CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

Spring 2004

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Youth Address Food and Activity Issues in their Communities

Youth are realizing the importance of eating healthy and keeping physically active. Yet in low-income communities of color, they face significant challenges in accessing healthy food and engaging in physical activity. Despite these challenges, youth play a vital role in improving food options in their communities and creating opportunities for physical activity.

A recent survey conducted in four regions of the United States found that there were four times as many supermarkets in white neighborhoods as in African-American ones. There were fewer parks in poor neighborhoods as well. A survey taken in one inner-city Los Angeles neighborhood found that 70 percent of the residents thought that there were too many fast food restaurants in the area.

When outdoor recreational spaces are considered unsafe for children or are surrounded by unsafe walking routes, parents tend to keep their children inside. One youth, age 11, stated that, "I want to be active, like ride my bike and scooter, but I have to stay inside and play video games and watch television…but sometimes I dance."

Involving youth of color in efforts to improve access to healthy food and activity in their community is key. Youth are becoming more aware of how important it is to regularly consume fresh produce and be physical active. Parris, age 13, remarked "I want to stay healthy," though being healthy was not something Parris had ever thought about until her 11-year-old nephew "fell out" from a "diabetic attack." "It put me in check about what I need to do to keep healthy. If it happened to him it could happen to me." Parris now prefers healthier food and is part of a community hip hop dance troupe.

(continued on p. 2)

From the Executive Director

State budget cuts in California have resulted in several schools cutting their physical education programs. These cuts come at a time when new studies continue to emphasize the important role that regular physical activity plays in decreasing chronic disease risk and overweight.

As these budget cutting trends continue, after-school programs will have to fill in the gaps, making it even more important for youth service providers to expose youth to life-long physical activity skills. In the meantime, make your opinion on this issue heard by participating in advocacy activities in your community. See inside for details.

Youth Address Issues (Cont.)

Here are some example of youth programs mobilizing to improve the community's access to healthier food options and physical activity:

- Middle school students at Roosevelt Middle School are participating in a CANFit-funded project to teach their peers about nutrition and body image. They are gearing up to survey their food environment and make recommendations to the school district food services.
- In Northern California, youth from Destiny Arts Center present dance and martial arts to low-income youth of color, while emphasizing violence prevention, self-confidence and leadership development.
- From California to Massachusetts, food justice organizations are mobilizing youth leaders to increase access to healthy food in communities while sharing information about health and nutrition. Youth participants at People's Grocery in Oakland are teaching gardening skills to elementary and middle school students and managing a mobile grocery truck that sells fresh produce and healthy snacks to local residents.

Youth are an important part of the solution to the obesity challenge because they are experts on what will work in their particular situation. Youth are not only learning how to be healthy and active, they are working together with their community to improve access to activity options and healthy food. For a step-by-step guide on how to help youth plan, implement, and evaluate a project, see Chapter 5 of *Nutrition and Physical Activity: The 100 Way.* See *News From CANFit* section of this newsletter for information on how to obtain a copy.

Sources:

Mascarenhas M.
http://departments.oxyedu/uepi/cfj/resources
Issue Brief: Obesity & Diet-Related Disease
Food Access & Community-Based Solutions
Food and Society Policy Fellows Issues Brief

Epstein, H.
http://query.nytimes.com/
Ghetto Miasma; Enough To Make You Sick?

Summer is Almost Here

A youth program's summer schedule typically allows staff the opportunity to carry out activities with youth that would not be feasible during the usual school-year schedule. Planning ways to incorporate nutrition and physical activity into summer programming helps to increase youth's awareness and motivation to stay healthy. Implementing new activities or enhancing existing activities often requires additional resources. In an era of declining budgets, after-school programs are identifying locally available talents and material resources to enhance their programs.

