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**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](mailto:manenica@wsu.edu)

**Martha Marino, MA, RD, CD**  
Writer  
206-817-1466  
[martha\\_marino@yahoo.com](mailto:martha_marino@yahoo.com)

#### **SUBSCRIPTION INFORMATION**

*Energize Newsletter for Nutrition Educators* can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Kathleen Manenica, WSU Puyallup, 253-445-4598, e-mail [manenica@wsu.edu](mailto:manenica@wsu.edu).

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



**SNAP-Ed**

WASHINGTON STATE UNIVERSITY  
EXTENSION

USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

## **This Month's Focus: *Kids and Physical Activity***

Summer is almost here! School will be out this month, and hopefully the sun will be out, too! Summertime is a great time for kids to be active. Nutrition educators can help them, their parents, and their communities to make physical activity (PA) part of every day. In this issue of the *Energize Newsletter for Nutrition Educators* we'll focus on programs and resources to help kids be active, as well as the status of current guidelines for children and teens.

**New Physical Activity Guidelines** – The current Physical Activity Guidelines for Americans were established in 2008, and work has been underway to update them for 2018. Those guidelines recommend 60 minutes per day of PA for youth ages 6 to 17. The Office of Disease Prevention and Health Promotion is relying on experts on the Physical Activity Guidelines Advisory Committee, which is examining evidence to determine whether changes are warranted. One of those experts is from our state, Dr. Anne McTiernan, MD, at the Fred Hutchinson Cancer Research Center. When asked by *Energize* whether recommendations for younger kids might be considered, a Health and Human Services (HHS) spokesperson wrote that the Committee formed a Subcommittee to look at the relationship between PA and health in children 5 years of age and younger, with the possibility of adding guidelines for this age group. The HHS spokesperson wrote that the Committee is exploring a variety of health outcomes for children and teens: cardiorespiratory fitness, weight status, muscular fitness, bone health, body composition, and the relationship between sedentary behavior and health outcomes. They are also looking at mental health, since it appears that PA is related to reduced symptoms of depression. The HHS spokesperson confirmed that the new guidelines are on track to be released by the end of 2018. To follow the progress of the Committee, register for public meetings, and review public materials, go to the [Office of Disease Prevention and Health Promotion web page](#). The Centers for Disease Control and Prevention web page for the [2008 guidelines](#) includes a link to the 2012 "Midcourse Report: Strategies to Increase Physical Activity Among Youth."

**Biking: Engaging Families and Communities** – Friday Harbor held its first Tour de Family Bike Ride in May, succeeding in getting families out riding bikes and talking about ways to improve their community's built environment to encouraging bicycling. Kristen Rezabek, dietitian with the San Juan County Health and Community Services, says that as part of their SNAP-Ed grant, they conducted walkability and bikeability audits with elementary school students. The Tour de Family event expanded the scope



Source: San Juan County Health and Community Services

from schools to build community support for biking and walking and to address concerns, particularly safety. Kristen comments that San Juan is a rural community with very narrow roads that have little or no shoulder, and sidewalks are nonexistent in many places. Also, there are few places for kids to learn to ride bikes. More than 50 riders participated in the Tour de Family Bike Ride, and extra helmets and bikes were on-hand to loan to those who didn't have them. Kristen said that community partners helped create a terrific event: EMS gave free helmets; Peace Island Medical Center donated bike safety lights and gear; Public Works and Land Bank provided recommendations for local bike trails and roads; San Juan Island Trails volunteers assisted the

riders. A videographer captured sentiments from the community about changes they'd like to see to encourage more walking and biking in a video (Contact: Kristen Rezabek, MS, RDN, CD, CDE, Health and Nutrition Coordinator, San Juan County Health and Community Services, 360-370-7518, [kristenr@sanjuanco.com](mailto:kristenr@sanjuanco.com).)

**Physical Activity = Play for Young Children on WIC** – The Washington State WIC Nutrition Program includes a discussion about PA with young children. Each of its “core” materials includes a “Let’s Play” section with some PA tips. Take a look! [I Am One](#), [I Am Two](#), [I Am Three](#), and [I Am Four](#). These materials are available in 9 languages, with 3 more languages soon to be added. (Contact: Cathy Franklin, MS, RD, Coordinator, Washington State WIC Nutrition Program, Manager, Client Services Section, Office of Nutrition Services, Washington State Department of Health, 360-236-3648, [Cathy.Franklin@doh.wa.gov](mailto:Cathy.Franklin@doh.wa.gov).)

