



# Healthy Behaviors Conference

Changing Lives. Saving Lives.

## Welcome

December 7-9, 2011

Bahia Resort Hotel, San Diego, CA

# Welcome to the Healthy Behaviors Conference!

We are so excited to have you join us in learning more about how out-of-school time programs can become an important part of the solution to the childhood obesity epidemic. Your presence here tells us that you get it! Out-of-School Time programs can and are making a difference.

In 2009, the Center for Collaborative Solutions (CCS) sponsored a Healthy Behaviors Strand at the BOOST Conference, which was well received. CCS and the BOOST Collaborative wanted to take it one step further and in 2010 partnered to host our first Annual Healthy Behaviors Conference, and again this year, to give you more choices for learning and opportunities to Change Lives and Save Lives.

As a bit of background--The Healthy Behaviors Initiative (HBI) was launched in 2004 by CCS in partnership with the California Department of Public Health. With help from an advisory group of experts, we developed a guide that explained six nutrition, physical activity and food security practices, which, when fully implemented, would strengthen after school programs, help them create healthy environments and help their students acquire the knowledge, skills and motivation to make healthy choices. After school programs that have implemented the practices at an exemplary level serve as models for other after school programs and are certified as Healthy Behaviors Learning Centers. Currently, there are 14 Learning Centers across California that share their experiences with other after school programs through site visits, mentoring and technical assistance. By the end of 2012, there will be 27 Learning Centers across California! Several of them are here at the conference to share with you. CCS has published the practices with examples from the Learning Centers in *Changing Lives, Saving Lives—A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs*, which can be downloaded free at [www.afterschoolsolutions.org](http://www.afterschoolsolutions.org). Contact information for the Learning Centers is also on this same web site.

We hope you will take the opportunity to learn, network with your colleagues, and take time to enjoy yourself in these lovely surroundings.



Tia Quinn, Executive Director  
BOOST Collaborative



Kathy Lewis, VP & COO  
Center for Collaborative Solutions (CCS)



## Schedule At-A-Glance

### Wednesday, December 7, 2011

9:00am- 5:00pm	Registration
6:30pm-7:30pm	Opening Reception

### Thursday, December 8, 2011

7:00am-12:00pm	Registration
7:30am-8:30am	Breakfast & Networking with Exhibitors
7:30am-1:30pm	Resource Fair
7:45am-8:15am	College Credit Orientation
8:45am-9:45am	Welcome & Opening Keynote
9:45am-10:15am	Recharge Break & Book Signing
10:30am-12:00pm	Workshop Sessions I (1.5 hours)

### Thursday, December 8, 2011 (continued)

12:00pm-1:00pm	Lunch & General Session Keynote
1:00pm-1:20pm	Recharge Break & Networking w/Exhibitors
1:30pm-3:30pm	Workshop Sessions II (2 hours)
3:45pm-5:15pm	Workshop Sessions III (1.5 hours)
6:30pm-9:30pm	Special Event: "Lunch Line" Film Screening

### Friday, December 9, 2011

7:00am-8:00am	Morning Recess on the Beach
7:30am-8:30am	Breakfast & Networking with Exhibitors
7:30am-12:00pm	Resource Fair
8:45am-10:15am	Workshop Sessions IV (1.5 hours)
10:30am-12:00pm	Workshop Sessions V (1.5 hours)



CALIFORNIA  
DEPARTMENT OF  
EDUCATION

**TOM TORLAKSON**

STATE SUPERINTENDENT OF PUBLIC INSTRUCTION

**Welcome to Attendees of the  
Healthy Behaviors Conference  
December 7-9, 2011**

I am pleased to welcome all the participants and guests of the Healthy Behaviors Conference hosted by the Center for Collaborative Solutions (CCS) and BOOST Collaborative.

The BOOST Collaborative supports out-of-school time professionals through a variety of different opportunities, and the organization is working toward change in educational and social services agencies serving youth in out-of-school time. The Healthy Behaviors Initiative led by CCS demonstrates that afterschool programs can play an important role in improving the health of our children and youth.

The Healthy Behaviors Conference is an exciting venture, and I applaud all of you for your focus on healthy eating, physical activity, and food security! The health of our students is critical to their individual academic success and to the future well being of our state and country.

My Team California for Healthy Kids Initiative (<http://www.cde.ca.gov/eo/in/tchk.asp>) strongly supports increasing access to fresh fruits and vegetables, increasing physical activity throughout the entire day (before school, during school, and after school), and increasing access to fresh drinking water. Environmental changes make healthy choices the easy choices!

Working together as champions for healthy kids, we can help our youth become healthier, more fit, and ready to learn!

Please accept my best wishes for a successful conference!

Sincerely,

A handwritten signature in blue ink that reads "Tom Torlakson".

Tom Torlakson

**A SPECIAL THANKS TO OUR SUPPORTERS AND SPONSORS**

A Reason to Survive (ARTS)	KPBS
Afterschool Alliance	KYXY
AjA Project	Media Arts Center San Diego
Bahia Resort	Natural High
Blick Art Materials	Network for a Healthy California
The California Endowment	Orange Unified School District
The California Department of Education	Playbook's Reader's Theater
Center for Collaborative Solutions (CCS)	Positive Adventures
Characters of Character	School Nutrition Association Emporium
Clever Crazes	Sea World
CM School Supply	Speak City Heights
Core Power Yoga	Stone Brewery
Crawford High School	Tiger Woods Foundation
The Date Safe Project	UJI FILMS
Easy Lunchboxes	University of California, Irvine- College of Extended Studies
Edible San Diego	Veggication
HealthStyle Press	Victory Gardens
Healthy Behaviors Initiative Learning Centers	voiceofsandiego.org
Journeyworks Publishing	Zenergy
K H Hamilton, Hamilton Children's Books	



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www.kidsconsortium.org



*Changing Lives, Saving Lives*



**Healthy  
Behaviors  
INITIATIVE**

## Changing Lives Saving Lives

### **New Healthy Behaviors Resource Available for Afterschool Programs**

A 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*, is now available and can be downloaded at <http://www.afterschoolsolutions.org/>. It was developed as part of the Center for Collaborative Solutions' Healthy Behaviors Initiative.