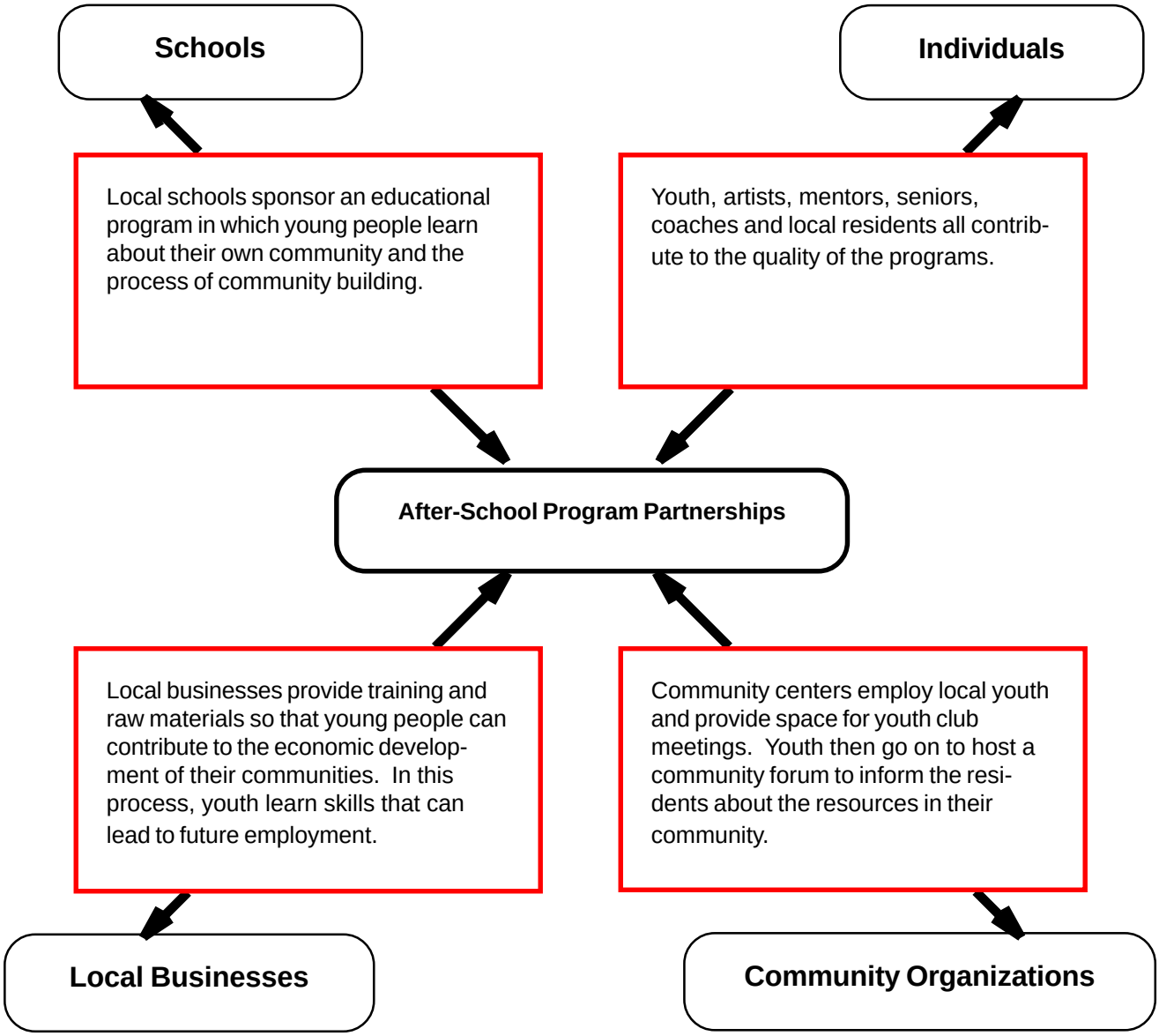
By utilizing the community's talents and skills, innovative ideas for youth participation are generated. Youth become more engaged in the process of community building by creating local partnerships. Collaborative partnerships with local agencies enrich the quality of the program and provide an opportunity for youth programs to share their talents with the surrounding community. See the After-School Program Partnerships illustration below for examples on practical projects between after-school programs and local schools, individuals, businesses and community organizations.

Summer programming ideas for nutrition and physical activity:

- Engage youth with projects that encourage improved nutrition and physical activity within their school or in their neighborhood.
- Organize educational walks about possible neighborhood landmarks.
- Visit local recreation facilities such as a swimming pool, track and field or a gym.
- Organize youth to create a public display exhibiting the health benefits of nutrition and physical activity.
- Visit a local Farmer's Market. Youth will enjoy tasting the free samples of locally grown fresh produce, packed with vitamins and minerals.
- Be a role model by demonstrating health-conscious behavior.
- Maintain a health-conscious environment. Replace vending machines with water and 100% fruit juices. Provide fresh fruit, low-fat and naturally sweetened "munchies" instead of high-fat and high-sugar snacks.

Sources:

California Department of Education. 1994.
Kids Time: A School-Age Care Program Guide.
Kretzmann, J. J. McKnight. 1993.
Building Communities From The Inside Out:
A Path Toward Finding and Mobilizing a
Community's Assets.


Schools
Individuals
Local schools sponsor an educational program in which young people learn about their own community and the process of community building.
Youth, artists, mentors, seniors, coaches and local residents all contribute to the quality of the programs.
After-School Program Partnerships
Local businesses provide training and raw materials so that young people can contribute to the economic development of their communities. In this process, youth learn skills that can lead to future employment.
Community centers employ local youth and provide space for youth club meetings. Youth then go on to host a community forum to inform the residents about the resources in their community.
Local Businesses
Community Organizations

NEWS YOU CA

Looking for some fresh ideas to add to your program or need the latest information to support your grant application? Check out the latest resources available from CANFit and explore the wealth of information available from the field. For additional resources and links, visit www.canfit.org.

