



OBESITY PREVENTION NEWS

OCTOBER/NOVEMBER 2010 E-NEWSLETTER

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Launching of Office of Multicultural Health Los Angeles Demonstration Project

PARTNERING TO COMBAT OVERWEIGHT AND OBESITY IN CLINICAL PRACTICE

The CMA Foundation has partnered with the California Office of Multicultural Health to build on the work completed by the Foundation in developing clinical tools for health care professionals to address childhood obesity in the practice setting, developing a new component to address the influence of culture in patient decision making.

The two overall goals for the partnership include:

1. Orient physicians and healthcare provider organizations about the influence of culture in patient decision making regarding overweight and obesity in children and their families.
2. Build the capacity of provider organizations and health plans to support their members to better address the influence of culture on patient decision making related to childhood obesity.

For more information, please contact:

Obesity Prevention Project
California Medical Association Foundation
916.779.6620 or cmaf@thecmafoundation.org

SHOUT OUTS to our Physician Champions

Let us **THANK YOU** in our next **Obesity Prevention Project E-Newsletter!** Tell us in a few lines or sentences **WHAT YOU HAVE BEEN UP TO!** We're interested and we would like to **LET OTHERS KNOW!** Your reply will be **PUBLISHED** in our upcoming e-newsletter as we **ACKNOWLEDGE YOU** for all the great work that you do! Please email vsatern@thecmafoundation.org to submit your update.



The Role of Healthcare Professionals in California Obesity Prevention Project Survey



Please take the time to participate in this quick survey to let us know what you are doing in your community to advocate for healthy lifestyles and how the CMA Foundation can continue to support your efforts. Your participation in this survey will help the CMA Foundation ensure that we focus on the issues that important to California Healthcare Champions as we continue to support your efforts as a healthcare professional to reduce the prevalence of overweight and obesity in children and their families.

This survey should take less than 10 minutes to complete. All responses will be kept confidential. Participants will be given an opportunity to enter a drawing for a chance to win a \$100 WALGREENS gift card at the end of the survey.

DEADLINE: December 22, 2010

Please click the link below to take the survey:
<http://www.zoomerang.com/Survey/WEB22AZYHZJWE7>

If you have any questions, please contact Vanessa Saetern, Obesity Prevention Project Assistant at vsatern@thecmafoundation.org or (916) 779-6631.

Click here to subscribe!

Help us improve the health of California! Click here to donate.





Harvest of the Month



Sweet Potatoes

Pears Are An Excellent Source of:

- Beta carotene — almost four times the recommended Daily Value. Beta carotene is a precursor to Vitamin A that may help the body fight sickness and disease.
- Vitamin C and several essential minerals, including calcium and magnesium.
- Fiber, Vitamin B6 and potassium, all of which aid in a variety of health needs from metabolism to energy and cognitive performance.

Produce Tips:

- Choose firm, dark, dry, smooth sweet potatoes without blemishes. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator — the core will turn hard and develop an unpleasant taste. To keep sweet potatoes fresh, store them in a dry, cool (55 – 60 F) place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them, as the moisture makes them spoil faster.
- At normal room temperature, sweet potatoes should be used within a week of purchase. If stored properly, sweet potatoes will keep for a month or longer.



Serving Ideas:

- Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a tasty batch of sweet potato fries.
- Bake chopped sweet potatoes with apples and cinnamon for a warm dessert.
- Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious sweet potato hash.



This material was produced by the California Department of Public Health's [Network for a Healthy California](http://www.networkforahealthyca.org) 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.

Cut Out the Fat



When shopping for meat, certain words indicate cuts that are lower in total fat and saturated fat. Look for "round" or "loin" in the name when shopping for lean beef and the words "loin" or "leg" when you're seeking lean pork or lamb. Here are some examples of lean cuts of meat:

- **Beef:** Eye of the round, top round steak, top round roast, sirloin steak, top loin steak, tenderloin steak and check arm pot roast. For ground beef choose 95 percent lean ground beef.
- **Veal:** Cutlet, blade or arm steak, rib toast and rib or lion chop.
- **Pork:** Tenderloin, top loin roast, top loin chop, center loin chop, sirloin roast, loin rib chop and shoulder blade steak.
- **Lamb:** Leg, loin chop and arm chop.

