



## Healthy Living Monthly Updates

For anyone who knows the 4-H pledge, “health” is a cornerstone of our organization. 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](http://www.ca4h.org/projects/healthyliving).

### NEWS

#### Teens Support New Driver Laws



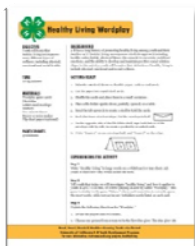
Did you know that the majority of teens (78 percent) support nighttime driving restrictions? According to a recent study conducted by the Allstate Foundation, teens also support cell phone restrictions, passenger limitations and graduated driver licensing. These findings indicate young people support policies likely to lead to reductions in teen crash rates and are committed to making the roads safer for all Americans. For more information, visit [www.allstate.com/tools-and-resources/teen-chronic-report.aspx](http://www.allstate.com/tools-and-resources/teen-chronic-report.aspx).

#### Facebook Unveils ‘Social Reporting’ Feature

Facebook recently announced that it will soon implement an upgrade to its reporting system that allows users to notify someone they trust if they are the victim of bullying or online harassment. Facebook plans to make some changes to its reporting system. The site has long had the ability to report offensive photos or Wall posts, but the social-networking site will soon extend this reporting functionality to Profiles, Groups, Pages and Events. Facebook will also add the option to notify a trusted source—like a parent or teacher—of bad behavior. To find out more, visit [www.facebook.com/note.php?note\\_id=196124227075034](http://www.facebook.com/note.php?note_id=196124227075034).



### RESOURCES



#### Healthy Living Wordplay

The first activity to be featured in a Healthy Living Club Activity Guide is now available! Although the complete guide is still in production, 4-H volunteers and staff can access the introductory lesson online. In this hands-on activity, youth will broaden their definition of healthy living to include physical, emotional and social wellness. Introduce youth to 4-H Healthy Living by conducting this fun activity at your club, project meeting, after school program or camp! Visit [www.ca4h.org/Projects/HealthyLiving](http://www.ca4h.org/Projects/HealthyLiving).

### *Exercise Your Options*

This 8-lesson unit guides middle school youth as they record what they eat and how much they exercise, while learning strategies to improve their nutrition and physical activity choices.

*Exercise Your Options* involves students in making small behavior changes instead of simply acquiring knowledge. The lessons can be infused into health, science, social science, language arts and mathematics lessons. To order the curriculum, visit

[www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsEYO.aspx](http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsEYO.aspx).



### *Hook Up With Respect Promotes Healthy Dating*

This youth-driven website, [www.hkupwithrespect.com](http://www.hkupwithrespect.com), aims to take teen-dating-violence prevention out of the classroom and into the realm of young people's Internet-infused lives. A project of Start Strong, funded by the Robert Wood Johnson Foundation to promote healthy relationships, hkupwithrespect also features text-message polls and videos. This month, the site is hosting a contest that encourages teens to create their own social marketing campaigns or viral videos about healthy relationships.



### *Kids Cook Farm-Fresh Food*

Activities engage students in grades two through seven in exploring fresh, seasonal, locally-grown produce through direct experience. Using tested recipes and farm profiles, Kids Cook Farm-Fresh Food links agriculture and the culinary arts to reading, mathematics, social sciences, and geography. Now available free online from the California Department of Education. To download, visit [www.cde.ca.gov/ls/nu/he/kidscook.asp](http://www.cde.ca.gov/ls/nu/he/kidscook.asp).

### *Reduce Screen Time Through We Can! Curriculum*

*We Can!* offers curricula that supports decreasing the amount of time adolescents spend in front of the screen.

- *Media-Smart Youth: Eat, Think, and Be Active! Program Packet* is a free, 10-lesson curriculum that focuses on helping young people ages 11 to 13 understand the connections between media and health. To order, visit [www.nichd.nih.gov/publications/pubs\\_details.cfm?from=msy&pubs\\_id=5025](http://www.nichd.nih.gov/publications/pubs_details.cfm?from=msy&pubs_id=5025).
- *We Can! Energize Our Families: Parent Program* includes a session dedicated to helping parents reduce the screen time and increase the physical activity levels of their families. During the Parent Program, parents are introduced to youth screen time statistics and learn how to use tools like the children's screen time log. To download, visit [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/curricula-toolkits.htm#parentprogram](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/curricula-toolkits.htm#parentprogram)

## FUNDING OPPORTUNITIES

### *National Inclusion Project*

**Deadline: October 31, 2011**

Let's ALL Play is the National Inclusion Project's program model for recreational programs that are currently serving children with disabilities and wish to do it better or programs seeking to open doors currently shut to children with disabilities in their community. Let's ALL Play includes successful modifications, inclusive games, and other information to successfully run a program of inclusion. Maximum funding is \$10,000 each year. For more information, visit [www.inclusionproject.org](http://www.inclusionproject.org).



