



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. The California 4-H Youth Development Program 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

Mental Health Findings

The *National Survey on Drug Use and Health: Mental Health* presents national estimates of the prevalence of past-year mental health disorders and past-year mental health service utilization for youth aged 12 to 17 and adults age 18 or older. This report focuses on depression, suicide and the relation between substance abuse and mental disorders. To view the entire report, visit oas.samhsa.gov/NSDUH/2k9NSDUH/MH/2K9MHRResults.pdf



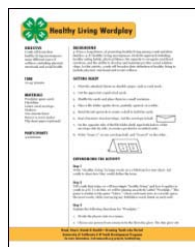
MyPlate

MyPlate is the federal government’s new food icon to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them achieve a healthier meal. The guidelines emphasize fruit, vegetable, grains, protein and dairy food groups. For more information, visit www.ChooseMyPlate.gov.

Preventing Dangerous Falls in Your Home

Falls in the home account for thousands of deaths each year and even more injuries. While senior citizens are the most at risk for serious injuries, youth have the highest rates of concussions from falling out windows and falling down stairs. This article gives useful tips to help avoid these accidents. To read more online, visit www.cbsnews.com/stories/2011/03/10/earlyshow/living/home/main20041523.shtml.

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.



Name that Veggie PowerPoint

Do you know the difference between kohlrabi and radicchio? Bok choy and kale? Test your vegetable knowledge in this creative presentation that highlights the recently released 2010 Dietary Guidelines recommendations for vegetable consumption and includes a “Name that Veggie” quiz. Show at your next 4-H club meeting for a healthful competition! Download at food.unl.edu/web/fnh/namethat-veggie-powerpoint.

www.StopBullying.gov

There are many warning signs that could indicate that someone is involved in bullying. If you suspect that someone you know is being bullied or is bullying others, check out the warning signs so you can help. This youth friendly website hosts a myriad of resources and tools that will help kids, teens and adults recognize the warning signs and prevent or stop bullying in their community. Visit www.StopBullying.gov.

Common Sense Media

Did you know that every time you go online, you leave a trail of information behind? Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology. This website provides advice for parents, recommended books and movies for kids, and free downloadable curriculum for educators or 4-H project leaders. Visit www.commonsensemedia.org.



Love is Respect

Teenagers have a higher risk of domestic violence than adults, though there are less available resources. 4-H volunteers and teen leaders can have a role in educating their peers about the prevalence of violent relationships among teens. The National Teen Dating Abuse Helpline, a 24-hour resource that can be accessed by phone or internet, is specifically designed for teens and young adults. For more information, call 1-866-331-9474 or by visiting www.loveisrespect.org.

The Case Against Homework: A Fact Sheet

Kids have been championing against homework for years, but research findings suggest a correlation between homework and lack of sleep, physical activity and higher rates of anxiety. An excerpt from the book, *The Case Against Homework* by Sarah Bennett and Nancy Kalish reminds readers that there is very little correlation between amount of homework and achievement in elementary school and only a moderate correlation in middle school. To read more, visit stophomework.com/fact.pdf.

FUNDING OPPORTUNITIES

Build-A-Bear Workshop Grants

Deadline: Rolling, Now through October 28, 2011

Grants of up to \$10,000 each will be awarded to organizations working to support children’s health and wellness, animals, and literacy and education. Applications will be reviewed on a rolling basis throughout the year. To find out more, visit www.buildabear.com/shopping/contents/content.jsp?catId=400002&id=700010

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 and 18 in the areas of violence prevention, anti-abuse and relationship abuse. For more information, visit new.gbgm-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.



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.



Bechtel Building Positive Community Relationships Grants

Deadline: December 31, 2011

These grants support educational, civic and cultural, and social service programs in the communities that host major Bechtel offices and projects. These grants are typically under \$5,000. To apply, visit www.bechtel.com/foundation.html

TRAININGS

Mastering the Mystery: Food, Facts and Fun



Join the team of detectives on the mission to explore "the journey of food" through innovative and integrative school and community gardening programs. This recorded webinar highlights the benefits of gardening, curriculum connections, activities, technology tools, food and nutrition and related initiatives. 4-H volunteers interested in or currently leading food and gardening projects will benefit from this training. To access the archived training anytime, visit www1.cyfernet.org/onlinepd/05-11-mystery.html.

Volunteer-related Issues in Risk Management

Available until June 20, 2010

Want to learn more about keeping 4-H members and volunteers safe? Creating a safe environment is the goal of risk management and this *Everybody Ready!* recorded seminar lays out the issues you need to consider. In this session, learn how to identify possible risks in your environment, and develop a risk-aware culture in your organization. To participate, visit nextgeneration.4-h.org/nextgeneration/login.aspx.

