

Go to this link for this  
year's toolkit:

<http://www.healthfinder.gov/nho/PDFs/MayNHotooIkit.pdf>

**Newsletter Highlights:**

Dietary Guidelines	2
Get In the Action	3
Partner Spotlight	4
Nominations	5
Conferences	6

**Upcoming Deadlines:**

Eat, Play, Love	5
Scholarships	6

**Parents: Every Minute Counts**

Handout	6
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The **Mission** of the California Action for Healthy Kids is:

*"To assure that all public schools in California provide an environment that supports healthy eating and physical education/activity, where children can learn and participate in healthy behavior."*

## State Schools Chief Tom Torlakson Announces Launch of a New Campaign

On March 25th, Superintendent of Public Instruction Tom Torlakson announced plans for a statewide campaign to improve the health and fitness of California's 6.2 million schoolchildren.

Torlakson announced the campaign as he released the results of the 2009–10 FITNESSGRAM®, which showed that less than a third of students tested scored in the Healthy Fitness Zone® in all six fitness areas. As a high-school science teacher and track and cross-country coach, Torlakson envisions a campaign that will link schools with community leaders and athletes to foster new partnerships and put a spotlight on local efforts to encourage students to get more exercise—both at school and at home.

Torlakson said, "Nothing is more important than the health of our children, and today's results show that many of them need a helping hand to get fit and stay in shape. The Team California for Healthy Kids campaign will help students adopt the healthy habits that will help them succeed in the classroom today—and help them stay healthy over a lifetime."

In a press release, Torlakson announced that the campaign will be co-chaired by:

- Dr. Toni Yancey <http://www.toniyancey.com/about.html>
- Bill Walton <http://www.billwalton.com/bio>
- Bubba Paris <http://www.bubbaparis.org/meetbubba.htm> and
- Dean Karnazes <http://www.ultramarathonman.com/flash/>

Two former California Department of Education Nutrition Consultants (Nancy Gelbard and Caroline Roberts) have been hired to launch the statewide campaign that will address the childhood obesity epidemic, improve student learning through better eating and physical activity/education, and energize our students and parents to action. As the campaign is developed, it may include:

- An annual awards program for the schools implementing best practices that achieve the goals of healthier and more fit students, which can serve to spotlight innovative approaches and creative partnerships with the community.

- "Ambassadors" for the campaign that could be available across the state to promote special events on our school campuses and in our neighborhoods such as former Olympians and professional athletes-- as well as "everyday heroes" including nurses, doctors, firefighters, police officers, coaches, teachers, and business and labor leaders.

- Partnerships with City mayors and their park and recreation departments and with public health agencies and hospitals.

- Connections to existing efforts that are moving forward at the state and national level --- including the First Lady's *Let's Move* campaign.



## Parents Guide to the 2010 Dietary Guidelines

The new 2010 *Dietary Guidelines for Americans* are meant to be a roadmap to help busy parents maintain a healthy lifestyle for their families. The Guidelines focus on balancing calories with physical activity, and encourage adults and children to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and to consume less sodium, saturated and *trans* fats, added sugars, and refined grains.

### What are the Dietary Guidelines?

The Dietary Guidelines set the standard for what is recommended for nutrition and physical activity--calling on Americans to reduce calorie consumption and increase physical activity as means to stay fit and healthy. The Dietary Guidelines are based on evidence-based recommendations to promote health, prevent chronic disease and reduce

the growing rates of overweight and obese Americans. The United States Department of Agriculture (USDA) releases an updated document every five years, taking into account recent research and health trends.

### What are some important messages in the 2010 Dietary Guidelines?

#### Balance Your Calories

- Enjoy your food, but watch your portions and be active.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1 percent) milk.

#### Foods to Reduce

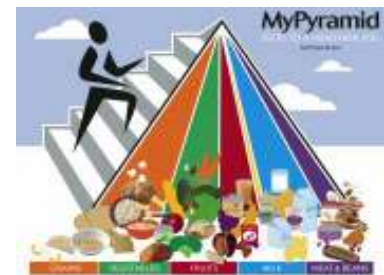
- Compare sodium in foods like soup, bread and frozen meals. Choose foods with lower numbers.
- Reduce high fat foods and avoid trans fats.
- Drink water instead of sugary drinks.

