

UC CalFresh Weekly Update

August 12, 2013



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Upcoming Events & Deadlines



AUGUST 2013

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

8/9-8/12: Society for Nutrition Education and Behavior Annual Conference, Portland, OR

For more information, please visit: <http://www.sneb.org/register>.



8/16: UC CalFresh Recipe Cards Survey

The UC CalFresh State Office is beginning to collect recipes from various sources, including our county programs. Please respond to our UC CalFresh Recipe Cards Survey by 8/16/13. If you have recipes or recipe cards (including photos of the food), please share them with the UC CalFresh State Office. For additional information, please visit: <https://ucanr.edu/survey/survey.cfm?surveynumber=11054>.

Rethink Your Drink (RYD) / Potter the Otter Kits from The Network for a Healthy California

Your program may have already received or will soon be receiving the following RYD materials:

- * Rethink Your Drink 2'x5' banner
- * Rethink Your Drink tablecloth
- * Potter the Otter consumer education materials

Once you have received these items, please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to confirm receipt. Please remember that confirmation of receipt of items is required for accounting and auditing purposes. Thank you to those who have already responded!

UC CalFresh Weekly Update: August 12, 2013

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UC CalFresh in the News!

UC CalFresh on Arriba Valle Central, UCCE Fresno County

UC CalFresh Nutrition Coordinator, Karina Macias, was featured on Univision's Arriba Valle Central morning show with Lupita Lomeli on Thursday, August 8th. In the segment, Karina introduced MyPlate and promoted the adult nutrition education classes offered in Fresno County. [Read blog article.](#) To read Univision Fresno's article, [click here.](#)



UC CalFresh Staff Transitions

Zach Watkins, UC CalFresh State Office Analyst

We want to thank Zach for his work with the UC CalFresh State Office over the last 2+ years. Zach came into the office in midst of one of the many audits we were facing. His contributions have helped refine and create an easier to use quarterly workbook and in the redesign of the website. He was also instrumental in developing the quarterly workbook reports he developed for each county program. Behind the scenes, he also worked on the multitude and endless tasks of the budgeting for the State Plan, requests from CDSS and USDA and other day-to-day activities. Although he is moving on from UC CalFresh, we are pleased to know he will still be working with UC at ANR BOC-D. Please join us in thanking him for his contributions and in welcoming him to his new position.

Updated Review and Approval Process for New Curricula and Materials for UC CalFresh

The UC CalFresh Curriculum Committee has recently updated its protocol for reviewing and approving new curricula and materials for the UC CalFresh program. For curricula and/or materials that are not on the UC CalFresh approved list, please send a request to the UC CalFresh State Office (send to Virginia Chaidez, vachaidez@ucdavis.edu).



In your request, please include the **title** of the curricula and/or materials and the **source** (e.g., authors, website, etc.). The Curriculum Committee will review the curricula and/or materials and will submit them to USDA for final review and approval.

Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10612>

The State Office would like to hear your comments regarding our new Weekly Update format! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.



Articles & Research

USDA Study Shows Supplemental Nutrition Assistance Program Participation Leads to Improved Food Security

Participation in the Supplemental Nutrition Assistance Program (SNAP) leads to improved food security, particularly among low-income children, according to the findings of [Measuring the Effect of SNAP Participation on Food Security](#) released today by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS). According to the study, among households that participated in SNAP for about six months there was a significant decrease in food insecurity. The effect was even stronger for households in which children are experiencing food insecurity. Research suggests that children in food-insecure households face higher risks of health and development problems than children in otherwise similar food-secure households. To read the news release, [click here](#). To view the summary and full report, [click here](#).



Effects of the Decline in the Real Value of SNAP Benefits from 2009 to 2011

The USDA Economic Research Service (ERS) released a report which estimates the extent to which inflation in food prices has eroded improvement in the food security of SNAP recipients that followed the increase in benefit size in April 2009 mandated by the American Recovery and Reinvestment Act (ARRA). To read the full report, [click here](#).

USDA Celebrates National Farmers Market Week, Confirms Growth and Sustainability in Farmers Markets

Agriculture Secretary Tom Vilsack announced that 8,144 farmers markets are now listed in USDA's National Farmers Market Directory, up from about 5,000 in 2008. The Directory, voluntarily updated by farmers market managers, state departments of agriculture, marketing associations, and others, is published online at farmersmarkets.usda.gov. This year, the Directory has been upgraded to include a new Application Programming Interface (API) that improves customer access to farmers market data. The 10 top states account for over half (51.3%) of all markets listed in the Directory database, with California ranked as #1 with 759 farmers markets. To read the news release, [click here](#).

Obesity Rates Decline among Young Children from Low-Income Families

A new report from the Centers for Disease Control and Prevention shows that obesity rates among preschool children from low-income families have declined in 18 states and one U.S. territory, and increased in only three states. The report provides state-specific data on obesity rates among children ages 2 to 4 who are enrolled in federal health and nutrition programs, such as the Special Supplemental Nutrition Program for Women, Infants, and Children. To read the USDA's blog, [click here](#). To read the full report, [click here](#).

Poor Children Show a Decline in Obesity Rate

After years of growing concern about obesity among children, federal researchers have found the clearest evidence yet that the epidemic may be turning corner in young children from low-income families. The obesity rate among preschool-age children from poor families fell in 19 states and United States territories between 2008 and 2011, federal health officials said Tuesday. Several cities have reported modest drops among school-age children, offering hints of a change in course. [Read full article](#).