### *Youth Violence Prevention Grants*

**Deadline: July 1, 2011**

The United Methodist Church is providing grants of up to \$4,000 to programs that address the needs of children and young people between the ages of 5 to 18 in the areas of violence prevention, anti-abuse and relationship abuse. For more information, visit [new.gbqm-umc.org/umw/give/grants/brighterfuture](http://new.gbqm-umc.org/umw/give/grants/brighterfuture).

*Healthy Living Grant Program*

**Deadline: July 15, 2011**

This grant program funded by the American Medical Association supports grassroots organizations that are on the front lines in their communities. Based on the thought that local leaders can come up with the best solutions to these problems, these grants provide critical funding that can jumpstart a project, affect change quickly, increase visibility for a project/organization, encourage collaboration and make a lasting difference in a community. To apply, visit [www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/healthy-living-grants.page](http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/healthy-living-grants.page).



*Sierra Health Foundation's 2011 Responsive Grants Program*

**Deadline: June 27, 2011**

Grants up to \$25,000 are available to nonprofit organizations and public agencies to support projects that improve health and quality of life for people living in Sierra Health Foundation's 26-county funding region. Of the \$600,000 available, at least 30 percent will be awarded for projects serving rural areas. Sierra Health Foundation will hold informational webinars on April 26 from 10 a.m. to 11:30 a.m. and on May 18 from 2 p.m. to 3:30 p.m. Participation in a webinar is recommended, but not required. To learn more about the funding opportunity, register for a webinar and download application materials at [www.sierrahealth.org/doc.aspx?129](http://www.sierrahealth.org/doc.aspx?129).



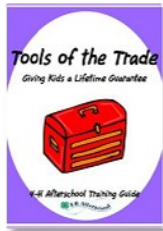
**TRAININGS**

*Tools of the Trade Afterschool Train-the-Trainer Workshops*

**May 10, 2011 · Davis**

**May 25, 2011 · Tulare**

**May 26, 2011 · Merced**



These free regional workshops are designed to train afterschool professionals who will commit to training ten other afterschool staff in their community. The California 4-H Youth Development Program is offering free, 8-hour, train-the-trainer regional workshops for afterschool directors and staff development trainers based on Tools of the Trade I - Giving Kids a Lifetime Guarantee. Through hands-on, inquiry-based activities, the training will build the capacity of afterschool staff to incorporate healthy living experiences in afterschool settings. To learn more or register for a training near you, visit [ucce.ucdavis.edu/survey/survey.cfm?surveynumber=6140](http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=6140).

*Principles of Prevention*

Each year, more than 53,000 people lose their lives to violence. Principles of Prevention is a free online course that's available 24 hours a day, seven days a week. The course, which offers continuing education credits, teaches key concepts of primary prevention, public health strategies and the social-ecological model. Participants complete interactive exercises to learn to help prevent five types of violence: child abuse and neglect, intimate partner violence, sexual violence, suicide, and youth violence. The course is available at [www.vetoviolen.org/pop](http://www.vetoviolen.org/pop).

*Living a More Balanced Life*

**11:30 a.m. · May 10, 2011**

Want to learn about a program that teaches individuals how to balance time, manage stress, eat mindfully, be physically active and sleep well? This training is intended for parent and family life educators who want to learn about a new program that teaches individuals how to balance time, manage stress, eat mindfully, be physically active, and sleep well in order to live a more balanced life. During this 90-minute webinar, the authors will provide an overview of the *Balanced Living* curriculum and how it can be delivered. Register at [cyfernet.ces.ncsu.edu/mn/training/user.php?r=115](http://cyfernet.ces.ncsu.edu/mn/training/user.php?r=115).



### State 4-H Leaders' Forum

**November 11-13, 2011**

The 2011 State Leaders Forum, the premier California 4-H volunteer training, will be held at the Asilomar Conference Grounds in Pacific Grove. The conference will feature engaging sessions, recreational activities and idea sharing around healthy living. Register today to receive early-bird pricing. With the theme "4H: The Magic of Transformation," you can be sure that there will be a few surprises as well! For more information, visit [www.ca4h.org/Programs/Conferences/SLF](http://www.ca4h.org/Programs/Conferences/SLF).



