



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

STAFF

Kathleen Manenica, MS, CN
Executive Editor
State Program Coordinator, Food \$ense
253-445-4598
manenica@wsu.edu

Martha Marino, MA, RD, CD
Writer
206-817-1466
martha_marino@yahoo.com

Christa Albice
Circulation Services
253-445-4541
albice@wsu.edu

SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to
<http://nutrition.wsu.edu/take5/index.html>.

Energize is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

This Month's Focus- *Walking for Health and for Fun*

What form of physical activity doesn't use special skills, needs no sports equipment, doesn't need a gym or facilities, and is free? Walking! Walking has loads of benefits for adults: decreased risk for certain diseases (coronary heart disease, stroke, some cancers, diabetes, osteoporosis, depression); reduced blood pressure and blood cholesterol; greater aerobic capacity, muscle strength, and endurance; and greater ability to do activities for daily living; and better mental health. Children and teens benefit, too. Compared to those who are inactive, physically active youth have been found to have higher levels of cardiorespiratory fitness, stronger muscles, lower body fat, stronger bones, and reduced symptoms of anxiety and depression. And that's not all: walking has environmental benefits if people are using their feet instead of their car, walking strengthens communities when neighbors are out and about, and since walking means fewer cars on the road it's safer for walkers. In this issue of the *Energize Newsletter for Nutrition Educators* we explore successful programs involving walking and offer links to resources that can help you take steps to encourage the people you work with to walk more. With our longer, sunnier days, it's a perfect time to go for a walk!



Photo source: USDA

Walkable Communities in Washington – The organization Feet First www.feetfirst.org has been advocating for walking many years. Since 1995, it has promoted walking for health, transportation, environment, community, and pleasure. Its website is a terrific resource for walking maps in various towns, for upcoming local events and walks, and suggestions for walking enjoyably and safely at any age. Feet First describes the value of Walking Meetings, which is not only healthy but also can be more productive: walking stimulates creativity and problem-solving. Feet First offers tips on effective walking meetings for various sizes of groups at www.feetfirst.org/walk-and-maps/walking-meetings.

Walking School Buses for Seattle Schools – Every school in Seattle Public Schools that has students from kindergarten to eighth grade could get to school in a Walking School Bus this past school year. A Walking School Bus is simply a group of children walking with one or more adults. In partnership with City of Seattle School Traffic Safety Committee, the King County Food and Fitness Initiative – a project of WSU King County Extension - assisted in this endeavor to help make walking part of the school transportation strategy, as well as a fitness strategy. Martha Aitken with WSU Extension says that in addition to perceived safety concerns (stranger danger) and infrastructure challenges (such as poor or no sidewalks, no traffic lights or crossing guards), they found some cultural barriers to walking to school. Changing the school culture to encourage walking includes helping parents view physical activity as being important to overall health. For information about the program, see www.feetfirst.org/seattle-public-schools-officially-get-it-pupil-transportation-to-include-safe-routes-to-school. (Contact: Martha Aitken, Senior Associate for Urban Extension and KCFFI Project Director, WSU Extension, 253-798-3259, AitkenM@wsu.edu.)

Kids Can Be the Best Advocates – Students and staff at Edison Elementary are in their third year of a successful walking and jogging club that is part of the Whole School Project. The first year, students and staff reached the goal of 1,129 miles which represents a trek



from their school in Tacoma to Disneyland. During recess students can walk around the ¼ mile track, and some teachers even have structured walking time. For every 12½ miles, a student earns a “foot” displayed on the cafeteria wall as well as recognition

in the morning announcements. WSU Food \$ense educator, Danielle Harrington, conducted an average of 10 basic nutrition classes for grades K-5 throughout the year. Students also learned about balancing their food and calorie intake with physical activity. A student told others, “The more I run the better I get at math. I know I’m better at math because after running my brain works better. It thinks more and I get different answers.” He also commented about nutrition, “Before I never ate fruit except grapes. Since I started to work and run more, I needed food for more endurance. I started to eat oranges, apples, applesauce, bananas, and watermelon.” (Contact: Linda O. Mathews, Senior Extension Coordinator, WSU Pierce County Extension Food \$ense Program, 253-798-7154, lmathews@wsu.edu.)

