**Champions for Change – Watsonville Jovenes Sanos**

*On-screen:* [Watsonville Jovenes Sanos with Shaadi and Leslie. Champions for Change.]

*Speaker: Shaadi, Student –* Jovenes Sanos is a youth advocacy group based here in Watsonville and our main goal is to try to get childhood obesity down. It’s not fair that healthy foods are not as available to everybody because they’re so expensive and especially living in a place, in Watsonville, where a lot of people are agricultural workers.

*Speaker: Kymberly Lacrosse, Director Jovenes Sanos* - Watsonville is a separate community from Santa Cruz County, has an obesity and overweight rate of 49.3 percent, whereas the county of Santa Cruz has an overweight obesity rate of 33 percent.

*Speaker: Leslie, Student –* I myself was obese as a child and it was very difficult. I wanted to help other children who are fighting the same way as I was.

*Speaker: Shaadi, Student* -What we want to see from our community is a better brighter future for the kids. This is their health we’re talking about and in the long run, it’s really going to affect them.

*Speaker: Kymberly Lacrosse, Director Jovenes Sanos –* Why is it that we live somewhere where we’re growing fruits and vegetable for the world, why can’t the youth and the people who live here not have affordable access to healthy food?

*Speaker: Leslie, Student* - Jovenes Sanos does a lot of projects for the community. One for example, is the healthy corners market project and it is where we go into a market and we will get them to allow us to reorganize the store and promote the fruit and healthier choices more and put the most, the not so healthy choices in the back so it could be much more visible and affordable for them to access it.

*Speaker: Shaadi, Student* - Yay for juice! So we got to paint the mural, I remember I painted the purple stuff.

*Speaker: Kymberly Lacrosse, Director Jovenes Sanos* - We have all of our local markets that we work with, local restaurants that we work with, and other healthy options provide free healthy food and healthy activities.

*Speaker: Shaadi, Student* - One of my favorite programs that we do is, Get Out Get Fit, it’s a summer program and we work with kids ranging from 11 years old to 15 years old and we will be teaching them how to read food labels or how to make different healthy snacks or like alternatives to different things that they eat. You make a real connection with the kids and you know, you make a lot of little friends too.

*Speaker: Kymberly Lacrosse, Director Jovenes Sanos* -And so it’s directly connecting all of our sustainable environmental work to families where they can then go back for the rest of the year and live their lives experiencing healthy eating and active living.

*Speaker: Leslie, Student* – Something I would tell to the kids that are interested in the community advocacy is to really speak up and to really get involved with other people who are trying to do the same thing, like you’re not alone.

*Speaker: Shaadi, Student -* There’s obtainable goals that are pretty tangible. I stopped drinking a lot of soda and a lot of like sugared sports drinks and I drink a lot of water now. So it’s the little things like that that will go a long way. You can grow yourself as a person.

*Speaker: Leslie, Student - Once* one person starts, the rest of the people will be influenced by you.

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Watsonville Jovenes Sanos Video.

Video duration: 2:56