CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

March 2007

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¿Energía o No?

What do El Popo, Tampico Energy, Caballa Negro, Bionature - Sabila Gold and Carabao all have in common?

These are new "energy drinks" being marketed to the Latino community, particularly Latino adolescents. According to the market research firm AC Nielsen, more than 200 new "energy drinks" were introduced in 2006. Ethnic-specific marketing of these drinks is just another way for the $3.7 billion industry to add to its coffers.

Often lumped into the same category as sports drinks, the term "energy drink" is not actually recognized by the United States Department of Agriculture (USDA) or the U.S. Food and Drug Administration (FDA). The beverage industry has self-defined "energy drink" to refer to beverages that contain caffeine in combination with other ingredients (e.g., herbs, amino acids, vitamins or sweeteners). Youth define them as the source of a "buzz", "high" or "boost"...drinking these drinks also appeals to their sense of daring and adventure, which the marketing feeds into with images of a volcano, fighting rooster, stallion, and bull.

So what's the problem with youth drinking "energy drinks?" Consuming more than 100 mg/day of caffeine is associated with elevated blood pressure in adolescents. Since caffeine is a diuretic, there is also an increased risk of dehydration, especially when these drinks are used to enhance sports performance. The risks of caffeine-induced dehydration is significant enough that the American College of Sports Medicine has warned high school athletes away from energy drinks.

Although the amount of caffeine per serving varies from 45-150 mg, youth usually consume 2-3 servings when they drink the whole container. Unfortunately, we really don't know the short- or long-term health effects of many of the other ingredients (e.g., taurine, guarana, yohimbe, inositol, etc.) found in "energy drinks."

So the next time you see youth in your after school program reaching for an "energy drink," remind them that real energy comes from daily physical activity, eating a balanced diet, and sleeping at least 8 hours at night, not from El Popo, Tampico Energy, Caballo Negro, Bionature - Sabila Gold, or Carabao.

Sources:
1) New York Times, December 12, 2006.
2) Savoca MR et al., The association of caffeinated beverages with blood pressure in adolescents. Arch Pediatr Adolesc Med 2004: 158:473-7.

PHYSICAL ACTIVITY PYRAMID

For your

After School Program

WHY WE NEED PHYSICAL ACTIVITY AFTER SCHOOL!

- To stay healthy, youth need at least 60 minutes of physical activity daily. There's not enough time during the school day to get it all in.
- Physical activity can teach life skills such as teamwork, patience, and motivation to help youth reach higher goals.
- Being physically active increases self-esteem and reduces anxiety, depression, and stress.

Cut Down on Inactivity

- Limit to 2 hours or less per day: TV, Computer, Video Games, Watching DVD's & Movies

2-3 TIMES A WEEK
Flexibility/Strength

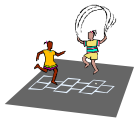
Flexibility & Strength

- Stretching
- Push-up/Sit-ups
- Circuit Training
- Yoga/Pilate's
- Martial Arts (Tai'Chi)

EVERYDAY 60 MINS
By Yourself or with Friends

Individuals

- Running/Jogging
- Skateboarding
- Rollerblading
- Stair Climbing
- Hula Hoop
- Jump Rope
- Hopscotch
- Dance Dance Revolution



Group Games

- Basketball
- Volleyball
- Baseball/Softball
- Soccer
- Kickball
- Dodge ball
- Swimming
- Hiking
- Hide-n-Seek
- Double-Dutch
- Pilolo
- 1,2,3 Dragon
- Los Encantados (Freeze Tag)
- Dance – Hip Hop, Salsa, Capoeira, etc.
- Playing Musical Instruments

Sports/Recreational Activities & Games

With Parents

CHOOSE ONE ACTIVITY
with Kids Daily

- Play Frisbee or Catch at the Park
- Plant or Work in the Garden
- Walk (the dog) Together
- Family Bike Ride
- Family Hike
- Help with Chores

CANFIT
CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

Turkey Lape (Laos Vegetables Salad)

1 lb ground turkey, crumbled
2 1/2 limes, juiced
2 T fish sauce
1/4 c brown ground toasted rice
2 1/2 stalks lemon grass, thinly sliced
2 1/2 T galangal (Thai ginger), finely chopped
1/2 c green onion, sliced
1/2 c cilantro, chopped
1/2 c mint, chopped

Cook the turkey meat until brown and cooked thoroughly. In a big bowl, add all the dry ingredients together. Then pour in all the lime juice and fish sauce. Mix ingredients together. Add chilies to taste. Finally, sprinkle mint leaves on top for decoration. (If you cannot buy toasted rice, heat up a non-stick pan and put 1/4 c rice in, stir around until lightly brown. Cool off and grind in blender or food processsor.)

6 servings. Per serving nutritional information: 80 calories; 1 g total fat; 1 mg cholesterol; 10 g protein, 19 g total carbohydrate; 10 mg sodium, 304 mg potassium. From: Quick and Healthy Cambodian Cuisine by St. Mary Medical Center.

