

UC CalFresh Weekly Update July 14, 2014



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UC CalFresh Website Updates

Recordings, PowerPoint Presentations & Resources from the 2014 UC CalFresh/EFNEP Skills-Based Training Institute Now Available!

Recordings, PowerPoint presentations and various resources from the 2014 UC CalFresh/EFNEP Skills-Based Training Institute have been posted to the UC CalFresh website: <http://www.uccalfresh.org/trainings/conferences>.

Recording of the Hunger Attacks Webinar presented by Anne Iaccopucci and Melissa Tamargo

Anne Iaccopucci and Melissa Tamargo presented their experience using the Hunger Attack curriculum. They discussed many helpful strategies they used. A copy of the webinar can be viewed online: <http://uc-d.adobeconnect.com/p6vtdz5fbyl/> and will be posted to the UC CalFresh website.



Upcoming Events & Deadlines

JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

7/15/14: UC CalFresh Town Hall Webinar, 12:30-2:00 PM
The July UC CalFresh Town Hall Webinar has been scheduled for Tuesday, July 15, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be **Go Glow Grow, Newly Revised Pre-School and Youth Curriculum**, presented by Sharon Junge, Emeritus, UCCE Placer County.

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r9fmbnszsg806&eom>
Security Passcode: apple1
Access Code: 7544137
Dial-In Number: 1-866-740-1260

7/15/14: Career Tracks for County Directors, Advisors and Program Managers Webinar, 10:00-11:30 AM

This webinar will include the purpose of a job series for university staff, factors considered for how positions are allocated, the variety of factors considered for how positions are classified, and what Career Tracks does and does not do. The information will be presented by Bethanie Brown.

Adobe Connect Information:

Webinar Link: <http://uc-d.adobeconnect.com/r8lhsgopxd8/>
Call-In Number: 1-866-740-1260
Access Code: 970-2760

8/8/14: Q3 Reporting Tools Workbooks Due

FFY 2014 Q3 Reporting Tools Workbooks for UC CalFresh were returned on July 2nd. Due to the late return of the workbooks, the deadline for returning the Q3 Reporting Tools Workbook and Q3 documentation to the State Office has been **extended until August 8, 2014**. Please contact the UC CalFresh State Office if you have any questions related to your workbooks or the submission date.

8/15/14: Last Day to Order CDPH NEOPB Materials & Resources from the "Sunset" Account

Agencies can continue to order free materials from the "Sunset" account through **August 15, 2014**. The "Sunset" account includes discontinued items that will not be available after August 15. All materials are available on a first come-first served basis. To take advantage of this opportunity to provide your community with free materials, please visit the Online Ordering Site using the login information listed below.

Order Information:

Website: <http://v2.kpcorp.com/cann>
User ID: Sunset
Password: Champions (*note: Password is case sensitive)

Evaluation Survey for the UC CalFresh & EFNEP Skills-Based Training Institute

Thank you for your attendance and participation at the UC CalFresh & EFNEP Skills-Based Training Institute in Stockton. Your input is very valuable in planning future meetings. Please take time to share your comments and suggestions by completing the evaluation survey: <http://ucanr.edu/survey/survey.cfm?surveynumber=13285>.

UC CalFresh Weekly Update: July 14, 2014

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UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education

<http://www.uccalfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

*"I learned that I need to take care of my body and family by cooking with less fat and feed my family healthy foods (more fruits and vegetables). Every time I learn something new. Thanks a bunch."
—Eating Smart, Being Active Participant, Merced County*

*"This class was very beneficial for me and my family. I learned to take a look more at my serving sizes, nutrition facts and also have taken use of MyPlate into my daily meals."
—Plan, Shop, Save, Cook Participant, Santa Clara County*



UC CalFresh, UC ANR and UC Davis in the News!