New from CANFit:

CANFit Supermanual—Perhaps the only time when supersizing is a good thing, CANFit has developed an "all-in-one" resource for teachers, program managers, mentors and after-school providers. From "Nutrition and Physical Activity 101" to detailed lesson plans, handouts and recipes, the Supermanual has it all. The guide contains plenty of recipes, lesson plans and physical activities that are contemporary, educational and best of all, fun.

Nutrition and Physical Activity: The 100 Way—This comprehensive guide was designed to help integrate nutrition and physical activity into existing mentoring programs and after-school programs geared towards African-American youth. This field-tested curriculum offers background information on a variety of nutrition and physical activities, instructions for implementing activities, handouts, information for parents and additional resources. Developed in collaboration with 100 Black Men of America, Inc., Centers for Disease Control and Prevention, and the U.S. Department of Agriculture, *Nutrition and Physical Activity: The 100 Way* received the Dannon Institute's *Award for Excellence in Community Nutrition*.

CANFit Recetas para el Exito: Manual para el Entrenamiento Regional— The manual for the *Recipes For Success* Workshop, is now available in Spanish! This resource filled with nutrition and fitness activities, recipes, shopping lists and snack suggestions, will be on the CANFit website in time for Cinco de Mayo.

To order any of these materials or browse the collection of other CANFit resources, please visit www.canfit.org/html/resources.html or call 800-200-3131.

Funding Resources:

The Foundation Center—offers tips, resources and a weekly RFP bulletin
www.fdncenter.org

Schoolgrants.org—offers tips, sample grant proposals and funding sources for educators
www.schoolgrants.org

Centers for Disease Control and Prevention's Adolescent and School Health "Healthy Youth" database—database of funding opportunities
www2.cdc.gov/nccdphp/shpfp/index.asp

Chronicle of Philanthropy-publication offers funding source database for subscribers
www.philanthropy.com

Kathy Schrock's Guide for Educators-provides directory of resources for educators
www.school.discovery.com/schrockguide/business/grants.html

AN USE...

Other Resources:

The Center for Public Health Advocacy has just released a new study entitled *An Early Warning Sign: Diabetes Deaths in California Legislative Districts*. The study examines diabetes-related death rates by legislative district and provides fact sheets for each of California's 120 legislative districts.

Some key findings include:

- Districts that have higher diabetes-related deaths also tend to have a higher prevalence of overweight and unfit children.
- Legislative districts in Los Angeles County, the Central Valley and southwest San Bernadino County have the highest diabetes-related death rates in the state.
- African-Americans, Latinos and American Indians/Alaska Natives have a greater burden of diabetes-related deaths in comparison to other racial/ethnic groups.

To access the report and district facts or to learn how to use legislative district data as an advocacy tool, visit www.publichealthadvocacy.org.

As part of the *California Campaign to Eliminate Racial and Ethnic Disparities in Health*, the Prevention Institute has released a position paper focusing on prevention as a means of approaching the disproportionately high mortality and morbidity rate facing communities of color. By analyzing the pathways from root factors to illness and injury experienced by people of color, the necessary actions to prevent these medical conditions are illuminated.

To access this and other position papers concerning health disparities facing California's communities of color, visit www.preventioninstitute.org/pub.html.

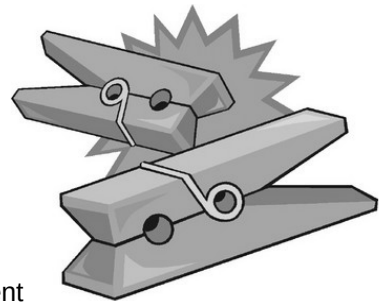
A Robert Wood Johnson Foundation issue brief compares current state policies regarding school-sponsored physical education programs in levels kindergarten through grade 12. It includes a 50 state table that details current state statutes and variations in state mandates of physical education. Although this issue brief highlights federal and corporate sponsored programs that encourage youth to be physically active, there is no federal standard or education mandate for physical education. State and local boards of education are responsible for deciding the extent and intensity of curriculum-required physical education, resulting in much variation between states.

For more information about this issue brief, visit www.rwjf.org and click on Research Center/Active Living/ Physical Activity.

U.C. Cooperative Extension releases *EatFit,* a guide for middle school students to improve their eating habits and physical fitness. *EatFit* challenges students to set goals and take charge of their eating and fitness choices. This nine-lesson curriculum includes the opportunity to print out a personal nutrition and fitness analysis and other interactive activities.

For more information, contact Marilyn Townsend at (530) 754-9222 or your local U.C. Cooperative Extension office.