Walking in Wet Washington – Rain or shine, walking indoors is a healthy option for many Washingtonians. WSU Extension is pilot testing a DVD developed by Rutgers University called “Walk Indoors!” It includes six 15-minute segments of low-impact, moderate-intensity exercise, each equivalent to walking one mile. The DVD is designed for people served by EFNEP (Expanded Food and Nutrition Education Program) and SNAP-Ed (Supplemental Nutrition Assistance Program), and the cast is diverse in gender, age, body size, and ethnicity. Although WSU Extension is including it in its new adult series curriculum, **Eating Smart Being Active**, the DVD can be used on its own in other settings. Catalina Aragon with WSU Extension has found that it is easy to follow and that so far people respond to it well. (Contact for information about the DVD and the research behind it: Debra Palmer, M.Ed., Ph.D., dpalmer@njaes.rutgers.edu.)

Ways to Reverse the Decline in Walking to School – Walking or bicycling to school has dropped markedly in just one generation, from 50% in 1969 to 13% in 2009, according to Safe Routes to School National Partnership at www.saferoutespartnership.org/resourcecenter/quick-facts. To change that trend, a national toolkit of resources and a compilation of success stories are available for people to start a Safe Routes to School program in their own neighborhoods. For information, visit the National Center for Safe Routes to School website, www.saferoutesinfo.org. Right here in our state, the Office of the Superintendent of Public Instruction offers local resources including Safe Routes to School Washington – Discover Your World. Its website www.saferouteswa.org/home.aspx shares ideas and enthusiasm for making walking and biking to school fun, healthy, and safe.

Overcoming Hazards for Senior Pedestrians – Washington State’s seniors are at higher risk than the rest of the population for getting hurt by cars when they are walking. For one thing, the WALK / DON’T WALK signs are timed for a person walking 4 feet per second, but seniors walk more slowly at 2½ feet per second. Because they may be looking down to watch their step or may be hard of hearing, they may not notice a car backing out of a driveway. The Washington State Department of Transportation provides a handout “Safe Transportation for an Aging Population” with links to other resources at www.wsdot.wa.gov/NR/rdonlyres/3AD9B4BE-52FC-47E6-8924-0C56855D4020/0/OlderRoadUsersBrochurev2.pdf.

More Adults Are Walking but Need to Step It Up – American adults say they are walking more now than before, which is a good first step in becoming more physically active. The Centers for Disease Control and Prevention (CDC) studied changes in prevalence of walking and found a significant increase from 55.7% of adults walking for transportation or pleasure in 2005 to 62.0% in 2010. The CDC set the bar rather low, however. “Walking” was defined as one bout of 10 minutes or more in the preceding seven days. (Source: “Vital signs: Walking among adults – United States, 2005 and 2010, www.cdc.gov/mmwr/preview/mmwrhtml/mm6131a4.htm.)

Walking Recommendations – The *2008 Physical Activity Guidelines for Americans* recommend that adults get 150 minutes (2½ hours) per week of moderate-intensity aerobic physical activity, such as brisk walking, for health benefits. The recommendation for youth is 60 minutes per day. The guidelines emphasize that more activity is better, and that some activity is better than none. Walking is the most commonly reported physical activity by American adults. For age-based recommendations and health benefits, see www.health.gov/paguidelines/guidelines/default.aspx.

Walking Helps Kids Meet Physical Activity Guidelines – For its midcourse report on progress to meet the *2008 Physical Activity Guidelines*, a subcommittee of the President’s Council on Fitness, Sports, and Nutrition (PCFSN) focused on one important group of Americans: youth. The report, released January 2013, identifies interventions that can help kids meet the recommendation of 60 minutes per day of physical activity. These strategies target places where youth live, learn, and play in a variety of settings including child care centers, schools, homes, and communities. One recommendation is “active transport” (walking to school), which adds on average 24 minutes of physical activity a day. To facilitate walking in the youth’s neighborhood, the report recommends increasing the number of walkable destinations, increasing residential density so that people can walk to reach the places they want to go, improving sidewalks,

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.

implementing traffic-calming measures such as traffic circles and speed bumps, and creating more appealing routes by planting trees along streets and reducing trash. For the full report by the PCFSN and the Office of Disease Prevention and Health promotion which includes the strength of evidence to support them, see www.health.gov/paguidelines/midcourse/pag-mid-course-report-final.pdf. For a one-page infographic about the report, see www.health.gov/paguidelines/midcourse/infographic.pdf.

