



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.

NEWS

2010 Dietary Guidelines for Americans



First published in 1980, the Dietary Guidelines are mandated by Congress to be reviewed, updated and released by USDA and HHS every five years. The Dietary Guidelines contain the latest, science-based nutritional and dietary guidance for the general public. Dietary Guidelines for Americans, 2010 is being released at a time of rising concern about the health of the American population. To view the entire report, visit www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf. To read the executive summary that highlights key findings, visit www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf.

Healthy People 2020: Determinants of Health

This online video provides a framework for what research supports regarding overall wellness, identifying risk factors while also suggesting interventions that have a positive impact. It is the interrelationships among these factors that determine individual and population health. Determinants of health reach beyond the boundaries of traditional health care and public health sectors; sectors such as education, housing, transportation, agriculture, and environment can be important allies in improving population health. To view, visit www.healthypeople.gov/2020/about/DOHAbout.aspx.

RESOURCES

Science Pirates: The Curse of Brownbeard

This free, 3D educational computer game is an innovative and engaging way to communicate food safety knowledge in an environment of scientific exploration. Learners will engage in testing variables, understand hypothesis formation, draw conclusions, and make recommendations for hand washing behavior. 4-H members can apply what they learn when preparing food at 4-H activities and events! To play, visit www.sciencepirates.com.





WiredSafety

Youth—and adults working with youth—will find a wealth of information about internet safety on this website. Whether you're looking for tips on social networking safely or learning the risks of identity theft, this site houses countless videos, animations, printable educational materials and curriculum related to cyber safety. For more information, visit www.WiredSafety.org.

ANR Environmental Health and Safety: 4-H Resources

Are you confident your 4-H activities, events, retreats or camps are a safe place for youth? The ANR Environmental Health and Safety website hosts Clover Safe Notes listed by project area (with five new additions!), the 4-H Camp Safety Guidebook, 4-H Safety Training Record and more. 4-H youth, volunteers and staff will know how to evaluate their environment for potential hazards prior to 4-H activities. Check out the website at groups.ucanr.org/ehs/4H.

Start! Walking Now

Combine SET and Healthy Living programming to pack a powerful punch! On this website, youth are encouraged to identify a walking path in their community. Using Google Maps, visitors can record their favorite walking path in an online database. Then with a free tool kit, go outside and mark your path with official “Start! Walking Path” signs. To help get others in your community on the road to good health, visit www.startwalkingnow.org.



FUNDING OPPORTUNITIES

Katie's Krops Grant

Deadline: February 11, 2011

Youth ages 9 to 16 are invited to apply for grants to start vegetable gardens to feed people in need. Grantees will be awarded materials necessary to create a garden (up to \$400), technical support from Katie's Krops, and a digital camera to document your garden and the harvest. Applications for all types of vegetable gardens will be considered such as a container garden if you live in a city or a vegetable garden located in your neighborhood. For more information, and to apply, visit www.katieskrops.com.



4-H SET Request for Proposals: Gardening, Landscaping, Environmental Restoration and Reforestation Projects

Deadline: February 28, 2011

In 4-H, youth learn about the environment and become environmentally aware through projects in environmental stewardship, gardening, landscaping, forestry, and soil and water conservation. Through a generous gift from the California Landscape Contractors' Association, the California Youth Development Program is pleased to offer funding up to \$2,000 per project for ten projects that combine water quality/conservation with landscaping, gardening, environmental restoration, reforestation, and other environmentally-focused activities. To apply, visit www.ca4h.org/Projects/SET/Initiative/RFP.



TRAININGS

Snack Time: Providing Healthy Snacks in Your After School Program

This free training is provided by the California Healthy Kids Resource Center. Learn why healthy snacks are

important and how to create healthy snacks—including the best time to serve snacks, the components of healthy snacks, and how to create a week-long snack menu. This training is essential for 4-H staff and volunteers that serve snacks at 4-H camp, meetings and events. For details about a variety of online trainings that you can participate in at your convenience, visit www.casrc-chkrcetrainings.org/training/modules.

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. Register today for this educational and networking opportunity on childhood obesity available to professionals nationwide. For more details, please visit www.Childhood-Obesity.net.

Eight Keys to a Strong Policy

February 24, 2011

Creative obesity prevention policies are crucial for creating real and lasting change in any community. But how can you make sure a proposed policy will succeed? In this webinar, facilitators will lead a discussion about the difference between policies and programs, and you'll learn eight critical steps to making sure a new local policy is on solid ground. Please visit the [event registration](#) page for more information.



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.

