



**CITY AND COUNTY OF SAN FRANCISCO  
DEPARTMENT OF PUBLIC HEALTH**

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**PRESS INVITE**

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***Network for a Healthy California—Chinese Project***  
**Announces Healthy Champions Star Search 2012 Finalists**

San Francisco, CA – Chinatown Public Health Center has announced the winners for its Healthy Champions Star Search 2012. Sponsored by *Network for a Healthy California—Chinese Project* at Chinatown Public Health Center, the program was created to encourage families to lead healthier lives by adopting healthy eating and active living habits. Any San Francisco resident who adopted healthy eating and physically active lifestyle changes in his or her life was encouraged to submit success stories, recipes that incorporated healthy ingredients, and healthy cooking methods.

Applicants were judged on how they had applied 10 healthy skills to their everyday life, as well as how well they advocated healthy eating and active living to friends and family. A panel of judges from Network for a Healthy California – Chinese Project leadership council chose twelve finalists to be healthy Champion stars. One contestant was awarded an honorable mention for her exceptional recipe. One winner shared her recipe where she intensified the fiber content of the cookie by adding chopped up vegetables and mashed beans and replaced part of the fat with apple sauce. Another winner told the story of her and her son's successful weight loss of 10 and 50 pounds, respectively. Another champion not only lost weight, but realized a significant decrease in her triglycerides levels from 182 mg/dL to 67 mg/dL. One man who once struggled with leg cramps and walking problems changed his diet, increased his exercise, and now walks daily to Fisherman's Wharf pain-free. Other winners were successful in discovering ways to make their favorite recipes with a healthy twist or to add popular Asian vegetables into soups that contributed to better health for individuals with high blood pressure and diabetes.

An award ceremony will be held at the Chinatown YMCA on September 15, 2012. All the winners will be present to share their personal success stories. The free event will also feature a tasting of select applicants' recipes and a Yijin exercise demonstration. To learn more about how to adopt healthy eating and active lifestyle, contact the Chinatown Public Health Center's Nutrition Services at (415) 364-7915.

The California Department of Public Health's *Network for a Healthy California (Network)* is a public health effort working with hundreds of partners and organizations to empower low-income Californians to live healthier lives through good nutrition and physical activity. Funding is from USDA SNAP, known in California as CalFresh. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).