The guide is designed to help afterschool program and site directors, members of leadership teams and program partners systematically—and in an intentional way—strengthen their own nutrition, physical activity and food security practices using step-by-step guidance together with examples from ten afterschool programs across the state that have implemented the practices at an exemplary level. The six practices described in the guide will help programs change their environments and give children the knowledge, skills and motivation they need to make healthy choices. The user-friendly guide shares the remarkable changes experienced at the ten afterschool programs together with concrete examples of how they developed and strengthened their approaches, overcame obstacles and achieved their goals of improving the health of students, their families, the staff and their communities.

More information about the Healthy Behaviors Initiative is available at <http://www.afterschoolsolutions.org> or by calling (916) 567-9911, ext 19.



*Changing Lives. Saving Lives*



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



the David  
& Lucile Packard  
FOUNDATION



# 2011 HEALTHY BEHAVIORS CONFERENCE LOGISTICS



## WORKSHOP SEATING

All workshop sessions are available on a first-come, first seated basis. If your choice is full, please select another workshop. Also, we ask that you remain in your chosen workshop and not enter a workshop once it has begun to avoid interruption.

## WORKSHOP MATERIALS

Many of the workshop slides and materials will be available on the Healthy Behaviors Conference website after the conference. If you are not able to attend a workshop of your choice, please visit the website after the event.

## WORKSHOP EVALUATIONS

Your feedback is important to us so that we can improve our services and support to you. Please remember to fill out an evaluation after each workshop session and turn it in to your Room Host.

The workshop evaluations have been created by the Out-of-School Time Resource Center (OSTRC), a part of the University of Pennsylvania's School of Social Policy and Practice and The BOOST Collaborative.

## OVERALL CONFERENCE EVALUATION & CERTIFICATE OF ATTENDANCE

We hope you will take the time to complete the overall evaluation survey posted on the conference website and share your thoughts with us. Upon completion of the survey, you will receive a Certificate of Attendance to document your conference attendance.

## CELL PHONES

Please be respectful to our speakers and other attendees by keeping your cell phones and pagers silent during ALL sessions. We appreciate it!

## NAME BADGES

Your conference name badge serves as your pass to the entire conference, including meals, workshops, special events and any pre-registered events. It is mandatory that you wear it for ALL conference-sponsored events that you are registered to attend to ensure participation. Please note that there will be a fee of \$250 to replace your name badge.

## EMERGENCY CONTACT

You are encouraged to take a moment and put your emergency contact information on the reverse side of your conference name badge. Your safety and well-being is important to us.

## LOST & FOUND

There will be a lost and found box at the on-site registration table. Please check in with our conference staff if you have misplaced any items during the conference. We are not responsible for lost or stolen items.

# 2011 HEALTHY BEHAVIORS CONFERENCE LOGISTICS



## NEED HELP?

Conference helpers are wearing Volunteer ribbons to assist you in finding workshop sessions or anything else you might need during the conference. Please do not hesitate to ask any of the Conference volunteers for help!

## FIND YOUR MATCH

All participants that pre-registered for the Healthy Behaviors Conference have a number in the corner of their nametag. Guess what? Two other attendees have the same number! If you can find your matches before the end of the conference you may win free passes to the Lunch Line film screening on Thursday, December 8th. We encourage you to mingle and seek out your matches. The first matching trio to announce their successful match must come together to the Registration Booth to receive their free passes the Lunch Line film screening on Thursday, December 8th. Have fun!

## REDUCE, REUSE, RECYCLE

We hope that you will be mindful of the environment while enjoying your stay here. Please look for the black recycle bins around the facility to recycle your bottles and cans. Every bit helps!

## PROFESSIONAL DEVELOPMENT UNITS & ORIENTATION

We are pleased to announce our continued partnership with University of California, Irvine (UCI) in offering you the opportunity to earn University Extension units! The Healthy Behaviors Conference is being offered as a 9-unit course through UC Irvine Extension by participating in our conference workshops and completion of independent follow-up work. Participants will receive a certificate of completion for all units of the UCI Extension Course, After School Curriculum and Program Development: Key to Success. The total registration fees are \$375. (Please note that if paying by credit card, the fee will be \$400), payable to the BOOST Collaborative.

If you are interested in participating in this program you will need to attend the mandatory Orientation on Thursday, December 8th, from 7:45am-8:15am, Del Mar room.

## PHOTOGRAPHY & VIDEOGRAPHY

Please note that the many of the workshops and special events at the Healthy Behaviors Conference are being videotaped and photographed. All Official HBC Photographers are wearing a green ribbon on their nametag to indicate that they are the Official HBC Conference Photographers. Please visit the Healthy Behaviors Conference website ([www.healthybehaviorsconference.org](http://www.healthybehaviorsconference.org)) after the event to view photos.

## WEDNESDAY, DECEMBER 7

**REGISTRATION**  
9:00am-5:00pm

**MISSION BALLROOM**

**OPENING RECEPTION**  
6:30pm -7:30pm

**DEL MAR**



The AjA Project of San Diego is partnering with local media organizations on a new initiative called Speak City Heights, an initiative sponsored by the California Endowment. Speak City Heights is aimed at amplifying the voices of residents in one of San Diego's most diverse neighborhoods, City Heights. Through reporting and multimedia projects from partners—KPBS, voiceofsandiego.org, The AjA Project and Media Arts Center San Diego—the collaborative will help residents and policymakers frame a discussion about what constitutes a healthy community, its barriers and how they will overcome them in City Heights.

As a part of Speak City Heights, The AjA Project ran an arts-based after-school workshop on Food Justice at Crawford High School. Through photography and writing, AjA teens explored City Heights and learned how their culture was linked to their food practices and their access to healthy, cheap food. Through this participatory process, key learnings emerged that helped to inform and guide the news coverage by media partners. This is the first of three topics that AjA will run as part of Speak City Heights.

