



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

Time is running out to pre-register for the 2011 Healthy Behaviors Conference, December 7-9, 2011 in San Diego, California. Take advantage of the special registration rates through Friday, November 25, 2011. You will be thankful you did!

We look forward to seeing you in December.

-Healthy Behaviors Conference Leadership Team
"Changing Lives, Saving Lives."

ADDITIONAL KEYNOTE SPEAKER JUST ADDED

Thursday, December 8th
12:00pm-1:00pm

Opening Remarks: Jason Spencer,
Policy Advisor

Office of State Superintendent of
Public Instruction, Tom Torlakson

California Department of Education,
Sacramento, CA

Keynote: Kristen Holm

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.

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.

EARN COLLEGE CREDITS AT THE HEALTHY BEHAVIORS



Kristen Holm has been an elementary school teacher for 18 years, 15 of those years has been in Lawndale School District. Along with being a full time teacher, she is also the Nutrition Liaison for the Network

for a Healthy California.

During which time she has implemented a School Wellness Committee, Running Club, Fun Fitness Fridays, Family Nutrition Nights, Walk to School Events and an annual Bike Parade/Rodeo. Kristen is also an active member of Lawndale School District Wellness Committee.

To read more on Kristen, click [here](#).

LAST CHANCE TO REGISTER TO EXHIBIT

The Resource Center provides you an opportunity to share products and services designed to support and enhance the professionals working to end the childhood obesity epidemic.

The Healthy Behaviors Conference Resource Center will be open December 8-9, 2011.

The Resource Center features many exposure opportunities including, conference meals, exhibitor networking breaks, keynote, and movie screening.

Standard Resource Table \$625

- Includes 2 conference registrations
(a \$650 value)

- Breakfast, lunch, and reception for 2 exhibitors

CONFERENCE

Did you know that you can earn 9 upper division college credits by attending the 2011 Healthy Behaviors Conference?

If you are interested in participating in this program you will need to register to participate and attend the mandatory orientation on Thursday, December 8, 2011 from 7:45am-8:15am in the Del Mar Room at the Bahia Hotel.

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

KEYNOTE SPEAKER

Toni Yancey

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

Thursday, December 8th
8:45am-9:45am

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.



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

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

MEET & GREET BOOK SIGNING

Toni Yancey: "Instant Recess"

Immediately following Toni Yancey's morning keynote, you will have an opportunity to meet her at the "Meet

For more information or to secure your booth today, click [here](#).

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 with filmmakers.

Click [here](#) for more information.



Lunch Line Trailer

STRETCHING TIPS FOR YOUR FRUIT & VEGETABLE BUDGET



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".



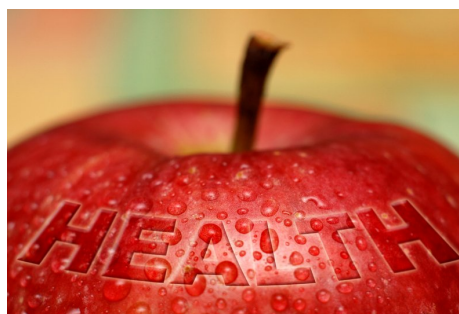
FAST FACTS

1 in 5 school-age children have up to six snacks a day. (*Let's Move! Campaign, 2010*)

Individuals who eat fast food one or more times per week are at increased for weight gain, overweight, and obesity. (*Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010*)

Adolescents drink more full-calorie soda per day than milk. (*Journal of the American College of Nutrition, 2006*)

HEALTH IN THE NEWS



October 27th
[California Schools Bring Breakfast Out of the Cafeteria and Into the Classroom](#)

October 28th
[Florida Schools Early Lunch: Why Students are Having Their Midday Meal at 9:30am](#)



The Centers for Disease Control and Prevention helps you maximize your benefit from fruits and vegetables without overspending.

Click [here](#) to visit the CDC website to start saving today.

FREE WEBINAR



Bikes in Low-Income Communities

**Wednesday, November 30
1-2pm ET**

During this webinar we will be joined by several presenters with a wealth of expertise working in low-income communities. These experts have blazed their own trail while finding new and innovative ways to engage low-income communities in bicycling while implementing a sustainable, successful model that increases bicycling low-income neighborhoods.

