



Healthy Living Monthly Updates

As we enter a new year, we often take time to reflect on the success of the past and promise of the future. Thank you for your continued passion and commitment to improving the physical, social and emotional health of the nation's youth so they can lead healthy and productive lives in the future. Your efforts are truly inspiring.

For anyone who knows the 4-H pledge, “health” is a cornerstone of our organization. The 4-H Healthy Living Mission Mandate is intended to reposition health to its important and appropriate place within the 4-H Program. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit www.ca4h.org/projects/healthyliving.

NEWS

Youth Who Get Less Sleep More Likely to Be Obese



A new study published by researchers at UCLA provides further evidence that lack of sleep is linked to obesity in children. Researchers found that youth who received less than 10 hours of sleep a night had an 80 percent greater chance of being obese. In addition, researchers discovered that naps do not offset the lack of sleep at night. To listen to related audio, visit www.hhs.gov/news/healthbeat/2010/11/20101118a.html. To learn more about recommended sleep times, visit www.cdc.gov/Features/Sleep.

Research You May Have Missed: Healthy Living

The 4-H Center for Youth Development recently published a summary of current research on healthy habits as they relate to positive youth development. Topics include risk factors for childhood overweight, adolescent violence, substance abuse, T.V. viewing, eating disorders, cyber safety and much more. This newest edition effectively introduces youth development professionals to some of the most pressing issues concerning health and wellness. To view the online publication, visit www.ca4h.org/files/66756.pdf.

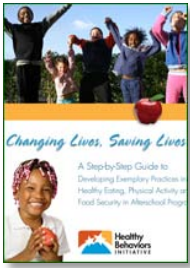
RESOURCES

A Thin Line

The Internet and cell phones help us communicate, connect and learn in ways we never could before, but they've also forever changed how we interact with others. Things we used to share in person—and in private—can now be broadcast to thousands, instantly. MTV's A Thin Line campaign was developed to empower youth to identify, respond to and stop the spread of digital abuse. The campaign is built on the



understanding that there's a "thin line" between what may begin as a harmless joke and something that could end up having a serious impact on someone's life. To access online resources, visit www.athinline.org.



Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs

This guide is designed to help afterschool program directors and their partners strengthen programming to help students develop healthy habits. Each chapter defines and explains a particular practice and offers concrete examples of how afterschool programs have developed and strengthened their approaches, overcome obstacles and achieved their goals. Indicators at the end of each chapter will help you establish baselines and identify what you want to address. To download a free copy, visit www.afterschoolsolutions.org.

Sugarstacks.com

This online resource pictorially reveals the amount of sugar found in your favorite beverages, snacks and meals. The site illustrates each food item using regular sugar cubes (4 grams of sugar each) to show how the sugars in your favorite foods literally stack up, gram for gram. Visit www.sugarstacks.com to compare foods, find out where sugar is hiding, and be inspired to conduct research of your own.



Safe Routes to School Resource and Policy Brief

The Safe Routes to School federal and state grant programs are designed to make it easy, safe and enjoyable for students to walk and bicycle to and from school on a daily basis. This policy brief provides information about these programs and ways that school districts and community partners can become involved in increasing active transportation to and from school. To learn more about providing safe routes to school in your community, visit

www.californiaprojectclean.org/docuserfiles//SRTS_PolicyBrief_FINAL%209_17_09.pdf.

FUNDING OPPORTUNITIES

4-H Healthy Living Grant Program

Deadline: January 15, 2011

California 4-H is offering mini-grants for *youth-directed* healthy living projects. 4-H members are encouraged to apply for funding, lead the project, and partner with one or more adults throughout the process. The proposed healthy living project must be implemented with a focus on service-learning, leadership and/or youth-adult partnerships. For more information, please visit www.ca4h.org/Projects/HealthyLiving.



Healthy Living

WaysToHelp.org

Deadline: Reviewed monthly

Do you see a need in your community? Teens are invited to apply for \$500 to make their community service ideas become a reality. There are 16 categories to address, including general fitness, drug and alcohol abuse, crime prevention, cancer and smoking, and more. Applications are simple—just provide a 5,000 words or less summary of the proposed project. Grant requests are reviewed and responded to on a monthly basis. Visit www.waystohelp.org and select "See Ways To Help."



TRAININGS

Food Friends Webinar - for staff

February 23, 2011 · 8:00 a.m.

Join the Families, Food & Fitness eXtension Community of Practice for a webinar with Dr. Jennifer Anderson, discussing the "Food Friends" program which was recently featured on the Michelle Obama's Let's Move Campaign Blog. This program has two components: "Fun With New Foods" and "Get Movin' With Mighty Moves," which have been tested and evaluated in primary and Head Start classrooms over the past 10 years. For more information, visit [www.extension.org/pages/Families, Food and Fitness Webinars](http://www.extension.org/pages/Families,_Food_and_Fitness_Webinars).