Don't miss this opportunity to meet the AjA Team and learn more about this exciting project and see multi-media projects created by students in City Heights.

Complimentary appetizers, beer and wine for registered attendees!



*Photos courtesy of The AjA Project*

## THURSDAY, DECEMBER 8

**REGISTRATION**  
7:00am-12:00pm

**MISSION BALLROOM**

**BREAKFAST & NETWORKING WITH EXHIBITORS**  
7:30am -8:30am

**MISSION BALLROOM**

**RESOURCE FAIR**  
7:30am-1:30pm

**MISSION BALLROOM**

**COLLEGE CREDIT ORIENTATION**  
7:45am-8:15am

**DEL MAR**

**WELCOME & OPENING KEYNOTE**  
8:45am-9:45am

**MISSION BALLROOM**



**TONI YANCEY**  
**DOCTOR, EDUCATOR, AUTHOR, POET**

Toni (Antronette K.) Yancey, MD, MPH is currently Professor, Department of Health Services, UCLA School of Public Health, and Co-Director, UCLA Kaiser Permanente Center for Health Equity. She also directs her department's leadership doctoral degree (DrPH) program. She returned to academia full-time in 2001 after five years in public health practice, first as Director of Public Health for the City of Richmond, VA, and as Director of Chronic Disease Prevention and Health Promotion, Los Angeles County Department of Health Services.

Dr. Yancey's primary research interests are in chronic disease prevention and adolescent health promotion, with a particular emphasis on interventions engaging underserved communities. She has authored more than 125 scientific publications, including briefs, book chapters, health promotion videos, and among those, more than 90 peer-reviewed journal articles and editorials. She serves on the Editorial Boards of the American Journal of Preventive Medicine, Preventive Medicine, the Journal of Physical Activity and Health, and the

American Journal of Health Promotion. She has also generated more than \$30 million in extramural funds, including four National Institutes of Health independent investigator (R01, R24) grants as principal investigator.

Dr. Yancey serves on the Board of Directors of the Washington, DC-based Partnership for a Healthier America, the non-profit organization supporting First Lady Michelle Obama's Let's Move campaign to end the childhood obesity epidemic, and on the Los Angeles County First 5 Commission. She is the immediate past Chair of the Board of Directors of the Public Health Institute (Oakland, CA), with a tenure on that Board of more than a decade, and has also joined the Board of Directors of Action for Healthy Kids (Skokie, IL). Dr. Yancey is currently on the Institute of Medicine (IOM) Standing Committee on Childhood Obesity Prevention and National Physical Activity Plan Coordinating Committee. She was formerly a member of the USDHHS Physical Activity Guidelines Advisory Committee, California Department of Public Health Advisory Committee, IOM Local Government Actions to Prevent Childhood Obesity and Progress in Preventing Childhood Obesity Committees, and Advisory Committee to the Director of the Centers for Disease Control and Prevention.

To learn more about Toni Yancey, please visit her website [www.toniyancey.com](http://www.toniyancey.com)

**RECHARGE BREAK & BOOK SIGNING**  
9:45am-10:15am

Recharge your energy, browse in the Resource Center with our vendors and also have an opportunity to participate in the Meet & Greet and Book Signing with Toni Yancey.

**MISSION BALLROOM**



## MORNING WORKSHOP SESSIONS I

10:30am-12:00pm

### After School Programs: Promoting Healthy Habits for Life

*Alexis Steines, Field Outreach Associate, Afterschool Alliance, Washington, DC; Crystal FitzSimons, Director of School and Out-of-School Time Programs, Food Research and Action Center, Washington, DC*

Childhood obesity is a growing national concern – and afterschool programs are leading the way in reversing this trend! By partnering with schools and community organizations, afterschool programs are preventing childhood obesity by promoting healthy lifestyles. This session will focus on the latest in afterschool policy, research and resources, including the new afterschool nutrition and physical activity guidelines. A representative from the Food Research and Action Center will also discuss the latest on implementation of USDA's newly expanded Afterschool Meal Program and how you can bring this benefit to your afterschool program.

A P E M H

DEL MAR

### After School Tennis- No Courts Required

*Karen Ronney, Tennis Service Representative; Tiffany Geller Reed, School Tennis Coordinator, United States Tennis Association - Southern California, Los Angeles, CA*

Add tennis to your after school program. Learn some basis skills on teaching tennis to kids. Learn how to teach tennis to children on school grounds with makeshift nets and temporary lines or by painting permanent lines on any flat surface. Learn fun tennis games that children can play.

L E M

MISSION E

### Changing Lives, Saving Lives- The Healthy Behaviors Initiative and You

*Dr. Andria (Andi) Fletcher, Chief Afterschool Consultant, Center for Collaborative Solutions, Sacramento, CA; Normandie Nigh, Executive Director, A World Fit for Kids!, Los Angeles, CA*

Childhood obesity is the #1 health concern for children and young people in the US, and afterschool programs can play a significant role in addressing it. Come learn from experts about the Healthy Behaviors Initiative, how the Exemplary Practices can help you transform your program, and what are some key first steps you can take after leaving this workshop. Hear from one afterschool program that has implemented the Practices. Be part of the solution!!

A P E M H

VENTANA

### Growing School and Community Collaborations

*Sarah Rasak, Fitness 4 Life Coordinator, Fitness 4 Life – Pajaro Valley Unified School District-Extended Learning, Watsonville, CA; Angela Bruno, Program Coordinator, Pajaro Valley Unified School District-Extended Learning, Watsonville, CA*

In this presentation you will learn how to create and strengthen health and wellness collaborations between schools, after school programs, and community organizations. Through wellness and nutrition education, strengthening food security and partnering with local community organizations, you will learn how to become a more active member in your community. Participants will learn about the school and community partnerships in Starlight Elementary School (Pajaro Valley Unified School District), as a model for enhancing health, wellness, and fitness. Starlight is currently in the process of becoming a Healthy Behaviors Learning Center.

