Winter 2011

Children with Food Allergies are often Victims of Bullying

In the first-ever study to assess the social impact of food allergies in children, Mount Sinai researchers have found that approximately 35 percent of children with food allergies, who are over the age of five, were reported to have experienced bullying, teasing, or harassment as a result of their allergies.

Of those experiencing teasing or harassment, 86 percent were reported to have experienced repeated episodes. Classmates were the most common perpetrators, but more than 20 percent reported harassment or teasing from teachers and other school staff. The data are reported in the October 2010 issue of *Annals of Allergy, Asthma & Immunology*.

Led by Scott H. Sicherer, MD, Professor of Pediatrics, Jaffe Food Allergy Institute at Mount Sinai School of Medicine, researchers analyzed survey responses from 353 parents or caregivers of children with food allergies and food-allergic individuals. The survey was conducted at meetings of the Food Allergy and Anaphylaxis Network in Tarrytown, New York, Rosemont, Illinois, and Baltimore, Maryland in 2009.

"We know that food allergy in children affects quality of life and causes issues like anxiety, depression, and stress for them and their parents," said Dr. Sicherer. "However, our study is the first to explore teasing, harassment and bullying behaviors aimed at these children. The results are disturbing, as they show that children not only have to struggle with managing their food allergies, but also commonly bear harassment from their peers."

More than 43 percent were reported to have had the allergen waved in their face and 64 percent were reported as having experienced verbal teasing. No allergic reactions resulted from the bullying, but approximately 65 percent reported resulting feelings of depression and embarrassment.

"It was recently estimated that nearly one in 25 children has a food allergy," said Dr. Sicherer. "What is so concerning about these results is the high rate of teasing, harassment and bullying, its impact on these vulnerable children, and the fact that perpetrators include not only other children, but adults as well. Considering the seriousness of food allergy, these unwanted behaviors risk not only adverse emotional outcomes, but physical risks as well. It is clear that efforts to rectify this issue must address a better understanding of food allergies as well as strict no-bullying programs in schools."

*Source:* Reprinted (with modifications) from The Mount Sinai Hospital, Mount Sinai School of Medicine, [http://www.eurekalert.org/pub_releases/2010-09/tmsh-fso092710.php](http://www.eurekalert.org/pub_releases/2010-09/tmsh-fso092710.php)
State-Specific Trends in Fruit and Vegetable Consumption Among Adults

The Centers for Disease Control and Prevention has released data indicating adult fruit and vegetable consumption in the US by state. California adults are among the nation’s highest consumers of fruits with 35-44.9% consuming at least two servings of fruits daily. Vegetable consumption is lower with 30-34.9% of California adults consuming three or more servings of vegetables daily. See all the results at: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5935a1.htm?s_cid=mm5935a1_e#tab1

Source: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5935a1.htm?s_cid=mm5935a1_e#tab1, 9/10/2010

Interactive Retirement Calculator

AARP has launched a new innovative retirement calculator. To access the new tool, go to http://www.aarp.org/work/retirement-planning/retirement_calculator/
The easy-to-use tool features pre-populated answers that make it simple and fast to run through various scenarios. The site also provides an easy-to-understand explanation of where you stand currently in your retirement planning. Useful links are given to learn more about Social Security, financial planning, and health care in retirement.

Source: Today’s Consumer, University of California Cooperative Extension, Riverside, Volume 29, No. 3, Fall Issue 2010

Vitamin D and Mental Agility in Elders

Scientists funded by the Agricultural Research Service have contributed to the limited but growing body of evidence of a link between vitamin D and cognitive function. This study involved more than 1,000 participants receiving home care. The researchers evaluated associations between measured vitamin D blood concentrations and neuropsychological test results. Elders requiring home care have a higher risk of not getting enough vitamin D because of limited sunlight exposure and other factors. The participants, ages 65 to 99 years, were grouped by their vitamin D status, which was categorized as deficient, insufficient, or sufficient. Only 35 percent had sufficient vitamin D blood levels. Those participants had better cognitive performance on the tests than the participants in the vitamin D-deficient and insufficient categories, particularly on measures of "executive performance," such as cognitive flexibility, perceptual complexity, and reasoning. The associations persisted after taking into consideration other variables that could also affect cognitive performance.