If you're not sure of the cut, ask the butcher or check the label. Along with the net weight, unit price and cost per package, the label tells you the kind and the cut.

To prepare lean cuts of meat, try broiling, grilling, roasting, pan broiling, braising, stewing or stir-frying. Produced by American Dietetic Association (ADA). For more information, please visit the ADA at www.eatright.org.

CalFresh Rollout

CalFresh: New name in California for the Food Stamp Program. Use CalFresh to buy fresh fruits and vegetables, whole grains, lean proteins and more.

You can qualify even if you:

- Earn money from a job.
- Get unemployment benefits.
- Get general assistance/relief.
- Get child support.
- Are part of CalWORKS.
- Get disability benefits.
- Have money in savings.

Income Limits: The table below does not apply to households with mixed immigration status or a member who is elderly or disabled.

People in Household	Gross Income	Net Income
1	\$1,174	\$ 903
2	1,579	1,215
3	1,984	1,526
4	2,389	1,838
5	2,794	2,150
6	3,200	2,461
7	3,605	2,773
8	4,010	3,085
Each Add'l Person	+406	+312

People using Food Stamps do not need to reapply; they are automatically enrolled in CalFresh.

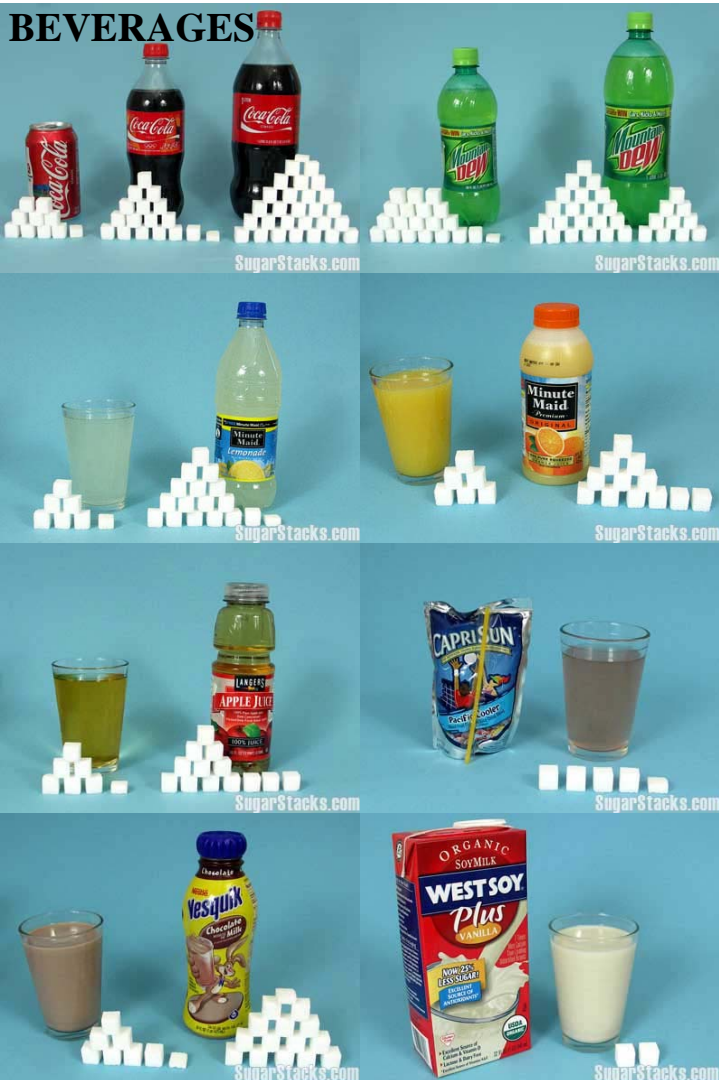
For Information visit

www.CalFresh.ca.gov, or call: (877) 847-FOOD (3663) or in Spanish (888) 9-COMIDA.



How Much Sugar is in That?

Regular sugar cubes (4 grams of sugar each) are used to show how the sugars in your favorite foods literally stack up, gram for gram. Compare foods, find out where sugar is hiding, and see how much of the sweet stuff you're really eating. Please note that different types of sugar - i.e., sucrose, fructose, cane sugar, corn syrup, honey, etc. are NOT differentiated, although there are differences in how these sugars are metabolized. Cubes of white sugar are used as a visual aid.



