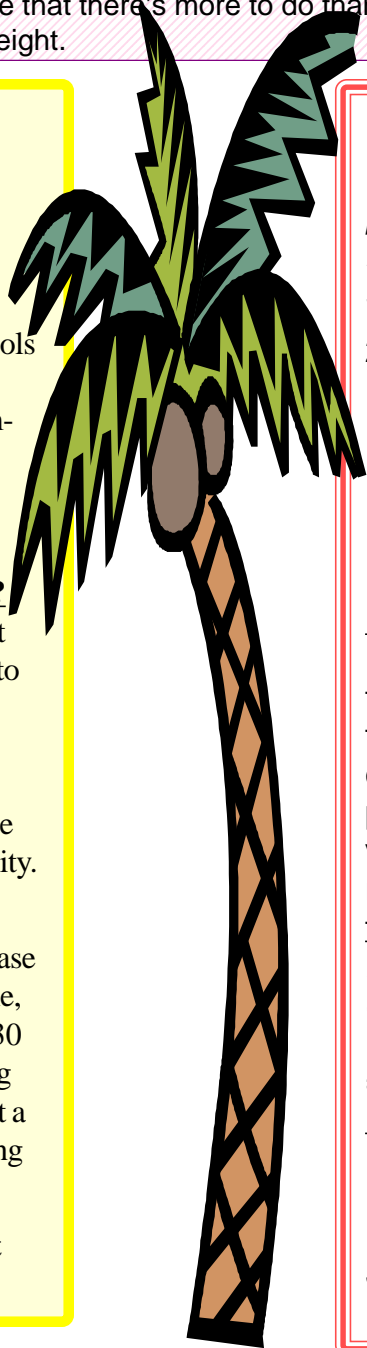
#### Do I have to know or like hip-hop to attend?

No. Not everyone is a fan of hip-hop music, but it's important to know how it has transcended into mainstream culture and how it can be used to improve a child's overall well being. It is the lifestyle of most urban youth and our training will allow you another way to engage youth and guide them towards better eating habits and more activity.

#### How do I sign up for a training?

If you are interested in our P.H.A.T. training, please contact us by email, [info@canfit.org](mailto:info@canfit.org), or by phone, 510-644-1533. We will allow groups of up to 30 people and the cost will be structured on a sliding scale. We will set up a date and have you fill out a pre-assessment form to determine the best training needs for your particular site.

**Give the youth some hip-hop and they won't stop (moving that is)!**



### Black-Eyed Pea Salad

(Instead of making black-eyed peas in the Southern tradition with ham hocks, try this healthier version.)

2 c cooked black-eyed peas  
1/2 c diced tomatoes  
1/2 c diced red onions  
1/2 c diced carrots  
1 t olive oil  
1 T balsamic vinegar  
1 t freshly ground black pepper  
1/2 t ground cumin



In a large bowl, careful not to crush the peas, stir together the peas, tomatoes, onions and carrots. In a cup, combine the olive oil, vinegar, pepper and cumin. Pour over the vegetables. Chill the salad in the refrigerator for at least 2 hours for the flavors to blend. Serves 4.

*Nutritional information per serving: calories = 140, calories from fat = 19, sodium = 20 mg, carbohydrate = 24 g, protein = 8 g, cholesterol = 0 mg, fat - 2 g.*

*From: The Healthy Soul Food Cook Book: Healthier Recipes for Traditional Favorites by Wilbert Jones.*



## El Amor a Nuestra Familia

El regalo que podemos dar a nuestra familia es ayudar que tengan una fundación para una buena salud. El comer saludable mente y hacer actividad física regularmente puede ayudar a todos los miembros de su familia para el resto de su vida. "Es mejor prevenir que lamentar" Si queremos que nuestra familia tenga una mejor salud, tenemos que empezar con nosotros. "Practique lo que predica" Sea el modelo para su familia, practique hábitos saludables y haga ejercicios con su familia.

Cosas sencillas que podemos hacer son las siguientes:

- Consumir mas vegetales y frutas
- Reducir alimentos con mucha azúcar y sodio (como pan dulce, dulce de leche, camote de miel, o saladitos)
- Comer menos grasas saturadas (como manteca, chicharones, o "Hot Cheetos")
- No comer comidas fritas (como papitos fritos, chimichangas, o pollo frito)
- Reducir refrescos o no tomar refrescos
- Comer mas comidas naturales
- Consumir mas agua
- Hacer actividad física por lo menos 60 minutos al día (ir caminar, subir las escaleras, ir al parque y jugar con sus hijos)
- Reducir el tiempo que nuestros hijos pasan mirando la televisión o en la computadora (el objeto es menos de dos horas cada día)
- No ponga el salero en la mesa
- Haga bocadillos saludables (corte frutas y póngalas donde sus hijos las miren)



Estas cosas tan sencillas pueden cambiar a que su hijo sea un adulto saludable y reducir los riesgos de problemas de salud o problemas cardiacos.