For more details log on at: http://www.ars.usda.gov/is/pr/2010/100625.htm

Source: Food and Nutrition Research Briefs, U.S. Department of Agriculture, Agricultural Research Service, October 2010

Free Professional Credits

RDs and DTRs may review the 2010 Dietary Guidelines and earn free CPUs. Learn more at: http://www.cnpp.usda.gov/Dietaryguidelines.htm
**FDA & Caffeinated Alcoholic Beverages**

In November, the FDA issued warning letters to four companies that make alcoholic beverages with added caffeine, sometimes referred to as "caffeinated alcoholic beverages." Since the letters were issued, the FDA received several questions about caffeinated alcoholic beverages. Here are answers to two questions frequently asked.

**I thought that caffeine was safe. Why is the FDA saying that it’s an “unsafe food additive?”**

The lawfulness of a food ingredient is determined in part by how it’s used. If an ingredient hasn’t been approved by FDA for a certain use, the ingredient can be used only if it’s “generally recognized as safe” for that purpose. For example, caffeine is “generally recognized as safe” when it’s used in cola beverages below a certain level. But FDA has not approved caffeine for use in alcoholic beverages, and FDA doesn’t consider the use of caffeine in the products at issue to be “generally recognized as safe.”

**Why would caffeine be considered OK in soft drinks but not in these products?**

Since November 2009, FDA has been looking at whether caffeine added to an alcoholic beverage is lawful. Based on the available scientific research, FDA is concerned about these beverages for several reasons:

◊ People drinking these beverages may consume more alcohol—and become more intoxicated—than they realize. That’s because the caffeine masks some of the sensory cues that people use to tell how intoxicated they are (how drunk they feel).

◊ People drinking these beverages may think that the caffeine counteracts all the effects of alcohol, but that’s not true. Caffeine does not affect the way the body processes alcohol; it doesn’t “sober you up.”

You may feel more alert, but the alcohol still affects your physical coordination and reaction time.

◊ People drinking these beverages may be more likely to engage in risky behaviors that may lead to hazardous and life-threatening situations. Research suggests that people who drink these beverages are at greater risk of alcohol-related consequences, including alcohol poisoning, sexual assault, and riding with a driver who is under the influence of alcohol.

Source: [http://www.foodsafety.gov/blog/cabs.html](http://www.foodsafety.gov/blog/cabs.html) accessed 12/14/10

**How Much Lower are Prices at Discount Stores? An Examination of Retail Food Prices**

Nontraditional stores, including mass merchandisers, supercenters, club warehouse, and dollar stores, have increased their food offerings over the past 15 years and often promote themselves as lower priced alternatives to traditional supermarkets. How much lower are food prices at these stores? In order to better understand nontraditional stores’ impact on the cost of food, USDA Economics Research Service analysts evaluated food price differences between nontraditional and traditional stores at the national and market level using 2004-06 Nielsen Homescan data. Findings show that nontraditional retailers offer lower prices than traditional stores even after controlling for brand and package size. Comparisons of identical items, at the Universal Product Code (UPC) level, show an expenditure-weighted average price discount of 7.5 percent, with differences ranging from 3 to 28 percent lower in nontraditional stores. Nontraditional stores in metro areas where these stores maintain a higher-than-average market share have smaller and less frequent price discounts than in areas where these stores have a lower market share. A summary of the findings and the complete report is available at: [http://www.ers.usda.gov/Publications/ERR105/](http://www.ers.usda.gov/Publications/ERR105/)
Compared with 2007, in 2009 preschoolers saw 21 percent more ads for McDonald’s, 9 percent more for Burger King, and 56 percent more for Subway. Children ages 6-11 saw 26 percent more ads for McDonald’s, 10 percent more for Burger King, and 59 percent more for Subway. These increases are especially notable for McDonald’s and Burger King, which have pledged to reduce unhealthy marketing to children.

Hispanic preschoolers see 290 Spanish-language fast-food TV ads each year. McDonald’s is responsible for one-quarter of young people’s exposure to Spanish-language fast-food advertising.

African-American children and teens see at least 50 percent more fast-food ads than their white peers. McDonald’s and KFC in particular specifically target African-American youth with TV advertising, targeted Web sites and banner ads.

