



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

KEYNOTE SPEAKER ANNOUNCED

Thursday, December 8, 2011

Toni Yancey

Professor
DrPH Program Director
Professor of Health Services
UCLA School of Public Health



Toni (Antronette K.) Yancey, MD, MPH is currently Professor, Department of Health Services, UCLA School of Public Health, and Co-Director, UCLA Kaiser Permanente Center for Health Equity. She also directs her department's leadership doctoral degree (DrPH) program. She returned to academia full-time in 2001 after five years in public health practice, first as Director of Public Health for the City of Richmond, VA, and as Director of Chronic Disease Prevention and Health Promotion, Los Angeles County Department of Health Services.

Dr. Yancey's primary research interests are in chronic disease prevention and adolescent health promotion, with a particular emphasis on interventions engaging underserved communities. She has authored more than 125 scientific publications, including briefs, book chapters, health promotion videos, and among those, more than 90 peer-reviewed journal articles and editorials. She serves on the Editorial Boards of the American Journal of Preventive Medicine, Preventive Medicine, the Journal of Physical Activity and Health, and the American Journal of Health Promotion. She has also generated more than \$30 million in extramural funds, including four National Institutes of Health independent investigator (R01, R24) grants as principal investigator.

For Toni's complete bio, click [here](#) to read more.

To visit Toni Yancey's website, click [here](#).

MEET AND GREET & BOOK SIGNING

Immediately following Toni Yancey's morning keynote, you will have an opportunity to meet her at the "Meet and Greet & Book Signing". Be sure to pre-order your book today when you register for the 2011 Healthy Behaviors Conference.

We are look forward to you joining us on Thursday, December 8 for the "Meet and Greet & Book Signing".



Instant Recess- Building a Fit Nation 10 Minutes at Time
by Toni Yancey

Click [here](#) to register and purchase your copy today!

LUNCH LINE FILM SCREENING

Thursday, December 8
6:30pm-9:30pm

Lunch Line follows the personal story of six high school students from Chicago who enter a cooking contest to create a healthier school lunch and end up serving their winning meal to congressional leaders and touring the White House with mansion executive chefs. The tale of the students from Tilden Career Community Academy High School is interspersed with archival footage and interviews with current leaders from both ends of the lunch line, including government officials, school foodservice experts and activists.

\$20 Admission includes networking reception prior to screening with light appetizers and cash bar, film screening, and post-film discussion

REGISTER TO ATTEND

Phase III: Standard Registration

September 1, 2011- November 25, 2011

\$325 per person

For more detailed information on registration, please click [here](#) to visit our website.



Please note that registration fees must be paid by the last day of each promotional offer to secure the special rates.



FAST FACTS

with filmmakers.

Click [here](#) for more information.



Lunch Line Trailer

HEALTHY BEHAVIORS WORKSHOP THEMES

Practice 1: Approach Program Development in Nutrition and Physical Activity with Vision, Purpose and Intentionality

Practice 2: Integrate Nutrition and Physical Activity Approaches with Youth Development Principles

Practice 3: Offer Exciting, Engaging and Meaningful Learning Experiences

Practice 4: Commit to Community, Family, and School Engagement

Practice 5: Strengthen Food Security

Practice 6: Secure Adequate and Sustainable Funding

Click [here](#) for a complete description of the Healthy Behaviors Conference Workshop Themes.

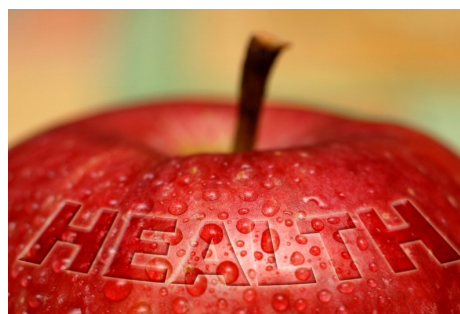
In 2009, only 22.3% of high school students reported eating fruits and vegetables five or more times a day (when fried potatoes and potato chips are excluded) during the past 7 days. (Center for Disease Control and Prevention)

McDonald's web-based marketing starts with children as young as 2 at Ronald.com

(FastFoodMarketing.org, 2010)

More than 10% of children between the ages of 2 and 5 are overweight, double the proportion since 1980.(The President's Council on Physical Fitness and Sports, 2011)

HEALTH IN THE NEWS



September 7th
[FDA Cooks up New Nutrition Facts Label](#)

September 8th
[Kids who Live with Smokers Have More Ear Infections](#)

September 8th
[Vegetable Gardens Are Booming in a Fallo Economy](#)

September 12th
[A Child's Nap is More Complicated Than it Looks](#)

September 12th
[School-based Health Clinics Play Vital Role in Children's Lives](#)

Fast Food FACTS Report, 2010



This report addresses the need for comprehensive, reliable, and current information about fast food marketing and how it affects young people.

To read the full report, click [here](#).

KID FRIENDLY HEALTHY RECIPES

Apple Bites



Ingredients

Apples
Slivered almonds (for teeth)

Directions

Quarter and core an apple.
Cut a wedge from the skin side of each quarter.
Press slivered almonds in place for teeth.

Each apple yields 4 servings.

Halloween Veggie Platter



Ingredients

Variety of vegetables such as:
Celery
Plum tomatoes
Carrots
Mushrooms
Olives
Broccoli

Directions

Use your imagination to create a fun and healthy skeleton vegetable platter.

Recipes provided by [365 Halloween](#) and [Disney Family Fun](#)

HEALTH RELATED GRANTS

Power a Bright Future

Application Deadline: October 17th

The Clorox Company is committed to making a difference both in and out of the classroom. For the third year, the Power A Bright Future program is giving students more chances to play, create, and explore by awarding four \$25,000 and one \$50,000 grant to help fund important programs in schools that vital for educational development. The Play category includes establishing or enhancing physical activity programs to get kids moving.

For more information, click [here](#)

UnitedHealth HEROES Service-Learning Grants

Application Deadline: October 17th _The UnitedHealth HEROS program is a service-learning, health literacy initiative developed by UnitedHealthCare and Youth Services America. The program awards grants to help youth ages 5-25 create and implement local, hands-on programs to fight childhood obesity.

For more information, click [here](#)

Youth Garden Grants

Application Deadline: November 28th

National Gardening Association is delighted to announce that The Home Depot has returned as the Youth Garden Grant sponsor for 2012. NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs.

For more information, click [here](#)

Fuel Up to Play 60

Application Deadline: December 1st

Funding is available to K-12 schools in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. Funds can be used to conduct in-school promotions focused on creating a healthier school and to implement Healthy Eating and Physical Activity Plays. Funds can also be used for professional development, nutrition education materials, and physical education equipment & materials.

For more information, click [here](#)

Community Support Grants

Application Deadline: Rolling

The Coca-Cola Foundation provides grants to a wide variety of 501(c)(3) organizations that focus on children, education, and/or health.

For more information, click [here](#)

Costco Wholesale Grants
Application Deadline: Rolling

Costco Wholesale offers funding for 501(c)(3) organizations that focus on children, education, and/or health.

For more information, click [here](#).

MetLife Foundation Healthy Habits Grants
Application Deadline: Rolling

The Healthy Habits program supports organizations that promote healthy lifestyles, especially among children.

For more information, click [here](#).

For more information on grant opportunities, click [here](#) to visit the BOOST Collaborative website.

We look forward to seeing you December 7-9, 2011 in San Diego, California. Stay updated by visiting our website www.healthybehaviorsconference.org



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