*La familia es lo mas importante en nuestras vidas.*



## Job Opening

**CANFit is recruiting someone to join our team as an Administrative Assistant. The job description is posted on our web site at [www.canfit.org/jobs.html](http://www.canfit.org/jobs.html).**

**You'll receive a P.H.A.T. Multi-media Package if we interview someone you've referred!**

## Legislation Update



For the most current information on these and other legislation, see [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org). Expect many changes since the new legislative session is just beginning.

**AB 93 (Garcia), AB 97 (Mendoza) and SB 40 (Romero)** Bans the use of partially hydrogenated oils -- trans fats -- in restaurants and other food service establishments in California. The ban is similar to that passed recently in New York City.

**SB 20 (Torlakson)** Increases the reimbursement rate for free and reduced-price meals for students.

**AB 86 (Lieu) and AB 90 (Huffman)** Both sets of legislation would prohibit the use of trans fats in public schools in California.

**AB 92 (Garcia)** Expands school breakfast programs.



## Mark Your Calendar

**January 11-13, 2007, 3rd African American Health Summit, Oakland CA.** This year's theme is "Strengthening Our Relationships." For more information, visit [www.babuf.org/health07.shtml](http://www.babuf.org/health07.shtml).

**January 23-26, 2007, California Childhood Obesity Conference, Anaheim CA.** This year's conference is entitled: *Protecting the Future of our Children*. More information at [www.cce.csus.edu/cts/ChildObesity/ChildOb07/index.htm](http://www.cce.csus.edu/cts/ChildObesity/ChildOb07/index.htm). CANFit presenting *Partnering with Before and After School Programs to Prevent Obesity*.

**March 21-23, 2007, National AfterSchool Association Conference, Phoenix AZ.** For the afterschool professional by the afterschool professional including a presentation by CANFit. Register at [www.NAAconference.org](http://www.NAAconference.org).

**March 31, 2007, CANFit Nutrition, Physical Education and Culinary Arts Scholarships Deadline.** See [www.canfit.org/scholarships.html](http://www.canfit.org/scholarships.html) for application guidelines and forms.



# 2007 Multi-

## January

**6 - Accompong Maroon Festival (Jamaica)** - Descendants of runaway slaves celebrate the victory in the First Maroon with traditional dancing, singing, and drumming.

**Dia De Los Magos (Puerto Rico)** - Commemorates the arrival in Bethlehem of the three kings (Magi).

**14 - Makar Sankranti / Pongal (India, Sri Lanka)** - Harvest Festival honors the sun and rain to ripen the rice crops.

**15 - Martin Luther King Jr. Day** - Commemorates the birthday of Martin Luther King Jr. (1929-1968), African American civil rights leader.

**20 - Muharram New Year (Islam)**

**21-27 - Healthy Weight Week**

**23 - Vasant Panchami (Hindu)** - The birthday of the Goddess of Wisdom.



## February - African American History Month

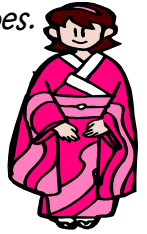
**3 - Setsubun - Bean Scattering Festival (Japan)** - Expresses everyone's desire for good health and good fortune in the new year.

**14 - St. Valentine's Day (U.S., Japan)**

**15 - Nirvana Day (Buddhist)** - The day Buddha died and achieved Nirvana.

**18 - Chinese New Year / Year of the Pig (China, Taiwan)** - People post spring couplets in doorways, display peach blossoms and tangerines, eat rice dumplings, and give children good luck money in red envelopes.

**Tet Begins** - A week-long Vietnamese New Year celebration.



## March - National Nutrition Month

**3 - Hina Matsuri - Girls' Day (Japan)** - A doll festival to celebrate the joys of being a girl.

**Holi (Hindu)** - This joyous holiday celebrates the triumph of good over evil.

**4 - Lantern Festival (China)** - Lanterns are lit and hung in front of the residences, and family members get together and eat yuan xiao, a sweet flour pastry with sesame-seed filling.

**8 - Women's Day (China)**

**Maha Shivaratri (Hindu)** - On this day Lord Shiva was married to Parvati.

**21 - Dia de Benito Juarez (Mexico)** - Commemorates 19<sup>th</sup>-century leader of resistance against foreign invasion.

**Nowrooz New Year (Iran)** - Celebrated as the first day of spring and the first of the new year.

**Shumbun no Hi - Vernal Equinox (Japan)** - The Japanese celebrate the beginning of spring with "nightingale cake" made from pounded sticky rice filled with sweet paste made from white beans.

