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**CALIFORNIA ADOLESCENT NUTRITION & FITNESS (CANFit) PROGRAM'S "100 WAY" PROJECT TEACHES MENTORS HOW TO PROMOTE A HEALTHY LIFESTYLE AMONG AFRICAN AMERICAN YOUTH
Honored With 5th Annual Dannon Institute Awards for Excellence in Community Nutrition**

The California Adolescent Nutrition and Fitness (CANFit) Program was presented with a 2002 Award for Excellence in Community Nutrition by the Dannon Institute at the American Dietetic Association Food & Nutrition Conference & Exhibition in Philadelphia on October 21, 2002. The award-winning project, titled "Promoting Nutrition & Physical Activity to African American Males: the '100 Way'", was one of four programs recognized as the most innovative and impactful in community nutrition education and communication in the country today.

In an effort to change the after-school environment in local mentoring programs to encourage healthy eating and exercise, the "100 Way" Project worked in partnership with 100 Black of America, Inc., a national volunteer organization for professional African American men, to add a nutrition and exercise component to their already successful mentoring program. The goal of this effort was to improve the health of 11-18 year old African American boys that participate in this program. "Through mentoring programs, local leaders and professionals often serve as role models for youth in their community," says Arnell Hinkle, Executive Director of CANFit. "Unfortunately, when it comes to healthy eating and physical activity, mentors may model behaviors that can increase the youths' risk of developing many chronic diseases."

The CANFit Program is a statewide, non-profit organization whose mission is to engage communities and improve their capacity to improve the nutrition and physical activity status of California's low-income African American, Latino, Native American, and Asian/ Pacific Islander youth 10-14 years old. For more information, visit www.canfit.org.

The Dannon Institute *Awards for Excellence in Community Nutrition* are given to programs that demonstrate innovation and impact in nutrition behavior change at the community level. For more information about the program, see www.dannon-institute.org.

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