A P E M H

MARINA

### Growing Your Own Nearby Nature Program

*Crystal DeSoto, Executive Director/Founder, Local Point of View Nature Tours, San Diego, CA; Kathy Wilder, Youth Program Director, Jackie Robinson Family YMCA, San Diego, CA*

Nearby nature programs tap into valuable local resources in your backyard that are often over looked. Learn how to identify and access your own nearby nature, use practical tested tools to build curriculum, and cultivate positive community partnerships to support your program. Lessons learned from a one year pilot program between San Diego Canyonlands, Local Point View Nature Tours and the Jackie Robinson Family YMCA will be shared. Time will be allotted for participants to start planning personalized nearby nature projects in a collaborative environment.

A P L E M

SHELL

### Tips for Successful Nutrition Education Programs

*Deborah Tamannaie, Nutrition Education Consultant, California Department of Education, Sacramento, CA*

Enhance your nutrition education program through cooking, gardening, and community experiences. Learn tips for choosing a nutrition education curriculum that provides key nutrition concepts and how to build nutrition skills by giving your students successful cooking, gardening, and community experiences. After school program leaders will discuss their strategies for success. Participants will prepare recipes from the new CDE publication: A World of Good Tastes!

A P L E M H

PACIFIC

A  
Administrators

P  
Program Directors

L  
Line Staff

E  
Elementary

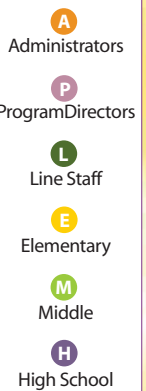
M  
Middle

H  
High School

12:00pm-1:00pm

**OPENING REMARKS****JASON SPENCER**

*Policy Advisor, Office of State Superintendent of Public Instruction, Tom Torlakson  
California Department of Education, Sacramento, CA*

**KEYNOTE: KRISTEN HOLM**

Kristen Holm has been an elementary school teacher for 18 years, 15 of those years has been in Lawndale School District. Along with being a full time teacher, she is also the Nutrition Liaison for the Network for a Healthy California. During which time she has implemented a School Wellness Committee, Running Club, Fun Fitness Fridays, Family Nutrition Nights, Walk to School Events and an annual Bike Parade/Rodeo. Kristen is also an active member of Lawndale School District Wellness Committee. She has helped her school earn National Recognition, two years in a row, from the Alliance for a Healthier Generation, the American Heart Association and the Bill Clinton Foundation. Kristen is currently part of a team that is working with the City of Lawndale to sign on with HEAL (Healthy Eating Active Living) Cities Campaign. She recently received 2011 Champion Educator of the Year from the Network for a Healthy California and 2011 Gold Medalist Teacher of the Year from the Governor's Council on Physical Fitness and Sports.

Medalist Teacher of the Year from the Governor's Council on Physical Fitness and Sports.

**RECHARGE BREAK**

1:00pm-1:20pm

Recharge your energy while browsing in the Resource Center with our vendors!

MISSION BALLROOM

**AFTERNOON WORKSHOP SESSIONS II**

1:30pm-3:30pm

**Blueprints for Positive Youth Development**

*Sue Manglallan, 4-H Youth and Family Development Advisor, UC Cooperative Extension, San Diego County, San Diego, CA;  
Mandi Bottoms, Healthy Living Coordinator, University of California 4-H Youth Development Program, Davis, CA*

What are the vision and goals of your program? What do you want youth to learn? What do you have to do to meet standards, grant requirements and academic goals? You need to keep youth safe, help them learn new skills, and have fun! Via hands-on activities, this workshop will provide you with research-based knowledge and tools to implement programs that meet the essential elements for youth while promoting healthy behaviors. Participants will also discover free and low-cost healthy living curricula available through the 4-H Youth Development Program.

L E M

DEL MAR

**Combating the Obesity Epidemic in Children**

*Ari Silber, Director, Communication and Sales, Healthy Lifestyles Choices, New Orleans, LA*

This workshop will discuss the derivation of obesity in America and how we can address the issue as it affects the country's youth. We will also discuss the background on the obesity epidemic and provide tools for addressing this issue with their students.

A P E M

SHELL

- A  
Administrators
- P  
Program Directors
- L  
Line Staff
- E  
Elementary
- M  
Middle
- H  
High School

### Cooking Up Nutrition Education

*Kacy Rodriguez, Program Administrator, Health Education Council, and Regional Manager, Network for a Healthy California Children's Power Play! Campaign, Sacramento, CA; Zandi Llanos, Program Coordinator, Healthy Education Council, and Regional Assistant, Network for a Healthy California Children's Power Play! Campaign, Sacramento, CA*

Join us as we demonstrate how to integrate cooking and nutrition education into your afterschool programming. No stove? No Problem! We'll provide you with easy, "no or low cook" recipes perfect to engage elementary school audiences.

P L E

MARINA

### Easy to Implement Innovative & Creative Fitness Activities

*Sandy Slade, President/CEO, Skillastics, Corona, CA*

This session will provide instant, innovative ideas to teach large group fitness activities for children of all ages and abilities in an upbeat, fun and motivating way. Learn how these activities can easily be adopted in your After School Program. Don't miss this one-of-a-kind workshop!

P L E M

MISSION E

### GoKids Boston: Innovative Ideas for Fostering Children's Health in Community Programs

*Jean Wiecha, Director and Associate Professor, GoKids Boston U Mass Boston, Boston, MA; Laura Hayman, Associate Dean for Research, College of Nursing and Health Sciences, University of Massachusetts, Boston, MA*

Because out-of-school time programs serve over 8 million children per year, they can help end the obesity epidemic. From serving healthier snacks to providing exercise for obesity treatment, OST programs can do it all. Come hear about the GoKids Boston model and chart your program's health promotion pathway by identifying goals, barriers and assets. Hear about the new healthy eating and physical activity standards; brainstorm how to increase your effectiveness through professional partnerships; learn the science-based building blocks for obesity control; and assess your capacity for being "part of the solution".

