

Champion Press



A healthy dose of news about the *Network for a Healthy California*.

March 2008

Save the Date!

April 7, 2008 from 9:00 am – 4:00 pm: The WIC Summit, *Making Change Matter: Maximizing the Health Impact of the New WIC Foods*, will take place in Los Angeles and focus on the new federal rules that enable WIC households to purchase a variety of fruits and vegetables, whole grains and soy products for the first time! Click here <http://www.calwic.org/foodsummit.aspx> for more information on attending.

March 2008: This month is National Nutrition Month® and provides you with a perfect opportunity to get out in your community and be a Champion for Change! Speak up for healthy changes by encouraging your local residents to visit a nearby farmers' market or try a new healthy recipe full of fruits and vegetables! For more information on National Nutrition Month®, visit <http://www.eatright.org/>.

↓ [Champions for Change Mom Success](#)

↓ [Regional Network News](#)

↓ [Consumer Empowerment Forum for Change Spotlight](#)

↓ [Network News](#)

↓ [Opportunities & Resources](#)

↓ [Information of interest](#)

→ [CPNS Calendar of Events](#)

Regional Champions

Champions for Change Mom Success

Bay Area Region- Champion Mom Patricia Miranda served as a Champion at Maria Shriver's "We Connect You" event in San Francisco! With over 500 people in attendance, including Gavin Newsom, the Mayor of San Francisco, Patricia was escorted up to Maria Shriver at the speaker's platform and presented the First Lady with the *Bay Area Region's* Champions for Change 2008 Calendar! The First Lady even remembered Patricia and the *Network* from the *Family Day* event she and Governor Schwarzenegger attended!



Regional Network News

Central Valley Region- The *Network for a Healthy California—Central Valley Region's* Central Valley Health and Nutrition Collaborative (CVHNC) partners, Terri Soares and Merced City School District, received great media coverage in the *Merced Sun-Star* for the work they are doing with mealtime nutrition education in their schools!

[Click here to read the full story](#)





Sierra Cascade Region- *Sierra Cascade Region* had the highest participation rate in last year's Governor's Fitness Challenge: 125,387 students completed the Challenge. "This year we're hoping to recruit even more schools, engage even more kids, and show the state what Sierra Cascade is capable of," says Patty Mannel, director, *Network for a Healthy California—Sierra Cascade Region*.

McManus Elementary School in Chico is already giving challengers a run for their money and was recently awarded a \$1,000 front runner award for having 98% of their students complete the Challenge within the first month!

To learn more about the Governor's Challenge and find out how you can participate, visit www.calgoveouncil.org/challenge/.

San Diego & Imperial Region- Employees at BikeBandit.com in the *San Diego & Imperial Region* are taking action and getting creative with the *Network for a Healthy California—San Diego & Imperial Region Worksite Program!* BikeBandit.com is being recognized for its efforts in implementing a healthier work environment by offering health and wellness options for all employees such as workout programs, nutrition classes, weight loss challenges and healthy food options. In fact, a group of motivated employees recently completed a 5K in which registration was paid for by the CEO of the company! They are now training to complete a half marathon!

Consumer Empowerment Forum for Change Spotlight

Over forty empowered and enthusiastic local residents, faith-based leaders, businesses, community organizations, and public officials attended a very successful Community Empowerment Forum for Change hosted by the *Network for a Healthy California—African American Campaign* at Christian Community Baptist Church and West Fresno Health Care Coalition, Inc. in Central Fresno on February 29, 2008! At the Forum, community members and public officials served as Champions for Change by unveiling plans to convert a vacant alley into a community fruit and vegetable garden in an effort to improve the health of local Fresno residents.

The Forum proved to be an inspirational event as several key community partners spoke to attendees about their hopes for the garden. Trena Dixon, a local Champion Mom, expressed her excitement in having a garden nearby that will provide her and her family with fresh fruits, vegetables and an opportunity to "get moving" together! Fresno's City Council President, Blong Xiong, spoke to attendees about his support for the community garden and improving the health of neighborhood residents. In addition, Valarie Scruggs, marketing manager, *Network for a Healthy California—African American Campaign* discussed the statewide efforts taking place throughout California to support communities that are working to create environments that provide healthy food options and opportunities for physical activity. The Forum even featured a team of energetic cheerleaders from Edison High School who rallied for eating more fruits and veggies!



