



## 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 manage 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](http://www.ca4h.org/projects/healthyliving).

### NEWS

#### *Healthy Living Postpones Mortality*

Center for Disease Control and Prevention (CDC) researchers have found that a low-risk lifestyle, which places an emphasis on healthy eating and being active, has powerful and beneficial effects on mortality. An 18-year study shows that people who practice four low-risk behaviors that include not smoking, eating healthy, getting enough exercise and drinking alcohol moderately are less likely to die. To learn more, visit [www.medpagetoday.com/PublicHealthPolicy/PublicHealth/28126](http://www.medpagetoday.com/PublicHealthPolicy/PublicHealth/28126).

### OCTOBER 5<sup>th</sup> IS WALK TO SCHOOL MONTH

Celebrate Walk to School Month! Join kids and families around the globe to walk, hike and bicycle to school in October. See who is walking in your communities and create your own “Hike it. Bike it. I like it!” campaign. To register, visit [www.walktoschool.org](http://www.walktoschool.org).



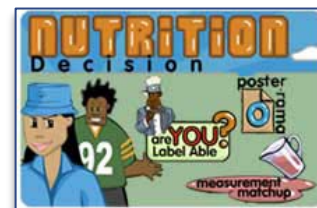
#### *4-H Healthy Living Curricula*

Recommended 4-H Healthy Living curricula is now available on the UC 4-H Youth Development Program website. Diverse sets of curriculum have been designed to teach 4-H youth about all aspects of a healthy living. Price ranges vary and some are free! For more information, visit [www.ca4h.org/Projects/Curriculum/4-H\\_Healthy\\_Living/](http://www.ca4h.org/Projects/Curriculum/4-H_Healthy_Living/).

### RESOURCES

#### *Nutrition Decision*

This educational website introduces young people to nutrition facts labels. Nutrition Decision is designed to engage youth members in activities and games as they learn about serving sizes, nutritional values and much more. For more information, visit [www.nutritondecision.net](http://www.nutritondecision.net).



#### *KidsHealth*

KidsHealth is a website designed to give information about health, behavior and development from birth through teen years. The website has sections for parents, kids and teens which include more than just facts about health. KidsHealth provides families with perspective, advice and comfort about a wide range of physical, emotional and behavioral issues that affect children and teenagers. For more details, visit [kidshealth.org/kid/kh\\_misc/about.html](http://kidshealth.org/kid/kh_misc/about.html).



### *Whole Grains Council*

Recommended USDA guidelines include making half your grains whole. The Whole Grains Council has resources available for formal and informal educators who support spreading the word about the health benefits of whole grains and would like to learn creative ways to enjoy whole grains. For materials and lesson plans, visit [www.wholegrainscouncil.org/resources/educational-materials](http://www.wholegrainscouncil.org/resources/educational-materials).

## FUNDING OPPORTUNITIES

### *State Farm Project Ignition Grants*

**Deadline: November 15, 2011**

The National Youth Leadership Council and State Farm are providing Project Ignition Grants for high school students to address teen driver safety through service learning and creative awareness campaigns. Example of past projects include hosting events and demonstrations, forming community wide partnerships, working on local and state policy and producing public service announcements. For more information, visit [www.sfprojectignition.com](http://www.sfprojectignition.com).



### *Whole Kids Foundation School Garden Grant Program*

**Deadline: December 31, 2011**

The Whole Kids Foundation School Garden Grant Program is accepting online applications for school garden grants. Consider planting a garden for a local school so that students can learn the process of growing food while developing a deeper connection between healthy eating and living. Whole Kids Foundation will grant 1,000 schools \$2,000 to build or expand a school garden. For more information, visit [www.wholekidsfoundation.org/gardengrants.php](http://www.wholekidsfoundation.org/gardengrants.php).

### *KaBOOM Spruce Grants*

**Deadline: Ongoing**

This year, the Dr. Pepper Snapple Group and KaBOOM! will award grants of \$750 each to communities who wish to make playgrounds cleaner, safer and more inviting. These grants are designed to reward communities that have maintained and “spruced” their playspaces since their playground was built. For more information, visit [kaboom.org/docs/documents/pdf/Lets-Play-Spruce-Grant-App6.pdf](http://kaboom.org/docs/documents/pdf/Lets-Play-Spruce-Grant-App6.pdf).

### *Ways to Help Community Service Grants*

**Deadline: Ongoing**

WaysToHelp.org invites teens to apply for grants to fund community service ideas across any one of 16 issue areas including fitness, cancer/smoking, HIV/AIDS and organ and blood donation. Applications should be 5,000 words or less. Visit [www.waystohelp.org](http://www.waystohelp.org) to apply. Grant requests are reviewed and responded to on a monthly basis.



## TRAININGS



### *California Afterschool Resource Center Online Trainings*

Teach youth members to live healthy lives and build healthy communities by participating in online trainings provided by The California Healthy Kids Resource Center. Learn how to help youth members make individual healthy choices and become advocates for health in their schools, after school programs and communities. For a list of online trainings, visit [www.casrc-chkrctrainings.org/training/modules](http://www.casrc-chkrctrainings.org/training/modules).

## EVENTS AND ACTIVITIES

*Lights on Afterschool 2011*

**October 20, 2011**

The 12th annual Lights On Afterschool event will include a million people in more than 7,500 communities throughout the country and United States military bases worldwide. The event takes place to celebrate afterschool programs that keep our children safe, inspire them to learn and help working families. You can win up to \$5,000 in the Light Up A Landmark for the Lights On Afterschool Contest. For more information, visit [www.afterschoolalliance.org/loa.cfm](http://www.afterschoolalliance.org/loa.cfm).