World Food Center dovetails with new UC initiative

The University of California, Davis is front and center as the UC system musters its collective strength to help bolster the world's food supply—making it healthier, larger and sustainable for a population headed toward 8 billion by 2025. UC President Janet Napolitano announced the UC Global Food Initiative on July 1, first in Berkeley, then in Sacramento and finally Los Angeles. Helen Dillard, dean of the UC Davis College of Agricultural and Environmental Sciences, joined Napolitano for the second announcement, which came during the monthly meeting of the California State Board of Food and Agriculture. "At UC Davis, we have the additional benefit of the newly founded World Food Center, which will work with the UC Global Food Initiative to inventory the expertise we have in agriculture across the UC system and help turn that knowledge into actions that address the global food challenges we face," Dillard said outside the meeting. The systemwide initiative is based on the existing strengths of the 10 UC campuses, the systemwide division of Agriculture and Natural Resources, and the Lawrence Berkeley National Laboratory. [Read full article.](#)

Early Impact on Childhood Obesity

Pediatric nurse Christy Solorio is very familiar with childhood obesity and the chronic health problems it can cause. She is deeply distressed to see children heading down an unhealthy path so early in life. "I see their pain when obese children are not able to do the things that kids should be doing," she says. For her master's-degree thesis, Solorio collaborated with an interprofessional team of UC Davis researchers who are conducting a multiyear study to determine the most effective early interventions to this national health crisis. The Niños [Sanos, Familia Sana \(Healthy Children, Healthy Family\)](#) study was designed to help Mexican-heritage children in California's Central Valley maintain healthy weights. Understanding what motivates parents psychologically to implement certain feeding practices with their children is critical to disconnect the path to obesity, Solorio believes. "The earlier you can impact the way children are fed, the greater their chances for healthier lives," she says. [Read full article.](#)



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

Growing Healthy Kids at the Corner of Fairness Boulevard and Caring Street!, UCCE Tulare County

An old proverb states that it takes a village to raise a child. It takes people of strong character and integrity, people who can exemplify the six pillars of the Tulare County Office of Education "Character Counts" program. The incredible teachers at Pixley School believe it is not just a village, but a unique combination of community agencies, good curricular material and a little bit of dirt. That's right, dirt! In Pixley, they are growing healthy kids in their school garden! The recipe follows:



- * Take one motivated third grade teacher, aka Fidel Garcia, expose his clever mind to the Tulare County farm Bureau, California Ag in the Classroom, the Dairy Council of California, and Life Lab and you're sowing the seeds of potential.
- * Apply for grants from all of those agencies.
- * Add in one Grilda Gomez, awesome Nutrition and GENE (Garden Enhanced Nutrition Education) Educator, from the University of California Cooperative Extension and invite her to visit your classrooms.
- * Rake in your grade three teammates.
- * Turn over the old lesson plans!
- * Work cooperatively all year; allowing Mr. McGrady's class to research and plant the herbs, while Messrs. Garcia and Gutierrez plant in the main garden. Invite supporters like "Bonnie's Plants" to provide seeds and plant some cabbage, zucchini, and onions.
- * Visit often, watering and weeding. Reading, writing, math, science and test scores help the children grow until finally, one day...
- * **Harvest!** Mrs. Gomez, University of California Cooperative Extension, and the students prepare a fresh coleslaw utilizing vegetables that include the six plant parts that were learned as part of her curriculum. The teacher team cooks some of the vegetables over a hot stove. Voila! On the Pixley campus, in a classroom at the corner of Fairness Boulevard and Caring Street, you have grown a garden of strong, healthy children.



[Read full blog article in Spanish.](#)



What Kept Food Security from Improving After the Recession?

USDA's annual survey on food security among American households showed, not unexpectedly, that the prevalence of food insecurity increased during the 2007-09 recession. In the post-recession period, the highest monthly unemployment rate dropped from 10 percent in 2009-10 to 8.3 percent in 2012. But the rosier employment picture was matched by very little improvement in the level of food insecurity—i.e., households' lack of consistent access to adequate food for active, healthy lives. The national prevalence of food security was 14.5 percent in 2012, essentially the same as in 2009 and 2010. What could be the explanation? The Economic Research Service (ERS) set out to examine the relationship between national economic conditions and the level of food insecurity. Specifically, they examined the role played not only by the unemployment rate, but also by general inflation and by change in the price of food relative to other goods and services. They found these three economic measures together account for 92 percent of the year-to-year variation in food security from 2001 to 2012. From the early post-recession period (2009-10) to 2012, inflation increase almost one and a half percentage points. The price of food relative to the price of all goods and services was two-thirds of a percentage point higher in 2012 than in 2009-10. Higher general inflation, combined with higher relative food prices, offset any gain in food security from lower unemployment in 2012. The association of food insecurity with unemployment, inflation and the relative price of food are explored in the [recent ERS report](#). [Read full blog article](#).