A P M H

VENTANA

### Self-Care is Not Selfish!: Meditation & Mindfulness Techniques for You...and Your Students

*Stephanie Armstrong, Founder, Heart of Leadership, San Diego, CA*

Yoga and meditation are proven to help cope with inevitable stress of life for young people and adults alike. One of the best ways that adults can teach children and adolescents coping skills is to model them. In this workshop, participants will take a basic yoga class. They will learn basic meditation, and mindfulness practices to implement in their own lives, as well as basic practices they can share with children.

P L M H

LA JOLLA

### Step It Up and Kick Start Your Brain

*Enid Oquendo, Project Manager, Clever Crazes for Kids, Cincinnati, OH*

Join us as we show you how e-learning can impact your educational setting. CleverCrazes.com is FREE and FUN. The mission of clevercrazes.com is to build healthy lives through our "You the Athlete" world and our Physical Activity contest, "Step it Up and Kickstart Your Brain." We believe that there is a golden thread that weaves through the following areas of focus: nutrition, physical activity, self esteem/bullying, and living green. These objectives enable us to make healthy living a fun part of everyday life for young people. We all know that the increase in the incidence of childhood obesity is going to have a devastating impact on the future of our young adults. In fact, we are already seeing that it is affecting their ability to learn and concentrate. So CleverCrazes.com is taking immediate action to be Agents of Change for our Kids and their families.

P L E

PACIFIC

### AFTERNOON WORKSHOP SESSIONS III

3:45pm-5:15pm

#### Clever Crazes for Kids

*Enid Oquendo, Project Manager, Clever Crazes for Kids, Cincinnati, OH*

We are thrilled to share with you today a most unique program that we believe will change the lives of all of the students AND educators who take advantage of www.clevercrazes.com. We supplement and complement the learning experience of program participants by reinforcing and expanding what is learned during the school day and highlight the importance of Nutrition, Physical Activity, Self-Esteem and Living Green. CleverCrazes.com offers sequenced curricula and activities that are both age and developmentally appropriate. Promotes learning that is active, meaningful and collaborative (STEM Integration).

P L E M

PACIFIC

Thursday

- A Administrators
- P Program Directors
- L Line Staff
- E Elementary
- M Middle
- H High School

**Creating Successful Partnerships to Provide FREE Physical Education, Nutrition and Mentoring**

*Karen Haas-Foletta, Executive Director, Footsteps Child Care, Inc., Belmont, CA; Adrian Padilla, PE Specialist, Footsteps Child Care, Inc., Belmont, CA*

The workshop highlights how a successful partnership between a community based child and youth servicing organization and the San Mateo County Health System was developed. The partnership has provided funding for two exemplary programs that both focus on increasing physical activity in after-school and middle school programs and providing healthy snacks and nutrition education. One program is called Healthy, Active, Play Environments (HAPE) and provided free training and support for after-school providers throughout the county. The second is called the Healthy Apple Award that promotes health, nutrition and daily physical activities in after-school programs.

A P L E M

**MARINA**

**Developing and Piloting Healthy Living Guidelines for DHS-funded OST Programs in Philadelphia Using a Collaborative Leadership Approach**

*Robin Rifkin, Program Manager, Health Promotion Council, Philadelphia, PA*

Draft Healthy Living Guidelines (HGL) were developed for DHS-funded OST programs in Philadelphia, and are currently being piloted in nine sites. The intent is to improve the OST environment to support healthy behaviors. A Leadership Team, consisting of diverse stakeholders, studied the factors affecting youth in the OST system, including foods served, opportunity to be active, site capacity, and community preference. A Collaborative Leadership Design process was used to educate the Leadership Team and engage in thoughtful discussions, and recommend strategies leading to the development of the HLGs. Professional development and a HLG toolkit support implementation.

A P L E M

**DEL MAR**

**Growing a Lifetime of Health**

*Yelena Zeltser, CA Farm to School Program Manager, Urban & Environmental Policy Institute, Occidental College, Los Angeles, CA; Zoe Phillips, Farm to School Program Manager, Urban & Environmental Policy Institute, Occidental College, Los Angeles, CA*

Farm to School connects schools and local farmers to provides nutritious meals to students and expose them to agriculture as well support local family farms. After school and out of school settings provides a unique opportunity to continue learning about the importance of eating healthy and developing an understanding of where food comes from. Snacks can be locally sourced through partnerships with farmers and farmers' markets, and lessons can include Harvest of the Month-based activities, school gardening, cooking demonstrations, taste tests, and field trips. This workshop will provide examples of farm to school programs and resources to increase healthy food access and positively influence healthy lifestyles, particularly in undeserved communities.

P E M H

**VENTANA**

**Move To Improve"-Meaningful Movement, Brain Development, and School Success**

*Gena Julian, Western Regional Manager, The GeoMotion Group, Orlando, FL*

This workshop will feature motivation, music, and movement as we dance through the food groups and exercise our smarts. Participants can expect to: move to improve while laughing, learning, and sharing; take away at least three ideas to take back to their settings; participate in activities that are brain based, research validated, and movement oriented; and have FUN.

P L E M H

**LA JOLLA**

**Youth in Action: How Youth are Changing the Nutrition Scene**

*Alisa Arce, Youth Health and Nutrition Director, United Way of Tucson and Southern Arizona, Tucson, AZ; Virginia Madrid, AzYP-Coronado After-School Coordinator, Arizona Youth Partnership, Catalina, AZ*

The Youth in Action program aims to engage youth in a creative activity that identifies areas that need change, and help promote critical dialogue and knowledge of healthy eating behaviors. Participants will learn how to effectively highlight health issues from youth perspectives, and enable youth to have a "voice" through photography in improving their nutrition environment. In addition, participants will also learn how to influence potential school and community leaders in making policy change.

P L M

**SHELL**

"SPECIAL EVENT: "Lunch Line" Film Screening

MISSION BALLROOM

6:30pm-9:30pm



# LUNCH LINE

A DOCUMENTARY BY UJI FILMS

MUSIC: LONEY DEAR, MATES OF STATE, AU REVOIR SIMONE, POST HARBOR, TOR HYAMS, & PAUL DUNCAN ORIGINAL ILLUSTRATION: EZRA CLAYTON DANIELS

A DOCUMENTARY FILM SCREENING BY UJI FILMS ABOUT THE FEDERAL SCHOOL LUNCH PROGRAM INCLUDING POST-FILM DISCUSSION WITH FILMMAKERS AND FOUNDERS OF UJI FILMS, ERNIE PARK AND MICHAEL GRAZIANO.