Clothespin Steal



Age Level: 8 years old and up

Equipment: Cones for general space boundaries, 3 clothespins for each student

Directions: Have all of the students pick up three clothespins as they enter the gym or playing area. After they have found a good self space in a coned off area ask them to attach the clothespins to the back or on the sides of their shirts (nearby classmates can help if they can't do it by themselves).

After they have secured the clothespins explain the object of the activity is to collect as many clothespins from your classmates as possible in a specified time limit (i.e., length of a short song). **You are only allowed to take one pin at a time however.** When you get a clothespin you put it on your shirt.

If someone loses all of their clothespins they continue to play because they are trying to retrieve pins from others.

Teaching Tips:

- Kids have a tendency to hold the clothespins they steal in their hands. Please remind them to put them on their shirt before they continue to try to steal others' pins.
- Give them feedback about the dodging skills they use.

Submitted to www.pecentral.org by Eloise Elliott, a doctoral student in the Health and PE Program at Virginia Tech

Snack Time!
Veggie Strips with Salsa

Ingredients for Veggie Strips

2 carrots, cut into 3-inch sticks
2 celery stalks, cut into 3-inch sticks
½ jicama, peeled and cut into 3-inch sticks
1 bunch radishes, trimmed
6 green onions, trimmed
1 cup fat-free sour cream
1 cup fresh salsa (see Ingredients for Salsa)
Makes 8 servings, ½ cup vegetable per serving

Ingredients for Salsa

2 tomatoes, chopped
½ onion, chopped
1-3 jalapeño chiles, to taste
¼ cup chopped fresh cilantro
salt to taste
juice of 1 lime
Makes 8 servings, ¼ cup salsa per serving

To Prepare

1. Arrange vegetables on a platter.
2. In a medium bowl, mix all salsa ingredients.
3. In a small bowl, serve vegetable strips, sour cream and salsa.

Recipes from *Healthy Latino Recipes Made With Love* by the *California Latino 5 a Day Campaign*

Meeting Calendar

April 22-24, 2004
2004 California Dietetic Association Annual Meeting & Exhibition will be held at the Oakland Marriott City Center in Oakland. For more information, visit www.dietitian.org.

May 6-7, 2004
Bay Area Adolescent Health Conference will be held at the First Unitarian Church in Oakland. For more information contact Lori Cohen at (415) 576-1170 ext.300 or e-mail: lori@ahwg.net.

May 18-20, 2004
Days of Dialogue: Obesity and Diabetes Prevention in Communites of Color, a series of regional convenings with representatives from ethnic-specific community-based groups will take place in four regions of the state (Bay Area, Central Valley, Los Angeles and Southern California) to discuss local and state diabetes prevention policy efforts. For more information call the CANFit office.

May 20, 2004
"Recipes For Success" Nutrition and Physical Activity Workshop will be held in Fresno. Call CANFit to register

November 4-5, 2004
Save the date! **CANFit's 4th Biennial Conference** will be held at the Oakland Asian Cultural Center in Oakland. For more information call the CANFit office**.**

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!

What's Happening with CANFit Grantees...

Berkeley Youth Alternatives (BYA) is training youth leaders in group facilitation, gardening, cooking and food justice issues. Youth leaders are sharing what they know with young people at BYA and in the surrounding community.

Peer educators at Roosevelt Middle School facilitated body image sessions to all 6th and 7th grade students on campus. **East Bay Asian Youth Center** staff are preparing the peer educators for another round of sessions on nutrition as well as gearing up to survey their school food environment.

In addition to planning their Tween Fitness Challenge, participating youth in **Hands for Hope** fine tuned their basketball skills during a special field trip to visit professional basketball players such as Shaquille O'Neal.

Mission Neighborhood Centers is taking their *Keeping It Real* nutrition and fitness curriculum to nine middle schools and after school programs in the Mission District of San Francisco on a weekly basis.

Participating youth at **San Diego Youth & Comunity Services (SDYCS)** are developing their food selection skills during grocery store tours as part of the nutrition and fitness curriculum. At the request of the San Diego Unified School District, SDYCS staff are implementing the curriculum at an additional after-school program.

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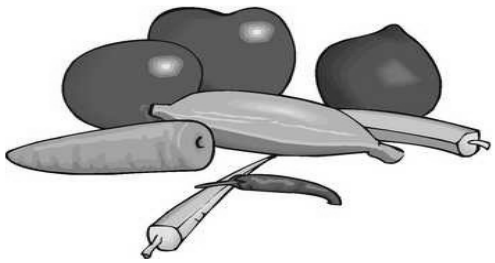

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***CANFit is** a non-profit organization that engages communities and builds their capacity to improve the nutrition and physical activity status of California's low-income American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents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

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