



# Los Angeles Collaborative for Healthy Active Children

## NEWSLETTER

February 18, 2008



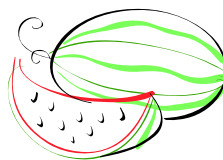
### Events

#### Yoga Trainings

**FREE PEP Funded Professional Development:** Yoga Education Trainings. Learn effective class and behavior management skills, proven to enhance focus, fitness and learning. Come increase well-being and decrease stress! CEU Approved For Classroom Teachers, PE Teachers and for Teachers with Yoga Training. Stipends available after trainings. Various training dates in February - June.

Location: The Accelerated School  
4000 S. Main Street  
Los Angeles, CA 90037  
For more information, please call (310) 471-1742 or visit [www.yogaed.com](http://www.yogaed.com)

“shred” the bill. “It is too oppressive for government to require a restaurant owner to police another human being from their own indiscretions,” Holland said Monday. The bill had no specifics about how obesity would be defined, or how restaurants were supposed to determine if a customer was obese. To read more, please visit: <http://www.msnbc.msn.com/id/22997073/>



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

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

### News

#### Reduced Sleep Can Increase Childhood Obesity Risk

Science Daily Reported on February 8th that less sleep can increase a child’s risk of being overweight or obese, according to a study by researchers at the Johns Hopkins Bloomberg School of Public Health. Their analysis of epidemiological studies found that with each additional hour of sleep, the risk of a child being overweight or obese dropped by 9 percent. To view the rest of the article, please visit <http://www.sciencedaily.com/releases/2008/02/080207104303.htm>

#### Sorry, you’re too fat to eat here: Mississippi bill would ban restaurants from serving obese customers

The Associated Press reported on February 4th, that Republican Rep. John Read of Gautier wants to ban restaurants from serving food to obese customers. More than 30 percent of adults in Mississippi are considered it obese, according to a 2007 study by the Trust for America’s Health, a research group that focuses on disease prevention. The state House Public Health Committee chairman, Democrat Steve Holland of Plantersville, said he is going to

### Resources

#### BE ACTIVE GUIDE

**The Network for a Healthy California, Los Angeles region is VERY excited to announce the newly available Be Active Guide!**

This directory has been created for the residents of Los Angeles County to promote physical activity and access to healthy foods. Listed in this directory is information on nutrition and physical activity resources located throughout Los Angeles County. In addition, a wide variety of internet resources are included. Most resources featured are available free or at low cost. For convenience, the physical activity resources in this directory are listed by Service Planning Areas (SPA’s) and nutrition resources are listed by service type. This guide is not all-inclusive and will be updated periodically. If you have nutrition or activity-related resources to add to the directory, call Michael Greene at 213-351-7335 or email at [migreene@ph.lacounty.gov](mailto:migreene@ph.lacounty.gov).

To view the resource guide, please visit:

**[www.beactivela.org](http://www.beactivela.org)**



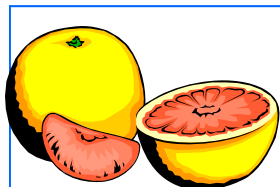
**Check us out on the Web!**

**Los Angeles Collaborative for Healthy Active Children**

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

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

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



### February is National Grapefruit Month

**Did you know grapefruit got its name because it grows in clusters like grapes!**

**Grapefruits are a great source of vitamin C. One-half of a grapefruit provides all the vitamin C your body needs for the day!**



