



- **Brand New Day at Corcoran YMCA**
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# HEALTH BEAT

WORKING TOGETHER FOR HEALTHY CHANGE

## National Nutrition Month

By Jenny Dominguez, Nutrition and Wellness Manager, Central Valley Health Network



# CVHNC

The Collaborative

cabbage, purple-fleshed potatoes

Each March, the American Dietetic Association celebrates National Nutrition Month®, and this year's theme, "Eat Right with Color," encourages everyone to add color and nutrients to their meals. Adding a variety of colorful seasonal foods to your plate creates a meal full of nutrients offering potential health benefits.

Below is a quick color guide to help you brighten up your family's plate every season.

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange** and **deep yellow** fruits and

vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn, and sweet potatoes

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple



**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan,** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear,

Source: [www.eatright.org/Media/content.aspx?id=6442462270](http://www.eatright.org/Media/content.aspx?id=6442462270)

# Brand New Day at Corcoran YMCA

By Hilda Martinez, Communications Director, Central Valley Health Network

## CalFresh—a New Name, Same Great Services

By Jenny Dominguez, Nutrition and Wellness Manager, Central Valley Health Network

*CalFresh* is the new name in California for the Food Stamp Program (FSP), a federal food assistance program formerly known in the state as the Supplemental Nutrition Assistance Program (SNAP).

Prompted by Assembly Bill 433, Governor Schwarzenegger required that California Department of Social Services (CDSS) rename the California FSP to reflect the following: 1) Food Stamps were no longer delivered by stamps; 2) Food stamps support healthy living; 3) Food stamps are important to California agriculture and 4) Food stamps would be better viewed as a health and nutrition program than a welfare program.

"*CalFresh*" was chosen because it was described as "encouraging you to eat fresh food" and represented a healthy lifestyle and "fresh" new program. In addition, the name is identifiable with California, promotes agriculture, and aligns with other California program names. The *CalFresh* name and logo capture the elements for a successful food assistance program: accessibility, simplicity, freshness, and empowerment.



January 19<sup>th</sup> brought together the Corcoran Family YMCA, community partners and local residents for "A Brand New Day for Healthy Change," an event meant to promote health and wellness in the community. The YMCA took this opportunity to introduce the community to its new focus on overall health, a change that came about last year through a nationwide rebranding effort that includes new goals and logo.

Local parents attended physical activity and nutrition education workshops by the *Network for a Healthy California—Central Valley Region*. More than 80 children participated in a nutrition decathlon led by the *Children's Power Play! Campaign* and Central Valley Health Network Americorps.

Earlier in the day, the



Community Food Bank and FoodLink distributed food to over 2,300 residents, including fresh fruits and vegetables. Like many small rural towns in the Central Valley, Corcoran suffers from high levels of unemployment. According to the Department of Labor Statistics, the City's unemployment rate is 16.8 percent—well above the national average of 9 percent; making nutrition assistance, nutrition education, and physical activity promotion important and valuable resources.

Other participants in the event included: Central Valley Health Network, CalFresh, Family HealthCare Network, Corcoran Unified School District, Corcoran District Hospital, and Dairy Council of California.



## Upcoming Events

- March 26, 2011: Cesar Chavez Day Event at Earl Ruth Park in Parlier, 1 to 4 pm
- April 8, 2011: Faith-based Community Meet and Greet at West Fresno Regional Center, 9 am to 12 pm
- April 12, 2011: Collaborative Meeting in Fresno
- June 28 – July 1, 2011: Childhood Obesity Conference in San Diego

**We serve Mariposa, Merced, Madera, Fresno, Tulare, Kings, and Kern Counties**

# Dietary Guidelines for Americans 2010

By Katrina Wyatt, AmeriCorps Member, Central Valley Health Network

The USDA has released the "2010 Dietary Guidelines for Americans," which give suggestions to help people lead healthier lives and reduce the risk for chronic disease. With the rise of obesity in recent years, nearly 1 out of 3 children in the United States is either overweight or obese, according to the California Health Interview Survey.

The Guidelines outline 23 key recommendations for the general population with six additional recommendations for special populations such as soon-to-be mothers. Some recommendations include enjoying foods, but enjoying less of them and avoiding oversized proportions.