Read more about the Dietary Guidelines at:

<http://www.dietaryguidelines.gov>

To know the kinds and amounts of food to eat each day, go to:

<http://www.mypyramid.gov>



## Fuel Up to Play 60

Created in partnership by National Dairy Council (NDC) and the National Football League (NFL) in collaboration with the United States Department of Agriculture (USDA), Fuel Up to Play 60 empowers youth to take action to improve their own health by implementing long-term, positive changes for themselves and their schools emphasizing nutrient dense food choices/options and being physical activity 60 minutes each day. Students and schools design programs that fit the needs of their schools using the Fuel Up to Play 60's tools and resources. Program components include an interactive website and the potential to receive a Wellness Activation Kit, opportunities for grants to increase School Breakfast participation, youth social

media partnerships and other rewards for participation. Dairy Council of California is the local partner to help bring FUTP60 to schools in California. To learn more and find out

how you can get involved, visit the Fuel Up to Play 60 Web site at:

<http://www.fueluptoplay60.com/>



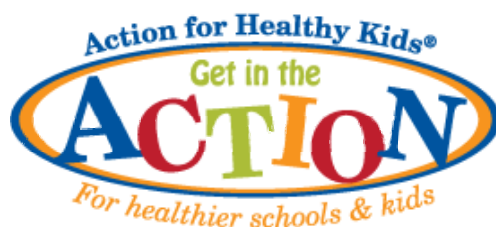
## California Action for Healthy Kids Plans a "Get in the Action" Event

The California Action for Healthy Kids team is working with Earl Warren Elementary School, including the school's PTA leadership, to plan the launch of a multi-cultural school and community garden. The ground breaking for the garden, including the building of raised beds and garden planting, will take place in September or October 2011 on the school site in Sacramento City Unified School District.

The school garden will be launched with a volunteer "Day of Action" sponsored by the California Action for Healthy Kids and other partners of the school and community. Volunteers will build and plant the beds using a multi-cultural theme designed by a partnership of school administrators, students, PTA leaders, and representatives of the after school program. In the spring of the 2011-12 school

year, the school will expand the newly developed school garden to be an ongoing school/ community garden.

The students and families of Earl Warren Elementary School (Pre K-6<sup>th</sup> grade) will greatly benefit from a garden program. The students are from severely low-income families (96% are eligible for free/reduced school meals). By fifth grade, about one-half of the students are already overweight and more than half of them have poor aerobic capacity, as shown by the school's 2009 FITNESSGRAM® scores.



Earl Warren Elementary Principal Tu Moua states, "The families of our students, many of Hispanic and Asian ethnicity, value the idea of a garden and growing their own fresh vegetables." The 500 students at this elementary school will enjoy the opportunity to grow fresh fruits and vegetables, to be physically active in tending the garden, and to eat healthier. The teachers will be able to use the garden for classroom instruction that involves hands-on learning. The community will benefit from a collaborative project that builds a vibrant school/community garden. Other schools in the district and the region can use this school's project as a model for their school gardens.

If you would like to participate in this project, please contact Jan Lewis at: [jraylewis@comcast.net](mailto:jraylewis@comcast.net)

## Nutrition Education That Works: Pre Conference Session at The 2011 Childhood Obesity Conference

Nutrition Education is an important way to help students learn life skills so they can purchase and prepare healthy meals for themselves. With all the nutrition education resources available, how do you know which is the best nutrition curriculum to use with students? Join us for a hands-on workshop in which you will learn how to choose curricula and develop a nutrition education program based on the 2010 Nutrition Competencies. The Competencies are new and improved—now they align with the California Health Education Content Standards. Don't miss this opportunity to get your personal copy and a first look of the new Nutrition Education Resource Guide, just

published by the California Department of Education. The guide contains over 75 resources, including peer-reviewed, evidenced based curricula. A complimentary breakfast is being provided through the generous sponsorship of the Dairy Council of California.

The Nutrition Education that Works Pre-conference session is being conducted by the California Department of Education on Tuesday June 27, 2011 from 8:30 AM -12PM. For more information, please register through the 2011 Childhood Obesity Conference at: <http://www.childhood-obesity.net/reg1.htm>





## Spotlight on Partners

Center for Collaborative Solutions  
*Unleashing the Power of People Working Together*

The Center for Collaborative Solutions (CCS) is a non-profit with a focus on improving the quality of afterschool programs through a variety of initiatives, policy work, publications, and on-the-ground support for programs.