**National Guidance on PA in Schools and Local Programs** – The Centers for Disease Control and Prevention provides recommendations for a [Comprehensive School Physical Activity Program](#) (CSPAP), a multi-component approach to use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of daily PA, and establish patterns for a lifetime. What does that look like in Washington State? Here are just a few of many examples from Lisa Rakoz, Program Supervisor for the Healthiest Next Generation at OSPI, organized by the five components highlighted in the CSPAP:

1. *Quality physical education* - Seattle Public Schools Effective Physical Education Showcase invited people from across the nation to display their PA programming, captured in this [video](#). In another district, students went on a field trip to the mountain to learn to snowboard, downhill ski, and cross country ski.
2. *Before and after school PA* – During “Move It Mondays,” 120 parents/guardians, staff, and students met for 30 minutes of PA every Monday to start an active and healthy day. In another district, elementary schools added 4-week after school programs in soccer, basketball, tennis, and track.
3. *During school PA* – GYMBAGs (Get Youth Moving - Brain Activity Gear) were filled with physical activity equipment, *Energizers*, and *Brain Boosters*, and given to classroom teachers to get students moving and engaged during the academic day.
4. *Staff development* – At one school, staff met weekly for workouts on Wellness Wednesdays.
5. *Family and Community Engagement* – A physical education and a music teacher taught students to dance, then held a Family Dance night where students taught the dances to their families. More than 350 families attended.

**RECES S**

- Students who get at least **20 minutes/day** have lower BMI percentile than their peers.

**PHYSICAL EDUCATION**

- In states with PE requirements, high school girls were **active 37 more minutes**.

**SAFE ROUTES to SCHOOL**

- Students who walk to school daily had **24 more minutes** of physical activity per day.

**ACHIEVEMENT**

- Teens who were active in school were **20% more likely to earn an "A"** in math or English.

Adapted from "The Role of Schools in Promoting Physical Activity" infographic at <http://activelivingresearch.org>.

Lisa suggests these web resources for bringing more PA into the school setting:

- [Whole School, Whole Community, Whole Child](#)
- [Fuel Up to Play 60](#)
- [Alliance for Healthier Generation Fitness Videos](#)
- [Move to Learn](#)
- Webinar “[America Walks: Tracking the Walking Path – Tools and Programs to Measure Walking and Walkability](#)” Wednesday, June 14, 2017.
- [Active Schools](#)
- [Active Academics](#)
- [Brain Breaks](#)
- [OPEN PhysED](#)

(Contact: Lisa Rakoz, Program Supervisor, Healthiest Next Generation, Office of Superintendent of Public Instruction, State of Washington, 360-725-6095, [lisa.rakoz@k12.wa.us](mailto:lisa.rakoz@k12.wa.us).)

**Slowing the Decline of PA in Kids** – Conventional wisdom had it that the drop-off in PA happened early in the teen years. A study from Scotland found that it's earlier than that. They found that 100% of kids start moving less after age seven, and that drop-off was equal among boys and girls. The decline continued steadily through adolescence. Researchers say that interventions to help kids stay active need to begin when kids are young. (Source: MA Farook et al, "[Timing of the decline in physical activity in childhood and adolescence: Gateshead millennium cohort study.](#)" *British Journal of Sports Medicine*, 13 March 2017.)

## TOOLS OF THE TRADE

**Walking Indoors** – Walking is a great way to get physical activity, but realistic barriers are bad weather, unsafe neighborhoods, limitations in the built environment and, frankly, motivation. A terrific tool is the [Walking Indoors video series](#). Although designed for adult audiences, these 15-minute videos can be a fun way for parents and children to be active together inside. Developed for low-income audiences, SNAP-Ed programs around the country use the videos in the [Eating Smart Being Active curriculum](#), which includes a PA activity with each lesson. The videos were developed by Leslie Sansone and Dr. Debra Palmer, who conducted the [evaluation](#). Leslie Sansone also produced a [walking video for kids](#).

**Tried-and-True Programming** – To help agencies implement their SNAP-Ed programming, the USDA and partners updated "[SNAP-Ed strategies & interventions: An obesity prevention tool kit for states.](#)" Its purpose is to help state SNAP-Ed administrative and implementing agencies identify evidence-based obesity prevention programs that comply with the SNAP-Ed Plans. The programs include Policy, Systems and Environmental (PSE) change and social marketing/media strategies for fiscal year 2016 and beyond. The tool kit adds 20 evidence-based strategies and 60 interventions to its previous edition. It includes PA strategies to use in a variety of environments: childcare, schools, communities, and families.

**Healthy Schools and Physical Activity** – The Centers for Disease Control and Prevention offers a tool kit for schools on improving physical activity for kids. Its PA programming includes aerobic, muscle-strengthening, and bone-strengthening guidelines. Useful beyond the school setting, the "[Youth Physical Activity Guidelines Tool Kit](#)" also has suggestions for families and communities.