Let's Move, Active Schools – It may be startling, but nationally only one child in three is physically active each day, just 20% of school districts require recess, only six states require physical education in every grade. Knowing that physical activity results in better success in school as well as health benefits, Let's Move launched an initiative with resources to help schools reach these objectives: 1) Physical education at school, 2) Physical activity during school, 3) Physical activity before and after school, 4) Staff involvement, and 5) Family and community engagement. Let's Move offers technical assistance, grant opportunities, and resources at www.letsmoveschools.org.

IN THE NEWS

Pediatricians and Poverty – In May, the American Academy of Pediatrics and the American Pediatric Association announced a new strategic priority: Reducing childhood poverty and alleviating the effects of poverty for child health and well-being. In their combined report, they write that greater food insecurity results in poorer nutrition and growth, increased rates of obesity and its complications, and toxic stress which can lead to poor brain development and increased susceptibility to illness. When making the announcement, the groups noted that although the US has made policy decisions to support the elderly (whose poverty prevalence dropped from 35% in 1959 to 9% in 2010) the same has not been done for children. To read their powerful statements about child health and poverty, see www.academicped.org/public_policy/pdf/APA_Task_Force_Strategic_Road_Mapver3.pdf.

LOCAL PROGRAMS

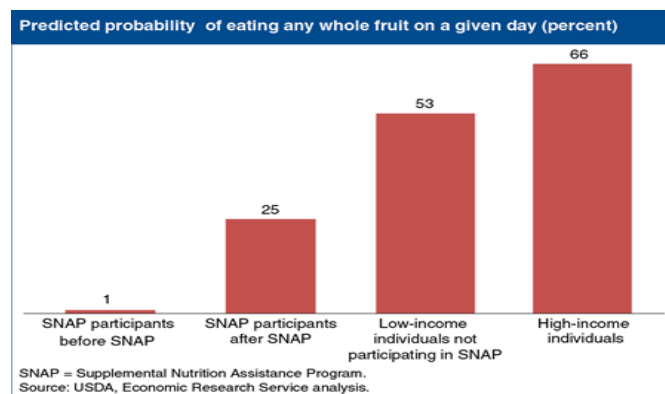
Summer Meals Program – When school ends for the summer, kids and teens can still get free meals and snacks through the Washington State Summer Meal Program. At last count, meals will be available in at least 551 sites in 35 counties. No proof of income, address, or citizenship is required. To find a location, go to Parent Help 123, a program of WithinReach, at <https://resources.parenthelp123.org/service/summer-meals>.

WASHINGTON GROWN

Fresh This Month – What's at the farmer's market this month? Finally, cherries! Cooler temperatures earlier in the year delayed harvest and a blast of frost in some areas hurt the crop. Roadside stands crop up with cherries for sale, including the yellow-red Rainiers, developed right here in our state. June through October are the months for the greatest variety of local produce. Here are the vegetables that are harvested now, from A to Z: asparagus, bamboo shoots, beets, broccoli, cabbage, carrots, daikon, greens, lettuce, onions, peas, potatoes (available year-round), radishes, spinach, and zucchini. Rhubarb will be ending its season this month as raspberries and strawberries begin.

DID YOU KNOW?

Americans on SNAP (Supplemental Nutrition Assistance Program, formerly called food stamps) eat more fruit once they start receiving benefits. In a recent study by USDA's Economic Research Service, before low income adults start receiving benefits, they rarely ever eat whole fruit on a given day. After enrolling in the program, they have a 25% probability of eating whole fruit. Interestingly, low income individuals not participating in SNAP have a 53% probability and high income individuals a 66% probability. (Source: C Gregory et al, "Supplemental Nutrition Assistance Program (SNAP) participation leads to modest changes in diet quality." Economic Research Report #147, April 2013, www.ers.usda.gov/publications/err-economic-research-report/err147.aspx#.UbykvJz9Ug8).



OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.