



Los Angeles Collaborative for Healthy Active Children

NEWSLETTER

January 7, 2008



Welcome

Welcome to the first edition of the Los Angeles Collaborative for Healthy Active Children Newsletter. Each issue will provide you with news, resources, funding opportunities and events promoting nutrition and physical activity in the Los Angeles area. The Member Spotlight section will highlight a member of the Collaborative and their work in the community to promote healthy eating and active living.

We would like to thank our colleagues Jamie Gard and Nicole Mosqueda with the Central Valley Health and Nutrition Collaborative for all their support in getting this newsletter off the ground! Thank you for your guidance!

Events

The Kids Fitness Challenge 5K Run/Walk– Saturday January 26th at the Pasadena Rose Bowl.

This is a free event. Register online at www.fitnesschallengefoundation.org or at the event. All schools with 100+ participants will receive a Grant from the Fitness Challenge Foundation. Top secondary school will win fitness equipment, including 12 Star Trac units of schools choice! Top schools may also win prizes that include a Dance Dance Revolution (DDR) Game, sport equipment, or other great prizes. All seniors (55+) count twice! There will also be a health expo full of great information! For more information on this event please visit: www.fitnesschallengefoundation.org

The LA Nutrition, Physical Activity and Food Security Community Connections and Resource Summit. This Summit will bring together after schools programs, public and private agencies, community based organizations, local businesses and foundations to share resources in order to enhance after school programs.

The Summit will be held on January 30th, 2008. 9:00am-2:00pm at the Pickwick Gardens Conference Center (1001 Riverside Drive, Burbank, CA

91506). Applications for afterschool programs can be found at www.CCSCenter.org. For more information about the Summit, please contact Ediel Butts at (916) 991-0808 or at EButtsASP@aol.com

News

The Los Angeles Collaborative for Healthy Active Children is accepting applications for Champion Mom Mobile Billboards.

The Champion Mom Mobile Billboards are available to highlight and celebrate the achievements of women who are raising awareness and promoting healthy eating and increased physical activity in their homes and in the community. Mobile billboard can be used as a backdrop for a nutrition education event, conference, or health fair; to recognize parents at a school or community event; or to promote healthy eating and physical activity messages during a media event.

Applications are available on the Collaborative website: www.lacollaborative.org. Applications for events in March and April are due January 25th. Applications for events in May and June are due on March 28th.

Resources

Celebrate Family Fit Lifestyle Month in January!

Visit the USDA Team Nutrition website for several resources to promote Family Fit Lifestyle Month! Visit: <http://healthymeals.nal.usda.gov>

Start your own Healthy Cooking Club Before or Afterschool. Cooking experiences and developing food skills may increase options for youth who rely heavily on fast-food choices. Knowledge and attitudes about food that are gained from food preparation may be transferable to other food choice settings. The following link provides afterschool staff with step by step instructions on starting a healthy cooking club. For more information visit:

<http://www.cookingupfun.cornell.edu/index.html>

To submit nutrition and physical activity related news, resources or event details contact:

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Fax: (213)351-2793
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Check us out on the Web!

Los Angeles Collaborative for Healthy Active Children

www.lacollaborative.org

Coming Soon
Network for a Healthy California– Los Angeles Region

championsforchange.lacounty.gov



Did you know January is National Oatmeal month?

Oats are a great source of soluble *and* insoluble fiber. Soluble fiber promotes heart health, while insoluble fiber benefits the digestive system

80% of households have oatmeal in their cupboards right now!



Research

Recess Rules

There are a growing number of parents, educators, policy-makers, law enforcement professionals and health experts who have come to recognize the benefits of play and are looking for ways to help kids be more physically active in a healthy and safe environment. This report by Sports4Kids and funded by the Robert Wood Johnson Foundation analyzes several sources of data to identify opportunities for increasing children's physical activity and to understand the factors that could contribute to or impair efforts to maximize those opportunities. This report also explores one model for addressing children's health through play and raises questions about the funding disparities that exist in the universe of physical activity.

http://www.sports4kids.org/images/stories/rwjf_sports4kids_recess_report.pdf

Food Pyramid for Older Adults Gets an Update

As reported in the Washington Post on December 26, Tufts University researchers have updated the content and appearance of the food guide pyramid for older adults in order to correspond with the new U.S. Department of Agriculture's food pyramid- MyPyramid. The Modified MyPyramid for Older Adults, is expected to be published in the January issue of the Journal of Nutrition. "Adults over the age of 70 have unique dietary needs," first author Alice H. Lichtenstein, director of the Cardiovascular Nutrition Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts. The Modified MyPyramid for Older Adults still emphasizes nutrient-dense foods and the importance of fluid balance but now provides more guidance about the types of foods that best meet the unique needs of older adults and places added emphasis on physical activity. Read the full article at <http://www.washingtonpost.com/wp-dyn/content/article/2007/12/26/AR2007122600532.html?hpid=sec-health>



Member Spotlight

St. Francis Center is Cooking Up Healthy Habits

Every summer is exciting at the St. Francis Community Center. Every year they send children to enjoy overnight camping in Big Bear: in 2007 they were able to broaden their summer enrichment opportunities to include sports day camp, Dodger day camp and a Nutritious Cooking Camp.

In collaboration with the Network for a Healthy California, St. Francis was able to offer a week long cooking camp on-site at the Center. Students had the opportunity to cook, learn about health, diet and nutritious lifestyles. Students created healthy snacks including papaya parfaits, Teriyaki turkey burgers, orange smoothies and more! At the end of the week students received a healthy recipe book, apron and chef hats which were presented to them as they ate the meal they prepared for their parents. Cooking camp was a valuable resource for the youth and family members; parents have been coming into the center sharing stories of their children requesting broccoli in their spaghetti!

For more information about the St. Francis Community Center (a non-profit religious corporation), please contact Sylvia Quintero, Director of Development and Programs (213) 747- 5347



Grant Opportunities

Community Food Projects Grants

Community Food Projects (CFP) Competitive Grants Program is a major funding source for community-based food and agriculture projects in the U.S. Approximately \$5 million in funds will be available in 2008. The CFP Request for Applications is available at the CSREES website as follows:

http://www.csrees.usda.gov:80/funding/rfas/community_food.html Letters of Intent are due January 10, 2008. The Community Food Security Coalition (CFSC) offers up to 60 minutes of Free Assistance to CFP Applicants. See http://www.foodsecurity.org/cfp_help.html for details.

Champions for Healthy Kids grant program

The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for Healthy Kids grant program in 2002. Each year, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. All applications for the 2008 Champions for Healthy Kids grant program are due January 15, 2008. <http://www.generalmills.com/corporate/commitment/champions.aspx>

Dates and Details

January 16

The Network for a Healthy California Los Angeles Regional Advisory Committee Meeting

January 21

Next Edition of the LA Collaborative Newsletter

Coming Soon

Los Angeles Collaborative for Healthy Active Children 2008 Meeting Calendar