

UC CalFresh Weekly Update

July 7, 2014



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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		

7/1/14: Call for Session Proposals for the 8th Biennial Childhood Obesity Conference in San Diego, CA Opens Online

The 8th Biennial Childhood Obesity Conference hosts invite you to submit a session proposal! Oral presentations will be organized into eight tracks. [Instructions for the Call for Session Proposal Submittal](#) is available on the conference website. You will also have the opportunity to submit a Pre-Conference session proposal during the July 2014 open call for proposals. For additional information, please refer to the conference website: <http://www.childhoodobesity2015.com/>.

7/4/14: Independence Day Holiday

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/r/9fmbnszsq806&eom>
Security Passcode: apple1
Access Code: 7544137
Dial-In Number: 1-866-740-1260

7/31/14: Last Day to Order CDPH NEOPB Materials & Resources from the "Sunset Account"

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, and a special thank you to all of the members on the Planning Committee as well as the UC ANR Program Support Unit! 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>.

Field Testing of Activities with UCCE Yolo County

UC ANR and UC CalFresh in Yolo County are funding a project that has been updating curricula and is currently creating a new workbook for upper elementary (4th-6th). The workbook will be focusing on obesity correlates such as limiting fast foods, understanding portion sizes, sleep, screen time, physical activity, and more. UC CalFresh in Yolo County is looking for counties that would be willing to field test individual activities during the next few months. If you are interested, contact Christie Hedrick at (530) 666-8740 or by e-mail at chhedrick@ucanr.edu.



CDPH NEOPB Materials & Resources

The Nutrition Education and Obesity Prevention Branch (NEOPB) has started the process of transitioning their warehouse, fulfillment and online ordering services to the California Department of General Services, Office of State Publishing (OSP). Materials are available to order from the newly created "Sunset Account."

After July 31, 2014, the "Sunset Account" materials will no longer be available. All materials are available on a first come-first served basis.

Order Information:

Website: <http://v2.kpcorp.com/cann>

User ID: Sunset

Password: Champions

UC CalFresh Weekly Update: July 7, 2014

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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 how to save money while buying healthy foods and how to read nutrition labels. Because of this class, I eat more healthy with my family."

—Plan, Shop, Save, Cook Participant, Kings County

"I have learned lots of things in this class. I never knew about the price per unit in stores. I plan on using that when I shop so that I can save money. I also learned how to plan my meals for the whole week, so I can save food and money. I also learned a bunch of healthy dishes to make."

—Plan, Shop, Save, Cook Participant, Santa Clara County



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

University of California initiative to address global food needs

President Janet Napolitano announced a major University of California initiative intended to marshal resources across the UC system to address global challenges related to food. The UC Global Food Initiative grows out of a commitment by Napolitano and the 10 UC campus chancellors to work collectively to intensify and expand the efforts of the world's premier public research university to support healthy eating, sustainable agriculture and food security. Napolitano noted that by the year 2025, the world's population will grow by another billion people. Already, she said, 1 billion people go to bed hungry every night, while another half billion suffer from obesity. "Our goal is far-reaching," Napolitano said. "It is to do all we can to help the world learn to feed itself in ways that are healthy and sustainable in the use of resources." The initiative's reach, Napolitano said, will be both external and internal—on campuses, among faculty and students, in research labs and in communities through UC outreach. It will build on efforts already under way. It will identify best practices and share them widely within UC, California, and, ultimately, the nation and the world. The Global Food Initiative will expand on UC's tradition of innovative agricultural, health and environmental research by further incorporating other disciplines such as law, humanities, education and social science to better shape, impact and drive food policy discussions.

Among other early efforts to be undertaken as part of the initiative are the following:

- * Internally, campuses will heighten their collective purchasing power and dining practices to encourage sustainable farming practices, and model healthy eating and zero food waste; food pantries and farmers markets that exist on some campuses will be read to all 10. Partnerships with K-12 school districts to enhance leveraging procurement for these purposes also will be explored.
- * Food issues will be integrated into more undergraduate and graduate courses, catalogues of food-related courses will be developed, and demonstration gardens will be made available on each campus to increase opportunities for students to participate in experiential learning.
- * Data mining of existing information will be deployed to help develop insights and action plans for California agriculture and responses to climate change.
- * New policies will be enacted to allow small growers to serve as suppliers for UC Campuses.

For additional information on the UC Global Food Initiative, please visit: <http://ucop.edu/initiatives/global-food-initiative.html>.