# THURSDAY ■ DECEMBER 8, 2011

# 6:30PM-9:30PM

BAHIA RESORT HOTEL ■ MISSION BALLROOM ■ 998 W. MISSION BAY DRIVE ■ SAN DIEGO, CA 92109

\$20 Admission, open to the public

To purchase tickets, please call 619-232-6678 or visit the Healthy Behaviors website  
[www.healthybehaviorsconference.org/lunchline](http://www.healthybehaviorsconference.org/lunchline)

## SCHEDULE OF EVENTS:

6:30-7:30 Networking, heavy appetizers, drink specials and exhibitors

7:30-8:30 Introduction by Filmmakers & Screening of Lunch Line

8:30-9:15 Post-film Discussion with Filmmakers

9:15 Opportunity Drawing

Thursday

## FRIDAY, DECEMBER 9

### MORNING RECESS ON THE BEACH

7:00am-8:00am



#### Add Core Power Yoga Logo

Join old and new friends on the beach overlooking beautiful Mission Bay to energize, invigorate and celebrate YOU! What a great way to start your day! Dress comfortably for a fantastic stretch with Core Power Yoga!

BEACH

### Breakfast & Networking With Exhibitors

7:30am-8:30am

MISSION BALLROOM

### Resource Fair

7:30am-12:00pm

MISSION BALLROOM

### MORNING WORKSHOP SESSIONS IV

8:45am-10:15am

#### A Piece at a Time with the Whole YOU In Mind: Building a Whole and Dynamic Life

*Ann Kramer, President, Good 4U Inc., Hood River, OR*

Participants will learn to approach life challenges using a 'whole person' framework. This is different than the way most people deal with life challenges—they focus on removing it and then hope this will result in a balanced life. But in this workshop, we approach the life challenge and ask, how does this help me build a whole and dynamic life in ways the impacts other areas of my life beyond the one area that this life challenge showed up in.

L M H

LA JOLLA

#### Health Rocks! A Healthy Living Program for Today's Youth

*Patricia Dawson, Professor - Youth Development, Oregon State University Youth Development Program, Pendleton, OR*

Discover health and nutrition afterschool program techniques based on the national Health Rocks!® curriculum during this highly interactive session. Health Rocks!® engages after school youth in grades 3-7 in meaningful experiences related to attaining a healthy lifestyle. The curriculum addresses helping youth and families meet the elements of a healthy lifestyle including: Nutrition, Fitness, Creativity and Literacy all while having fun! Workshop participants will learn how to utilize Health Rocks!® to excite and engage youth in a variety of activities ranging from food making, gardening, fitness, literacy and leadership. Curriculum guidelines and activity lessons will be provided for workshop participants.

P L E M

DEL MAR

#### Integrating Healthy Living Practices into School-based Prevention Programs

*Carol Goedken, Director of Growth, Families and Schools Together, Inc., Madison, WI*

This workshop describes how a model substance abuse prevention program integrated messages of healthy living into its curriculum, and how participating families benefitted. These adaptations were designed not to compete with, but to supplement the existing curriculum. Outcomes included increased fruit consumption, parents' increased confidence to get their child to eat more fruits and vegetables, and increased encouragement from family members to exercise. Participants will learn how healthy living messages can be integrated into existing programs. This may be a cost-efficient way to teach families healthy living skills by tapping into, rather than competing with existing programs.

A P E M

MARINA

#### Outrageous Health and Activity Makeovers: Communities Walking on the Well Side

*Gena Julian, Western Regional Manager, GeoMotion Group, Orlando, FL*

This workshop features fun, fitness, movement, music, and a wealth of ideas and action steps to 'Get Moving.' Attendees will leave with at least 10 ideas and suggestions to get their organization or community moving.

A P L E M H

VENTANA

- A Administrators
- P Program Directors
- L Line Staff
- E Elementary
- M Middle
- H High School

- A Administrators
- P Program Directors
- L Line Staff
- E Elementary
- M Middle
- H High School

**Use Your Bike to Change Your Life**

*Daniela Diamente, Executive Director, El Grupo Youth Cycling, Tucson, AZ; Kim Abraham, Director of Community School Health, United Way of Tucson and Southern Arizona, Tucson, AZ*

Learn about how an innovative Summer Bike Camp program empowers youth to teach youth about a healthy lifestyle that includes bike safety, bike riding, and nutrition. Bicycles are one of the most simple, utilitarian, and fun ways to get kids moving...for life. This workshop will talk about how funds through a Youth Health Leadership Team program have enabled El Grupo Youth Cycling to expand in a direction it wanted to go. This workshop also will provide participants with a template for creating your own youth-led train-the-trainer model for getting youth physically active and nutritionally aware, including concrete tools and resources for doing this in your own community.

P L E M H

**SHELL**

**You've Got the Power**

*Lisa Morrison, Founder, Infusion Wellness, Los Angeles, CA; Roger Morrison, Infusion Wellness, Los Angeles, CA*

An interactive and empowering workshop where you will learn and experience the 7 superpowers that all kids and adults need. Participants will be inspired to be more creative and imaginative. We will show them how to use the themes of superpowers in their own programs by transforming mundane curricula into inspiring content kids want to learn. With hands on activities, physical games and yoga poses participants will be shape shifting, mind bending and finding their own hidden superpowers. Participants will be inspired to take their new powers back to their communities to make a difference one kid at a time.

