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Ohio Action for Healthy Kids newsletter

August 2009



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### Upcoming Events

#### SAFE ROUTES TO SCHOOL WEBINAR

**Date:** Tuesday, August 25  
**Time:** 2:00 pm  
[Register here](#)

#### ZONE 8 MEETING

**Date:** Tuesday, August 25  
**Time:** 1:00 pm - 3:00 pm  
**Location:** Columbus Health Department (room# TBD)  
**Contact:** Jan Ritter  
[jan.ritter@nationwidechildrens.org](mailto:jan.ritter@nationwidechildrens.org)

#### ZONE 5 MEETING

**Date:** Monday, August 31  
**Time:** 10:00 am  
**Location:** Athens City-County Health Department, 278 West Union Street, Athens  
**Contact:** Court Witschey  
[cvh@washco-ohhealth.org](mailto:cvh@washco-ohhealth.org)

#### WELLNESS POLICY WEBINAR

**Date:** Wednesday, September 2  
**Time:** 3:00 pm - 4:30 pm  
[Register online](#)

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

### Member Spotlight

Meet Linda Krupa from Zone 7

## Feature of the Month



### Ohio receives grants to support parent engagement

Thanks to grants from National Action for Healthy Kids and the American Dairy Association MidEast, Ohio's 10 zones will be able to implement initiatives to further engage local parents. The funds will be used at both the local and state level, with the following objectives:

#### At the local level:

\* A school in each Zone will receive a [Fuel](#)

[Up](#) mini-grant to implement components of the program

- \* Host a minimum of one parent-specific workshop per Zone
- \* Distribute 100 copies of the OAFHK parent toolkit per Zone

#### At the state level:

- \* Develop and implement a new Action Center on OAFHK website
- \* Create a special parent section on OAFHK website

In addition to these objectives, a minimum of one \$500 mini-grant will go to support a parent-led project per Zone. To enhance awareness and to encourage parent participation, OAFHK plans to present at the Ohio PTA convention in April 2010. Zones are encouraged to partner with Ohio PTA and other parent/teacher groups in their districts.

For those interested in attending the upcoming workshops or starting a parent-led project, contact your local Zone leader to be added to their e-mail distribution list. Not sure what your local Zone is, much less which Zone leader to contact? Check out our new [Team page](#) to find out.

## Local and National News

### New anti-obesity campaign targets kids through families

from [daytondailynews.com](http://daytondailynews.com)





**1. What is your role on the OAFHK team?**

As a Zone 7 team member I help to coordinate workshops, assist in selecting mini-grant awardees and promote OAFHK opportunities through our tri-county educational service center and Fit Youth Initiative, our local childhood overweight task force.

**2. What is the best resource that OAFHK offers?**

Game On! The Ultimate Wellness Challenge is a great OAFHK resource. The Game On! toolkit provides MANY fantastic ideas for promoting change in the school (and home) environment through creative nutrition and physical activity challenges. The resource includes all of the how to information needed - fact sheets, handouts and instructions for customizing activities to your own school.

**3. A goal for your area of work:**

Given my nutrition background, one of my ongoing professional goals is to empower consumers to make healthy and safe food choices.

**4. Favorite healthy snack and activity:** A bowl of cereal with fresh blueberries or peaches is one of my favorite healthy snacks. An activity I enjoy most is taking an evening walk with my husband.

**5. Favorite school lunch as a kid:** Mac 'n Cheese was probably one of my favorites.

**6. Name one way you can encourage community members to get involved with a school:**

Introduce yourself to the school principal or superintendent and express your interest in helping to promote wellness in your school. Depending on your area of expertise

Montgomery County's \$500,000 anti-obesity initiative will be far more visible this fall thanks to a marketing campaign aimed at improving the health of kids ages 2 to 12, in part by influencing their guardians' behavior. Get Up Montgomery County will use a "5-2-1-almost none" message that has been used elsewhere, including at Children's Medical Center of Dayton:

- \* Five servings of fruits and vegetables daily;
- \* Limiting one's "screen time" in front of a television or computer to two hours a day;
- \* One hour of physical activity a day, even if it's less-intensive exercise such as walking the block or gardening;
- \* Almost no sugary beverages, namely soft and juice drinks.