In 2004, CCS entered into a partnership with the California Department of Public Health's *Network for a Healthy California* in order to strengthen afterschool programs and help them improve how they work with children and their families—as well as with their staff—to embrace healthy behaviors in nutrition and physical activity. CCS works with California's publicly-funded afterschool programs. They serve low-income students at over 4,000 sites and offer a flexible, wonderful venue for addressing the childhood obesity crisis.

Also funded by The California Endowment and the David and Lucile Packard Foundation, this Healthy Behaviors Initiative (HBI) has demonstrated that afterschool programs can make a real difference in the lives of low-income children. The initiative focuses on both the environment and individual behavior.

Under this initiative, CCS has:

- Developed a set of six Practices that help afterschool programs improve their nutrition, physical activity and food security focus, and published a step-by-step guide, *Changing Lives, Saving Lives*, to help afterschool programs adopt the Practices;
- Worked with outstanding afterschool programs across the state to implement the Practices and create 14 Healthy Behaviors Learning Centers to help other programs do the same;
- Brought together nutrition, physical activity and food security experts to guide this work; and
- Developed strong partnerships with other agencies with the same goals.

Healthy Behaviors Learning Center programs have implemented policies and practices to support healthy lifestyles. Staff model healthy eating and physical activity. Partnerships with food banks and school food services bring tons of fruits and vegetables into the programs. Students are encouraged to take advantage of school breakfast and school lunch (one program had

a 50 percent increase in breakfast participation!). The programs have embraced hands-on learning experiences like gardens and healthy cooking classes. Family nights feature physical activity and healthy food choices. Health fairs build community partnerships. And 30 minutes of moderate to vigorous physical activity daily is the goal of these programs.

More Learning Centers are under development, and discussions are taking place at the national level to carry this work to other states. More information on the initiative (as well as additional resources) is available at: [www.afterschoolsolutions.org](http://www.afterschoolsolutions.org)

CCS collaborates with a wide variety of organizations to increase nutrition and physical activity among afterschool students, and to address hunger. Just a few of these organizations are listed here.

- The California Departments of Education and Public Health, the California After School Resource Center, the California School Boards Association, the American Cancer Society, the State PTA, the California Foundation for Agriculture in the Classroom, CANFIT, the Dairy Council, and KidTribe provide support and expert advice.
- The BOOST Collaborative co-sponsors an annual Healthy Behaviors Conference.
- CA Action for Healthy Kids partners to support and spread the word about afterschool.
- The CA AfterSchool Network's Nutrition and Physical Activity Committee provides a venue for developing and publishing materials that support improved nutrition and physical activity in afterschool programs.
- Healthy Behaviors Learning Center programs A World Fit For Kids!, Mt. Diablo CARES, the YMCA of Silicon Valley, Fitness for Life at Pajaro USD, CalSERVES, Woodcraft Rangers, Madera CLUB YES, Fresno FRESH and SF ExCEL have become HBI champions in and outside their regions.



## A Live Webinar: Wednesday, May 18, 12:00 – 1:00 pm PDT

Janet Helm, RD, Jill Castle, RD, Maryann Jacobsen, RD and Andrea Garen, RD - registered dietitians who are moms themselves- will present the fundamentals behind raising healthy eaters. This free, 60 minute webinar for registered dietitians and parenting writers will address the practical, actionable steps that parents and caretakers can use to approach mealtime and children's eating behaviors with a positive attitude.

Attendees will learn:

1. What do children actually need to be healthy?
2. What is "division of responsibility" and why is it important for parents and children?
3. Why should the focus be both on the "what" and the "how" of feeding kids?
4. What is a feeding strategy, and why should parents develop one for their children?
5. What happens when your feeding strategy fails? How do you handle picky eaters?

Taking a positive approach to mealtime can benefit both parents and children. Register for *Eat, Play, Love: Raising Healthy Eaters* webinar today. <http://learningtimesevents.org/dairycouncilofca/>

**Eat, Play, Love:**  
Raising Healthy Eaters

## Nominations Open for Spotlight Awards!

### Governor's Council On Physical Fitness and Sports

The Governor's Council on Physical Fitness and Sports 2011 Spotlight Award Nominations are now open!

To nominate yourself or other individuals, organizations and events, please click on the flyer below. (Previous nominees ARE available for consideration again this year.)

Also, please help us spread the word about this opportunity by forwarding this information to everyone in your community who supports California children's health and fitness.