For more information, or to register click [here](#) to visit the Safe Routes to School National Partnership

October 31st

[Soft Drink Makers Target U.S. Youth Online-Study](#)

October 31st

[Hidden Drivers of Childhood Obesity Operate Behind the Scenes](#)

October 31st

[Overeating Season Signals Time to Face Unhealthy Habits](#)

THE SKYROCKETING COST OF OBESITY: IT'S EVERYBODY'S BUSINESS



The economic costs and consequences of obesity have spread into every sector of our society. America has become an overweight nation and it comes with a very high price tag.

Click [here](#) to download the report from Shaping America's Youth.

website.

KID FRIENDLY HEALTHY RECIPES

Fruit Gobbler



Ingredients

Melon
 Cheese (enough for 30-40 small cubes)
 3-4 Red Peppers
 Grapes
 Raisins
 Pear
 Bamboo Skewers
 Toothpicks

Directions

1. Stabilize the melon body by cutting a shallow slice off the rind to form a flat base.
2. Using a skewer, attach a pear head to the melon (see photo).
3. Cut a cheese triangle beak and red pepper snood. Attach both along with raisin eyes to the pear head.
4. Cut the red pepper for feet and set them in place.
5. For the tail feathers, skewer cheese cubes and red grapes, then insert skewer into melon.
6. Pin pepper side feathers in place with toothpicks.

Gobble Me Up



Ingredients

Apple
 Clementine or Naval Orange
 Pear
 Dried Apricot
 Peanut Butter
 2 mini chocolate chips
 1 Dried Cranberry
 Cashew

Directions

1. Arrange apple and clementine or naval orange slices on a plate as shown above and lay a cored pear half on top.
2. Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form feet.
3. Use the peanut to attach the mini chocolate chip eyes, a cashew for a beak, and a dried cranberry snood.

Recipes provided by Family Fun. Click [here](#) to visit the Family Fun website.

HEALTH RELATED GRANTS

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](#)

Stephen J. Brady STOP Hunger Scholarships

Application Deadline: December 5th

The Stephen J. Brady STOP Hunger Scholarships recognize students who are driving awareness and mobilizing youth to be the catalysts for innovative models and solutions to eliminate hunger in America. The scholarship recipients each receive \$5,000 for their education as well as a matching grant in their name for the hunger-related charity of their choice.

For more information, click [here](#)

Run for Good Grants

Application Deadline: December 13th

The Saucony Run for Good Foundation has been created to help reverse the alarming trend in childhood obesity. The Saucony Run for Good Foundation, a grant program to encourage active and healthy lifestyles in children, is now accepting applications.

For more information, click [here](#)

Funds for Support Services for Families of Children with Special Health Needs

Application Deadline: December 16, 2011

The Family-Professional Partnerships Program provides support to statewide, family-staffed/ run Family-Family Health Information Centers that provide information, education, technical assistance, and peer support to families of children with special health needs.

Support will only be provided in the states of AK, AL, AR, IA ID, KY, NM, OH, SC, WA, WV, and WY.

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

The School Garden Grant Program

Application Deadline: December 31st

The School Garden Grant Program is a collaboration between Whole Kids Foundation, Whole Foods Market and FoodCorps. Thanks to the generosity of Whole Foods Market customers, Whole Kids Foundation is able to provide grants of \$2,000 to support school garden projects in the U.S., U.K., and Canada.

For more information, click [here](#)

The Collective Brands Foundation Grants

Application Deadline: February 13th

The Collective Brands Foundation invests financially in nonprofit organizations that fit within one of the Foundation's focus areas. Areas of focus include children's physical activity and fitness.

For more information, click [here](#)

ING Run For Something Better® School Awards Program

Application Deadline: Rolling

ING Run for Something Better®, in partnership with the National Association for Sport and Physical Education (NASPE), seeks to increase physical activity in students and help fight childhood obesity nationwide through the creation of school-based running programs. The ING Run for Something Better will provide a minimum of 50 up to \$2,5000 grants to schools that desire to establish a school-based running pro

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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