**Research About Food Pantries** – Nutrition educators who work with food pantries or the clients who use them will find several recently published articles useful. The April issue of the *Journal of the Academy of Nutrition and Dietetics* includes two literature reviews and a research commentary about nutrition and food pantries. Here are some key take-aways:

- In "The nutritional quality of food provided from food pantries<sup>i</sup>," researchers found that access to milk products, vitamins A and C, and calcium by food bank clients was particularly low. They also found that food pantries were largely unable to support healthy diets, and recommended greater distribution of perishable foods.
- In "The dietary quality of food pantry users<sup>ii</sup>," the same researchers found that the diet quality among food pantry users was low, and was particularly lacking in fruits, vegetables, and dairy. Large percentages of food bank clients did not meet recommendations for vitamins A, C, D, and B vitamins; or for the minerals calcium, iron, magnesium, and zinc.
- In "Promoting food pantry environments that encourage nutritious eating behaviors<sup>iii</sup>," the author makes the case for using an ecologic approach to creating healthy food pantries. An important strategy is setting up the food environment to influence clients to choose whole grains, lean proteins, fruits, vegetables, and calcium-rich dairy products and dairy alternates. Nutrition education and resources at food pantries are considered necessary.

These articles can help provide a scientific back-up for nutrition educators helping food pantries work toward providing nutritious perishable foods, encouraging healthy choices by clients, and on-site nutrition education.

**Healthy Food Pantry Guide for WA** – In 2016, The Healthy Food Pantry Guide for Washington was released. This customized Guide was developed by representatives from a food bank, two SNAP-Ed implementing agencies (DOH and WSU) and the Washington State Department of Agriculture. The Guide addresses action areas and provides a self-assessment tool for pantry use. These efforts enhance the environmental change work of WA SNAP-Ed with food pantry partners. The Healthy Food Pantry Guide and Self-Assessment Tool Webinar was given December 15, 2016. The webinar may be accessed at [2016-12-15 14.58 Healthy Food Pantry Guide Webinar with WA SNAP-Ed Educators.mp4](#). Guide and Self-Assessment Tool may be accessed at the Washington State Department of Health web page [H.E.R.E.](#) (Contact: Karen Barale, Associate Professor, Washington State University, 253-798-3262, [kbarale@wsu.edu](mailto:kbarale@wsu.edu).)



Source: Centers for Disease Control and Prevention

## WASHINGTON GROWN

**Fresh This Month** – Asparagus, asparagus, and more asparagus! At farmers’ markets, asparagus abounds, with green beans and peas soon to follow. For asparagus recipes, storage tips, nutrition information using the updated Nutrition Facts panel, and teaching tools for nutrition educators working with low-income clients, see the [SNAP-Ed Connection web page](#).

Leafy greens are in good supply at farmers’ markets, and most are good sources of fiber, vitamins A, C, and K, potassium, and folate. June is a good month to buy vegetable and herb starts to plant in containers or in the garden. SNAP benefits may be used to buy food-producing plants.



Source: USDA SNAP-Ed Connection

### DID YOU KNOW?

Of all the crazy things that researchers study, here’s a finding relevant to our local, seasonal asparagus: Everyone produces smelly “asparagus pee” but only some can detect the odor. Scientists asked nearly 7,000 people if they noticed a distinct smell in their urine after eating asparagus. About 40% strongly agreed that they could. The rest were confused by the question. The non-smellers, according to the researchers, share a combination of more than 800

genetic alterations that affect the genetic code for smell receptors, blunting their ability to detect the asparagus odor. Who knew? For the research behind this, and an oddly interesting video, see SC Markt et al, “[Sniffing out significant ‘pee’ values: genome wide association study of asparagus anosmia.](#)” *British Medical Journal*, 13 December 2016.



### EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, *Eat Together, Eat Better*.

Cooking at home helps comply with dietary guidelines and saves money, too. That’s the conclusion of researchers at Oregon State University with collaborators at the University of Washington. The study of 400 adults in the Seattle area found that those who cooked at home an average of six times per week had higher scores on the Healthy Eating Index than those who cooked at home three times per week. There was no association between income or education and eating at home or eating out. This study provides yet another good reason to help clients find realistic strategies to cook family meals at home, A Tiwari et al, “[Cooking at home: A strategy to comply with the US Dietary Guidelines at no extra cost.](#)” *American Journal of Preventive Medicine*: 52(5):616, 2017.

<sup>i</sup> Simmet, A., Depa, J., Tinnemann, P., Stroebale-Benschop, N.. (April 2017). The Nutritional Quality of Food Provided from Food Pantries: A Systematic Review of Existing Literature. *Journal of the Academy of Nutrition and Dietetics*, Volume 117, Issue 4, Pages 577-588. Accessed at <http://www.sciencedirect.com/science/article/pii/S2212267216310371>.

<sup>ii</sup> Simmet, A., Depa, J., Tinnemann, P., Stroebale-Benschop, N.. (April 2017). The Dietary Quality of Food Pantry Users: A Systematic Review of Existing Literature. *Journal of the Academy of Nutrition and Dietetics*, Volume 117, Issue 4, Pages 563-576. Accessed at <http://www.sciencedirect.com/science/article/pii/S221226721631036X>.

<sup>iii</sup> Shanks, B.. (April 2017). Promoting Food Pantry Environments that Encourage Nutritious Eating Behaviors. *Journal of the Academy of Nutrition and Dietetics*, Volume 117, Issue 4, Pages 523-525. Accessed at <http://www.sciencedirect.com/science/article/pii/S2212267216315556>.

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

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