

CANFIT

Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

SPRING 2003

A "Healthy Diet" Redefined Again?

In this issue...

- The Food Pyramid Guidelines... Revised?
- CANFit Announces our API Youth Campaign!
- Race: What's Health Got to Do With It?
- Insert: Tips on Physical Activity Guidelines
- Plus... a quick and easy recipe, resources for youth, and more!

We know that eating certain foods can prevent the onset of disease while eating others can lead to it. But how can we tell which is which when the recommendations keep changing? In the 70's, we were told to substitute poly-unsaturated fat for saturated fat. In the 80's, fat was bad and carbohydrates were good. Today, not all fats are bad, and not all carbohydrates are good. How are we supposed to keep up?

The Food Guide Pyramid is the guide to healthy eating that most people refer to. However, the current version does not take into account many of the newest research findings such as:

Continued on p.5



NEW FOOD PYRAMID

outlined by the authors distinguishes between healthy and unhealthy types of fat and carbohydrates. Fruits and vegetables are still recommended, but the consumption of dairy products should be limited.

From the Executive Director

Public policy and legislation can often do more than individual behavior change to create healthier eating and physical activity environments for youth. Therefore CANFit will monitor and keep you posted on several new bills throughout the 2003 legislative cycle.

AB 9 - Urban community health institute (Dymally): would establish the Centers to Eliminate Health Disparities at the Charles R. Drew University of Medicine and Science, to address ethnic disparities in the delivery of health services in LA county.

SB 70 - After-school programs (Torlakson): would specify that training and support currently available for after-school programs would also include the development and distribution of physical fitness standards.

SB74 - Vending Machines (Torlakson): would require that at least 50% of the food and beverages offered in vending machines on state property meet defined nutritional guidelines.

SB 78 - Physical education (Torlakson): would require the CA Department of Education to encourage physical education that teaches students to be physically "fit" for life.

ACR 16 - Nutrition: vegetarian school lunches (Nation): would request state agencies (Departments of Education, Food and Agriculture, and Health Services) to develop nutritionally sound school lunch menu plans that include daily vegetarian options.

For more information on these and other bills, see www.leginfo.ca.gov.

- Arnell J. Hinkle, RD, MPH

Heads Up: Racial Privacy Initiative = Public Health Hazard!

Though Ward Connerly's proposed Racial Privacy Initiative (RPI) did not make the November 2002 state ballot, it is likely to appear in March 2004. The initiative prohibits classifying "any individual by race, ethnicity, color, or national origin in the operation of public education, public contracting, or public employment."

Such a "color-blind" stance could seriously hamper research and cultural competency in health and social services. Consider these racial disparities in Californians' nutrition, fitness, and access to health services:

- 38% of African American and 30% of Latino youth eat a fast food snack or meal every day, compared to 24% of white youth.
- 45% of Latino children and 46% of African American children are unfit, according to the California Department of Education.
- More than 40% of Native American women do not receive prenatal care in their first trimester.

How can we effectively design health and social services without accounting for these inequities?

The prohibition of racial data collection... undermines the critical variable of race in assessing social justice.

The prohibition of racial data collection does not deter discrimination, but instead undermines the critical variable of race in assessing social justice. According to Jack Glaser, assistant professor of public policy at UC Berkeley, the initiative's most problematic aspect is its limiting researchers' ability to track discrimination by making it illegal to ask participants' race. The data is important not only to assess equal opportunity and prevent discrimination in areas specific to education and employment, but to show the interrelation of social and economic factors with public health disparities.

A problem with the current race/ ethnicity classification options provided on many forms is that multiracial communities are not adequately represented. However, rather than eliminating racial identification, the number of racial categories should be increased and better customized.

For more info, see www.informedcalifornia.org.

API Health Neglected, CANFit Responds

Rates of childhood obesity and overweight are generally lower among Asian/Pacific Islander (API) 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, APIs are rarely targeted with chronic disease prevention programs. Nutrition-related diseases can also be overlooked within API families and communities. Though many traditional Asian foods are nutritious, API 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 API youth focus on homework and tutoring rather than enrichment activities that promote physical activity.

In an effort to increase healthy eating and activity among API adolescents, CANFit is collaborating with community-based after-school programs in the San Francisco Bay Area. API youth from participating programs will create "digital stories" about physical activity and healthy eating in their communities. Integrating aspects of oral history, creative writing, filmmaking, and digital media manipulation, digital storytelling is a grassroots media phenomenon in which communities create short, three- to five-minute digital stories from photographs, letters, news clippings, and other materials from their own lives. The process will reinforce the physical activity promotion projects implemented by participating programs. Projects will be showcased at community events in May, API Heritage Month. For more information, email Blythe Henderson at blythe@canfit.org.

Snack Time: Pickled Vegetable!