*MyPlate Fruits & Veggies Video Challenge*

**Deadline: November 15, 2011**

What does YOUR MyPlate look like? Create a short video (approximately 30 seconds) showing how you build a healthy plate with fruits and veggies on a budget. It can be a song, skit or a how-to in action, as long as it includes the message “Make half your plate fruits and vegetables.” Winners will receive cash prizes. To learn more, visit [FruitsAndVeggies.challenge.gov](http://FruitsAndVeggies.challenge.gov).

*North Central Section Family and Consumer Science Field Day*

**November 5, 2011 • Stockton**

Save the date—all California 4-H clubs are invited to participate! This year’s field day will offer a variety of educational opportunities including a variety of food and consumer science workshops, presentations, competitions and demonstrations. Workshops include “Healthy Spa Time” highlighting common foods you might find in a spa, “Ignite Your APPetite” showcasing food and fitness mobile apps that will enhance your healthy lifestyle, and much more! Register today by visiting <https://ucanr.org/ncsfieldday>.

## FOCUS ON 4-H POLICY

By Serena Dennis, 4-H Healthy Living Advisory Committee

Information made available by the United States Consumer Product Safety Commission indicates that more than 200,000 youth members ages 8-19 have been treated in hospitals for bicycle-related injuries. Many of these injuries could have been prevented by taking several simple precautions when bicycling. 4-H volunteers should make youth aware of consequences when bicycling in unsafe conditions. Bicycling in a safe environment is essential to preserve physical health. As per California law, Helmet Standards should be met. Here are some tips to avoid physical injury:



- A well maintained and adjusted bicycle with emphasis on adequate brakes and tires.
- Make sure bicycles have good light and reflectors when traveling in darkness.
- In the dark, wear bright clothing so that oncoming traffic can see you.
- A rear view mirror attached to the helmet, glasses or handlebars is important to permit evasive action without doing it blindly.
- Ride your bicycle in the same direction as traffic and not against it.

The most common serious injury suffered by bicyclists is head injuries. Therefore, wearing a helmet to protect against these injuries is the most important precaution one can take. Always wear a properly fitted and approved bicycle helmet with the chin strap securely fastened. 4-H volunteers and members can not only follow this 4-H policy at club meetings, projects, camps and field trips, but also incorporate this policy as a 4-H service learning project.

A service learning project can include bicycle safety by launching a helmet drive to donate them to children in need. For a list of 50 different ideas for service learning projects, visit [www.ca4h.org/files/117240.pdf](http://www.ca4h.org/files/117240.pdf). In California, 4-H members are already making a difference by teaching bicycle safety. For a full story on the impact they have made, visit [www.4-h.org/stories-of-responsibility/Submitted-Stories/Our-wheels-started-a-revolution/](http://www.4-h.org/stories-of-responsibility/Submitted-Stories/Our-wheels-started-a-revolution/).

For detailed information on Clover Safe Notes by Project Area, visit [//safety.ucanr.org/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Project\\_Area/](http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Project_Area/).

Reference:

Chapter 11: Health and Safety

#### XVI. BICYCLE HELMETS

##### A. State Law

California law requires any person under 18 years of age to wear a properly fitted and fastened bicycle helmet when operating or riding as a passenger on a bicycle. The law applies whether the bike is ridden on the street, a bikeway, or a public bicycle path or trail.

##### B. 4-H YDP Requirements

4-H YDP policy requires that youth wear bike helmets when riding during 4-H YDP activities and events.

##### C. Helmet Standards

Bicycle helmets must meet the standards of the American National Standards Institute (ANSI) or the Snell Memorial Foundations Standards for Protective Headgear for Use in Bicycling. These labels must be conspicuously displayed. It is the responsibility of the rider or the rider's parent/guardian to see to it that the headgear worn complies with such approval standards, carries the proper seals, and is properly fitted and in good condition.

## SUCCESS STORY

*Healthy Living Field Day*

### **San Benito County 4-H**

The Union 4-H club in Hollister, California hosted a 4-H Healthy Living Field day on May 7, 2011 to discover what healthy living really means. 4-H members and their families participated in this event, which was divided into three components: nutrition education, physical activity and a healthy cook-off. With the rise in chronic diseases and obesity, healthy living is essential to create healthier communities in order to allow youth and adult members to grow and thrive. The Healthy Living Field Day demonstrated to 4-H members that living a healthy lifestyle, which includes eating healthy and exercising, can be fun and good for them! This event in San Benito County was a huge success and by the end of the event, participants insisted that a Healthy Living Field Day should be an annual event.

On the day of the event, 4-H members visited each booth learning to eat fruits and vegetables daily, how to pick healthy cereals, what foods are considered whole grains, the importance of calcium and vitamin D for healthy bones, foods that contain healthy fats, and how to build a healthy and balanced food plate. The Field Day also featured a healthy cook-off, "4-H Chopped", which intrigued the audience as young chefs chopped, cooked and prepared delicious recipes. To read more, visit [www.ca4h.org/News/Impacts/?story=683](http://www.ca4h.org/News/Impacts/?story=683).



## HEALTHY RECIPE

### Almond Fruit Smoothie

As the summer season comes to an end and the new school year begins, youth will enjoy a refreshing smoothie that will boost their brain power! This smoothie is rich in magnesium, calcium, phosphorus and zinc. It also contains vitamin E and compounds called phytochemicals which help protect against cardiovascular disease.

#### Ingredients:

- 1 cup almonds
- ½ cup skim milk
- 4 ounces low fat yogurt
- ¼ cup blueberries
- 1 sliced banana
- 4 strawberries

#### Directions:

1. Cut the tops of the strawberries off.
2. Place strawberries, banana, blueberries, yogurt, milk and almonds in a blender or food processor.
3. Blend until smooth and creamy.
4. Serve chilled.

Preparation time: 10 minutes



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