P L E

**MISSION E**

**MORNING WORKSHOP SESSIONS V**

**10:30am-12:00pm**

**Calm Your Classroom: Kid-Friendly Chair Yoga and Centering Techniques**

*Liz Fautsch, Yoga Instructor/Teacher Liason to the Board, The Sean O'Shea Foundation, Encinitas, CA; Hilary LaPierre, Yoga Instructor, The Sean O'Shea Foundation, Encinitas, CA*

Learn simple yoga and meditation techniques to calm your classroom and create a more productive learning environment. We'll cover basic breathing practices, kid-friendly meditation techniques, and a chair yoga curriculum that can be adapted to your classroom.

L E M H

**LA JOLLA**

**Create a Healthy Team: Deliver an Impactful Program!**

*Normandie Nigh, Chief Executive Officer, A World Fit For Kids!, Los Angeles, CA; Ian Keiller, Health Outreach Director, A World Fit For Kids!, Los Angeles, CA*

The difference between a good program and a great program...if we truly want our kids to be fit, healthy and ready to learn then the best approach is to support the team working with kids to also be fit, healthy and able to share the wealth of their own experience. This workshop will share ideas and tools to create powerful teams who change their own lives and those of the young people they work with.

A P E M H

**DEL MAR**

**Inclusion Strategies for Physical Activity & Nutrition**

*Janice Chin, Program Manager, California After School Resource Center, Hayward, CA*

Staying active and eating well are lessons and habits that last a lifetime. But with the vast student diversity in California's after school programs, how can staff develop and select physical activity and nutrition programs for all students? This training will provide participants with resources, strategies, and tools to ensure that each and every student can be active and learn how to make healthy choices. Participants will learn how to design fun physical activity programs focused on students of varying abilities and engaging nutrition programs that focus on healthy and appealing food choices and substitutions for students with dietary limitations.

L E M

**MARINA**

- A Administrators
- P Program Directors
- L Line Staff
- E Elementary
- M Middle
- H High School

**Internships and Beyond: Infusing Hope through Nutrition Education Obesity Prevention Programs**

*Chris Boynton, EdD, Director, Project EAT, Alameda County Office of Education, Hayward, CA; Kamaljeet Singh-Khaira, MS, Youth Initiatives Consultant, Network for a Healthy California, California Department of Public Health, Sacramento, CA; Shamia Sandles, MA, Youth Development Specialist, Project EAT, Alameda County Office of Education, Hayward, CA; Yolanda Ramierz, RN, MSN, Project Coordinator, Lamont School District, Lamont, CA*

We all have heard and used the term youth development – but are we talking about the research- based practice of youth development? Do we have a shared understanding of the definition of youth development regarding nutrition education? Internships and Beyond engages participants in the best practices of the Youth Empowerment Initiative of the Network for a Healthy California. First we will create a shared understanding of the research based definition of youth development. Then participants will self assess their nutrition education programs for evidence based practices of youth development. Next we will present a stellar youth development practice, Youth Led Action Research with examples of local middle and high school programs. Finally, we will share research methodology and results about nutrition behavior impact and hope outcomes. Through this process we hope to create a shared understanding and practice of this powerful strategy for changing food systems.

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**Moving Generations: Maximizing Learning through Innovative Physical Activities**

*Danny Radd, Training Consultant, GenMove USA, Charleston, SC*

Moving Generations: Maximizing Learning & Health Through Innovative Physical Activities: After-school programs have the potential to instill life-changing healthy habits in a fun atmosphere, but how do you develop quality activities that are engaging and educational? In this active, hands-on workshop, participants will experience creative games and activities designed to spark a lifelong interest in fitness, allow children of all abilities to succeed, and instill healthy habits in students of all ages. We'll also focus on incorporating science, technology, engineering, and math (STEM) education to help students maximize learning while having fun after school.

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**The Power of Wellness Policies in Enhancing After School Practices**

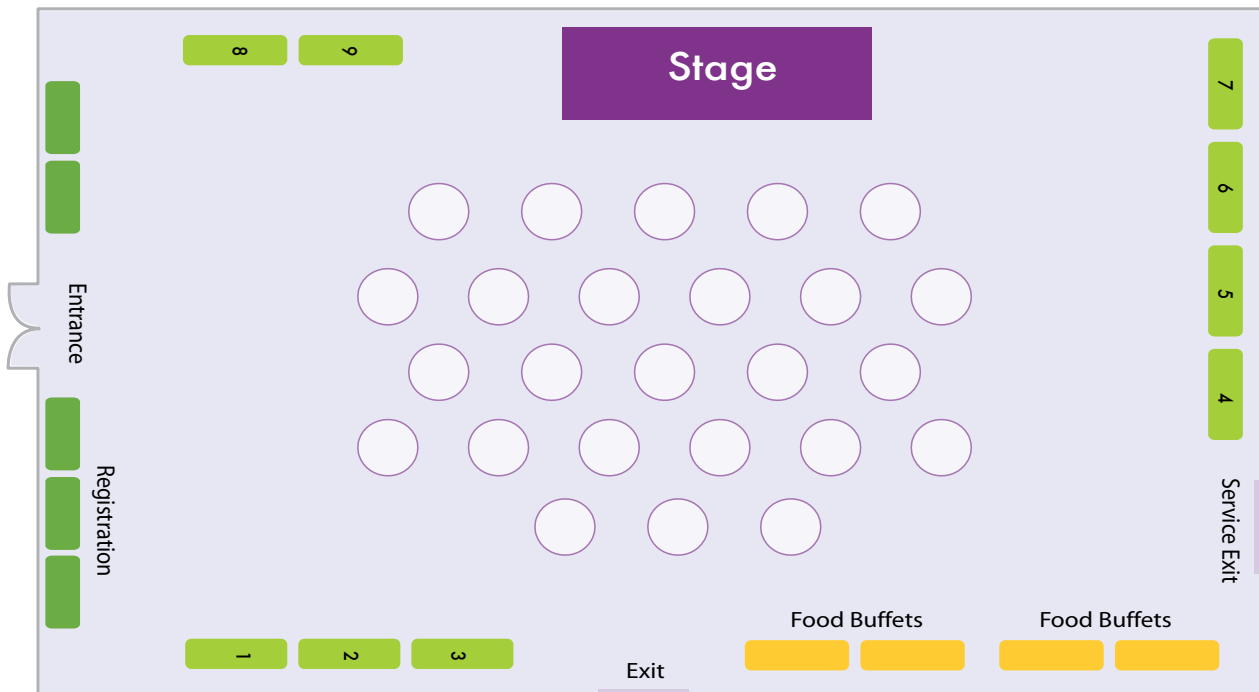
*Heather Reed, Nutrition Education Consultant, California Department of Education, Nutrition Services Division, Sacramento, CA; Kristen Mowers, Site Coordinator, CalSERVES, Napa County Office of Education, Rohnert Park, CA; Kathy Lewis, Vice President and COO, Center for Collaborative Solutions, Sacramento, CA*

