

Champion Press



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

July 2009

Network News

Network for a Healthy California—African American Campaign Juneteenth events encourage African Americans to make healthy choices a priority

The *Network for a Healthy California—African American Campaign* empowered African American families to eat healthy and be active by providing them with creative ideas and budget-friendly tips during the Juneteenth events last month. The *Campaign* used fun and creative educational games from the *Network's* Fruit, Vegetable and Physical Activity Toolbox, a nutrition education spin-wheel and their Champion Moms to encourage community members to take control of their health and the health of their families.

"We are reaching African American families where they live, work, shop, worship, and play," said Yemanya Napue, a *Network for a Healthy California—Gold Country Region* Champion Mom who participated in their event in Vallejo, CA on June 20, 2009.

Other Champion Moms also shared their stories of how they have made health a priority, even during these tough economic times. "By combining fun and creative approaches that communicate the importance of adopting healthier lifestyles, we can engage and empower African Americans to make healthy changes for their families and communities," stated Dinah Hester, Champion Mom from the *Central Valley Region*.

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Regional Network News

Desert Sierra Region- The *Network for a Healthy California—Desert Sierra Region African American Campaign* held the Nutrition Education and Empowerment Forum in conjunction with Eagles Wings Church's Body & Soul Kick-off Celebration on June 13, 2009 in Perris, California. The fun and festive event provided church members and the community with educational and practical resources to empower attendees to eat healthy and be active. The congregation sampled two healthy recipes from the *Network's Soulful Recipes* cookbook and were encouraged to take a pledge to eat more fruits and vegetables and increase their daily physical activity.

Dr. Astrid Mickens-Williams, coordinator, *Network for a Healthy California—Desert Sierra Region African American Campaign*; Vicki Wynn, coordinator, *African American Campaign* Riverside County Nutrition Program; Diane Wayne, Riverside County Nutrition Program; and Reverend Bronica Martindale, community health leader, Local Incentive Awardee Program attended the event and encouraged the congregation to be Champions for Change by getting involved in the Body & Soul Program.

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From left to right: Diane Wayne, Pastor Carl Wiggins, Patricia Wiggins, Vicki Wynn, Dr. Astrid Mickens-Williams and Reverend Bronica Martindale all pose for a photo opportunity at the Nutrition Education and Empowerment Forum.

Local Incentive Awardees in the News

***Network for a Healthy California—Los Angeles Unified School District* kicks off Symposium with a recipe competition**

Students from the *Network for a Healthy California—Los Angeles Unified School District* (LAUSD) concocted creative, healthy and delicious recipes during the second student-led snack-off recipe competition on June 12, 2009. The competition is the official kick-off to the *Network's* annual Nutrition Advisory Councils (NACs) Symposium, an event that brings together a diverse group of 100 low-income students from around the district and teaches them innovative ways to empower their peers to form healthy eating habits and be more physically active.

Students from Flourney and Florence Griffith Joyner Elementary Schools participated in workshops and other activities designed to help them learn new and innovative ways to empower their fellow classmates to eat healthy and be more active.

The *Los Angeles Sentinel* featured an article on the event as well. [Click here](#) to read the full article.

Regional Network Collaboratives in the News

Desert Sierra Health Network launches “Rethink Your Drink”

The Desert Sierra Health Network (DSHN) was highlighted in the *San Bernardino Sun* on June 4, 2009 for the launch of their “Rethink Your Drink” educational initiative. The article, entitled “Sugar Shockers” featured the *Desert Sierra Region's* Champion Mom Brenda Parker with a display of every day grocery items and the equivalent amount of sugar in each product. The Soda Free Summer Campaigns implemented by the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) and the Los Angeles Collaborative for Healthy Active Children (LACOLLAB) were also highlighted in the article.

[Click here](#) to read the full article.

Healthy Choices Partnership in the *Gold Country Region*

Over 2,000 students, teachers, parents and principals from four elementary schools celebrated their completion of the Healthy Eating Active Living (HEAL) Collaborative's Healthy Choice Partnership during a “Cyclebration” event held in May. The goal of the Healthy Choices Partnership is to support and engage elementary schools (principals, teachers, parents and students) to promote healthy living by creating a healthier school environment through free nutrition education lessons, fresh fruit and vegetable samples and support to students in developing policies that make the healthy choice easier.

The Healthy Choices Partnership, which consists of representatives from the *Network for a Healthy California—Gold Country Region*,

Dairy Council of California and Fresh Producers, kicked off in March and concluded with the May "Cyclebration." The event included the unveiling of their Healthy Choices Policy which implemented a healthy snack policy at each school, a smoothie bike party, the *Shape of Yoga* and 4th-6 grade students participating in nutrition focused physical activity games.

Upon request from the participating schools, the partnership will continue next Fall and be duplicated in other local districts the following Spring.



Students participate in a nutrition education lesson and a smoothie bike demonstration during the HEAL Collaborative's "Cyclebration" event!

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Visit us online at <http://www.networkforahealthycalifornia.net>.

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.