



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

With summer vacation coming to an end, Early Bird registration is also coming to an end for the 2011 Healthy Behaviors Conference. Do not let this opportunity pass you by. Whether you join us as a speaker, exhibitor, or attendee, be a part of the movement to end the childhood obesity epidemic.

We look forward to seeing you and your team at the Healthy Behaviors Conference, December 7-9, 2011 in San Diego, California to change lives and saves lives.

Thank you for all of the work you do to support children, youth, families, and communities.

-Healthy Behaviors Conference Leadership Team

TIME IS RUNNING OUT TO SUBMIT AN RFP FOR THE HEALTHY BEHAVIORS CONFERENCE

September 16, 2011 is the deadline to submit a proposal to present at the 2011 Healthy Behaviors Conference. Do you have an innovative, relevant and cutting-edge workshop to support out-of-school time professionals in their efforts to make our youth, families, and community the healthiest possible? Submit your proposal today!

Click [here](#) for more information.

REGISTER TO ATTEND

**1 WEEK LEFT TO TAKE ADVANTAGE OF THE
EARLY BIRD REGISTRATION RATE!**

Phase II: Early Bird Registration

July 1, 2011- August 31, 2011

\$285 per person

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.**

Click [here](#) to submit a proposal.

SAN DIEGO FARMERS' MARKETS



San Diego County hosts several Farmers' Markets each and everyday of the week. These markets are certificated by the County Agricultural Commissioner to ensure the products are being sold are by the grower in California and meets all quality standards.

Be sure to check out a Farmers' Market while in San Diego at the Healthy Behaviors Conference!

Click [here](#) for a list of Farmers' Markets.

CHILDREN'S FOOD ENVIRONMENT STATE INDICATOR REPORT, 2011



This report highlights selected behaviors, environments the affect childhood obesity.

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

CLICK HERE TO REGISTER

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



FAST FACTS

Each day in the United States, approximately 4,000 adolescents ages 12-17 try their first cigarette (Substance Abuse and Mental Health Services Administration, 2008)

The average American eats the equivalent of about 21 teaspoons of added sugar a day, about 2.5- 3 times more than new heart disease prevention guidelines say they should. (Medicine Net, 2010)

Approximately 12.5 million children and adolescents in the United States between 2-19 years old are obese. (Center for Disease Control and Prevention, 2011)

HEALTH IN THE NEWS

August 4th
[Doctors Give Advice to Parents on Selecting A Good Backpack for Their Children](#)

August 8th
[AAP Offers 11 Ways to Keep Kids Healthy in the Heat](#)

August 9th
[New Virginia Law: Mandatory Concussion Training for Parents, Student-Athletes](#)

August 9th
[First-Ever National Healthy Eating and Physical Activity Standards Developed for Afterschool Programs](#)

August 10th
[New York City to Mandate Sex Education in Public Schools](#)

August 11th
[Subway Tops List of Healthiest Fast Food Kids' Menus, Dairy Queen Ranks Worst](#)

KID FRIENDLY HEALTHY RECIPES

Mini Rice-Cake Stacks



Ingredients

8 mini apple-cinnamon rice cakes
1 1/2 tablespoons natural peanut butter
4 banana slices

Directions

Spread 4 rice cakes with peanut butter and top with a banana between. Top with the remaining rice cakes.

Makes 4 rice-cake stacks

Snail Snack



Ingredients

Large tortilla
lettuce or baby spinach
Sliced deli meat of your choice
Sliced cheese of your choice
Gherkin pickles
Chive Stalks

Directions

1. If necessary, trim the rounded edges of the tortilla to make it square.
2. Layer on the lettuce or baby spinach, then the meat and cheese, and roll it up tightly.
3. With the seam on the bottom, slice the tortilla into 2-inch-wide pinwheels. For the snail's head, cut a pickle in half at an angle. Poke 2 small holes in the uncut ends and stick pieces of chive with knots at one end in each for the antennae.
4. Slip each pickle half under the edge of a pinwheel, securing them together with a toothpick, if necessary.

Makes 4 to 6 sandwiches

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

HEALTH RELATED GRANTS

Global Green USA Green School Makeover

Application Deadline: September 30, 2011

Global Green USA is working to ensure that every child has the opportunity to learn in a healthier, greener school. Global Green USA's Green School Makeover Competition, as presented by Pureology, gives you the chance to help a school in your area by nominating it for a Green School Makeover.

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

The North Face Explore Fund

Application Deadline: October 5, 2011

The North Face will fund programs that promote youth outdoor participation, with an emphasis on nature education

For more information, click [here](#)

Verizon Grants for Education Violence Prevention and Health Application Deadline: **October 16, 2011**

The Verizon Foundation seeks to fund programs that enhance education, fight domestic violence and/or promote health.

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

UnitedHealth HEROS Service-Learning Grants- \$500 or \$1000

Application Deadline: October 17, 2011

The UnitedHealth HEROS program is a service-learning, health literacy initiative developed by UnitedHealthcare and YSA. 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](#)

Saucony Run for Good Grants

Application Deadline: December 13, 2011

The Saucony Run for Good Foundation grants are available to community non-profit organizations that initiate and support running programs for kids.

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

Baseball Tomorrow Fund

Application Deadline: Rolling

Major League Baseball offers grants to organizations that promote youth participation in baseball and softball.

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

Children & Youth Grants

Application Deadline: Rolling

The May and Stanley Smith Charitable Trust funds 501(c)(3) organization provide services to disadvantaged children and youth.

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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