## Research

### Metabolic Syndrome May Affect Nearly One in 10 Teens, Study Suggests

A study in February's Journal of Pediatrics suggests that nearly one in 10 teens may have a cluster of risk factors associated with metabolic syndrome. Metabolic syndrome in adults is based on the presence of several risk factors that increase risk for heart disease, diabetes and stroke. These factors include fat around the waist, elevated blood pressure, high blood triglyceride levels, unhealthy cholesterol levels and high blood sugar. However, the National Institutes of Health has yet to define metabolic syndrome for children and adolescents. Lead author Stephen Cook, assistant professor of Pediatrics at URMC, concludes that, "even if there is no consensus on a pediatric-specific definition, the fact that one in four obese teens meet the adult definition for this clustering of cardiovascular disease risk factors is enough of a concern." He adds that the increase in cardiovascular risk factors among young adults likely represents "the first wave of severe consequences of the modern obesity epidemic." To read more, please visit <http://www.sciencedaily.com/releases/2008/01/080125100317.htm>



### California Researchers to Study Specific Childhood Obesity Causes

University of California (UC) Cooperative Extension researchers are launching a study to determine specific causes of overweight and obesity among children, the Woodland Daily Democrat reports. Supported by a \$390,000 grant from the U.S. Department of Agriculture National Research Initiative, researchers are creating an easily administered, simple questionnaire that addresses 12 topic areas, including produce consumption and parenting style, which earlier research have identified as significantly related to childhood obesity. The "Healthy Kids" survey targets parents of children ages 3 to 5 in low-income households. Researchers note that the questions will be culturally sensitive and paired with images that accurately depict the relevant behaviors. According to Marilyn Townsend, the lead researcher based at UC-Davis, "it's not enough for us to have a good idea what is going on" with childhood obesity, adding that the causes must be proven "using a scientific process, and that requires an accurate way to identify these behaviors." To find out more, please visit, <http://news.ucanr.org/newsstorymain.cfm?story=1060>

## Member Spotlight

What are LA Collaborative Members doing out in the community

### Youth Empowerment through Nutrition Education

Youth Empowerment through Nutrition Education (YENE) is a Northeast Valley Health Corporation (NEVHC) health education program targeting adolescents in the San Fernando Valley. The goal of this project is to empower low-income, mostly Hispanic youth to create positive impacts on peers in their community about healthy food choices and eating to reduce the risks of obesity and obesity-related health issues. YENE is funded through a mini-grant from the Network for a Healthy California, Los Angeles Region. Activities for this project include: holding a nutrition poster contest among the youth of local San Fernando schools and allowing teen peer nutrition leaders (PNLs) to develop and present fun and interactive presentations to fellow teens at local venues. Discussion topics include: The New Food Pyramid & Health Risks, Food Labels, Healthy Portion Sizes & Fast Foods and Eating Habits & Dieting. For more information, please contact NEVHC:

[MariaGuerrero@nevhc.org](mailto:MariaGuerrero@nevhc.org); 818-898-1388.



## Grant Opportunities

### Team Nutrition Grants

USDA FNS is soliciting grant applications from State agencies to expand and enhance training programs that incorporate and implement the 2005 Dietary Guidelines for Americans in meals served under child nutrition programs. Up to \$4 million is anticipated in Fiscal Year 2008 for Team Nutrition (TN) Training Grants. Funding will range from \$50,000 up to \$200,000 for an individual State (novice State included) or a coalition within a State; and up to \$350,000 for a coalition of 2 or more different states. State agencies that administer the National School Lunch Program, School Breakfast Program and/or Child and Adult Care Food Program may apply. State health agencies that administer CACFP must target foodservice personnel, children and their educators and caregivers participating in CACFP.



Applications Due By: Intent to Submit an Application due to FNS March 3, 2008 Applications are due to FNS Apr 14, 2008

More information on this grant please visit: [www07.grants.gov/search/search.do?mode=VIEW&oppId=40422](http://www07.grants.gov/search/search.do?mode=VIEW&oppId=40422) and [www.fns.usda.gov/tn/grants/2008app.html](http://www.fns.usda.gov/tn/grants/2008app.html)

Contact: Leslie Byrd, Grants Officer, Grants Management Division, [leslie.byrd@fns.usda.gov](mailto:leslie.byrd@fns.usda.gov).

## Dates and Details– Save the Dates

### March 20th - Quarterly Meeting