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Chico State nutrition, activity program gets Korten award

By STAFF REPORTS

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SACRAMENTO — A Chico State University-based center that works with children to show them how to live healthful lives received the 2009 Nonnie Korten Champion for Children Award during a conference March 5 at Sacramento Convention Center.

The Center for Nutrition and Activity Promotion, or CNAP, received the award for its efforts to improve nutrition and increase physical activity for low-income children and adolescents in Northern California. The nonprofit center operates under the university's Research Foundation.

The center has created and put to work programs that encourage behavior changes through better diet and regular physical activity through school districts and community organizations. Its programs focus on increasing fruit and vegetable consumption, physical activity and participation in government nutrition assistance programs.

Cindy Wolff, center director, has long been a proponent of turning around the high obesity rates among children. Wolff is also a professor in the nutrition and food sciences department at Chico State.

In schools, the center promotes fruit and vegetable consumption in cafeterias, back-to-school activities, open house events, parent meetings, cooking classes and nutrition activities. Programs reach students from preschool through age 18.

One example of CNAP's approach was its Treats for Trade program in which students gathered their

Halloween candy and sent it as packing material in shipments to U.S. troops deployed around the world.

The center's plans this spring include producing a DVD to supplement Farmer of the Month nutrition education activities. The goal of the project is to bring farmers virtually into classrooms so students will have exposure to the nutritional aspects of farming.

CNAP works with the Sierra Cascade Region of Network for a Healthy California, part of the state's department of agriculture.

Network for a Healthy California works with more than 300 public, nonprofit and business partners in California to educate low-income families to eat the recommended amount of fruits and vegetables and take part physical activity every day. Funding is from the USDA Supplemental Nutrition Assistance Program, formerly the Food Stamp Program.

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Nonnie Korten Champion for Children Award

Established in 2005 in honor of the late Nonnie Korten

Korten was a promoter of providing children with experiences to help them realize their potential not just as students, but as caring, healthy and informed human beings.

Presented yearly to a group that motivates food stamp eligible children and adolescents to be Champions for Change by increasing physical activity and consumption of fruits and vegetables. They have to demonstrate ways for bringing about change and share ideas and resources with other Network funded projects.

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