



Los Angeles Collaborative for Healthy Active Children

NEWSLETTER

March 3, 2008



Announcements

National Nutrition Month Special Event

Glendale Unified School District, a district part of the LACOE coalition, will be celebrating National Nutrition Month, based on this year's American Dietetic Association's theme: "It's a Matter of Fact". The Director of Food Services, Agnes Lally, will be featuring her famous "A-Z Garden Bar" This event will be held on

Wednesday, March 12th, 2008 from 10:30am to 12:30pm. John Muir Elementary School, Playground Area: 912 S. Chevy Chase Dr. Glendale, CA 91205

All who are attending will receive a free lunch and Garden Bar salad.

We will be tying in the Harvest of the Month (Spinach) to this event and have confirmed that the American Cancer Society, the Dairy Council, Albertson's, Cal State L.A. student interns, a Farmer, and a chef will be representing a booth. There will also be a "Grab Bag" station with freebies, such as, Subway certificates, avocado stress balls, nutrition education literature, raisins, and more will be given away to all attendees!

Events

California WIC Food Summit is April 7

The California WIC (Women, Infants, Children) Food Summit, Making Change Matter: Maximizing the Health Impact of the New WIC Foods, will be held in Los Angeles on April 7. At the summit, WIC stakeholders and community partners will explore ways to ensure that the implementation of the new WIC food changes results in health improvements for California communities most impacted by the obesity epidemic. Agenda, registration, scholarship, and travel information are available on the California WIC Association Web site at www.calwic.org/foodsummit.aspx.

News

Treadmill desk gets up and running for office wellness

An article in the Detroit Free Press highlights a new fitness invention called the "Tread Desk." Devised from sound research (<http://bjism.bmj.com/cgi/content/abstract/41/9/558>) the Tread Desk is an adapted work station, with an adjustable computer monitor, where employees walk on a treadmill instead of sit at a desk. The Mayo Clinic studied the walking-while-working concept in 2005 and determined a worker could shed 100 calories an hour at a 1 m.p.h. walking pace. To read the complete article, please visit: <http://www.freep.com/apps/pbcs.dll/article?AID=/20080208/FEATURES08/802080407/1025/FEATURES>

Resources

Incredible Adventures of the Amazing Food Detective



Kaiser Permanente has created the Incredible Adventures of the Amazing Food Detective, a fun online video game for kids that teaches healthy habits. In the game, available in English or Spanish, players solve the cases of eight multi-ethnic kids who need to change their eating and physical activity behaviors. The game automatically shuts off after 20 minutes and encourages players to get up and exercise away from the computer screen. Check out the website at: <http://members.kaiserpermanente.org/redirects/landingpages/afd/>

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

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Check us out on the Web!

Los Angeles Collaborative for Healthy Active Children

www.lacollaborative.org

**We are now online!
Network for a Healthy California— Los Angeles Region**

championsforchange.lacounty.gov



National School Breakfast Week "Fuel Your Imagination" : March 3-7

Research shows that children who eat breakfast at school: Score better in standardized tests, have fewer health issues and behave better in class!

More Information about School Breakfast Week can be found at the official "Fuel Your Imagination" Web site: <http://www.schoolbreakfast.org>



Research

Meta-Analysis Explores Relationship Between Neighborhood Characteristics, Obesity Prevalence

A meta-review published in the *Journal of Nutrition Reviews* suggests that neighborhood characteristics, including income level, the built environment and access to healthy food, directly affect obesity prevalence. New York University researchers analyzed the results of 90 studies published between 1997 and 2007 to develop a conceptual framework for assessing neighborhood-level determinants of obesity. Determinants included social influences, access to healthy foods and fitness opportunities, and individual factors such as behavioral intentions. In reviewing the studies, the researchers determined that obesity rates were higher in neighborhoods with decreased economic and social resources. In addition, residents of low-income urban neighborhoods were more likely to report barriers to physical activity and poor access to stores that sell fresh, healthy food, particularly large supermarkets. To read entire article, please visit <http://www.sciencedaily.com/releases/2008/02/080207163807.htm>

Study Suggests Spanish-Language TV Food Ads Contributing to Childhood Obesity

A study in the *Journal of Pediatrics* released suggests that the substantial number of advertisements for fast food on Spanish-language television stations may be contributing to the rising obesity epidemic among Latino youth. Researchers reviewed 60 hours of programming airing on the popular Spanish-language channels Telemundo and Univision between 3 p.m. and 9 p.m., when children are most likely to watch television. The stations, which are watched by 99 percent and 93 percent of Latino households, respectively, aired an average of two or three food commercials every hour, and one-third of those food advertisements targeted children. To read the entire article, please visit: <http://www.sciencedaily.com/releases/2008/02/080218155627.htm>

Salt Intake Is Related to Soft Drink Consumption in Children and Adolescents A Link to Obesity?

A recent article in *Hypertension*, titled "Salt Intake Is Related to Soft Drink Consumption in Children and Adolescents A Link to Obesity?" reported children who eat a lower salt diet consume less fluids. "If children aged 4 to 18 years cut their salt intake by half (i.e., an average reduction of 3 grams a day), there would be a decrease of approximately two sugar-sweetened soft drinks per week per child, so each child would decrease calorie intake by almost 250 kcal per week," lead researcher Dr. said. "Not only would reducing salt intake lower blood pressure in children, but it could also play a role in helping to reduce obesity." To read the complete article, please visit <http://www.medscape.com/viewarticle/570416>

Member Spotlight

What are LA Collaborative Members doing out in the community

Community Health Councils, Inc.

Community Health Councils, Inc. is a community based organization who partners with many organizations in the LA Region to create healthcare policy developed with the participation of empowered and active communities and to accomplish racial and ethnic parity in health and healthcare

The CHC's Neighborhood Food Watch Program aims to hold local retailers accountable to "standards of quality" established by the community. Neighborhood Food Watch monitors the sale and promotion of food products to make sure that we have nutritious food options in South Los Angeles



The California Center for Public Health Advocacy will be honoring CHC for their outstanding leadership in policy advocacy and organizing efforts to improve access to healthy foods in Los Angeles at their awards luncheon on Thursday, March 6th from Noon-1:30pm.

For more information about CHC and the Neighborhood Food Watch, please visit <http://www.chc-inc.org/index.cfm> or call (323) 295-9372

Grant Opportunities



GoGirlGo! Physical Activity Grant

Teaming up with the GoGirlGo! National Campaign that is aiming to get one million inactive girls to participate in physical activity and keep another one million currently active girls from dropping out of physical activity, Gatorade and the Women's Sports Foundation are supporting another year of the GoGirlGo! Ambassador Team Awards. The awards program is designed to inspire teams to help fight the disturbing physical and psychological health risks affecting America's youth. Having fun with fitness is a key element to getting girls physically active. Teams must lead their own team project that will get girls in their communities physically active and submit a detailed essay telling us about the project. A total of \$50,000 in grants will be awarded in recognition of the outstanding efforts of 20 teams throughout the country. Deadline for application is July 18, 2008.

For more information and to download the application, please visit: <http://www.womenssportsfoundation.org/cgi-bin/iowa/funding/featured.html?record=34>

Dates and Details– Save the Dates

March 20th - LA Collaborative Quarterly Meeting

9:00am-12:30pm

Belvedere Park– Community Room: 4914 Cesar E. Chavez Avenue, Los Angeles, CA 90022