<http://calgovecouncil.org/spotlight/>

### HOW TO BRING HOME THE GOLD!



**Nominate yourself or someone you know  
for a Governor's Council Gold Medal  
and a **\$10,000** Spotlight Award!**



The 2011 Governor's Council on Physical Fitness and Sports Spotlight Awards presented by the Anthem Blue Cross Foundation will once again shine a spotlight on individuals, organizations and events that positively impact the physical activity, fitness levels and well-being of California's children and youth.

**AWARDS**

- Gold Medalist – \$10,000
- Silver Medalist – \$2,500
- Bronze Medalist – \$1,000

**WHO WE AWARD**

Since 2006 we've been awarding individuals and organizations that utilize inspiration, innovation or initiative to positively impact the health and well-being of California children and youth.

**AWARD CATEGORIES** (Click on a category to view the nomination form)

- Principal of the Year
- Teacher of the Year
- Organization of the Year
- Parent Association
- Park and Recreation Program of the Year
- Event of the Year

To nominate yourself or someone you know for a Governor's Council Spotlight Award go to: [www.CalGovCouncil.org/Spotlight](http://www.CalGovCouncil.org/Spotlight)

**2011 Nominations must be submitted on-line by June 30.**

To view winning submittals from prior award winners go to: [www.CalGovCouncil.org/Spotlight/OldWinners/?period=5](http://www.CalGovCouncil.org/Spotlight/OldWinners/?period=5)

## California Action for Healthy Kids

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**Thank you for  
taking *Action*  
for Healthy Kids  
in California!**



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[Connect with us on LinkedIn](https://www.linkedin.com/company/actionforhealthykids)

We're on the Web!

See us at:

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

## 6th Biennial Childhood Obesity Conference

The 2011 Childhood Obesity Conference is scheduled for June 28–July 1, at the Manchester Grand Hyatt in San Diego, California. The 6th Biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected attend in 2011.

The Conference will showcase the latest research, evidence-based best practices, and policy/environmental change strategies. Topics will incorporate Health in All Policies through the built environment, transportation, and agriculture.

For more information, go to: [www.childhood-obesity.net](http://www.childhood-obesity.net)

## Providing Meals in Afterschool Programs Webinar: June 7, 2011, 10-11:30 am

You're invited to participate in a free webinar to learn how your afterschool program can provide federally-reimbursed meals in addition to snacks. This new option under the Healthy, Hunger-Free Kids Act of 2010 is available now through the Child and Adult Care Food Program! The webinar is hosted by the California AfterSchool Network.

To register, go to

[www.afterschoolnetwork.org/node/9183](http://www.afterschoolnetwork.org/node/9183)



You will learn the benefits of the new meal option, the requirements, how to apply, and tips on best practices. Afterschool programs, community partners, nutrition services managers, and school districts are invited to participate!

## 2011 California State PTA Convention – News

On April 28-30, California Action for Healthy Kids was pleased to be an exhibitor at the California State PTA Convention, held at the Long Beach Convention Center. The conference, which was attended by nearly 3,000 persons, provided an opportunity to share nutrition, physical activity, and school wellness policy materials with parents and other attendees. A workshop promoting school breakfast was sponsored by California Action for Healthy Kids on Friday (4/29), plus a workshop titled

"Advocating for Quality Physical Activity and Physical Education" was conducted by two of our Executive Team Members, Chris Corliss and Joanne Gooley on 4/30.

A bilingual fact sheet promoting increased physical activity was developed for the conference, titled: "Physical Activity: Every Minute Counts". A copy of the fact sheet can be downloaded from:

<http://www.actionforhealthykids.org/california>

## California Action for Healthy Kids Executive Committee

Chairperson – Jan Lewis, California Department of Education

Vice Chairperson – Kathy Lewis, Center for Collaborative Solutions

Secretary – Heather Reed, California Department of Education

Dairy Council of California Liaison – Tracy Conkey

Nutrition Subject Expert – Joanne Gooley, California Project LEAN

Policy Expert – Betsy McNeil, California School Boards Association

Communication Expert – Herbie Smith, San Marcos Unified School District

Physical Education Subject Expert – Chris Corliss, Orange County Office of Education

Coordinated School Health Expert – David Saunders, American Cancer Society

Task Force Liaison – Whitney Chamberlain, CA Task Force on Youth & Workplace Wellness

Alliance for a Healthier Generation Liaison – Dru Bagwell

Parent Engagement Expert – Colleen You, California State PTA, Vice President for Health

Youth Engagement Expert – Stacy Robinson, Statewide Youth Board for Obesity Prevention