Save Time and Money at the Grocery Store

There is more variety on today's grocery store shelves than ever before. With so many choices, it is easy to get overwhelmed.

Make shopping easier by following these guidelines:

- **Don't shop when you're hungry.** You're more likely to make impulse purchases on less nutritious items that cost more.
- **Make and stick to a shopping list.** If you keep a running list at home of items that need to be replaced, you won't have to worry about forgetting anything.
- **Organize your list** into sections according to the layout of the supermarket. This cuts down on time and the number of passes you need to make through the aisles.
- **Check for supermarket specials** printed in the newspaper or online and plan your shopping trip around what is on sale.

If you are a single-person household, maximize your food dollars at the grocery store:

- **Buy frozen vegetables and fruit** in bags so you can take out what you need and freeze the rest.
- **Look for foods sold in single servings** such as juice, yogurt, frozen meals, soup and pudding.
- **Shop from bulk bins** so you can buy smaller amounts. **Ask the butcher** or produce manager for a smaller amount of prepackaged items.
- **Buy produce that keeps longer** in the refrigerator such as broccoli, Brussels sprouts, cabbage and carrots.
- **Buy small loaves of bread** or wrap and freeze bread you won't use right away.

Produced by the American Dietetic Association (ADA). For more information, please visit the ADA at www.eatright.org.



Hot Opportunities

Bring on the Veggies

First Lady Michelle Obama visited Riverside Elementary in Miami, Florida last week to announce *Let's Move Salad Bars to Schools*, a collaboration with the Fruit and Vegetable Alliance, the Food, Family and Farming Foundation and the United Fresh Produce Association to bring 6000 salad bars to schools over the next three years. The First Lady explained the importance of eating your veggies to 5th graders at the elementary school:

"I have so much fun in our garden at the White House. But I'm sure everyone here knows that vegetables aren't just fun to plant and to watch as they grow...they're good for you, too. They'll give you the energy you need to do well in school and help you grow up healthy and strong. And one of the best ways to serve up these fruits and veggies is at a salad bar, where they're all laid out for you to choose from. That way, you can pick out the ones you like – and maybe try some new ones too. Then you can mix 'em up just how you want them, and then sit down and eat your masterpiece."



After a demonstration from Miami chefs Michelle Bernstein and Michael Schwartz, who are part of the Chefs Move to School program, the students and Mrs. Obama built their own salads, a healthy addition to any lunch. Riverside Elementary was the first school to receive a salad bar but there are 5999 still left to give away. All schools and/or districts that meet the bronze level of the USDA Healthier US School Challenge are eligible for a salad bar donation, with the stipulation that the school/district desires and can support a salad bar. All other schools and districts that participate in the National School Lunch Program (NSLP) may apply for a salad bar donation.

Interested schools can begin the process by completing an online application and creating their own individualized webpage on the initiative's new website: www.saladbars2schools.org. Schools can then encourage donations for their own school's salad bar, as well as receive donations from the general funds of the initiative. The website also offers details about the benefits of salad bars and resources to help increase fruit and vegetable consumption at schools.

Let's Move Salad Bars to Schools!

Brain breaks for better focus and concentration...

Healthy eating messages sprinkled throughout the school hallways, cafeteria, and classrooms...

Nutrition education woven into PE and core curriculum K-12...

Where is this happening? Check out West Orange, New Jersey school district!

"Teaching our students to maintain a healthy balance with eating and exercise is our top priority. The SPARK program is helping provide the tools and training to achieve this goal", shared Corinn Giaquinto, Health and Physical Education instructor, Thomas Edison Middle School, West Orange, New Jersey.

Hats off to Thomas A. Edison Middle School and their entire school district in West Orange. The district has been using SPARK in their physical education department for some time and recently received a grant from Mountainside Health Foundation to fuel student success by adding nutrition education.

Vickie L. James, Registered Dietitian and Director of Healthy Kids Challenge (HKC), the exclusive nutrition education partner for SPARK, was the trainer for the West Orange training, the first ever SPARK and HKC nutrition education training.

"From classroom to PE to wellness council members K-12, the representation and enthusiasm shown at the workshop tells me the commitment this district has to student wellbeing. They truly understand the strategy of using good nutrition and physical activity to create a culture of health in the schools that can do nothing short of fueling student success. This was the first of many great moments down the road for West Orange Schools."