## EVENTS AND ACTIVITIES

### *NIDA Teen Advisory Group*

In 2010, the National Institute on Drug Abuse assembled its first Teen Advisory Group (TAG) to get authentic teen feedback on how to improve our websites and materials for teens. Teens will meet virtually over the school year and will be awarded \$25 per meeting. In order to be eligible, you must currently be 13-18 years old and enrolled in a U.S. high school. If you are interested, contact Stacy Allen at [sallen@iqsolutions.com](mailto:sallen@iqsolutions.com).



### *Join the Statewide 4-H Healthy Living Advisory Committee*

**Deadline: May 31, 2011**

Are you passionate about helping 4-H youth achieve optimal physical, social and emotional health? The 4-H Healthy Living Advisory Committee is comprised of a diverse and representative group of 4-H YDP youth, volunteers, and staff with an interest and expertise in healthy living issues and programming. 4-H members, recent alumni, 4-H adult volunteers, 4-H YDP program partners and collaborators, and county 4-H YDP staff are invited to apply. For more information, contact Mandi Bottoms at (530) 752-4359 or [mlbottoms@ucdavis.edu](mailto:mlbottoms@ucdavis.edu), or visit [www.ca4h.org/Administration/Advisory\\_Committees/Healthy\\_Living](http://www.ca4h.org/Administration/Advisory_Committees/Healthy_Living).



### *Operation Military Kids (OMK) Camps*



Military youth face emotional challenges, and camps provide a environment where they connect with other military youth and share their experiences while enjoying nature, handicrafts, ping pong, basketball, soccer, swimming, hiking, fishing, volleyball, horseshoes, camp crafts, tie dye, knot tying and more. Operation Military Kids is offering a variety of camping opportunities this summer for youth ages 7 to 19 who have a loved one who is or has served in any branch of the military. The camps are of little or no charge to the participants. To learn more, visit [www.ca4h.org/Programs/MilitaryPartnership/OMK\\_Camps](http://www.ca4h.org/Programs/MilitaryPartnership/OMK_Camps).

### *Earn the President's Active Lifestyle Award*

As part of 4-H's involvement with the First Lady's Let's Move! campaign, 4-H has started a group to take the President's Challenge together—and you're invited to join us! The President's Challenge is for one million Americans to complete the Presidential Active Lifestyle Award (PALA). **4-H youth are answering this call by achieving 100,000 awards by September 2011.**



The Presidential Active Lifestyle Award recognizes individuals who log their recommended physical activity for six consecutive weeks, five days a week (minimum 60 minutes for youth, 30 minutes for adults). 4-H is making this goal a top priority. National 4-H Council and Kraft are offering incentives for 4-H counties to get the most youth in their county to achieve the award. Signing up for the 4-H group is simple. All

you have to do is register. It's quick, and there's no cost to participate!

**How to join:**

1. Go to [www.presidentschallenge.org/natl4-H/](http://www.presidentschallenge.org/natl4-H/)
2. Fill out the registration form.
3. After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

*National Get Outdoors Day*

**June 11, 2011**

National Get Outdoors Day is a new annual event to encourage healthy, active outdoor fun. Participating partners will offer opportunities for families to experience traditional and non-traditional types of outdoor activities. Prime goals of the day are reaching first-time visitors to public lands and reconnecting our youth to the great outdoors. For more information, visit [www.nationalgetoutdoorsday.org](http://www.nationalgetoutdoorsday.org). 4-H clubs can also join the National Get Outdoors Day Campaign and support the campaign at a national or local level.



*Teen Safe Driving Program*

Mindless Driving. Keep It Out of Cars is a long term, teen-focused, driving-safety community outreach program and marketing campaign to keep mindless driving out of our teenagers' cars. This means not driving distracted, driving recklessly or driving under the influence. The goal is to establish at least one new Students Against Destructive Decisions (SADD) chapter at a middle or high school in proximity to each DCH auto group dealership. To achieve this goal, each DCH dealership will be working to identify one school in their area and offer both financial and resource support to help establish their chapter. For more information, visit [www.dchauto.com/TeenSafeDrivingProgram.aspx](http://www.dchauto.com/TeenSafeDrivingProgram.aspx).



**FOCUS ON 4-H POLICY**

By Mandi Bottoms, 4-H Healthy Living Coordinator

A person is considered to have a disability if he or she has difficulty performing certain functions (seeing, hearing, talking, walking, climbing stairs and lifting and carrying), or has difficulty performing activities of daily living, or has difficulty with certain social roles (doing school work for children, working at a job and around the house for adults).

