



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

October 8, 2007

## Research

### Study indicates time commitments influence food prep time more than income

Amber Waves, a USDA publication through Economic Research Service (ERS), reported in September, “ERS analysis of the 2003-04 American Time Use Survey indicates that, among women, time commitments are more important than income in determining the time spent preparing food. As incomes rise, families are more likely to substitute money for time because they can more easily afford time-saving goods and services. Yet, the ease with which they make these substitutions may also depend on factors beyond income, such as time demands of work and children and the ability to divide household tasks among other members of the household.” Read the full article at [www.ers.usda.gov/AmberWaves/September07/Findings/TimeMoney.htm](http://www.ers.usda.gov/AmberWaves/September07/Findings/TimeMoney.htm).

### Study finds food expenditures decline after age 65

Amber Waves, a USDA publication through Economic Research Service (ERS), reported in September, “A new ERS report found that per person food spending increases until the head of household turns 65. For example, in 2004, households with a head age 25-34 had an average per capita household income of \$19,401 and spent \$1,918 per person on total food (food purchased in grocery stores and in restaurants and other eating places). In contrast, those with heads age 55-64 had an average per capita income of \$31,914 and averaged \$2,719 per person on food. After age 65, income and per person food expenditures declined.” Read the full article at [www.ers.usda.gov/AmberWaves/September07/Findings/FoodSpending.htm](http://www.ers.usda.gov/AmberWaves/September07/Findings/FoodSpending.htm).

### Adding fruits and veggies more slimming than simply cutting fat

Dole Nutrition News reported on October 1, “Sometimes more is less. Low-fat dieters who were told to eat unlimited fruits and vegetables lost 21 percent more weight than those who just reduced fat intake. It may sound like magic, but the fruit and veggie group actually consumed fewer calories -- even though they were eating 25 percent more food by weight.” Read the full article at [www.dolenutrition.com/currentissue.aspx?nlid=1119](http://www.dolenutrition.com/currentissue.aspx?nlid=1119).

### More fruit, less heart disease risk

Dole Nutrition News reported on October 1, “Each extra (1/2 cup) serving of fruit you eat a day reduces your risk of heart disease by 7 percent, according to new research. If you consider how many servings you get with some of your favorite fruits, you’ll see how easy it is to significantly slash your disease risk through fruit consumption. Three large bananas, for example, would provide 42 percent more protection -- possibly much more when you consider the concentration of nutrients like potassium, fiber, vitamin C and B6, which make this fruit a Superfood for Your Heart.” Read the full article at [www.dolenutrition.com/ArticleDetails.aspx?RecId=1313](http://www.dolenutrition.com/ArticleDetails.aspx?RecId=1313).

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

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## Announcements

### MCOE accepting application for School Nutrition Liaison position

The Merced County Office of Education (MCOE) has an opening for School Nutrition Liaison. The position description can be found at [www.mcoe.org](http://www.mcoe.org) under employment opportunities. This application closes at 5 p.m. on October 12. For more information, contact Jaci Westbrook at (209) 385-5394 or via email at [jwestbrook@mcoe.org](mailto:jwestbrook@mcoe.org).



# Resources

## Team Nutrition offers free nutrition posters

Free nutrition education posters are available for ordering online through Team Nutrition, a USDA funded nutrition-promotion program. The posters can be ordered at <http://tn.ntis.gov/>. For more information about Team Nutrition, visit [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/).

## California School Garden Week toolkit available

The California School Garden Network is promoting the Second Annual California School Garden Week, and has created a kit to help schools celebrate. This kit is available for downloading online at [www.csgn.org](http://www.csgn.org).

## Childhood Obesity special in AJPM

The October issue of the American Journal of Preventive Medicine (AJPM) features a special supplement devoted to childhood obesity. View the journal and the special supplement at [www.ajpm-online.net/issues/contents?issue\\_key=S0749-3797%2807%29X0129-6](http://www.ajpm-online.net/issues/contents?issue_key=S0749-3797%2807%29X0129-6).