The report authors also offer recommendations for transforming the restaurant and marketing landscapes, including:

Fast-food restaurants must establish meaningful standards for child-targeted marketing that apply to all fast-food restaurants—not just those who already participate in industry self-regulation.

Fast-food restaurants must do more to develop and promote lower-calorie, more nutritious menu items.

Fast-food restaurants must do more to promote their lower-calorie and more nutritious menu items inside the restaurants, where young people and parents make their final purchase decisions.

See the full report at: http://www.rwjf.org/childhoodobesity/product.jsp?id=71426&cid=XEM_205602

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Here are some resources and publications from the University of California Cooperative Extension:

**Let’s Eat Smart & Play Hard Together!**—a nutrition and physical activity curriculum for 6-8 year old children and important adults in the children’s lives. This English/Spanish curriculum consists of six interactive lessons including lesson plans, knowledge centers, recipes, activities and handouts. ANR Publication #3520 is available from the San Luis Obispo Cooperative Extension office for $50 plus tax or order online for $50 plus tax & shipping at: http://anrcatalog.ucdavis.edu/Items/3520.aspx

**Food Safety In Your Home Vegetable Garden**—food poisoning can start anywhere. Learn some simple ways to keep your home garden produce as safe as it is delicious. Download free at: http://anrcatalog.ucdavis.edu/FoodSafetyPreservation/8366.aspx

**Guidelines for Food Safety During Short Term Power Outages: Consumer Fact Sheet**—all Californians now and then experience random, unplanned power outages or blackouts. Learn how to keep fresh and frozen foods safe in power outages of 2 hours or less. Free download at: http://anrcatalog.ucdavis.edu/Items/7264.aspx

**Upcoming Events**

**Wednesday, April 20**—**Let’s Eat Smart & Play Hard Together!** is a train-the-trainer program to implement this nutrition & physical activity curriculum for 6-8 year-old children and significant adults in the children’s lives. Includes CD copy of the curriculum. 9 AM—12 noon, Cooperative Extension Auditorium, San Luis Obispo. **Added bonus**—introduction to the Let’s Get Moving Lesson Plan—a nutrition and active play curriculum for 4 year old children and important adults in their lives. 3 professional credits for RDs, DTRs & nurses. Cost: $50—discounts available for multiple attendees from the same organization. Registration flyer enclosed.

**Wednesday, May 18**—**Making Every Dollar Count** is a train-the-trainer program that provides hands-on learning to assist clients in using their money wisely. Each participant receives this bilingual curriculum on CD. 9 AM—12 Noon, San Luis Obispo. 3 professional credits pending for RDs & RDTs. Cost: $25—discounts available for multiple attendees from the same organization. Registration flyer enclosed.

**June 28-July 1**—**6th Biennial California Childhood Obesity Conference** is the nation’s largest and most influential collaborations of professionals dedicated to combating pediatric obesity. Cost $350. Learn more and register at: http://www.childhood-obesity.net/
Let’s Eat Smart &
Play Hard Together!

A Train-the-Trainer Workshop

Learn how to implement this Nutrition and physical Activity Program aimed at 6-8 year old children and their Adult Buddies

Workshop includes:
- English /Spanish Curriculum
- Six interactive lessons
- Recipes
- Activities
- Handout
- And more...

Also Includes CD Copy of entire curriculum

Added Bonus: Instruction to the Let’s Get Moving Lesson Plan—a nutrition and active play curriculum for 4 year old children and their adult buddies

Professional Credits
Three credits for Dietitians and DTRs
Provider: University of California Davis Department of Nutrition, approved by: California Board of Registered Nursing—provider 7573—for 3 contact hours

Let’s Eat Smart & Play Hard Together!

Cooperative Extension
2156 Sierra Way Suite C
San Luis Obispo, CA 93401

Address Service Requested

Let’s Eat Smart & Play Hard Together!

Professional Credits
Three credits for Dietitians and DTRs
Provider: University of California Davis Department of Nutrition, approved by: California Board of Registered Nursing—provider 7573—for 3 contact hours

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://groups.ucanr.org/ANR-AA/files/54634.pdf) Direct inquiries regarding the University’s nondiscrimination policies to the Affirmative Action Director, University of California, ANR, 1111 Franklin St., 6th Floor, Oakland, CA 94607. (510) 987-0098.
Let’s Eat Smart & Play Hard Together!