Stanford Study: Inactivity, More Than Diet, Linked to Obesity Increase

New research from Stanford shows that physical activity—or lack thereof—may be a bigger driver of the obesity epidemic than diet is. The researchers looked at national survey results of people's health habits—including diet and exercise—from 1988 to 2010. The stunner was the increase in people who reported no leisure-time physical activity. In 1988, 19 percent of women were inactive. By 2010, that number had jumped to 52 percent. For men, the rate nearly quadrupled, going from 11 to 43 percent in the same time period. But what didn't change was the number of calories people consumed. In other words, people were eating about the same but exercising significantly less. Dr. Uri Ladabaum, a gastroenterologist at Stanford University Medical Center, led the study. He said that the research can only suggest an association between inactivity and increasing obesity, but that people should not decide diet is irrelevant to obesity. "We would not want to suggest in any way that caloric intake is not important," Ladabaum said. "But it raises the question of how much of the change in obesity prevalence might be related to physical activity." The study was published in the [American Journal of Medicine](#). [Read full article](#).

International Food Security Assessment, 2014-24

This USDA Economic Research Service (ERS) report assesses and projects food security of 76 low- and middle-income countries based on two key determinants: food production and import capacity. Domestic food production performance plays the most critical role in the food security of these countries, particularly for those in the Asia and Sub-Saharan Africa regions that depend primarily on locally produced grain supplies. Conversely, the capacity to pay for imports is significant in regions like Latin America and the Caribbean and North Africa that import a large share of their food supplies. To understand how food production and import capacity affect food security, ERS researchers estimated and projected the number of food-insecure people regionally and in each of the 76 developing countries covered in this report for 2014-24. Between 2013 and 2014, ERS projects food insecurity for the 76 countries analyzed to improve. The number of food-insecure people is projected to fall 9 percent, from 539 million in 2013 to 490 million in 2014. The share of the population that is food insecure in these countries is expected to decrease from 15.5 percent in 2013 to 13.9 percent in 2014. To view the entire report, please [click here](#). [Read ERS Report Summary](#).

NCCOR supported AJPH issue highlighted systems science applications in obesity research

A section of the July 2014 issue of the *American Journal of Public Health*, now available in print as well as online, showcases cutting edge research in this area. This theme issue is supported by the National Collaborative on Childhood Obesity Research's (NCCOR) Envision project and highlights the contributions to the field from many Envision members. "This theme issue highlights some of the work that is being done in obesity research using systems science approaches," Dr. Regina Bures said of the special segment, titled *Using Systems Science in Obesity Research*. Bures is program officer in the Center for Population Research at the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) at the National Institutes of Health (NIH) and is a co-leader of Envision. Bures served as a guest editor for the *AJPH* theme issue. Twelve articles make up the section, including the Editor's Choice titled "Systems Science: A Tool for Understanding Obesity," authored by Drs. Bures and Mabry, as well as NCCOR's C. Tracy Orleans, Ph.D., of the Robert Wood Johnson Foundation, and Layla Esposito, Ph.D., of NICHD/NIH. To learn more about the collection of articles, [click here](#).

Merced, Mariposa school districts to get food grant funds from state

Almost 700 California public schools, including several in Merced and Mariposa counties, will be awarded more than \$16 million to ensure more low-income students receive nutritious food prepared with modern equipment, state Superintendent of Public Instruction Tom Torlakson announced Tuesday. "School can be one of the few places where children from low-income families may receive a healthy meal," Torlakson said. "These grants will not only help upgrade some equipment in school kitchens, but will also go to provide more fresh fruits and vegetables to students in need." The state grant will enable the district to purchase the carts to transport the meals and additional staffing. Torlakson said research shows there is a clear connection between good health and learning. Healthy children miss fewer days of school, are more academically successful, more attentive and well-behaved, and more likely to graduate from high school and go to college. [Read full article](#).



Education & Resources



RWJF infographic explains positive impact of healthier school meals

A new infographic from the Robert Wood Johnson Foundation (RWJF) draws on the best of RWJF-funded research to show how more than 30 million kids in the United States have healthier school meal options than children had 10 years ago. Released June 9, "Healthier School Meals Matter" highlights the positive impact of healthy school meals on kids' choices and obesity rates, particularly among children from low-income families. To view the infographic, please visit: <http://www.rwjf.org/en/about-rwjf/newsroom/infographics/infographicschoolmeals.html>.