If your school district is ready to accelerate student achievement by combining physical activity and nutrition education, contact SPARK today. Full day SPARK/HKC nutrition education trainings as well as a new nutrition curriculum in three grade ranges, K-2, 3-5, and 6-8 all are available through SPARK. Healthy Kids Challenge trainings are tailored to meet school needs for successful implementation of realistic wellness policies, school improvement plans, and TEAM Nutrition guidelines. And SPARK/HKC help you achieve the required criteria for the Healthier US School Challenge program.

Register Now! AskCHIS Online Trainings

Learn how to use [AskCHIS](#) without leaving home! Our NEW two-hour online workshop provides a basic introduction to the free, easy-to-use online AskCHIS Web tool. Participants will learn how to search for health data by county, region or statewide. Workshops will focus on a range of topics, including health disparities, chronic diseases, healthy living and topics chosen by participants. Trainings run from 10 a.m. - noon.

[Learn more.](#)

**Upcoming Online Training:
January 12, 2011: [Register!](#)**

Registration limited to the first 25 participants.

NEW RESOURCE

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs

now available at <http://www.afterschoolsolutions.org/>.

This material was developed as part of the Center for Collaborative Solutions' (CCS) Healthy Behaviors Initiative, made possible by funding from the *Network for a Healthy California* (CA Department of Public Health) via funds from the USDA Supplemental Nutrition Assistance Program and by The California Endowment and the David and Lucile Packard Foundation.



Changing Lives, Saving Lives



A Step-by-Step Guide to
Developing Exemplary Practices in
Healthy Eating, Physical Activity and
Food Security in Afterschool Programs



Announcements

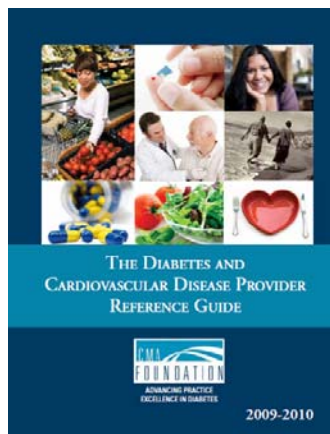
Diabetes and Cardiovascular Disease Provider Reference Guide

The Provider Reference Guide is described as an:

“Excellent outline of complex subject with good details”-evaluation response

The CMA Foundation’s Diabetes Quality Improvement Projects’ release of this **Comprehensive Reference Guide for Clinicians** provides you with:

- Guidelines supporting the screening and diagnosis of type 2 diabetes, dyslipidemia & hypertension
- Approaches to the clinical management of type 2 diabetes and related cardiovascular complications
- Effective communication techniques
- Health care provider and patient education resources
- Billing and procedure codes



More than 30 experts engaged in the development of this Guide, and over 175 pages of guidelines and resources are available for your practice. You may view the guide at: http://www.thecmafoundation.org/projects/aped/Provider_DiabetesRefGuide2010.html. Here, you can print the Guide in full pdf format or simply print sections of interest.

Your help is needed!!!!

The Guide will be updated on an annual basis. Your input is valuable in this process. Please take the time to assist us by taking 1 minute to answer a brief survey and give feedback to improve this Guide.

<http://www.zoomerang.com/Survey/WEB22AS7G4SU9G>

If you have any questions or would like more information, please give Julie Vedolla-Fuentes a call or e-mail her at jvedolla-fuentes@thecmafoundation.org



Safe Routes to School Resource and Policy Brief Now Available!

The Obesity Prevention Project offers an online Safe Routes to School (SRTS) Web Resource to support the partnership between schools and physicians for ongoing collaborations in support of Safe Routes to School programs. The online SRTS resource provides healthcare professionals, medical societies and other organizations with resources on education, development, and implementation of Safe Routes to School.

[Click here](#) to access the Online Safe Routes to School Resource.

A policy brief outlining the rationale for Safe Routes to School was developed in collaboration with Regional Physician Advocates, the California School Board Association (CSBA), and California Safe Routes to School National Partnership addressing the policy issues related to the Safe Routes to School Initiative. The policy brief focuses on how to implement a Safe Routes to School Program in low income, underserved communities.

[Click here](#) to access the Safe Routes to School Policy Brief. For more information, please contact cmf@thecmafoundation.org or 916.779.6620.



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