"Todos podemos hacer cambios en nuestra comunidad si empezamos abogar juntos"

¿Por qué es importante abogar para tener una comunidad más saludable? Bueno usted sabía que en California, casi 1 en 3 adolescentes está en riesgo de estar o está de sobrepeso. Y nacionalmente, 60% de los niños entre 5-10 años de edad que están de sobrepeso ya tienen un riesgo para enfermedad del corazón, mientras el 20% están propensos a más riesgos.* Bueno creo que estas son razones importantes por que como padres o miembros de nuestra comunidad tenemos que aprender como abogar para mejorar la salud de nuestra familia.

Usted puede ser parte de la solución, no del problema!

~ Aprenda las técnicas básicas para abogar.
~ Aprenda cuales son las necesidades de su comunidad.
~ Edúquese acercas de la importancia de una buena nutrición, actividad física y un ambiente saludable.
~ Sepa su tema muy bien antes de empezar abogar.
~ Sepa los derechos relevantes, reglamentos, y otras reglas.
~ Consiga un socio y ayuda –posiblemente puede conseguir ayuda con organizaciones de abogacía y otros grupos organizados.
~ Empiece abogar y ponerse en acción para mejorar su comunidad.

Esto es lo mas básico para poder empezar abogar. Es muy importante tener conocimiento de lo que está pasando en su ambiente y del tema que usted está interesado. Acuérdese que con conocimiento se puede abogar para hacer cambios en el hogar y nuestra comunidad. Abogando unidos podremos hacer cambios de pólizas en programas locales y también estatales.

**UCLA Health Policy Fact Sheet, abril del 2005.*

12 Pounds!

That's the amount of fat you would consume if you ate one large hamburger sandwich and one large fries just once a week for a year!

Mark Your Calendar

- **MARCH is National Nutrition Month**
- **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.
- **March 30-31, 2007, Tavis Smiley Presents Road to Health 2007, Los Angeles.** Check here for this school, youth, and family expo www.roadtohealthtour.com.
- **March 31, 2007, CANFit Nutrition, Physical Education and Culinary Arts Scholarships Deadline.** See www.canfit.org/scholarships.html for application guidelines and forms.
- **APRIL is Youth Sports Safety Month**
- **MAY is Asian/Pacific American History Month & Physical Fitness & Sports Month**
- **May 11-12, 2007, Tavis Smiley Presents Road to Health 2007, Oakland.** Check here for this school, youth, and family expo at its last stop www.roadtohealthtour.com.
- **May 15, 2007, ENACT 2007: Nutrition & Activity Day, Sacramento.** More information on this lobby day can be seen at www.cfpa.net/ENACT2007/index.htm.
- **June 14, 2007, Preventing Obesity in the Hip-Hop Generation, Los Angeles.** Save the date for this workshop conducted by CANFit & MEE Productions.

Legislation Update

For the most current information on these and other legislation, see www.cfpa.net.

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.

Where's the Fruit?

Study Unveils Widespread Deceptive Packaging in Children's Foods

Over half of the most aggressively advertised children's foods that prominently feature fruit on their packaging contain no fruit at all, according to a study released by the Strategic Alliance for Healthy Food and Activity Environments. The study, *Where's the Fruit?,* reveals that 51 percent of these products do not contain fruit, and another 16 percent contain only minimal amounts of fruit despite prominent fruit promotions on the packaging.

"Parents drawn to products that seem healthier for their children based on references to fruit on the packaging are being deceived," explains Leslie Mikkelsen, a registered dietician with the Strategic Alliance and lead author of the study. *"Food and beverage companies are some of the most sophisticated communicators in the world and are clearly capable of accurately reflecting what is in their products if they wanted to."*

Where's the Fruit? identifies the most heavily advertised children's food products that include words and images of fruit and/or fruit ingredients on the packaging. A total of 37 products were included in the final study, and their ingredient lists were analyzed to determine the presence of fruit ingredients. Nineteen (51 percent) of the products contained no fruit ingredients at all despite the images of fruits and use of words such as "fruity," "fruit flavors" and "berry" on the packaging. Only 27 percent of the products examined contained fruit (in the form of fruit puree or fruit from concentrate). Six percent were 100 percent fruit juice; however fruit juice does not contain the equivalent fiber, vitamins and minerals of whole fruit.

To support healthy eating habits, the Strategic Alliance is calling on food manufacturers to stop marketing children's food products as something that they are not and to begin providing more nutritious food options. The Strategic Alliance insists that at a minimum, if companies put fruit on the label, there should be fruit in the product. The study is available online at http://www.preventioninstitute.org/sa/fruit/ .

Legislation Update (Continued)

AB 86 (Lieu) & AB 90 (Huffman) Both bills would prohibit the use of trans fats in public schools in California.

AB 433 (Beall) Changes the food stamp program name and entry into the program.

AB 1503 (Fuller) Increases the reimbursement rate for school meals to enable the provision of improved nutrition standards.

SB 34 (Torlakson) This bill would expand the types of allowable projects available to be built pursuant to joint-use agreements to include physical education and outdoor recreation.

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FYI

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. Or use your credit card on our web site to make a donation.

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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