In this empowering session, you will learn how one after school program has developed and is implementing local school wellness policies to improve the nutrition education and physical activity available to students. You will discover how after school staff and parents can be engaged to impact student wellness and consequently improve the opportunity for academic success. Resource, including model school wellness policies, will be shared.

**SHELL**

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**Enjoy the rest of your stay in beautiful San Diego!**



## 2011 HEALTHY BEHAVIORS CONFERENCE RESOURCE FAIR

### **A WORLD FIT FOR KIDS** (TABLE #6)

Imagine a world where childhood obesity is not an epidemic...a world where all kids, even the most disadvantaged, receive the guidance they need to be physically, mentally and emotionally fit...a world where children have positive role models and can themselves become leaders and role models for younger generations...a world where all students complete high school ready for higher education, the workforce, and a healthy, prosperous future. A World Fit For Kids! is creating that world. We work every day to give young people the training, tools and support they need to achieve their goals and lead fit and fulfilling lives.

[www.worldfitforkids.org](http://www.worldfitforkids.org)

### **AFTERSCHOOL ALLIANCE** (TABLE # 5)

The Afterschool Alliance offers free tools and resources related to advocacy, marketing, public awareness and sustainability of afterschool programs. These resources include research, outreach tools for media and policy makers and opportunities, tips, and ideas to build community support and awareness.

[www.afterschoolalliance.org](http://www.afterschoolalliance.org)

### **BOOST COLLABORATIVE** (FRONT TABLE)

The BOOST Collaborative is committed to creating opportunities for change in educational and social services agencies serving youth in the out-of-school time hours. We support out-of-school time professionals through quality professional development opportunities, program and resource development, building community partnerships, promoting the importance of quality out-of-school time programming, opportunities to share promising practices, and a variety of consulting services. By supporting your organization, together, we can make a difference.

[www.boostcollaborative.org](http://www.boostcollaborative.org)

### **CLEVER CRAZES** (TABLE #7)

The Mission of Clever Crazes for Kids is to build healthy lives with a primary focus on nutrition, physical activity, self-esteem and respect for our earth. We have engaged "edu-tainment" principles. We believe that there is a golden thread that weaves through our four main educational areas. These objectives enable us to make healthy living a fun part of every-day life for young people.

[www.clevercrazes.com](http://www.clevercrazes.com)

### **GEOMOTION GROUP** (TABLE #1)

GeoMotion Group Inc is an innovative fitness and learning leader, providing fun, safe and easy methods and products to encourage learning, physical activity and fitness. GeoFitness, Dance and Learnercise products are movement-based products and curriculum that are developmentally appropriate, easy to use, and cost effective to increase fitness and academic achievement.

[www.geomotiongroup.com](http://www.geomotiongroup.com)

### **HEALTHY BEHAVIORS INITIATIVE** (TABLE #2)

Childhood obesity is ranked as the #1 health concern for children in the U.S. today and has reached epidemic proportions. The Healthy Behaviors Initiative addresses the serious health problems facing students in low-income communities throughout California who are most at risk of obesity. Through its work, Healthy Behaviors is demonstrating the important role that afterschool programs can play in improving the lives and health of these children and families. The Changing Lives, Saving Lives guide provides step-by-step assistance to afterschool programs, and Healthy Behaviors Learning Centers across the state are available to help other afterschool programs implement practices that are effective in addressing children's health.

[www.afterschoolsolutions.org](http://www.afterschoolsolutions.org)

### **HEALTHY LIFESTYLE CHOICES** (TABLE #4)

Healthy Lifestyle Choices is a nonprofit organization empowering youth, families and educators with the knowledge, skills and tools to make healthier choices for a lifetime. Our work includes advocacy, developing and implementing proven educational programs, the use of media messages to reinforce key concepts and professional development opportunities. Focus areas include obesity prevention through nutrition and increased physical activity.

[www.hlconline.org](http://www.hlconline.org)

### **NETWORK FOR A HEALTHY CALIFORNIA** (TABLE #8 & #9)

Network for a Healthy California (Network), sponsored by the California Department of Public Health, is the largest social marketing initiative in the nation. The Network's mission is to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity and food security with the goal of preventing obesity and chronic disease. The Network is funded by the USDA Supplemental Nutrition Assistance Program.

[www.cdph.ca.gov/programs/cpns/Pages/default.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/default.aspx)

### **UNITED STATES TENNIS ASSOCIATION** (TABLE #3)

USTA School Tennis is fun and does not require a tennis court. No tennis experience required from program leaders and the USTA can help with training, curriculum materials and equipment discounts. Find out more information at the USTA booth or the USTA website. More Than Just A Game - Enrich the lives of your students through tennis.

[www.usta.com/schooltennis](http://www.usta.com/schooltennis)

**IT COSTS \$252,000**  
**TO INCARCERATE A JUVENILE**  
**FOR ONE YEAR AND ONLY**  
**\$1,300 TO SUPPORT**  
**ONE CHILD**  
**IN AN AFTER SCHOOL PROGRAM**  
**FOR ONE YEAR.**

**DO THE  
MATH!**

**SAVE THE DATES**

April 25 - 28, 2012  
April 24 - 27, 2013  
April 30 - May 3, 2014  
April 29 - May 2, 2015

Palm Springs Convention Center  
Palm Springs, California



# Healthy Behaviors Conference

Changing Lives. Saving Lives.