The Childhood Obesity Conference



June 28-July 1, 2011 · San Diego, CA

Over the course of four days, the country's leading experts in pediatric obesity will showcase the latest research, evidence-based best practices, and policy and environmental change strategies. Mark your calendar for this educational and networking opportunity on childhood obesity available to professionals nationwide. For more details, please visit www.Childhood-Obesity.net.

Fresh Fruit and Vegetables: A Centerpiece for a Healthy School Environment

February and March, 2011 · Locations statewide

This free, two-day regional training hosted by the California Department of Education Nutrition Services Division provides tools to support an increase of fresh fruits and vegetables on school campuses through engaging skill-building activities. There will be nine trainings offered throughout the state in the spring. To view the agenda and find a workshop near you, visit www.healthyschoolenvironment.org/workshop-registration.



EVENTS AND ACTIVITIES

Special Recognition at the 2011 State 4-H Presentation Day

May 28, 2011 · UC Davis

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's healthy living focus is on injury prevention. Potential topics include bullying, bicycle safety, animal and livestock safety, protective equipment (seatbelts, helmets), athletic training (stretching, warming up), hunting equipment, ATV safety, teen drivers, water-related injuries, dating violence, fire safety and more. For details, visit [www.ca4h.org/Programs/Events/SFD/PD/Recognition Opportunities](http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities).

GetSweaty

GetSweaty is the first video-based website focused on providing daily physical activity opportunities for kids. It's fun. It's free. And it rewards kids with points they can redeem for incredible prizes—including water bottles, backpacks and ipods—just for working out. The site also provides educators and adult mentors with an instant physical activity plan as well as Cash for Class rewards based on usage. Learn more by visiting www.getsweaty.com.



FOCUS ON 4-H POLICY

By Mandi Bottoms, 4-H Healthy Living Advisory Committee

Americans have gone from growing and preparing their own food to enjoying convenience foods grown by a fewer number of farmers and prepared by someone other than themselves. Therefore, food safety practices are

important in every stage of food production, preparation and consumption. Research suggests that the majority of foodborne illnesses associated with fresh fruits and vegetables is due to improper food handling at the foodservice or consumer level.

4-H adult volunteers are responsible for ensuring food is properly prepared, served and stored at 4-H event and activities. 4-H YDP staff are encouraged to work with UCCE nutrition, family and consumer science advisors to plan and conduct annual trainings for adult volunteers and 4-H YDP staff involved with food service activities. If you're not sure where to go to increase your "Food Safety IQ," there are numerous free resources available online. Visit ucfoodsafety.ucdavis.edu for more information on a variety of food safety topics and issues. Youth can visit www.fightbac.org or www.scrubclub.org for kid-friendly information.



Reference: Chapter 11 Health and Safety, www.ca4h.org/Administration/Policies/Chapter11

X. FOOD SAFETY

A. Serving Food

As set forth in the Food Safety Program Letter of October 22, 2007, the service of safe food should be a priority for all UC events. Any activity where food is served (potlucks, luncheon meetings, etc.) has the risk for food borne illness.

SUCCESS STORY

Home Economics Review

Colusa County 4-H

Colusa County 4-H has held a Home Economics and Arts judging event for at least 20 years. Over the years it has evolved into an event that combines judging activities and project exhibition for 4-H members interested in home economics and consumer science topics such as foods and nutrition, home furnishings, arts and crafts, mini gardens, and cake decorating. Now called the "Colusa County Home Ec Review," this event provides a platform for 4-H members to showcase their projects and skill development at a countywide event. The event encourages the advancement of life skills including decision making, public speaking and relationship building, all while promoting creativity.

The Home Ec Review gives 4-H members the opportunity to participate as much as they would like, whether they decide to just test the water or dive in head first. Members who participate in the judging classes may leave after an hour, and still fulfill a requirement for their project. Often, members will have limited participation the first year, but after watching their peers exhibit they are inspired to exhibit the following year. In this way, new members are slowly introduced to 4-H project components, while also getting invaluable learning experiences and receiving feedback from caring adults.

Quick Facts

- 20 Years Colusa County has held a Home Economics and Arts judging event
- 3 Number of traditional 4-H events combined in the annual Home Ec Review

The Home Ec Review is a combination of three traditional 4-H events—it serves as the Home Economics Field Day, Project Exhibit Day, and offers the opportunity to introduce 4-H initiatives such as S.E.T. and Healthy Living. In a rural county it is increasingly important to efficiently use 4-H families' time and energy.

HEALTHY RECIPE

Peanut butter and banana tortilla roll-ups are quick, easy and filling snacks that provide potassium, protein and fiber. Consider providing the ingredients at your next project meeting and encouraging 4-H members to assemble their own healthy snack. The recipe below makes 10 snacks.



Ingredients:

- 10 whole wheat tortillas
- 1 cup peanut butter
- 3 bananas, thinly sliced
- $\frac{3}{4}$ cup raisins

Directions:

Spread each tortilla with approximately 1 tbsp. of peanut butter, leaving a 1-inch border. Spoon bananas and raisins on each tortilla. Roll up. Cut into slices and enjoy!

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