



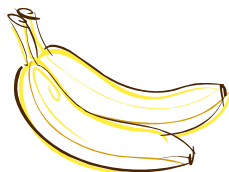
**Events**

**Fit Family Community**

The Excellence Through Exercise Foundation is a non-profit 501 (c) (3) organization that works with local elementary schools to improve their physical education programs. One of our primary goals is to make exercise a priority among today's youth. What better way to help accomplish this goal than to help the entire family adopt exercise as an essential part of their daily routine? The Excellence Through Exercise Foundation is offering a FREE educational program called "Fit Family Community" to give families in our area the information, resources and support they need to become more fit and healthy. Wednesday, February 13, 2008. Whittier, CA [http://www.excellencethroughexercise.org/pdf/fit\\_family.pdf](http://www.excellencethroughexercise.org/pdf/fit_family.pdf)

**Food for the Soul/Fuel for the Movement: A Celebration of Nutrition and Fitness Advocacy in CA**

California Center for Public Health Advocacy (CCPHA) "Food for the Soul/Fuel for the Movement" celebration is March 6th from 12:00-1:30pm. The CCPHA has opened registration for the CCPHA's Awards Luncheon and Fundraiser on March 6 at the City Club on Bunker Hill in Los Angeles. The event, "Food for the Soul/Fuel for the Movement: A Celebration of Nutrition and Fitness Advocacy in California," will honor Eric Schlosser, author of Fast Food Nation. To register, visit [www.acteva.com/booking.cfm?bevaid=151157](http://www.acteva.com/booking.cfm?bevaid=151157).



**Resources**



**Harvest of the Month**

**Are you having trouble getting Harvest of the Month materials? Did you know they are available to download on the LA Collaborative website?**

Harvest of the Month is a program whose objectives are to:

- access to fruits and vegetables through school meal programs, classrooms, school gardens, farmers' markets, grocery stores, community gardens, etc.
- preference for selected produce items through classroom activities, such as taste testing, cooking in class and school garden activities, and through menu offerings in the school meals program.
- participation in daily physical activity and understanding of why it is important.
- knowledge of and familiarity with California grown fruits and vegetables and the rich agricultural bounty of the State.

Harvest of the Month is comprised of four key monthly elements: Educator Newsletters, Family Newsletters, Menu Slicks and Press Release Templates.

February's Harvest of the Month focus is Broccoli.

**All are available to download, each month, at [www.lacollaborative.org](http://www.lacollaborative.org)**

**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)

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

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

**February is National Heart Month**



Better lifestyle habits- including consuming a healthy diet rich in fruits and vegetables and participating in regular physical activity- can help you reduce your risk for heart attack. To learn more about healthy lifestyles and your heart health, please visit <http://www.americanheart.org/presenter.jhtml?identifier=1200009>



## Research

### Study Finds No Link Between Food Insecurity, Overweight Among Low-Income Children

A study in February's Journal of Nutrition suggests that overweight status in low-income kids is not associated with inconsistent access to healthy foods or slowed metabolism from skipping meals. Instead, they found that half of low-income children are at risk of overweight or obesity and there was no significant difference in the prevalence of overweight between food secure and food insecure children. For more information and to read the complete article, please visit: <http://www.washingtonpost.com/wp-dyn/content/article/2008/01/28/AR2008012801873.html>

### Robert Wood Johnson Foundation-Supported Study Details Children's Easy Access to Unhealthy Foods

A third of public secondary schools nationwide have at least one fast food restaurant or convenience store within walking distance, according to a study in the journal Health and Place. The first national study of its kind examined more than 31,000 schools in all 50 states and over 1,700 schools in the 20 largest cities. Results highlight the disparities that exist in the availability of healthy foods: schools in low-income neighborhoods have twice as many convenience stores nearby as do schools in high income neighborhoods, and nearly 50 percent more fast food restaurants. Additionally, urban neighborhoods with a high school have more fast food restaurants than neighborhoods without a secondary school. To learn more about the study, please visit: [http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6VH54PCFPX5&\\_user=2502780&\\_rdoc=1&\\_fmt=&\\_orig=search&\\_sort=d&view=c&\\_acct=C000057629&\\_version=1&\\_urlVersion=0&\\_userid=2502780&md5=ee7a880115c4f7256639acae0c4b5da5](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VH54PCFPX5&_user=2502780&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000057629&_version=1&_urlVersion=0&_userid=2502780&md5=ee7a880115c4f7256639acae0c4b5da5)

### Mothers Prefer Web-Based Nutrition Resources, Study Finds

A study in the latest Journal of Nutrition Education and Behavior suggests that mothers in low-income families prefer to learn about nutrition through Web sites, United Press International reports. To determine the best method for providing nutrition education, Michigan State University researchers presented 155 low-income mothers with nutrition information in a pamphlet, via an interactive computer game and on a Web site. They found that participants paid more attention to and better comprehended information on the Web site compared with the other modalities. In addition, they were more likely to return to the Web site for additional information. This study was published in the Journal of Nutrition Education and Behavior (subscription required).

## Member Spotlight

### California Food Policy Advocates



California Food Policy Advocates is a statewide public policy and advocacy organization dedicated to improving the health and well being of low-income Californians by increasing their access to nutritious and affordable food.

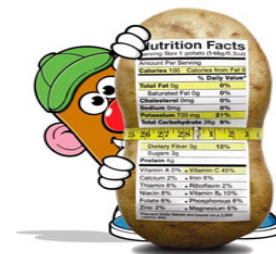
CFPA is California's only statewide anti-poverty program with a focus on hunger and malnutrition among low-income people, making it an excellent partner for the LA Collaborative for Healthy Active Children and the Network for a Healthy California whose goals are to improve low-income Californians access and abilities to adopt healthy eating and physical activity patterns as part of a healthy lifestyle.

CFPA works to develop and promote strategies and programs to meet the nutrition needs of low-income communities and individuals and through public education and advocacy ensures the inclusion of nutrition in the formation and implementation of sound public policy.

Visit <http://www.cfpa.net/> to view CFPA's most recent release about the CA Budget Proposal

## Grant Opportunities

US Potato Board (USPB) and the School Nutrition Foundation (SNF) are partners in sponsoring the first-ever School Wellness Grant Program. Ten (10) grants will be awarded for qualified school districts to receive funds in the amount of \$2,500. Grant recipients are expected to use these funds towards purchasing equipment and/or implementing a physical education curriculum, which will assist students in becoming conscious of a healthy lifestyle. Grant applications are due **April 15, 2008**. Applications are available at <http://www.healthypotato.com/health.asp> or <http://www.schoolnutrition.org/>



## Dates to Remember:

Upcoming LA Collaborative Meeting:  
Thursday, March 20th 9:00am-12:30pm  
Location: TBD