The CareSource Foundation this spring contributed a \$175,000 grant, its largest ever, to cover program manager Lorraine Russell's salary and operational costs for two years, said Cathy Ponitz, the foundation's executive director. Nearly 12 percent of local low-income children under 5 are overweight, Ponitz noted.

**Local school recognized as a PEP grant winner**

Lorain City Schools in Lorain, Ohio will receive over \$400,000 in PEP grant funds from The Carol M. White Physical Education Program. Its overall mission is to "help students meet state standards in physical education." The funds will go towards

- 1) providing equipment and support to enable students to participate actively in physical education activities; and
- 2) providing funds for staff and teacher training and education.

Congratulations to Lorain City Schools!

**Toth Elementary teacher receives award**

Physical Education teacher Sam Doria was recognized for his outstanding work with implementing Game On! in Toth Elementary (Perrysburg). Mary Chace, Project Manager for Game On!, was present at the Perrysburg Board of Education meeting where Doria was presented with a plaque. The Perrysburg Messenger Journal covered the event. "Sam has come up with the most creative and exciting ways to get students interested in nutrition," Chace says in the article.

To find out more about Game On!, please [click here](#).

**Local school nutritionist wins top honor**

*from daytondailynews.com*

Her cafeterias may not win four-star reviews from restaurant critics, but JoAnne Robinett, supervisor of student nutrition for Beavercreek City Schools, is a star among nutritionists.

Robinett has earned the Outstanding Director of the Year award for Ohio and the Mideast Region of the School Nutrition Association. The award is given for "exceptional" contributions to school food service and to nutrition directors "who manage effective programs that provide healthful, appetizing and nutritious meals to students."

you may wish to offer to organize a special physical activity or nutrition education opportunity or provide a program for staff professional development. Informing the school of OAFHK mini-grant opportunities and offering to assist in planning a grant activity with the school nurse, PE teacher or another staff member would be a great way to get your foot in the door.

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

The Outstanding Director of the Year is selected based on success in program enhancement, staff development, school and association involvement and promotion, and community involvement.

"JoAnne is a true professional who goes above and beyond every single day. She is a child-oriented person who absolutely loves what she does," said Beavercreek Superintendent Dennis Morrison. "We are fortunate to have her on our team."

Sources:

<http://www.daytondailynews.com/lifestyle/ohio-health-news/new-anti-obesity-campaign-targets-kids-through-families-213375.html>

<http://www.daytondailynews.com/news/community/beavercreek/school-nutritionist-wins-top-honor-205886.html>

## Reports and Resources



### **SOPHE Grant-Writing Workshop on August 24**

The Ohio Society for Public Health Education (SOPHE) invites you to participate in a unique opportunity to enhance your grant-writing skills. This workshop will be held on Monday, August 24th at the Vineyard Church of Columbus. Registration is \$35 -- lunch is included.

Please [click here](#) to view the brochure.

### **Safe Routes Coaching Action Network Webinar on August 25**

Have you ever wondered what influences parents' decisions to encourage or allow their children to walk or bike to school? In this 60-minute webinar, Austin Brown from the National Center for Safe Routes to School (NCSRTS) will provide some answers. By the end of this session, participants will have a better understanding of the factors that influence parents' school travel decisions.

To register, please [click here](#).

### **Local Wellness Policy Webinar on September 2**

Join Action for Healthy Kids on Wednesday September 2 for a 90-minute webinar about national evaluation findings from a Robert Wood Johnson Foundation (RWJF) report on the strengths and weaknesses of local wellness policies.

Register before Monday, August 31 by clicking [here](#).

### **Tips for healthy living from Nationwide Children's Hospital**

Families wanting more healthy living tips now have seven great ideas, thanks to The Center for Healthy Weight and Nutrition at Nationwide Children's Hospital. The Center is providing tip sheets on how families can start preventing childhood obesity. Seven initiatives, from "Eat More Family Meals," to "Proper Portions," offer solutions that families can easily incorporate into their daily lives.

[Click here](#) to access the tip sheets.