Healthy Food Bank Hub

The Healthy Food Bank Hub, a partnership between Feeding America, Academy of Nutrition and Dietetics and National Dairy Council, is designed to create partnerships between organizations that focus on hunger, nutrition, and public health. Their website features information and strategies to connect different networks to promote healthy eating and wellness. They also have a wide variety of resources available, including healthy recipes, handouts, worksheets and links to other resources to meet your needs. For additional information, please visit: <http://healthyfoodbankhub.feedingamerica.org/>.

Free Webinar: Building Blocks for Tots: Teaching Movement Skills During Structured Physical Activity Time, July 23, 2014, 3:00 PM PST

Play is essential for all young children. Through play and unstructured physical activity, children learn how to get along with others—share, take turns and develop their imaginations and creativity. In a quality, structured Early Childhood (EC) program, children also learn and develop a wide variety of locomotor, non-locomotor, rhythmic, balance, and object manipulation skills. During preschool, there should be ample opportunities for exploration and free play—and—progressive and sequential skill development time. In fact, all young children should engage in 60 minutes of unstructured and structured physical activity each day. While schools present a great opportunity for children to participate in structured physical activity, some teachers lack the training or resources to provide it. Attend the next free SPARK webinar and you'll learn how to design and/or enhance your structured physical activity program with evidence-based resources and proven EC strategies. You'll soon have more fun teaching physical activity and be smiling right along with your students! To register for the webinar, please visit: <https://www2.gotomeeting.com/register/850759482>.

Thunderclap: A Social Media Promotion to Help Feed Hungry Children This Summer, July 29, 2014

Children need healthy food all year long. During the school year, many children receive free and reduced-price breakfast and lunch through their school meals programs. But when school lets out many of these children are at risk of hunger, which can hinder the learning process. USDA's Summer Food Service Program ensures children 18 years of age and below, living in income-eligible communities, receive nutritious meals even when school is out. To reinforce this value, FNS has just launched a summer meals support effort on social media to raise awareness about summer meals sites and how these nutritious meals benefit our nation's children. Through a platform known as Thunderclap, this important message can be heard when you and your friends say it together. By simply clicking a button of support, a user agrees to share a message with their friends through their Twitter, Facebook and/or Tumblr accounts. That same message will be blasted by those that have agreed to support summer meals during the exact same established time. Please consider using your social media influence to spread the word about this vital resource for families in need. In doing so, more folks will know how to help kids and teens find a free, nutritious summer meal site this summer. For additional information, please visit: www.summerfood.usda.gov.

Now Open! Call for Session Proposals for the 8th Biennial Childhood Obesity Conference, Deadline: July 31, 2014 at 11:59 PM EDT

The 8th Biennial Childhood Obesity Conference hosts invite you to submit a session proposal. Your contribution of knowledge, experience and resources will ensure conference attendees continue to receive high quality information they expect to see at the Childhood Obesity Conference—the nation's premier conference on childhood obesity. The session proposal call officially opened July 1, 2014 and closes July 31, 2014 at 11:59 PM EDT. Notification of accepted proposals is scheduled for January 2015. To learn more about the proposal submission process and conference priorities—visit the Childhood Obesity Conference website: <http://www.childhoodobesity2015.com/>.

Save the Date! 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, San Diego, CA

Now in its 8th year, the Biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected to attend in 2015. Join us as we continue to share and discuss emerging research, best practices, community-based efforts and effective policy strategies that promote and sustain healthy eating and physical activity practices for children, adolescents and their families! For additional information, including submissions for a session proposal, and how to sign up to receive monthly e-newsletters and e-news alerts, please visit: <http://www.childhoodobesity2015.com/>.

Funding Opportunities from the American Heart Association and Robert Wood Johnson Foundation Voices for Healthy Kids Program

The American Heart Association and Robert Wood Johnson Foundation *Voices for Healthy Kids* Program has several different types of grant opportunities addressing six priority areas: smart school foods; healthy drinks; marketing matters; food access; active places; and active kids out of school. There is no deadline noted for these grant opportunities. For additional information, please [click here](#).



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