Wednesday April 20, 2011

9:00 am—Noon

Cooperative Extension Auditorium
2156 Sierra Way Suite C
San Luis Obispo

Speaker: Shirley Peterson
Nutrition, Family, and Consumer Sciences Advisor
University of California Cooperative Extension
San Luis Obispo and Santa Barbara Counties

805-781-5951
sspeterson@ucdavis.edu

Curriculum
Key Themes

• Choose fruits and vegetables for snacks
• Find fun ways to move your body
• Drink water between meals and during activities
• Work as a team with your buddy
• Set goals for eating healthier snacks and moving your body more

Instructions

• Space is limited to 15 attendees for each workshop.
• Sponsor reserves the right to cancel in the event of low registration.
• Requests for refunds must be in writing and postmarked by April 6, 2011.
• Please car-pool., parking is limited.

Cost

• $50.00 per person
• If more than one person from an organization registers, the cost is $50.00 for the first person and $15.00 for each additional person.

FOR REGISTRATION INFORMATION
contact: Ingrid Schumann
805-781-5940
ischumann@co.slo.ca.us

Registration Form
Let’s Eat Smart and Play Hard Together!
Wednesday April 20, 2011
9:00 am — Noon

Register on line
http://ucanr.org/eatsmart

Or
Make checks payable to:
UC Regents
2156 Sierra Way Suite C
San Luis Obispo, CA 93401

Name:
_______________________________
Agency /Group Name:
_______________________________
Address:
_______________________________
City:
_______________________________
Zipcode:
_______________________________
Phone:
_______________________________
Email:
_______________________________
Workshop

Managing in Tough Times

A Train-the-Trainer Program on Money Management for Limited-Resources, Limited-Literacy Audiences

Date and Time:
May 18, 2011  9:00am-Noon

Location:
Cooperative Extension Auditorium
2156 Sierra Way
San Luis Obispo

Participants will:

• Learn how to train others to manage money during these tough times
• Receive Money Management Resources
• Get a free CD copy of this bilingual curriculum

For Registration Information Contact:
Ingrid Schumann
Phone: 805-781-5940
or
E-mail: ischumann@co.slo.ca.us

Sponsored by:
University of California Cooperative Extension & San Luis Obispo and Santa Barbara County
This Train-the-Trainer Program will help you assist clients by:

- Engaging in lessons through interactive techniques and learner-centered activities.
- Learning how to stretch dollars and pay bills on time, what to do when they can’t pay cash, and how to save money on food.
- Developing and practicing life skills such as:
  - Planning and organizing
  - Goal setting
  - Developing self-esteem
  - Self-discipline
  - Self-responsibility
  - Problem-solving
  - Conflict resolution
  - Social skills
  - Building family support

**Making Every Dollar Count**

Managing in Tough Times

**Professional Credits**

Three credits approved for Dietitians, nurses, and DTRs

**Instructions**

- For program information contact Shirley Peterson
  805-781-5951 Email: ss.peterson@ucdavis.edu
- Registration information contact Ingrid Schumann
  805-781-5941 Email: ischumann@co.slo.ca.us
- Space is limited to 40 attendees.
- Sponsor reserves the right to cancel in the event of low registration.
- Requests for refunds must be in writing and post-marked by May 4, 2011.
- Please car-pool. Parking is limited.

**Fees**

$25.00 if postmarked by May 4, 2011
$35.00 if postmarked after May 4, 2011
$50.00 at the door if space is available
$15.00 for students (health or family related majors) if postmarked by May 4, 2011
If more than one person from an organization registers, the cost is $15.00 for each additional person, $20.00 if postmarked after 4/6/11 and $25.00 at the door.

**Registration Information**

Name:__________________________________ Agency Group/Name:______________________ ... Zip:_________________________________
Phone:__________________________________ E-mail:__________________________________

**Make checks Payable to:**  
UC Regents

Mail to: Making Every Dollar Count  
UC Cooperative Extension  
2156 Sierra Way Suite C  
San Luis Obispo, CA 93401

**Register on line at:**  
http://ucanr.org/money