### **Study shows childhood obesity-related hospitalizations almost doubled**

from [rwjf.org](http://www.rwjf.org)

A study published online in *Health Affairs* finds that the number of hospitalizations among children ages 2 to 19 with a primary or secondary diagnosis of obesity nearly doubled from 21,743 in 1999 to 42,429 in 2005, even though obesity prevalence held relatively steady during that time, *USA Today* reports. Examining the

economic consequence of childhood obesity, the researchers found that costs for children with obesity-related hospitalizations rose to \$237.6 million in 2005, an increase from \$125.9 million in 2001, measured in 2005 dollars. Commenting on the findings, the researchers advise interpreting the results "with caution," given that the analysis relied on physician and provider diagnoses of obesity, which are "a product of clinical judgment and reimbursement by hospital payers and [are] subject to inaccuracy." They also speculate that some of the increase in hospitalizations could stem from increased recognition of the condition, rather than acceleration in obesity's contribution to other medical conditions. Still, the study "suggests that obesity has a much more immediate impact on the health of children, especially adolescents, than previously understood."

### **Online games can influence childrens' food choices, study suggests**

from [rwjf.org](http://www.rwjf.org)

A study in the July issue of the *Archives of Pediatrics & Adolescent Medicine* suggests that online computer games could be a useful tool to help guide children's dietary choices, *MedPage Today* reports. Currently, 75 percent of Web sites advertising food and drink include Internet games. To gauge the impact of these games on children's food choices, researchers from Georgetown University in Washington, D.C., conducted a randomized trial among 30 low-income, African-American children ages 9 and 10. Acknowledging that two-thirds of the participants reported regular Internet use, with 26 of the 30 participants listing online games as their preferred activity, the researchers suggest that tapping online games to promote healthy eating choices could be an effective, inexpensive tool to help improve nutrition and reduce obesity rates

Sources:

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=11495>

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=11450>

## Funding Opportunities

**As always, a complete list of opportunities is on our website:**

[http://www.ohioactionforhealthykids.org/news\\_resource/funding\\_opportunities.htm](http://www.ohioactionforhealthykids.org/news_resource/funding_opportunities.htm)

### COMMUNITY INVOLVEMENT GRANTS

*Deadline: August 25, 2009*

Jostens Foundation is accepting applications for its Community Involvement Grants, which focus on programs helping youth become healthy and productive adults. Learn more at

<http://www.jostens.com/company/community>

### TOM'S OF MAINE - COMMUNITY INVOLVEMENT PROJECTS

*Deadline: August 30, 2009*

Tom's of Maine is seeking applications for community involvement projects from nonprofit organizations.

Learn more at <http://www.tomsomaine.com/community-involvement/project-sponsorships.aspx/>

### THE GREAT AMERICAN BAKE SALE GRANT

*Deadline: September 30, 2009*

Share our Strength is seeking applications for the Great American Bake Sale Grant. This grant provides funding to increase participation in afterschool and summer nutrition programs. Learn more at

[http://gabs.strength.org/site/DocServer/2009\\_Request\\_for\\_Proposals\\_-\\_GABS.pdf?docID=3542](http://gabs.strength.org/site/DocServer/2009_Request_for_Proposals_-_GABS.pdf?docID=3542)

### SUPPORTING YOUTH AND PUBLIC SKATEPARKS

*Deadline: October 1, 2009*

The primary mission of the Tony Hawk Foundation is to promote high-quality, public skateparks in low-income areas throughout the United States. The grant amount awarded is between \$1,000 - \$25,000.

For more information, please visit [http://www.tonyhawkfoundation.org/grant\\_application.asp](http://www.tonyhawkfoundation.org/grant_application.asp)

### UnitedHealth HEROES GRANT

*Deadline: October 22, 2009*

UnitedHealth HEROES is a service-learning, health literacy initiative designed to encourage young people,

working through educators and youth leaders, to create and implement local hands-on programs to address the issue of childhood obesity.

For more information, please [click here](#).

#### NFL GRASSROOTS PROGRAM

*Deadline: October 30, 2009*

The Local Initiatives Support Corporation and the National Football League (NFL) have created the NFL Grassroots Program to provide, non-profit, neighborhood-based organizations with financial and technical assistance. In particular, the program aims to improve the quality, safety, and accessibility of football fields to local youth and community members.

The NFL Grassroots Program will provide selected applicants with up to \$200,000 for improvement projects. Eligible applicants include those sponsored by 501(c)(3) non-profit community-based organizations.

For more information, please [click here](#).

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