



## In This Issue

[Feature of the Month](#)

[Local and National News](#)

[Reports and Resources](#)

[Funding Opportunities](#)

### Upcoming Events

#### **Zone 2 Meeting**

Date: Thursday, March 18, 2010

Time: 1:00 p.m.

Location:

Garden Conference Room St. Rita's  
Regional Cancer Center  
803 W. Market St., Lima 45805

#### **Zone 2: Tools For Schools Workshop Round Two**

Date: Monday, March 22, 2010

Time: 8:15 a.m.- 2:15 p.m.

Location:

OSU Lima/Rhodes State College  
4240 Campus Dr  
Lima, OH 45804  
Life & Physical Science Building

#### **Registration Deadline: March 15, 2010**

Please see [brochure](#) for topics and details.

#### **Ohio Nutrition Council 2010 Biennial Conference**

Date: Wednesday, March 24, 2010 (with evening event on Tuesday, March 23rd)

Time: 9:00 a.m.- 4:00 p.m.

Location: Quest Conference Center

8405 Pulsar Place  
Columbus, Ohio 43240

Click [here](#) for more information and the registration form.

#### **Zone 1 Meeting**

Date: Thursday, April 1, 2010

Time: 9:00 a.m.- 11:00 a.m.

Location:

American Cancer Society  
740 Commerce Drive  
Perrysburg, OH 43551

#### **Zone 4 Meeting**

Date: Wednesday, April 14, 2010

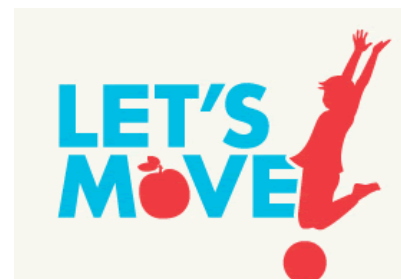
Time: 9:00-11:00 a.m.

Location:

Ashtabula County Health Department  
12 W Jefferson St., Jefferson, OH 44047

#### **2010 Coordinated School Health Conference- Back to Basics: Practical**

## Feature of the Month



Action for Healthy Kids is thrilled to support the national call to address the childhood obesity epidemic!

Action for Healthy Kids applauds the Obama Administration and fully supports efforts by First Lady Michelle Obama and the national Let's Move campaign to help America's children grow up healthy and strong, and to address the continuing epidemic of childhood obesity. That 1 out of 3 children are overweight or obese should be unacceptable to us all.

The goal of eliminating childhood obesity in a generation is an extremely important and worthy goal that we wholeheartedly support. We welcome the leadership and formation of Partnership for a Healthier America, to be chaired by the First Lady, to unite the public and private sectors, other organizations, business and thought leaders, the media, and states and local communities to make meaningful and measurable commitments to fighting childhood obesity. Combined with Surgeon General Regina Benjamin's recent statement on the urgent need to address obesity, the Obama Administration's commitment to a strong Child Nutrition Reauthorization bill, and \$10 billion in additional investments in the President's budget, we believe it is more possible than ever before to truly make a difference in the lives of millions of children.

We at Action for Healthy Kids are thrilled to support the First Lady's campaign. Action for Healthy Kids school-related resources are included in several places on the [new Let's Move Web site](#). If you get questions or inquiries, please encourage people to [join Action for Healthy Kids](#). With more than 12,000 volunteers in communities nationwide and partnerships with leading national organizations and governmental agencies in health, education, nutrition and physical activity, we stand ready to contribute to this new national campaign. During the 2008-09 school year alone, Action for Healthy Kids reached nearly 4 million children in 8,000 schools around the country.

## Local and National News

### **Ideas and Resources to Revitalize School Wellness**

Dates: June 23-24, 2010  
Location: Cherry Valley Lodge  
2299 Cherry Valley Road  
Newark, Ohio 43055

Registration materials, conference specifics, and fees is available at <http://www.spcheo.org/conferences.asp> .

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



### **Member Spotlight**

Meet Elizabeth "Betsy" Barringer!



#### **What is your role on the OAFHK team?**

I have been the Zone 4 Coordinator since 2002.

#### **What is the best resource that OAFHK offers?**

I feel the newsletters with grant funding opportunities are extremely important to our local school districts, and has helped many pursue AFHK Goals in the School Health Plans. The information provided in the newsletter is valuable to me as a team leader, keeping my whole team up to date.

### **Charlie Kozlesky honored as one of ConAgra's Champion Against Child Hunger Nominees**

Charlie Kozlesky, Children's Hunger Alliance staff member who has helped lead the OAFHK School Breakfast Expansion Initiative, has been nominated as 1 of 5 ConAgra's Champion Against Child Hunger Nominees!

We encourage you to vote for Charlie and recognize his work to help more Ohio children have access to school breakfast.

**Vote Early...and Vote Often!!** (You can vote daily until March 16th).

### **Banning Junk Food Slows Obesity**

*from upi.com*

Banning sugary beverages and junk foods from schools appears to slow childhood obesity , U.S. researchers found.

