



## Los Angeles Collaborative for Healthy Active Children

# NEWSLETTER

January 21, 2008



### Events

#### Club Fit

FREE physical activity opportunity every Monday night at the Love & Faith Christian Center! Classes for kids ages 6-12 from 6:30-7:15 and classes for teens/adults from 7:15-8:15pm. The teens and adults class is low-impact aerobics and step class. The Love & Faith Christian Center is located at: 8505 S. Western Ave, Los Angeles, CA 90047. For more information about Club Fit, please contact Corey Long at 213-321-3579.

#### 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](http://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](http://www.fitnesschallengefoundation.org)

### News

#### From the California Food Policy Advocates– Analysis of Governor Schwarzenegger’s 2008 Budget

What does the Governor’s proposed budget mean for nutrition programs? Click here to read a nutritional analysis of the state budget: <http://www.cfpa.net/Alerts/newsletter.html>

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

The Champion Mom Mobile Billboards are avail-

able 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](http://www.lacollaborative.org). Applications for events in March and April are **due January 25th**. Applications for events in May and June are **due March 28th**.

### Resources

#### Food for LA– Los Angeles County Food Stamp Nutrition Program

Earn money for your organization, while providing a valuable service to your program participants and the community. Your organization can become a part of the Community and Faith Based Organizations Application Assistance Program that pays \$40 to your organization for each approved Food for LA application. To download an application, please visit: [http://www.ladpss.org/dpss/contracts/rfq/RFSQ\\_CBO\\_FBO.pdf](http://www.ladpss.org/dpss/contracts/rfq/RFSQ_CBO_FBO.pdf). For assistance with the application, feel free to contact Michael Greene at [migreene@ph.lacounty.gov](mailto:migreene@ph.lacounty.gov).

If you would like to request new Food for LA brochures or posters for your organization, in English or Spanish ( 11 other language translations coming soon), please contact Keysa Rancharan at [keysarancharan@dpss.lacounty.gov](mailto:keysarancharan@dpss.lacounty.gov).

If you would like an outreach specialist come to your organization or event to enroll people in the Food for LA Program, please contact Rosalind Taylor at [rosalindtaylor@dpss.lacounty.gov](mailto:rosalindtaylor@dpss.lacounty.gov)

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

Lauren Neel  
Phone: (213)351-7337  
Fax: (213)351-2793  
[lneel@ph.lacounty.gov](mailto:lneel@ph.lacounty.gov)



**Check us out on the Web!**

**Los Angeles Collaborative for Healthy Active Children**

[www.lacollaborative.org](http://www.lacollaborative.org)

**Coming Soon  
Network for a Healthy California– Los Angeles Region**

[championsforchange.lacounty.gov](http://championsforchange.lacounty.gov)



**THIS JUST IN...**  
**NEW cookbooks from the Network for a Healthy California**  
*Everyday Healthy Meals*

For more information, please contact Suzanne Bogert at (213) 351-7875



## Research



### Cue the Gluttony

A recent article in the LA Times on January 14th, featuring a past LA Collaborative guest speaker, Dr. Deborah Cohen, MPH, of the RAND Corporation, explores the relationship between individual responsibility and the environment and their roles in the increasing obesity rates.

Some experts contend that sweeping environmental change is impractical, while others argue human eating behaviors operate on “auto-pilot” or are automatic and there is little decision making done, leaving the environment to steer the wheel. To read the full article, please visit: <http://www.latimes.com/features/health/la-he-weightloss14jan14,1,5056939.story?coll=la-headlines-health>

### Robert Wood Johnson Foundation- 2007: The Year in Research

Every year, the RWJ Foundation chooses 10 articles from their most successful research and evaluation projects that have had a real impact in the policy arena, have helped shape community work, or have stood out in other ways. To see their highlights, please visit: <http://www.rwjf.org/pr/product.jsp?id=24491>

### YMCA to Expand Anti-Obesity, Fitness Offerings

To date, more than 370 YMCA locations have implemented Activate America, which targets people who desire a healthier lifestyle but have difficulty sustaining improved habits. Many YMCAs also are training staff, redesigning facilities and adjusting activities to better address community needs. In addition, YMCAs in more than 110 cities and towns are partnering with other community organizations to address obesity and residents' nutrition and fitness habits under the association's Pioneering Healthier Communities project. To read the full article, visit [http://news.yahoo.com/s/ap/20080111/ap\\_on\\_he\\_me/fitness\\_ymca\\_crusade;\\_ylt=ArCTbAmia6\\_y.8cB1g52vnLVJRIF](http://news.yahoo.com/s/ap/20080111/ap_on_he_me/fitness_ymca_crusade;_ylt=ArCTbAmia6_y.8cB1g52vnLVJRIF)

## Member Spotlight

What are LA Collaborative Members doing out in the community

### Fiesta de la Salud

Fiesta de la Salud is an ongoing “Health Fair” promotion offered by select Southern California area grocery stores that focuses on bringing free health related information and screenings to the community. The events are FREE and take place in the parking lots of participating stores where you can find product samples, music, food and speakers on health related topics. Educational information is available in both English and Spanish. All events take place from 10am-2pm. For more information about Fiesta de la Salud, please contact, Susan at 310-545-5627



**Upcoming event: Sunday, January 27th at Superior Grocers.( 8811 S. Western Ave., Los Angeles, CA 90047)**

## Grant Opportunities

### Seva Foundation

The Seva Foundation is accepting applications for its Native American Grants Program to support community improvements by Native American-led organizations, such as health and wellness activities or educational development. Award amounts are \$2,000-\$10,000. Eligible applicants include Native American-led nonprofit organizations, Indigenous Nations, and public agencies. Deadline: January 25, 2008 [http://www.seva.org/site/PageServer?pagename=programs\\_NA\\_content1](http://www.seva.org/site/PageServer?pagename=programs_NA_content1)



## Dates and Details– Save the Dates – 2008 LA Collaborative Meetings Locations TBD

**Thursday, March 20th, 9:00am-12:30pm**

**Thursday, May 22nd, 1:00pm-4:30pm**

**Thursday, September 18th, 9:00am-12:30pm**

**Thursday, December 4th, 9:00am-12:30pm**