## Nutrition & Your Child releases new issue

Nutrition & Your Child, a research-based newsletter produced by the USDA Children's Nutrition Research Center at Baylor College of Medicine, has just released its third issue for 2007. Articles include: *Large Portion Sizes and High Energy Density = More Calories Consumed*; *Children Eat More Fruit and Vegetables After Food Preparation Activities*; *Increasing Bone Mineral Mass: Tips for Teens*; and *Predicting Weight Gain in Hispanic Children*. View this issue at [www.kidsnutrition.org/images/pdfs\\_nyc/2007/vol3.pdf](http://www.kidsnutrition.org/images/pdfs_nyc/2007/vol3.pdf).

## Report: Key Lessons from California Schools Working to Change School Food Environments

Healthy Eating Active Communities, a program by The California Endowment has published *Key Lessons from California Schools Working to Change School Food Environments*, a report that outlines The Endowment's work to change school food environments. View this report via the CVHNC Web site at <http://ucce.ucdavis.edu/files/filelibrary/742/42470.pdf>.

# News

## Chronic disease costs \$1 trillion per year

The San Francisco Chronicle reported October 3, "Americans who have common chronic health conditions cost the U.S. economy more than \$1 trillion a year, a figure that could jump to nearly \$6 trillion by 2050 unless people take steps to improve their health, a study released Tuesday found. According to the report by the Milken Institute, a Santa Monica think tank, the economic impact of chronic illness goes far beyond the expense of treating disease. It takes an even greater toll on economic productivity in the form of extra sick days, reduced performance by ill workers and other losses not directly related to medical care." Read the full article online at [www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/10/03/BUDKSGJLP.DTL](http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/10/03/BUDKSGJLP.DTL).

# News continued...

## Restaurant nutrition bill awaits governor's signature

The Ventura County Star reported October 4, "You've been watching your weight, keeping a rough count of your calorie intake, and today you've had a pretty good day. Now, it's 11 o'clock at night, you're hungry and you pull into the fast-food drive-through for something to get you through the night. What's it going to be? A burger and fries or a milkshake? Health officials across the state think Californians would make healthier choices — or at least better informed choices — if that menu board on the other side of the windshield provided a little information other than the price. Specifically, they want restaurants to display how many calories are in each item. Gov. Arnold Schwarzenegger can make that happen by putting his signature on a bill now before him, SB120." Read the full article online at [www.venturacountystar.com/news/2007/oct/04/restaurant-nutrition-bill-awaits-governors/](http://www.venturacountystar.com/news/2007/oct/04/restaurant-nutrition-bill-awaits-governors/).

# Events

## Merced Food Summit '07 is October 19

The Merced County Hunger Task Force is hosting Food Summit '07 on October 19 from 8 a.m. to 4 p.m. at Gateway Community Church in Merced. The summit's theme, "A Walk in Their Shoes," intends to dispel stereotypes associated with the food insecure and demonstrate connections between hunger and other local issues. Keynote speaker, Connie Schneider, PhD, RD, will discuss the correlation between food insecurity and health risks. An event flyer and brochure are available on the CVHNC Web site at <http://ucce.ucdavis.edu/files/programs/3769/>. For additional information, call (209) 383-4859.

# Funding Opportunities

## Junk-Free Schools Video Contest

The Center for Science in the Public Interest (CSPI) is hosting a Junk-Free Schools Video Contest. The contest seeks young filmmakers to make a case for getting junk-food out of schools as part of a nationwide campaign to bring healthier foods to schools. The Grand Prize winner will receive a \$100 gift certificate to iTunes and the video will be showcased on the CSPI Web site. The deadline for submission is November 1. For more information, visit [www.schoolfoods.org/contest.html](http://www.schoolfoods.org/contest.html).

## Reminder: Healthy Sprouts Awards due October 15

Twenty grants will be awarded; for more information, visit [www.kidsgardening.com/healthysprouts.asp](http://www.kidsgardening.com/healthysprouts.asp).

## Dates and Details

October 17	Our Issues, Our Voices training	Fresno
October 19	Merced Co. Hunger Task Force Food Summit	Merced
October 19	Community Food Bank 15-Year Celebration	Fresno
October 25	CVHNC Healthy Eating Action Team	TBA