



Weekly News Update



Nutrition and physical activity news and resources brought to you by the *Network for a Healthy California– Central Valley Region*

September 24, 2007

Events

Free nutrition education training, Science & Nutrition Links, is September 27

Hosted by the *Network for a Healthy California– Central Valley Region* and presented by the California Healthy Kids Resource Center, this training will be held on September 27 from 9 a.m. to 3:30 p.m. at Selma Spike n Rail in Selma. The training will prepare *Network for a Healthy California*-funded coordinators, nutrition educators and teachers to use the draft Science and Nutrition Links resource. Participants will receive a copy of the 10-lesson resource, learn to provide standards-based, integrated science and nutrition instruction, and discover assessment techniques and research-based resources. The training flyer is available for downloading at <http://ucce.ucdavis.edu/files/filelibrary/5458/42010.pdf>. Register online at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2197>. For additional information, contact Yolanda Murillo at (559) 456-7285.

Training: “Our Issues, Our Voices: Communities of Color Advocating for Health”

The California Pan-Ethnic Healthy Network is presenting “Our Issues, Our Voices: Communities of Color Advocating for Health” on October 17 in Fresno. Dhaya Lakshminarayanan, Chief Humorist and Communication Specialist with training company Allegory, will lead an interactive public speaking workshop to teach participants how to effectively frame and communicate messages around key health issues. Participants will move into interactive breakout sessions to apply their new skills to pressing public health issues in their communities. The training will be held at the Fresno UC Center, located at 550 East Shaw. Registration begins at 9:30 a.m. and the presentation begins at 10 a.m. For more information and to register, visit www.cpehn.org/events.php.

Research

Study links increasing hypertension rates to childhood obesity

The Robert Wood Johnson Foundation reported on September 11, “A new study published in the September issue of *Circulation* is the first to show that medically significant hypertension is a consequence of childhood obesity, the *Washington Post* reports. To determine the link between obesity and hypertension among U.S. youth, researchers from the Morehouse School of Medicine in Atlanta analyzed federal survey data collected between 1963 and 2002 from 29,165 children ages 8 to 17. The researchers found that the prevalence of childhood obesity held relatively steady at about 6 percent between 1963 and 1980, but then began to rise rapidly, reaching nearly 17 percent by 2002.” Read the full article at www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6316.

Texas researchers study obesity prevention among Latino children

The Robert Wood Johnson Foundation reported on September 7, “The Institute for Health Promotion Research at the University of Texas Health Science Center in San Antonio has undertaken a new effort to study strategies for reducing obesity among Latino children, the *San Antonio Business Journal* reports. Funded by a \$5.2 million, five-year grant from the Robert Wood Johnson Foundation, Salud America! The National Latino Childhood Obesity Prevention Network aims to increase the number of scientists engaged in childhood obesity prevention research and to foster collaboration among experts from many fields.” Read the full article at www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6303.

To submit news, resources, event details and any other nutrition and physical activity information contact:

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News

Menu-labeling law waiting for Governor's signature

The California Center for Public Healthy Advocacy reported in a news release on September 11, "By a vote of 42 to 31, the California Assembly made California the first state in the nation to pass statewide legislation requiring fast-food outlets and chain restaurants to provide nutrition information at the point of purchase – a move favored by 84 percent of Californians in a statewide poll last April. Commonly known as the menu-labeling law, Senate Bill 120 (Padilla/Migden) is seen as landmark legislation to help Californians make healthier choices...The challenge to understand chain restaurant menus was highlighted earlier this year when a statewide Field Research Corporation poll was released showing that only 10 percent of Californians could pick the healthiest item from a short list of common fast foods. Restaurants and fast-food outlets are a key concern because Americans spend nearly half their food dollars away from home....When signed by the Governor, SB 120 will make California the first state to require chain restaurants and fast-food outlets to provide nutritional information for standard menu items. Specifically, the bill requires the number of calories to be posted on menu boards. Printed menus would provide the amount of calories, grams of saturated fat, trans fats, sodium and carbohydrates." For more information on SB 120, visit www.publichealthadvocacy.org.

Lunchbox recall

Network for a Healthy California lunchbox recall

Network for a Healthy California promotional canvas lunch boxes provided by the State for use as nutrition program giveaways have tested positive for lead contamination. These lunch boxes have been distributed at many venues as promotional items, including schools. The lunch boxes are being recalled and have to be disposed of as hazardous household waste (HHW); they should not be thrown in the trash. Attached are news releases from the California Department of Public Health in English and Spanish. Please read these releases for more information on the recall and proper disposal. More information to follow.



Grant Opportunities

"I Wish I Could" program offers grants to teachers

The "I Wish I Could" teacher grant program will support teachers who wish to integrate principles of health and wellness in their classes. Twenty individual grants of \$500 each will be awarded to teachers and schools across the nation. Visit www.NamasteShares.org until October 1 to share your story for a chance to win a \$500 grant. Also visit www.NamasteShares.org for more information and resources from Namaste Charter School. Founded on the principles of health and wellness, this Chicago elementary school aims to battle childhood obesity with a new approach to nutrition, wellness and physical activity. Namaste Shares! is a web tool featuring curriculum ideas, tools and resources to help you learn from successes in the battle against childhood obesity.



Announcements

Happy birthday Food Stamps

The Food Stamp Program is turning 30 this month and the California Association of Food Banks has provided a variety of celebration ideas at www.myfoodstamps.org/happybirthday.html. To view a video about the history and development of the Food Stamp Program, visit www.cbpp.org/foodstamp-video.htm.

Dates and Details

September 27	Science & Nutrition Links training	Selma
October 17	Our Issues, Our Voices: Communities of Color Advocating for Health training	Fresno
October 25	CVHNC Healthy Eating Action Team (HEAT) training	TBA