

CANFit is “P.H.A.T.”!

Arnell J. Hinkle, MPH, RD, CHES

**California Adolescent Nutrition and
Fitness Program (CANFit)**

What is phat?

Phat (adj.) 1. very good, cool
2. hip and in style 3. large; huge.



CANFit's Mission

To engage communities and build their capacity to improve the nutrition and physical activity status among low-income African-American, Latino, Asian/Pacific Islander, and American Indian youth 10-14 years old.



CANFit Components

- Community-Based Funding
 - ✓ Planning and Intervention Grants
- Training and Technical Assistance
 - ✓ Interactive workshops for youth providers
 - ✓ Dissemination of educational materials
- Scholarship Programs
- Ethnic-Specific Community Campaigns
- Advocacy for Organizational and Policy Change



CANFit Accomplishments

- Awarded grants to over 60 youth organizations
- Provided academic scholarships to over 90 low-income students of color
- Trained over 500 people in workshops across CA
- Created quarterly newsletter and web site
- Presented at over 100 state and national conferences
- Implemented pilot campaigns targeting the Latino community and African American youth



CANFit Contact Information

2140 Shattuck Ave., Suite 610

Berkeley, CA 94704

Phone: (510) 644-1533

Fax: (510) 644-1535

Email: info@canfit.org

www.canfit.org