Agriculture Secretary Vilsack Highlights New “Smart Snacks in School” Standards; Will Ensure School Vending Machines, Snack Bars Include Healthy Choices

Agriculture Secretary Tom Vilsack announced that under USDA’s new “Smart Snacks in School” nutrition standards, America’s students will be offered healthier food options during the school day. “Nothing is more important than the health and well-being of our children,” said Secretary Vilsack. “Parents and schools work hard to give our youngsters the opportunity to grow up healthy and strong, and providing healthy options throughout school cafeterias, vending machines, and snack bars will support their great efforts.” The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. The “Smart Snacks in School” nutrition standards, to be published in the *Federal Register*, reflect USDA’s thoughtful consideration and response to the nearly 250,000 comments received on the proposal earlier this year. “Smart Snacks in School” carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus, drawing on recommendations from the Institute of Medicine and existing voluntary standards already implemented by thousands of schools around the country, as well as healthy food and beverage offerings already available in the marketplace. [Read full news release.](#)

USDA Farm to School Census Results Now Available!

The final results of the USDA Farm to School Census are now available! USDA distributed the Farm to School Census to 13,133 public school districts in the United States, 9,887 of which completed the Census. 4,322 districts operating approximately 40,328 schools with 23,513,237 students in attendance are bringing the farm to school. National results, as well as results by state and district are available. For additional information, including viewing the Census results and where to download resources, please visit: <http://www.fns.usda.gov/farmtoschool/census#/>.



Bridging the Gap and Centers for Disease Control and Prevention (CDC) Briefs, Promoting Health through Local School Wellness Policies

Bridging the Gap collaborated with the Centers for Disease Control and Prevention to develop a series of briefs highlighting opportunities to support wellness policies through evidence-based strategies. These briefs provide an assessment of policies across school districts nationwide, related to seven wellness policy components. They also highlight areas of opportunity for state agencies, school districts, and schools to strengthen wellness policy components. Click on the topics below for additional information:

- * [Local School Wellness Policies: Where Do They Stand and What Can You Do?](#)
- * [Supporting Quality Physical Education and Physical Activity in Schools](#)
- * [Supporting Recess in Elementary Schools](#)
- * [Creating Supportive School Nutrition Environments](#)
- * [Improving Access to Drinking Water in Schools](#)
- * [Marketing and Promotion of Foods and Beverages at School](#)
- * [Addressing Weight Status Measurement in Schools](#)
- * [Methods Document for the CDC and Bridging the Gap Local School Wellness Policy Briefs](#)

For additional information, please visit the Bridging the Gap website: <http://www.bridgingthegapresearch.org/research/>.

National Get Vertical Day Brings Attention to Reducing Sedentary Behavior in the Workplace

The National Association of Chronic Disease Directors (NACDD) is supporting a national resolution called “*National Get Vertical Day*” to bring attention to reducing sedentary behavior in the workplace. Representative Sanford Bishop is seeking co-sponsors for the Congressional resolution via a “dear colleague” he recently circulated. For additional information on “*National Get Vertical Day*”, please visit the NACDD’s website: http://www.chronicdisease.org/?page=Get_Vertical.

2013 National, State, and Local Youth Risk Behavior Survey (YRBS) Results from the Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention (CDC)’s Division of Adolescent and School Health (DASH) released the 2013 national, state, and local Youth Risk Behavior Survey (YRBS) results on the YRBS website. The website includes 2013 data from the National YRBS and from 42 state and 21 local YRBS among students in grades 9-12. Selected nationwide results indicate that during the past 7 days prior to the survey:

- * 15.7% of students had eaten vegetables three or more times per day
- * 22.3% of students had not drunk soda or pop (not including diet soda or diet pop)
- * 38.1% of students had eaten breakfast
- * 27.1% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day
- * 48.0% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school

For additional information on YRBS, please visit: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>.



Education & Resources



New Farmers' Website Released by USDA

The U.S. Department of Agriculture (USDA) unveiled a new farmer's website that will provide a centralized, one-stop resource where beginning farmers and ranchers can explore the variety of USDA initiatives designed to help them succeed. The website has in-depth information for new farmers and ranchers, including: how to increase access to land and capital; build new market opportunities; participate in conservation opportunities; select and use the right risk management tools; and access USDA education, and technical support programs. These issues have been identified as top priorities by new farmers. The website will also feature instructive case studies about beginning farmers who have successfully utilized USDA resources to start or expand their business operations. For additional information, please visit: <http://www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers>.

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.

