CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

SPRING 2002

CANFit's New Campaign is just...PHAT*

With a catchy name, fresh logo and a "jiggy" soundtrack, the Promoting Healthy Activities Together (P.H.A.T.) Campaign hopes to dispel any preconceptions that a nutrition and physical activity campaign can't be hip and effective. Targeted at African-American 10 to 14 year olds in the San Francisco Bay Area, P.H.A.T. will use urban culture (hip-hop, dance, and creative expression) to make messages about nutrition and physical activity fresh, exciting and more meaningful to increase physical activity and improve eating amongst this sometimes hard to reach audience. (See box below.)

During March and April youth participating in P.H.A.T. will receive hands-on instruction at their after-school programs from CANFit staff, qualified choreographers and fitness specialists about the importance of nutrition and physical activity. With their assistance, the youth will develop dance and physical activity routines, raps and artwork that send messages about good nutrition and regular physical activity. The youth will perform at scheduled community events in May and June and will be featured in the campaign's hip-hop, healthy activity video expected to be released in September 2002.

Local talent hired by CANFit to contribute to the campaign include: San Francisco native, Mike Shaw with Enough Said Productions responsible for graphics and video production, Kim Battiste, Director of Culture Shock responsible for choreography, and Mark Di Vita (a.k.a Spaztic Emcee) with Children of Productions who will develop original music to be featured in the video and accompanying CD.

Visit www.canfit.org/phat or call 510-644-1533 to be added to the campaign's mailing list to receive information about upcoming events and the video release.

*Phat (adj.) 1. Very good, cool, 2. Hip and in style 3. Large; huge.

From the Executive Director

Several new bills have been introduced that, if passed, may improve nutrition and physical activity for youth.

SB1520 (Ortiz) Soda Tax - Would establish a tax on soda and other non nutritional beverages, raising about $500 million for a new Child Health and Achievement Fund.

AB 2024 (Nakano) Nutrition Education - Would authorize nutrition education to be provided at After School Learning and Safe Neighborhoods Partnerships Program sites.

AB 2395 (Goldberg) School Breakfaajst- Mandates breakfast in about 70 low-performing schools that rank at the bottom in the annual state test.

AB 1793 (Migden) - Physical Education & SB 1747 (Polanco) Physical Education - Both would require the CDE to direct school districts to provide quality daily P.E..

You can receive updates on the bills by subscribing at www.ledgeinfo.ca.gov/billinfo.htm

Arnell J. Hinkle, RD, MPH

It's an uphill battle for African-American youth.

- According to the 1998 CalTEENS survey nearly 50% of African-American youth in California were at risk or overweight, while 14% of African-American youth were physically inactive.
- A new study released this year by the Chicago Children's Hospital found that TV shows geared toward African-American audiences have 60% more food commercials than shows that attract a general audience. 31% of the food ads tracked were for sweets while 13% were for soda compared to 11% of ads for sweets and 2% ads for soda on general audience shows.
- A study in the February, 2002 American Journal of Preventative Medicine found that African-Americans are disadvantaged when attempting to eat healthily. The ratio of supermarkets to residents in predominately black neighborhoods is 1:23,582 vs 1:3816 for predominately white neighborhoods.

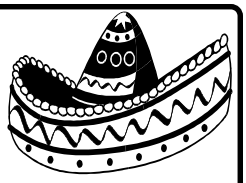
Celebration of Culture Cinco De Mayo

Cinco de Mayo commemorates the Mexican defeat of the French army at The Battle of Puebla, or "Batalla de Puebla" in 1862. The holiday, commonly known as "Cinco de Mayo" in the US, represents a symbol of Mexican unity and patriotism. With this victory, Mexicans demonstrated that they were willing to defend themselves against foreign interventions, especially from imperialist states.

People of Mexican or Chicano descent in the United States celebrate this significant day by having parades, mariachi music, folklorico dancing, and other types of festive activities. After-school providers can use the holiday as a vehicle for sharing a significant chapter in North American History and as a way to introduce a new high protein snack.

Visit www.geocities.com/holidayzone/cinco/cgames.html for Cinco de Mayo active games.

Easy Black Bean Salad



Serving Size: ½ cup
Servings: 12

2 - 15 oz cans black beans, drained & rinsed
1 jalapeno pepper, seeded and finely diced
½ cup scallions or green onions, chopped
3 cups red bell peppers, diced
4 tablespoons fresh cilantro, coarsely chopped
3 tablespoons lime juice
1 whole cucumber, peeled, seeded, and diced
1 cup jicama, sliced
½ teaspoon salt

Combine ingredients marinate at room temperature one hour before serving. Garnish with lettuce leaves and serve with corn tortillas or baked chips.

Per Serving: 1 g Fat; 4 g Dietary Fiber; 29 mg Calcium
Source: High Fit Low Fat Vegetarian Cookbook

Oakland Schools Set Groundbreaking Soda Ban

Shocking the large crowd of students, parents, and community members in attendance, the Oakland Unified School District (OUSD) Board voted 9-1 in favor of a nutrition policy that included an all-out ban on the sale of soda, other highly caffeinated and sugary drinks, candy, and similar junk food products from vending machines in all of its schools. This policy is the first in California to establish such strict limitations on junk food in schools.

Originally, the policy called for restrictions on soda machines only during school hours. However, several board members felt that if OUSD wanted to make a statement about protecting the health of its students, it should ban soda all together. Ultimately, the board chose in favor of the health and well-being of OUSD students over a quick and convenient solution to tight finances.