(Recipe from *Quick & Healthy Cambodian Cuisine* developed by CANFit Grantee, Families in Good Health)

Servings: 10; can serve alone or with whole wheat crackers or bread

Ingredients

- 1 pound cabbage, sliced
- 1 pound carrot, sliced 1/4" thick
- 1 pound cucumber, 1/2" cubes
- 1/2 tablespoon salt
- 5 cups water
- 1 cup rice vinegar

1. Clean and drain all the water from the vegetable.
2. Mix all the vegetables and ingredients together.
3. Place the vegetables in a clean glass jar and set the jar aside in a cool place for a few days.



Per Serving Nutritional Information

- 38 calories
- 0 g fat
- 0 mg cholesterol
- 1 g protein
- 9 g total carbohydrate
- 347 mg sodium
- 330 mg potassium

What's Happening at CANFit...

- CANFit welcomes our new full-time Health Educator, Eddy Jara. In addition to being a Registered Dietitian and having a Masters in Public Health (from Loma Linda University), Eddy has experience being a CANFit grantee through his previous job at San Bernardino County Public Health Department!
- The P.H.A.T. multi-media package (video, CD, and guide-book) is in the final stages of production. We have received lots of positive feedback from our field testers! See www.canfit.org/phat for details and stay tuned for ordering info. If your program is located in the Bay Area and you would like to participate in the P.H.A.T. video evaluation and receive a free copy of the package, please call or email Daniela at (510)644-1533 x 14/ dboykin@canfit.org.
- In July 2003, CANFit celebrates our 10th anniversary! Stay tuned for more info on our youth conference, community scholarships, and special events.

Support CANFit!

Help us empower our youth and communities! Your donation is tax-deductible; checks can be made to Tides/CANFit. You can also support us by contributing a story or idea, or suggesting resources for our web site.

CANFit General Fund:	\$ _____
Recipes for Success Workshops:	\$ _____
PHAT Campaign:	\$ _____
API Campaign:	\$ _____
Community Grants:	\$ _____
Newsletter:	\$ _____
Total:	\$ _____

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____ Fax: _____

Thank you!

Meeting Calendar & Deadlines



- March 29- Health & Safety Fair at Madison Elementary School in Santa Ana from 9am-12pm. More info: Tammy Tran- (714) 285-0355.
- March 31- Deadline for CANFit academic scholarships. More info: www.canfit.org/html/scholarships.html.
- April 3-4- California Healthy Cities and Communities Annual Conference at Cathedral Hill Hotel in San Francisco. More info: (916) 646-8680 or www.civicpartnerships.org.
- April 7-13- National Public Health Week. More info: <http://www.apha.org/NPHW/>.
- April 10-12- School-Age Care & Recreation Training Conference at Hyatt Recency in Sacramento. More info: (415) 957-9775 or www.calsac.org.
- April 15- Deadline for Bay Area programs to submit letters of inquiry for Team-Up for Youth grants. More info: (510) 663-9200 x112 or www.teamupforyouth.org.
- May 1- Deadline to submit proposals for sustainable food systems. More info: (530) 752-7556 or www.sarep.ucdavis.edu/grants/RFP/2003/RFP2003.htm.

Food Pyramid (Cont.)

- The health differences between refined grains versus whole grains;
- The health differences between red meat and other foods in the meat and beans group (fish, chicken, and nuts);
- The health benefits of "healthy fats" (liquid vegetable oils such as olive, canola, soy, corn, sunflower and peanut); and
- The importance of combining healthy eating with daily exercise.

Many health experts are now advocating for a new and improved version of the pyramid based on the best available knowledge (image on page 1). This version separates the good fats from the bad and emphasizes daily physical activity, eating whole grains and an abundance of vegetables, and limiting red meat, white rice, potatoes, and pasta.

Whether or not you choose to use the Food Guide Pyramid or stay on top of all the newest research findings, the bottom line is to eat healthy and stay active. Here are some basic tips that you should definitely follow.

1. Watch your portion sizes and limit your total calories, not just fat calories;
2. Eat at least 5 servings of fruits and vegetables every day;
3. Drink 8 glasses of water; and
4. Get 60 minutes of physical activity every day.

An entire article on the proposed revisions to the Food Guide Pyramid is available on the Scientific American site at www.sciam.com. Also, see the Center for Science in the Public Interest web site (www.cspi.net) for up-to-date health and fitness info.

CANFIT

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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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Resources to Check!

- yummydesigns.com has lots of fun stuff, including a new fast food scoreboard to make better choices!
- A new Healthy Food Policy Resource Guide provides a step-by-step approach to enhancing the school nutrition environment in your school district. More info: vberends@dhs.ca.gov
- The GoGirlGo Project, a project of the Women's Sports Foundation, has kits that contain a curriculum guide, activities, and program evaluation suggestions. More info: Wosportag@aol.com
- The National Eating Disorders Association has a toll-free, nationwide helpline at 1-800-931-2237.
- The California Center for Public Health Advocacy has statistics on unfit youth by assembly district. More info: http://www.publichealthadvocacy.org/policy_briefs/overweight_and_unfit.html

For more info or to join mailing list:

www.canfit.org

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Don't get played...
Pack a lunch!



CANFit has developed a number of fast food counter-marketing tools for youth. Visit www.canfit.org/html/resources.html or call.

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