School's Out...Who Ate? 2013

California Food Policy Advocates (CFPA) released the [School's Out...Who Ate?](#) Report which examines statewide trends in summer meal participation, provides county-level data, and offers recommendations to close the summer nutrition gap. The report finds that as many as 2.1 million (or 83%) of California's low-income children and youth fall into the summer nutrition gap. Since July 2006, the number of free and reduced-price summer lunches served in California has decreased by over 40 percent. The full report, along with recommendations, state data highlights, and county data tables are available by visiting CFPA's website: <http://cfpa.net/sowa-2013>.

Michelle Obama's Newest Initiative: Using Hip-Hop to Fight Obesity

The [Partnership for a Healthier America](#), [Let's Move!](#) and [Hip Hop Public Health](#) have come together to create an album—set for release September 30th—to help students get moving during the school day and ultimately help curb childhood obesity. The full album includes songs with names like “Veggie Luv,” by Monifah and J Rome, “Hip Hop LEAN,” by Artie Green, and “Give Myself a Try,” by Ryan Beatty. Let's Move! Executive Director and White House assistant chef Sam Kass says the White House is fully behind the initiative to use hip-hop—and other genres of music—as a tool to get kids to live healthier lives. Click on the photo to view the music video for “Everybody”. [Read full article](#).



Articles & Research (continued)

School district seeks ways to make healthy foods popular

Nutrition Director of the Las Virgenes Unified School District in California, Waleska Cannon, has spent a year digesting the new state and federal school regulations and counting calories, carbs and proteins. Along with parents, teachers, students and community members, Cannon helped form the district's Wellness Committee to create healthy—and tasty—lunch menus for students plus an added awareness of overall health that includes physical activity. [Read full article.](#)

An Insider's View of National Strategies to Control the Obesity Epidemic, William H. Dietz, MD, PhD

This week, the CDC issued an encouraging new report showing downward trends in obesity rates among low-income preschoolers. For years, the CDC has been leading the charge to reverse troubling obesity trends. In an *Expert Voices* essay published earlier this year, Dr. William Dietz outlines the range of obesity-reduction efforts developed during his 15 years at the CDC, stressing the importance of policy and environmental strategies designed to make the healthy choice the easier choice. [Read Expert Voices essay.](#)



Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>

Let's Move! Cities, Towns and Counties (LMCTC) Peer Learning Webinar: How Large Cities Can Achieve the Goals of Let's Move! Cities, Towns and Counties, August 21, 2013, 3:00-4:00 PM EST

Learn how local elected officials in large cities (population over 200,000) can achieve the five goals of Let's Move! Cities, Towns and Counties. This webinar will feature leaders who will share how their large cities developed partnerships and increased collaboration to address barriers to healthy eating and physical activity in their efforts to accomplish the goals of Let's Move! Cities, Towns and Counties. To register, visit: <https://attendeegotowebinar.com/register/952487483654170368>.

Free Webinar: How to Teach Cooking to Kids, August 27, 2013, 1:00-2:30 PM EST

How to Teach Cooking to Kids is an introductory webinar that will enable you to combine your love of cooking and teaching kids into a marketable skill. Through this webinar taught by nutritionist and wellness expert, Julie Negrin, MS, you will learn:

- * The three biggest mistakes people make when creating a cooking program and how to avoid them;
- * The bare bones cooking equipment you need to teach cooking to kids in any classroom;
- * The BIG secret to getting people to register for your classes;
- * And much MORE!

For more information and to register for the webinar, please [click here.](#)

Weight of the Nation: New Findings and Policies to Advance Healthy Latino Communities, August 29, 2013, 11:00 AM PST

The obesity epidemic poses a growing burden across the U.S. In some places, one in two adults and one in three youth are obese or overweight. Low income Latinos lacking insurance coverage are especially hard hit by the cost and disabilities from obesity-related type 2 diabetes, heart disease, and stroke. Latino communities are fighting back by improving opportunities for healthy eating and physical activity. This webinar will highlight the latest research on the obesity epidemic and the factors impacting Latino communities. [Click here to register.](#)

Free Webinar: How to Teach Nutrition, October 15, 2013, 1:00-2:30 PM EST

How to Teach Nutrition is an introductory webinar that will teach YOU how to teach kids and adults about nutrition and healthy eating habits. Through this webinar taught by nutritionist and wellness expert, Julie Negrin, MS, you will learn:

- * Why teaching adults about nutrition is not that different from teaching kids;
- * The secret of inspiring people to make changes in their lives instead of TELLING them to make changes;
- * And much MORE!

For more information and to register for the webinar, please [click here.](#)

Education & Resources (continued)

Funding Opportunities for Pre-K-12th Grade Physical Education/Activity and Coordinated School Health Programs

- * **Aetna Foundation Regional Grant Program (PE & After School)**: Regional Grants available for select cities/states, focus on healthy food choices and activity. Projects may include school-based or after-school nutrition and fitness programs. *Deadline: September 15.*
- * **WellPoint Foundation—Healthy Generations (PE & After School)**: Grants for select states to support physical education, physical activity and wellness programs. Focus areas include childhood obesity prevention. *Deadline: September 13.*
- * **Rite Aid Foundation (Coordinated School Health)**: The Rite Aid Foundation is offering funding to nonprofit organizations that focus on health and wellness in the communities in which Rite Aid operates. *Deadline: October 15.*

California Health Interview Survey releases 2011-2012 data

The California Health Interview Survey (CHIS) released new data based on interviews with more than 44,000 households in California. The survey, conducted by the UCLA Center for Health Policy Research, covered hundreds of topics affecting state residents' health and well-being. The data represent a two year (2011-2012) effort to survey a representative sample of Californians in all 58 counties. CHIS is the largest state health survey in the nation and one of the few to provide robust samples of many typically underrepresented racial and ethnic groups. [Read full Press Release.](#)



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh web-site: <http://www.uccalfresh.com/weekly-updates>.

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