Champion Mom Trena Dixon, Steve Johnson, Jain Irrigation and several Edison High School cheerleaders join community residents in planting fruits & veggies at the Consumer Empowerment Forum for Change!

A dedicated collaboration led by Blong Xiong as well as local residents, faith-based leaders, businesses and community organizations will assist in the development and maintenance of the community garden. “The alley conversion clearly demonstrates a new approach for empowering community residents to be Champions for Change and helping them make health-related changes in their neighborhood,” said Yolanda Randles, executive director, *Network for a Healthy California—Central Valley Region African American Campaign* at West Fresno Health Care Coalition, Inc.

This Consumer Empowerment Forum for Change made evident the power a collaboration of individuals can have in making change happen in the community and the steps each of us can take to be Champions for Change!

[Return to top](#)

Network News

Network’s Harvest of the Month program mentioned on National Public Radio (NPR)

The *Network’s* very own Harvest of the Month program was mentioned on the February 14 Morning Edition program! NPR correspondent Patricia Neighmond discussed salad bars in Dayton Heights Elementary School in Los Angeles. Marina Morales, a teacher and organizer of the program, was interviewed and noted that Harvest of the Month produce is featured in the salad bar.

Click here for the full article <http://www.npr.org/templates/story/story.php?storyId=18948805&sc=emaf>.

Network Champion presents at California Conference of Local Health Department Nutritionists (CCLHDN) annual meeting

Sharon Sugerman, a research scientist with the *Network*, presented California findings from the 2006 Public Health Nutrition Workforce Survey at the March 2, 2008 CCLHDN Conference in Pacific Grove.

For more information on the CCLHDN annual meeting, visit <http://www.cclhdn.org/>.

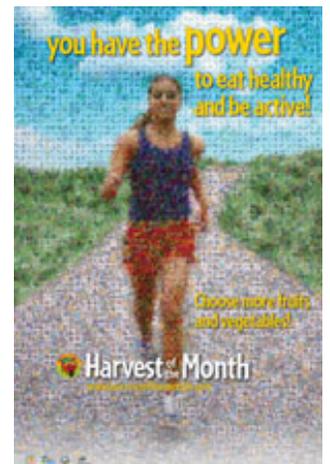
[Return to top](#)

Opportunities and Resources

New Harvest of the Month Training Module & poster

Do you want to re-energize your teachers about the Harvest of the Month (HOTM) program? The new HOTM Training Module will soon be available on the HOTM Web site <http://www.harvestofthemonth.com/>. You will be able to look at the new quick-start instructional guide, educator’s newsletter training template with curricular links and the new DVD highlighting HOTM in action in schools, cafeterias and communities! We will keep you posted on the exact date the Training Module will be available on the Web site.

A new HOTM mosaic poster features a girl running with the slogan “You Have the Power to Eat Healthy and Be Active Choose More Fruit and Vegetables.” It is available on the *Network’s* online ordering system <https://web3.kpcorp.com/v25/entry.asp?Account=CANN>.



[Return to top](#)

Information of Interest

New research out of Johns Hopkins Children's Center explains that Spanish-language television consists of so many fast-food commercials it may be fueling the rising obesity epidemic among Latino youth.

Click here <http://www.sciencedaily.com/releases/2008/02/080218155627.htm> to view the full article.

The information provided here is for general information purposes only. The views expressed are not necessarily those of the Network for a Healthy California (Network). The Network has taken all reasonable measures to ensure the material provided is correct. However, the Network gives no warranty and accepts no responsibility for the accuracy or the completeness of the material.

[Return to top](#)

Visit us online at <http://www.dhs.ca.gov/ps/cdic/cpns/>.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.