

CANFIT

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

The **California Adolescent Nutrition and Fitness (CANFit)** Program is a statewide, non-profit organization whose mission is to engage communities and build their capacity to improve the nutrition and physical activity status of California's low-income African American, American Indian, Latino, Asian American, and Pacific Islander youth.

CANFit consults with organizations to improve the nutrition behaviors and physical activity levels of the youth that they serve. CANFit **training and technical assistance** enables organizations to:

- Integrate the cultural, linguistic, social and demographic characteristics of youth;
- Change social and community norms;
- Identify and incorporate the ethnic specific messages likely to motivate behavior change;
- Address the multiple influences (e.g., mass media, environment, peers, family, critical thinking skills, etc.) affecting adolescent eating and physical activity behaviors in community environments;
- Employ individuals who are highly credible and respected to deliver the program;
- Improve eating and exercise skills and habits of youth, staff and parents;
- Set policies that support healthy eating and physical activity behaviors in communities; and
- Improve access to quality food and safe recreational facilities.

Specifically CANFit conducts the following training and technical assistance services:

- On-site assessments of programs to determine food quality and physical activity levels
- Assessments of neighborhood resources
- Menu evaluation and development (e.g., healthy snack menus with ethnic-specific recipes)
- Provide lesson plans on nutrition education and promoting physical activity
- Nutrition and physical activity standards interpretation and integration
- Educational materials, handouts, web site, and resources
- Staff development and training

Materials Available from CANFit (for a full listing see www.canfit.org/resources)

CANFit Cultural Needs Assessment Guide: This 63-page guide describes the process of designing a culturally relevant nutrition and physical activity needs assessment for youth.

Food for Thought DVD: An 8-minute DVD that acts as a discussion generator on Obesity and Diabetes Prevention in Communities of Color. Describes efforts on this topic from the perspectives of ethnic communities in California.

Working Paper: Promoting Health and Preventing Obesity in After School Programs: Critical Issues to Consider

Recetas para el Exito (Recipes for Success): Spanish-language manual

P.H.A.T. Multimedia Package: An instructional 55-min. hip hop video (nutrition and dance); music CD that features "clean" hip hop music; and guidebook filled with 36 pages of information, resources, and activities.

Super Manual: The 135-page guide contains program ideas, tips on evaluation, assessment tools, curriculum standards, and 25 different nutrition and physical activity lesson plans that are contemporary, educational, and best of all, fun!

CANFit Recipes for Success Nutrition and Physical Activity Program for Youth: This manual is a comprehensive guide for starting a new project, improving your current project, or overhauling an outdated program so that it appeals to multi-ethnic youth.

Contact Information:

California Adolescent Nutrition and Fitness (CANFit)

2140 Shattuck Avenue, Suite 610

Berkeley CA 94704

www.canfit.org

510-644-1533

Fax: 510-644-1535