There are approximately 50 million Americans with disabilities. While it is almost impossible to make generalizations about a group this large, here are some ideas to keep in mind:

- People with disabilities are often more limited by attitudes, environments, or policies than by a disability.
- The incidence of disability occurs in every socioeconomic, ethnic, religious, and racial group.
- Each person with a disability experiences it differently.
- Many people with disabilities regard their disability as a personal characteristic, or a "part of who they are."



Within 4-H clubs, camps and afterschool programs it is essential for the emotional and social development of members to consistently promote opportunities that engage all youth, regardless of their physical or mental

abilities. As staff and volunteer leaders, we have a responsibility in creating an environment that fosters healthy social interactions based on respect, regardless of abilities, appearance and skills. In addition to researching strategies to increase inclusion, leaders can engage members in ability awareness activities that teach about the disability. People with disabilities want to be included in their communities and be treated like anyone else—with dignity and respect. In reality, people with disabilities do everything others do, just differently. For additional resources, visit [www.serviceandinclusion.org/handbook/index.php](http://www.serviceandinclusion.org/handbook/index.php).

Reference:

## XI. DISABILITY POLICY

### 1. Policy

### 2. Implementation

1. 4-H YDP staff and adult volunteers may not exclude from any program or activity any person on the basis of disability.
2. 4-H YDP staff shall take into account the needs of such persons in determining the services to be provided under the program or activity. When feasible, all efforts are to be made to encourage and provide reasonable accommodations for youth with disabilities in 4-H YDP activities.

## SUCCESS STORY

### *Operation Military Kids Hero Packs* **Nipomo Foothill 4-H**

The United States has many families who sacrifice so that we may have our freedom. When our service men and women are called to duty, they often have children that are left at home while one parent—or sometimes both parents—are deployed. In fact, over 700,000 U.S. children have a parent who is deployed in the military. Deployment causes significant emotional stress in the lives of children as they cope with fear, sadness, resentment, blame and additional responsibilities.

OMK (Operation Military Kids) partners with 4-H to provide military children with “Hero Packs,” backpacks filled with resources to help youth connect with their deployed parent. The most important component of a Hero Pack is the hand written letter of thanks and appreciation from a non-military youth. Hero Packs serve as a tangible expression of support for military families, offering a hand-delivered salute to the military children and youth for their strength and sacrifice while parents are deployed.



There are multiple ways for 4-H clubs to get involved. The Nipomo Foothill 4-H Club has been incredibly active in supporting California military families by participating in three different Hero Pack projects. For the first project, Nipomo Foothill 4-H members requested donations from their peers and local businesses. All of the donated supplies were organized and shipped to a Hero Pack packing party in San Diego to be delivered by another partnering organization. The following year, the club decided they wanted to be active in the Hero Pack delivery. This time 4-H members gathered supplies and assembled 100 Hero Packs for the younger children of Vandenberg Air Force Base in Lompoc, California. The base is located approximately 45 minutes south of the 4-H club. 4-H members and volunteers attended a deployment dinner on the base and hand delivered the packs to the children.

### *Quick Facts*

18	Military bases in California
2000	Hero packs delivered by 4-H clubs in 2010
170	Military youth that live in California (in thousands!)

In an effort to promote and share this project with other clubs, three Nipomo Foothill 4-H members developed a presentation for county presentation day. Toby Tonascia, Weston Dalton and Robert Flores received a gold medal for their content and delivery. Nipomo Foothill 4-H is currently working on obtaining pack items to send to another base for distribution. This project has allowed club members to see the impact of having a parent deployed and the sacrifice these families make. The experience also empowers 4-H youth to positively impact the emotional health of their military family peers.

## HEALTHY RECIPE

These tasty tostadas feature fresh veggies, black beans and skinless chicken breast for a protein- and fiber-rich snack. This recipe makes four tostadas. Credit: Network for a Healthy California, Kids Get Cookin'!  
[www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf)

### Ingredients:

- 2 cups shredded romaine lettuce
- 4 tostada shells
- 2 cups chopped cooked chicken breast
- 1 cup prepared salsa
- ½ cup drained, no salt added canned corn
- ½ cup drained, low sodium canned black beans
- ¼ cup shredded reduced fat Cheddar or Monterey Jack cheese



### Directions:

1. Place ½ cup shredded romaine lettuce on each tostada shell.
2. Put chicken and salsa in a small bowl and stir.
3. Spoon about ½ cup chicken mixture onto each tostada.
4. Top each tostada with 2 tablespoons corn, 2 tablespoons black beans, and 1 tablespoon cheese. Serve.

Preparation time: 15 minutes

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4-H Youth Development Program



Making a Difference  
for California