The Nutrition Policy details six goals for improving the health of Oakland's children and helping them excel at learning through better nutrition. These comprehensive goals are to ensure no OUSD student goes hungry, to improve the nutritional quality of all food served to OUSD students, to serve enjoyable food from diverse cultures, to improve the quality of food service jobs, to integrate nutrition into the District's Education Program, and to establish a Nutrition Advisory Board.

While the policy is a huge win in the fight to improve the quality of school food, several obstacles remain. It will take time to address issues such as existing vending contracts, school fund-raisers, and short lunch periods.

$ Available to implement SB 19

Over $3 million in one-time grants will be available to school districts and county offices of education to develop and implement nutrition and physical activity polices at middle and high schools in California. The proposal guidelines will be available mid-March, with proposals due in June, 2002. For more information contact 916-323-2468 and ask for "SB -19 RFA Guidelines" or visit www.cde.ca.gov (funding opportunities).

GoGirlGo Project Scholarships

The GoGirlGo project is dedicated to the development and funding of girls' sports programs. Up to $25,000 in scholarships are available for non-profits that that provide organized sports programing to girls 10-14.

For more information on guidelines visit the Womens Sports Foundation web site at www.womensportsfoundation.org

What's Happening at CANFit...

- Arnell Hinkle, executive director of the CANFit Program, received one of 28 Eureka Communities Fellowships. The fellowship, founded in 1991, is a two-year, "on-the-job" program that helps non-profit executive directors improve their leadership and management skills, enhance the capacity of their organizations, and build collaborative relationships through monthly roundtables, individualized mentoring trips, and peer coaching.

- CANFit staff will be conducting interactive nutrition and physical activity workshops for youth providers in Contra Costa County and Fresno in October. If you are interested in attending or helping to promote the workshop please let us know.

Congratulations to the 2002 Grantees!

Hands for Hope is a volunteer-run after-school program at Lankershim Elementary School in North Hollywood that serves low-income, at-risk students. Through their "Active Hands" Program, they will assess the adolescents' current eating habits, role models, and nutrition and fitness curriculum at school in order to effectively cater to their nutrition and physical activity needs.

The Orange County Community Development Council (CDC), an organization working to alleviate poverty and empower the poor to become self-sufficient, is developing the ANGELS (Adolescent Nutrition Education for Girls Excelling in Life and Sports) program, a low-cost, organized, non-competitive sports league for multi-ethnic young women.

San Diego Youth and Community Services (SDYCS), a service agency for at-risk teens, provides homeless shelters, foster care programs, drug treatment programs, and independent living housing programs. At its NFL Youth Education Town Center, where SDYCS offers an after school education enrichment program, a core group of teens will compose a planning group and work with advisors to lead focus groups and assess other youth.

The YMCA of the East Valley, which serves the Redlands and San Bernardino, operates programs in childcare, teen activities, resident and day camping, aquatics, and youth sports. Drawing on the Y's existing fitness and behavior modification weight management programs, the "Y'S Heart" Project targets multi-ethnic youth in northeast San Bernardino.

Meeting Calendar & Deadlines

March
National Nutrition Month www.eatright.org
(See this issues insert for an activity!)

March 31, 2002
CANFit Scholarship Application Deadline

April
Youth Sport & Safety Month www.nyssf.org

May 8-10, 2002
Adolescent Health Conference, Asilomar
For more info call 415-576-1170 ext. 316

June, 2002
CDE SB 19 Implementation Proposal Deadline
For more info call 916-323-2468 and ask for "SB-19 RFA Guidelines"

July 8-12, 2002
SPARK "Summer Institute", San Diego
For more info call 1-800-SPARK PE

Sept/Oct, 2002
CANFit State-wide Conference, San Diego

Snack Ideas

Banana Slush
(Makes 3 servings)

1 large banana
8 oz. plain fat-free yogurt
1 Tbs.. honey
1 Tbs. nonfat whipped topping (optional)

Cut up banana and drop slices into a blender or food processor. Add yogurt and honey and beat until smooth, about 30 seconds. Put mixture into an ice cube tray or high-sided bowl. Cover and freeze overnight Remove tray or bowl from freezer and let stand for 15 to 20 minutes.

Peachy Parfait
(Makes 4 servings)

1/4 cup lowfat granola or cereal
2 15-ounce cans sliced cling peaches, drained
2 8-ounce containers nonfat peach yogurt

In 4 glasses, alternate layers of 1/8 cup granola, 1/4 cup peaches, and 1/4 cup yogurt. Repeat alternating layers and top with peach slices.

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

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Children Learn What They Live

Organized sports can provide a safe, wholesome environment where children can have fun, develop self esteem and confidence.

Keep the following in mind when organizing activities at your program.

If a child lives with criticism, s/he learns to condemn.
If a child lives with hostility, s/he learns to fight.
If a child lives with shame, s/he learns to feel guilty.
If a child lives with tolerance, s/he learns to be patient.
If a child lives with ridicule, s/he learns to be shy.
If a child lives with encouragement, s/he learns confidence.
If a child lives with fairness, s/he learns justice.
If a child lives with security, s/he learns to have faith.
If a child lives with approval, s/he learns to like himself.
If a child lives with acceptance and friendship, s/he learns to find love in the world.

Author Unknown

For more information on promoting a safe and positive sports environment visit the National Youth Sports Safety Foundation web site at www.nyssf.org

To submit an article or announcement, or to be added/ removed from the newsletter mailing list...

Contact Us at...

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