

CNAP Programs

Sierra Cascade Nutrition and Activity Consortium (SCNAC)
 Overweight Prevention and Treatment (OPT)
 Food Stamp Outreach (FSO)
 Fit Thru Five Collaborative

CNAP Accomplishments

It has been a productive year three for CNAP. Our budget has grown to \$2.6 million per year and we now employ 50 students and 20 staff, many of whom are NFSC alumni. Our newest program, Food Stamp Outreach, began this year and has CNAP staff partnering with northstate social service agencies and the CSUC School of Social Work to increase enrollment in the food stamp program.

CNAP alumni, **Julia Voorhees** and **Lara Wood**, and faculty collaborators, Cindy Wolff, Stephanie Bianco-Simeral, and Keiko Goto, have each had their manuscripts accepted for publication in the Journal of Nutrition Education and Behavior. **Erin McCarthy's** research manuscript is being considered for publication by the Journal of School Health. Several CNAP student staff and alumni presented papers of their research at the 2009 CA Dietetic Association Annual Meeting including **Erin McCarthy, Alison Heier, Linda Bergmann** and **Thavy Choup** with professors Bianco-Simeral, Goto, Wolff and Dawn Clifford (Bergmann). **Lara Wood** and **Thavy Choup** presented poster papers at the Network for a Healthy CA 2009 Conference with professors Bianco-Simeral, Goto, and Wolff. Six CNAP students have submitted papers for 2010 conferences.

Check us out at www.csuchico.edu/cnap, www.scnac.org, www.optforfitkids.org, www.fitthru5.org

Common Vision

Thanks to Wendy Kaplan, CNAP program manager, the Common Vision Fruit Tree Tour came to Butte County and planted five fruit orchards with a total of 145 trees at schools, a housing development, and a community center.



Network for a Healthy California Award

This year, CNAP was the winner of the 2009 Korten Champion for Children Award. This honor, presented by the Network for a Healthy California, was awarded during their 11th annual conference. CNAP was recognized for our work to improve nutrition and physical activity for low income children and adolescents in Northern California.



Eat Right When Money's Tight

OPT for Fit Kids is offering monthly Eat Right When the Money is Tight classes for adults. Attendees are provided with strategies for stretching their food dollars and meeting their dietary needs. Participants are also given a grocery bag of donated healthy foods.



Annie B's Community Drive

A big thanks to Enloe Medical Center for their generous donation to OPT during our Annie B's Community fundraiser.



SCNAC Nutrition Education Continues to Make a Difference!

STUDENTS

Over 770 students in grades 4-8 were surveyed at the beginning and end of the school year.

Students reported these positive changes:

- **More likely to choose a favorite vegetable for a snack.**
- **More receptive to tasting fruits and vegetables and including them in school lunches.**
- **Limit soda intake.**
- **Fruits and vegetables are valued as part of a healthy lifestyle.**

TEACHERS

More than 360 K-6 teachers from 41 schools completed SCNAC surveys at the end of the 2008-2009 school year.

Teachers reported these positive changes:

- **Students show increased preferences for Harvest of the Month fruits and vegetables.**
- **Students are more willing to try new fruits and vegetables.**
- **Teachers promote healthier classroom environments.**
- **SCNAC motivates students to improve eating habits and limit soda intake.**

Students who did not have SCNAC nutrition education at their school reported they are less likely to eat fruit served with school meals and more likely to drink soda.

Harvest of the Month

With our growth to 19 school districts, SCNAC provides tastings of locally grown fruits and vegetables and related activities to **30,000** students and teachers each month.



Lunch Leagues

Our Lunch League program encourages students to eat their fruits and vegetables at lunch and be physically active during lunch recess.



CNAP student staff and interns dance with students at a partnering school

Fit Thru 5: Butte County Collaborative for Childhood Obesity Prevention

The OPT for Fit Kids, Fit thru 5 Collaborative is funded by the Butte County First 5 Commission to enhance physical activity and nutrition education for 0-5 children and families. The Collaborative is developing a Fit thru 5 'Take Action' endorsement system for child care providers who meet standards for nutrition and physical activity practices. Fit thru 5 also provides materials and training to the health care community as well as parents and educators. For more information on activities and how to join the collaborative, visit Fit Thru 5's website at www.fitthru5.org.