Colusa County Summer Agriculture Seminar

June 23-24, 2011 · Colusa County

Dr. Seuss once wrote, "Plants serve us well and fill so many needs, and flowering plants all started as seeds." The bi-annual Colusa County Ag in the Classroom Summer Seminar will focus on seeds—from planting to eating! One unit credit can be earned from CSU, Chico. This seminar is jointly sponsored by Colusa County Farm Bureau and University of California Cooperative Extension Colusa County. For more information, contact Liz Dawley at erdawley@ucdavis.edu.



Healthy Living Innovation Awards

Deadline: March 1, 2011

The Department of Health and Human Services is scouring the country to identify and recognize community-based projects that are improving the health status of their local communities. Whether you've designed a brand new tool or are using an existing approach in a new or unusual way, they want to recognize efforts, reward progress, and inspire others to replicate these successes. For more information, visit healthylivinginnovation.challenge.gov.



FOCUS ON 4-H POLICY

Beyond Physical Safety

By Shannon Dogan, 4-H Healthy Living Advisory Committee

Creating a safe environment for young people is critical to their healthy development. They need to feel physically safe and protected from harm. They must also feel that their peers and adults support, accept, and value them. Feeling emotionally safe allows young people to feel that they can express themselves, take on new challenges and make mistakes without judgment, and a greater connection with the group.

In 4-H, much attention is paid to making sure programs are physically safe, and there are several policies and resources to help you create physically safe environments (Chapter 11). Emotional safety is just as important, though often we don't express the same amount of consideration. To help create emotional safety, the 4-H Code of Conduct outlines behavioral guidelines and expectations for youth members, adult volunteers, and parents/guardians. For example, comments and slurs intended to hurt others, exclusion, and angry, hostile, or other negative behaviors are a violation of the code of conduct.

So, whether you are a youth or adult, next time you are at a meeting or event, think about how you can help foster healthy, positive development by creating an emotionally safe and supportive environment.

Reference:

Chapter 5 Membership and Participation, www.ca4h.org/Administration/Policies/Chapter5

VI. YOUTH CODE OF CONDUCT

A. Standards of Behavior

Behavior guidelines and expectations have been designed to make everyone's experience at 4-H events satisfying to all attending. This means that all participants, members, adult volunteers, and 4-H YDP staff, shall adhere to the core values of the University of California 4-H YDP and respect the individual rights, safety, and property of others. Youth are expected to demonstrate the character traits of trustworthiness, respect, responsibility, fairness, caring and citizenship.

SUCCESS STORY

Rethink Your Drink

Del Norte County 4-H

Childhood obesity is a nationwide problem, with a national average of 34.5 percent of American adolescents considered overweight or obese. Del Norte County has a much higher average, with over 50 percent of school-aged children overweight or obese.

Del Norte County 4-H members created an action plan to educate consumers about the substantial amount of sugar in many popular drinks. To do this, 4-H members created an educational display featuring eight popular sugar-sweetened beverages. Next to each beverage, the 4-H members placed a container with the equivalent number of sugar cubes. The 4-H youth took this display to the Del

Quick Facts

- 2100 Del Norte County residents educated about the sugar in sweetened beverages.
- 4 Days spent educating fair-goers to rethink their drink.

Norte County Fair to engage fair-goers and encourage visitors to “Rethink Your Drink.” Along with the display, youth also provided three different healthy beverages—water flavored with slices of fresh fruit and/or vegetables. Providing free, fresh, and tasty alternative drew more than 1,800 people to the display over a period of four days.

Through the vision and initiative of Del Norte County 4-H, the “Rethink Your Drink” initiative has continued to reach thousands of members of the public throughout the North Coast. Not only have they impacted their regional community, Del Norte 4-H members also have made a difference in their local 4-H community. Due to their efforts, the Del Norte 4-H Leader’s Council has committed to offering healthy beverage options and serving water at 4-H events and activities. To read more, visit www.ca4h.org/News/Impacts/?story=480.

HEALTHY RECIPE

Don't throw out the cereal box when all you've got left are crumbs! Here's a way to put them to good use. The recipe below makes one snack, multiply as needed for club project settings. Credit: Rachel Ray’s Yum-o Foundation

Ingredients:

- ½ cup mixed berries of your choice
- ½ cup vanilla yogurt
- ¼ cup cornflakes or Cheerios from the bottom of the box

Directions:

In a small serving glass, layer the ingredients beginning with the berries, yogurt, cornflakes or Cheerios and repeat another two times to finish with the Cheerios or cornflakes on top.



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Making a Difference
for California