In addition, they recommend:

- Making half your plate fruits and vegetables.
- Switching to fat-free or low-fat (1%) milk and drinking water instead of sugar-sweetened beverages.
- Consuming less sodium, prevalent in most preserved products.
- Complimenting healthy eating decisions with physical activity.

If Americans are able to incorporate all 23 recommendations into their lifestyles, they will achieve an overall healthy eating pattern.

For more information or to view the guidelines, go to [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)



## HEALTH SPOTLIGHT

**Use these tips to add more fruits and vegetables into your diet today.**

Add fruits and vegetables to your plain frozen cheese pizza. Suggestions: pineapple, peppers, tomato, spinach, artichokes, and broccoli.

When eating roasted or steamed vegetables try adding low-fat grated mozzarella or parmesan cheese, or nuts for added flavor

Add fresh or dried fruit to oatmeal, granola cereal, or plain non-fat/low-fat yogurt.

Make an omelet with onions, peppers, mushrooms, and top with salsa.

Add bananas, apples or strawberries instead of jam to peanut butter sandwiches.

Make "kabobs" with toothpicks of fresh fruits to dip into non-fat/low-fat yogurts, or vegetables into non-fat/low-fat dips.

Add grated zucchini, carrots, or bell pepper into your meatloaf, quick breads, and pasta sauce.

Add fresh, canned or dried fruits to your salads to add a variety of color and flavor.

For more tips, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

# CA State Budget 2011-2012

By Ida Farid, Government Affairs Coordinator, Central Valley Health Network

On January 10, 2011, Governor Jerry Brown released his 2011-2012 budget proposal to address the State's \$25.4 billion deficit. The Governor's proposal includes 47 percent in reductions, 47 percent in revenues and 7 percent from other solutions.

The Governor has called upon the Legislature to take up several tax proposals by March to allow for a special election in June. The revenues introduced in the proposal require a two-thirds vote from the Legislature and approval by the voters in June. If the measures fail, the Governor has stated that the Administration will double the proposed cuts.

The Governor's proposal includes a reduction in expenditures that affect nearly every area of state funding, except K-12 education.

The Governor's budget includes cuts to the following:

- \$1.7 billion from MediCal
- \$1.5 billion from CalWORKS
- \$750 million from services for the developmentally disabled
- \$500 million from both the UCs and CSUs
- \$200 million from State bureaucracy

The budget proposal includes a five-year extension of temporary taxes that were adopted in 2009 and are set to expire this year. The Governor will utilize some of these taxes to fund his realignment program, which shifts funding and responsibility of certain programs to local governments.

To read a summary of the Governor's budget, please visit <http://www.ebudget.ca.gov/BudgetSummary/BSS/BSS.html>



Central Valley Health Network



# Action Team Updates

## Coordinated School Health Action Team

The Coordinated School Health Action Team began in 2005 and offers support, training and technical assistance to school districts throughout the Central Valley that are interested in using a Coordinated School Health approach. This approach brings together 8 components (all health related disciplines) in a school district to work together toward a common goal of healthy active children that are ready to learn.



Recently, Action Team members surveyed superintendents and Wellness/Coordinated School Health Committee leads to see what specific training topics are most needed. The goal is to offer these trainings throughout the year via WebEx. The first training was held on January 26 and was a basic introduction to Coordinated School Health. All of these trainings will be recorded and available to allow districts to participate at any time. To view the first training, visit <https://fsnep.webex.com/fsnep/lst.php?AT=pb&SP=TC&rID=8287957&act=pb&rKey=cf1b3f2559a09d12>

For more information or to join this Action Team, please contact: Angie Tazio, Chair  
Dairy Council of California at [atazio@dairycouncilofca.org](mailto:atazio@dairycouncilofca.org).



## Physical Activity Tip

### **Work up a sweat.**

Vigorous workouts—when you're breathing hard and sweating—help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging, or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

### **Join in physical activities at school.**

Whether you take a physical education class or do other physical activities at school, such as intramural sports, structured activities are one way to feel good, look good and stay physically fit.

For more information visit: <http://www.fitness.gov/10tips.htm>



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