For the study, Sanchez-Vaznaugh and co-investigators used eight years of body mass index data from fifth- and seventh-grade students collected as part of California's annual Physical Fitnessgram testing. The study compared BMI trends before and after the legislation.

### **New County Health Rankings Give First Snapshot of Health in Each State**

*from rwjf.org*

Each county is ranked within the state on how healthy people are and how long they live. They also are ranked on key factors that affect health such as: smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, liquor store density, unemployment rates and number of children living in poverty. To find how your county was ranked, visit <http://www.countyhealthrankings.org/> .

### **Schools Find Ways to Fit in Fitness**

*from chicagotribune.com*

On a recent morning at Armstrong Elementary School in Rogers Park, Michelle Glick led a large group of 6- and 7-year-olds in an intense 30-minute cardio workout as the children identified the major muscles and recited the importance of good hydration, sleep and nutrition. When done, every child was relaxed and silent on the floor.

Minutes later, they returned to their chairs, alert and ready to learn.

Glick runs Stretch-N-Grow, an in-class fitness program that operates in 22 Chicago-area elementary schools. It and other efforts that offer dancing, yoga and cardio training to Chicago Public Schools students help augment - or are a substitute for - physical education programs.

Sources:

[http://www.upi.com/Health\\_News/2010/03/02/Banning-school-junk-food-slows-obesity/UPI-68641267577443/](http://www.upi.com/Health_News/2010/03/02/Banning-school-junk-food-slows-obesity/UPI-68641267577443/)

<http://www.rwjf.org/publichealth/product.jsp?id=55508>

<http://www.chicagotribune.com/health/ct-x-c-school-exercise-0227-20100226,0,121774.story>

## Reports and Resources

### **Free Webinars**

Also the support that UPS, the Dairy Council and NFL have provided have been critical to the growth, recognition, attendance and force of AFHK in the local Zone counties.

**A goal for your area of work:** To find additional funding sources for our local Zone efforts so that we can continue our support our schools' activities.

**Favorite healthy snack and activity:** Fresh berries-raspberries are my favorite healthy snack, but pair with blackberries, blueberries and strawberries and I am there...heaven! Plus they provide tons of anti-oxidants and fiber.

A brisk 3 mile power walk--outdoors is my favorite activity.

**Favorite school lunch as a**

**kid:** Macaroni and cheese with green beans, or tomato soup and toasted cheese sandwiches were the McKinley Elementary special favorites as a grade school child.

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

Mentor students, tutor in areas of expertise, give career day talks, supervise playground activities, supervisor cafeteria area, provide coupons and perks for programs to encourage parents or students to attend them, or demonstrate for students life physical skills you are proficient with such as..teach folk dance, golf, tennis, are some we have used successfully.

Know someone you would like to recommend for the "Member Spotlight"?

Send your nomination to [abeck@childrenshungeralliance.org](mailto:abeck@childrenshungeralliance.org)

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

### RWJF Center Webinar Series

March 11 - April 8, 2010

Please join the center for the webinar series: "Making Schools the Model for Healthier Environments." The series will consist of bi-monthly webinars, held on Thursdays at 2:00 p.m. Eastern (1:00 p.m. Central, 11:00 a.m. Pacific), discussing initiatives currently underway to ensure that schools become the standard for healthy eating and active living. These webinars will feature researchers, advocates, and policymakers discussing solutions to problems that schools face in providing healthy food and opportunities for physical activity.

Please visit <http://www.reversechildhoodobesity.org/webinars> for more information and to register for upcoming webinars. You may also view past webinars.

### Healthy School Foods - Avenues for Innovation

Friday, March 12, 2010 from 12:00-1:30pm EST

To support healthy growth and development and help children attend school ready to learn, policymakers and school officials are moving forward with efforts to improve the nutritional quality of school foods. This webcast will provide listeners with a menu of policy options that make healthy foods available in schools, while providing opportunities for innovation in the American food system and new markets for food producers.

### Spark Webinar: Aristotle said, "I CAN Philosophize While I Exercise"

Wednesday, March 17, 2010 from 6:30-7:30 PM EST

Attendees will leave with:

- Sample activities that integrate academics and movement in the classroom

- Effective strategies that bring learning to your PE and PA environment

- Password access to the new SPARKfamily.org website (the envy of Athens) and its FREE resource library!

For more information and to register, visit

<https://www2.gotomeeting.com/register/295431547> .

### Peaceful Playgrounds- Recess Before Lunch: 5 Steps to Success

Friday, April 2, 2010 from 1:00-2:00 PM EST

A few brave principals across the nation are bringing a long standing school tradition to an end. They are advocating recess before lunch. Kids eat more, waste less food, return to class calmer, behave better and as a result, instruction time is increased. Sounds great but implementing Recess Before Lunch can be tricky. Attend this webinar where we share 5 steps to prepare staff, students and parents for successful implementation.

To register, visit

<https://www2.gotomeeting.com/register/728102531> .