**30 - Cesar Chavez Day**



## April - Youth Sports Safety Month

**5 - Ching Ming - Tomb Day (China)** - Each year families visit the graves of their ancestors to pay their respects. They clean the graves, place flowers on them and burn ghost money.

**7 - World Health Day**

**15 - Yom HaShoah** - Jewish Holocaust Remembrance Day.

**28 - Gathering of Nations Powwow (Native American)** - The largest powwow in North America, this event attracts over 500 tribes from Canada and the U.S.

## May - Asian Pacific American History Month and Physical Fitness and Sports Month

**4 - Youth Day (China)** - Commemorates a 1919 youth demonstration against imperialist aggression.

**5 - Cinco de Mayo (Mexico)** - Marks the defeat of the French colonial forces at the City of Puebla.

**Kodomo no Hi - Children's Day (Japan)** - A celebration of all children.

**Tano - Children's Day (Korea)** - Celebrates being a boy and expresses the hope that each boy in the family will grow up healthy and strong.

**13 - Buddah Day - Visakha Puja (Buddhist)**



# Cultural Calendar



## June

**1 - Children's Day (China)**

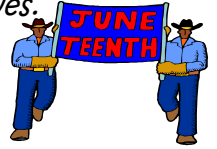
**2 - Native American Citizenship Day (1924)** - Congress enacted a law permitting Native Americans to become citizens of their own country.

**12 - Independence Day (Philippines)**

**17 - Native American Commemoration of the 1838 Trail of Tears.**

**19 - Dragon Boat Festival (China, Taiwan)** - In honor of the revered poet, Quwan Yuan, long, thin boats decorated to look like dragons, race to the accompaniment of drums and gongs. The races are said to help maintain the balance between yang and yin.

**Juneteenth (U.S.)** - Originally a Texas holiday celebrating the 1865 proclamation freeing the slaves.

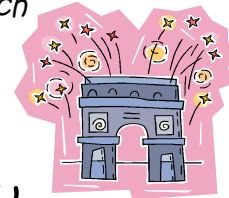


## July - Recreation and Parks Month

**6 - Birth of Dalai Lama (Buddhist)**

**7 - Tanabata - Star Festival (Japan)** - Celebrates the meeting of two constellations - lovers, Kengyu (the cow herder) and Shokujo (the weaving girl) who are separated by the Milky Way on other days of the year.

**14 - Bastille Day (France)** - Celebrates the fall of the Bastille Prison which marked the beginning of the French Revolution in 1789.



## August

**8 - Fathers Day (Taiwan)**

**9 - International Day of the World's Indigenous People (U.N.)**

**26 - Woman's Equality Day (U.S.)** - Marks the certification of the 19<sup>th</sup> Amendment, which gave woman the right to vote in 1920.

## September - Hispanic Heritage Month

**12-October 13 - Ramadan (Islam)** - A time of worship and contemplation and to strengthen family and community ties.

**15 - Independence Day (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua)**

**16 - Independence Day (Mexico)**

**17 - Citizenship Day (U.S.)** - Customarily declared as "Citizenship Day and Constitution Week."

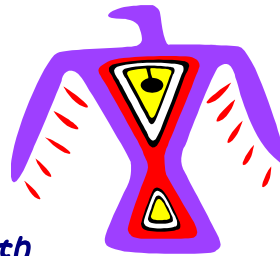
**25 - Chusok - Harvest Moon Festival (Korea)** - Thanksgiving festival during which Koreans give thanks to their ancestors.

**28 - Native American Day (Native American)** - Congress has not yet passed legislation making this a national holiday.

## October - Lesbian and Gay Month

**8 - Indigenous People's Day (U.S.)**

**16 - World Food Day**



## November - American Indian Heritage Month

**1 - Dia De Los Muertos (Mexico)** - The dead are honored with elaborate ceremonies, dances, and rituals.

**9 - Diwali (Hindu)** - This festival celebrates different Hindu gods and goddesses.

## December

**1 - Rosa Parks Day (U.S.)** - In 1955, Rosa Parks defied the established practice of segregation by denying her seat to a white man on the bus.

**12 - Day of the Virgin of Guadalupe (Mexico)**

**20 - Eid-al-Adah - The Feast of Sacrifice (Islam)** - Feast marks the time of pilgrimage to Mecca.

**26 - Kwanzaa Begins (African American)** - Patterned after an East African harvest festival, the celebration uses decorations in red (struggle and blood of ancestors), black (beauty of Black people), and green (youth and renewed life).



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**CANFit 2007-2008 scholarship applications  
now on our web site. Application deadline  
March 31, 2007.**

## 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 CANFit/Tides Center.

**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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