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.



EVENTS AND ACTIVITIES



Food Desert Locator

A new online mapping tool developed by USDA Economic Research Service is destined to inspire community-minded 4-H members in a whole new way. This online tool identifies the geographic location of “food deserts” and provides data on population characteristics where residents have limited access to affordable and nutritious foods. A food desert is defined as “a low-income census tract where either a substantial number of residents have low access to a supermarket or large grocery store.” To use the locator to track food availability in your community, visit www.ers.usda.gov/data/fooddesert/. For more information, visit www.ers.usda.gov/data/fooddesert/about.html.

Walk to School Day

October 5, 2011

Walk to School Day is a one-day event in the U.S. that is a part of an international effort to celebrate the many benefits of walking and bicycling to school throughout the month of October. Walk to School events can be as simple as a few kids and parents meeting to walk to school or very elaborate celebrations. This year’s event will be celebrated across America; 4-H clubs can join the fun by registering online. www.walktoschool.org/getstarted/index.cfm



Teen Substance Abuse Awareness through Music Contest

Don’t miss this opportunity for aspiring teen musicians to use music to spread the message about the importance of healthy choices and the dangers of drug abuse. Participants will submit their creative Music Video OR original Music/Lyrics composition that celebrate healthy and creative living or music that accurately portrays the dangers of drug abuse. Winners will receive cash prizes and national recognition during the National Institute on Drug Abuse National Drug Facts Week which is October 31st through November 6th, 2011. For more information, visit drugfactsweek.drugabuse.gov/contest.php.

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, crafts, ping pong, basketball, soccer, swimming, hiking, fishing, volleyball, horseshoes, 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.

Earn the Presidential 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/.
2. Register.
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.

FOCUS ON 4-H POLICY

By Marcel Horowitz, 4-H Healthy Living Advisory Committee Chair

Most young children do not have the emotional maturity to understand the finality of death, or the emotions that come from bonding with a living creature and then selling it for meat. While children logically know this is the eventual outcome of most 4-H market projects, the reality can hit some of them very hard as the truck drives away from the fairgrounds with their animal in tow. Brain development for abstract thought is not complete in most children until they are an adolescent. Without this development, children do not have the capability to fully comprehend that which they have not seen or experienced. Because of these things, and for safety reasons, children under nine are not permitted to raise large animals in 4-H.



As leaders, we have an opportunity to make raising livestock a positive experience. Prior to investing in a livestock project, take the time to talk with younger members about what is going to happen at the fair auction. Explain step by step what they can expect and discuss the impending outcome for their animals—some children don't yet fully grasp the actual source of meat.

Even with advance knowledge, be prepared to lend a shoulder to cry on. Do not allow others to tease or belittle their sadness, as this may lead them to withdraw from future animal events. Comments such as “toughen up” or “be a big boy” just make the child feel worse about the emotions they are having. Make this difficult learning situation as emotionally safe as possible by showing compassion and understanding.

Reference:

Chapter 5: Membership and Participation

II. MEMBERSHIP POLICY

A. Primary 4-H Members

1. Primary members cannot enroll in large animal projects. Approved primary member animal projects are dogs, rabbits, rats, cats, poultry, cavies, mice, embryology, bees, entomology, marine science, pygmy, Nigerian and dwarf goats and therapeutic animal projects.

SUCCESS STORY

Is your 4-H club or county making a difference in your community? Do you have members and volunteers excited about healthy living? Email mlbottoms@ucdavis.edu to have your story shared in the 4-H Healthy Living Monthly Updates.

HEALTHY RECIPE

This fiber-rich apple cinnamon oatmeal will awaken your taste buds and keep you full longer. Try using Granny Smith, Fuji or Pink Lady apples. This recipe makes four $\frac{3}{4}$ cup bowls. Credit: Network for a Healthy California, Kids Get Cookin'!

www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf

Ingredients:

- 1 large apple
- 1 cup quick cooking oats
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- $1\frac{3}{4}$ cups 100% apple juice

Directions:

1. Chop the apple into bite-size chunks. Be sure to remove the core.
2. Combine the apple chunks, oats, cinnamon, salt, and apple juice in a microwave safe bowl. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.
3. Microwave on high for 2 minutes. Use pot holders to remove the bowl from the microwave because it may be hot.
4. Stir and let cool for 1 minute before serving.



Preparation time: 10 minutes

Cooking time: 2 minutes

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