### 2nd Annual OSBHCA Advocacy Day

April 13, 2010 at the Vern Riffe Center, Columbus, OH

Featuring:

- Morning educational updates on the latest trends in school nursing, family

community engagement, telemedicine in schools, school mental and oral health and school based health centers

- Legislative panel on the state of health, education and finance in Ohio
- An advocacy luncheon without state legislators, featuring our "top three" school health legislative priorities
- Youth presentations on the benefits of school health services

For more information and registration, visit <http://osbhca.org/cde.cfm?event=303485>.

**Health Affairs Brief Highlights Child Obesity Research and Researchers**  
from *rwjf.org*

Childhood obesity research was highlighted in the March 2010 edition of Health Affairs. It examined the root causes of child obesity as well as potential prescriptions for improving the health of American's children. Topics covered in the journal, and discussed at a press briefing in Washington, D.C. March 2, included differences in obesity rates among diverse groups, agriculture policies and possible impacts, snacking habits of children, statewide initiatives in child care centers, and the impact of junk foods in schools. View the journal articles at <http://content.healthaffairs.org/content/vol29/issue3/>.

**USDA Report: School Meal Program Participation and Its Association with Dietary Patterns and Childhood Obesity**  
from *ddr.nal.usda.gov*

A recent report from the USDA examined the impact of school meal program participation on student dietary behaviors and body mass index (BMI) in the 2004-2005 school year, based on the nationally representative Third School Nutrition Dietary Assessment Study (SNDA-III). Findings from SNDA-III have been published before, but this report offers additional information on student dietary intake and patterns, including extensive data tables on the location and timing of eating occasions as well as the consumption of low-nutrient, energy-dense (LNED) foods and beverages.

Sources:

<http://content.healthaffairs.org/content/vol29/issue3/>  
<http://ddr.nal.usda.gov/dspace/bitstream/10113/35896/1/CAT31035734.pdf>

## 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)

### 2010 Dannon Next Generation Nutrition Grant

*Deadline: March 31, 2010*

In 2010, Dannon will donate a grant of \$30,000 to one program nurturing healthy eating habits among children in each of the communities where a Dannon facility is located. To qualify, organizations must need funding for a current nutrition education program for children up to age 18 or be able to launch such an initiative by late 2010. Programs should be creative in their approach, involve community partners, include professional nutrition staff or consultants, and be designed to impact children's eating habits today for a healthier tomorrow.

Visit <http://www.dannon.com/dannoncares.aspx> for more information and to download the application.

### American Academy of Dermatology

*Deadline: April 12, 2010*

The American Academy of Dermatology's Shade Structure Program awards grants in the amount of \$8,000 each for the purchase of permanent shade structures designed to provide shade and ultraviolet (UV) ray protection for outdoor areas. The AAD also provides a permanent sign to be displayed near the shade structure that promotes the importance of sun safety.

Visit <http://www.kidsgardening.org/grants/mantis.asp> for more information.

#### Verizon Foundation

*Deadline: accepted annually January 1 through October 31*

The Verizon Foundation, the philanthropic arm of Verizon Communications, works to improve lives through literacy, knowledge, and a readiness for the 21st Century. The Foundation provides support to nonprofit organizations throughout the United States that address one of the following funding priorities: supporting innovative technology-based approaches to literacy and education for both adults and children, preventing domestic violence and helping victims gain independence, improving healthcare through technology, and educating parents and children about Internet safety. Grants generally range from \$5,000 to \$10,000.

Visit <http://foundation.verizon.com/grant/application.shtml> to take an eligibility quiz and submit an online application.

#### Annie's Grants for Gardens

*Deadline: Rolling*

Annie's offers a limited number of small grants to community gardens, school gardens and other educational programs that connect children directly to gardening. These funds can be used to buy gardening tools, seeds or other needed supplies.

Visit [http://www.annies.com/grants\\_for\\_gardens](http://www.annies.com/grants_for_gardens) for additional information and an application.

#### Cabot Creamery

*Deadline: Rolling*

Cabot Creamery is providing up to \$200.00 matching grants to schools and clubs promoting healthy initiatives for kids and communities. Matching funds required. Easy entry online. Our farmers want to help you grow healthy kids.

Lots of resources and ideas for creating a wellness fair, workshops, gardens and more at [www.cabotcheese.coop](http://www.cabotcheese.coop) - click on Community and You.

#### Campbell Soup Foundation

*Deadline: Ongoing*

The Campbell Soup Foundation provides grants to local champions who inspire positive change in communities in which its employees work, including Napoleon, Wauseon, and Willard, Ohio. The Foundation limits grants to nonprofit organizations focusing on hunger relief, wellness, education, and community revitalization.

Learn more as well as take an eligibility at

<http://www.campbellsoupcompany.com/foundation.aspx> .

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

#### **Forward email**

#### **SafeUnsubscribe®**

This email was sent to [jbassitt@auglaizehealth.org](mailto:jbassitt@auglaizehealth.org) by [abeck@childrenshungeralliance.org](mailto:abeck@childrenshungeralliance.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Childrens Hunger Alliance | 370 South Fifth Street | Columbus | OH | 43215