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Ohio Action for Healthy Kids newsletter

May 2010



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Upcoming Events

Your Students' Secret (or not so secret) Admirer: The Tobacco Industry

Date: Tuesday, May 18, 2010
Time: 4:00 p.m.- 6:00 p.m.
Location: King Jr. High School, Multi-purpose Room 5620 Columbia Rd, King Mills, OH 45034

For more information, contact Sara Pappa at 937-374-5662 or spappa@gcchd.org

Ohio's One-Mile Fitness Walk

Date: Wednesday, May 19, 2010
Time: 12:00 p.m.
Location: All over Ohio

Click [here](#) for registration and additional information.

Zone 7 Parent Event

part of OSU Extension Safe Kids Coalition's Safe Kids/Healthy Kids Day
Date: Sunday, May 23, 2010
Time: 1:00 p.m.-4:00 p.m.
Location: Kent State Tuscarawas

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

Zone 9 Meeting

Date: Thursday, May 27, 2010
Time: 1:30 p.m.-3:30 p.m.
Location: WSU Center for Healthy Communities, 3123 Research Blvd., Suite 200, Dayton, OH 45420-4006.

2010 Coordinated School Health Conference- Back to Basics: Practical Ideas and Resources to Revitalize School Wellness

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

Feature of the Month

May is National Physical Fitness and Sports Month

This year, let's have Ohio join the President's Council to challenge Americans to get moving for health and to get active and fit during May.

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym and running, have added health benefits. "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health," says Johnson.



The Ohio Department of Health is participating in a **statewide walk on National Employee Health and Fitness Day**, Wednesday, May 19, to complement these activities. More information on the Healthy Ohio Fitness Walk is available at: <http://www.healthyohiprogram.org/healthylife/physactivity2/fitwalk.aspx>.

Local and National News

White House Task Force on Childhood Obesity Report to the President: Solving the Problem of Childhood Obesity Within a Generation

from letsmove.gov

In February, First Lady Michelle Obama launched the Let's Move! campaign to solve the childhood obesity epidemic within a generation. As part of this effort, President Barack Obama established the Task Force on Childhood Obesity to develop and implement an interagency plan that details a coordinated strategy, identifies key benchmarks, and outlines an action plan to end the problem of childhood obesity within a generation. The action plan defines the goal of ending childhood obesity in a generation as returning to a childhood obesity rate of just 5 percent by 2030, which was the rate before childhood obesity first began to rise in the late 1970s. In total, the report presents a series of 70 specific recommendations, many of which can be implemented right away.

To view this report visit

http://www.letsmove.gov/taskforce_childhoodobesityrpt.html

U.S. adult obesity stable, kids obesity up

from upi.com

Anirban Basu of the University of Chicago School of Medicine and colleagues used a simulation model based on national data from 2000-2004 and validated against 2005-2006 data.

The researchers project obesity rates across all age categories for the U.S. adult will remain stable for the next 10 years. However, the researchers project young African-American adults ages 18-39, children -- mainly boys ages 6-9 -- and African-American children age 10 and older will have rising obesity levels.

Newark, Ohio 43055

To view registration materials, conference specifics, and fees click [here](#).

Tools for Schools: Cook's Conference

Date: Wednesday, August 11, 2010

Time: 8:30 a.m.-2:30 p.m.

Location: Union Local High School- Belmont Co.

Click [here](#) to view flyer.

www.ohioactionforhealthykids.org



Member Spotlight

Meet Jennifer Morell



What is your role on the OAFHK team?

Zone 8 Member

What is the best resource that OAFHK offers?

The parent toolkit offers information that is easy to understand and use. Teachers can also apply some of the information presented in the classroom or within the school building or district.

A goal for your area of work:

For schools and before/after school programs to use the Franklin County Physical Activity Plan as a guide to incorporate physical activity and physical education into the school day or into before/after school programming.

Favorite healthy snack:

Low-fat cottage cheese or orange/apple slices.

Favorite school lunch as a kid:

I mostly packed lunch because there weren't many appetizing lunch options in elementary and middle school. I can't remember ever thinking "is this a healthy choice?" before I put the item on my tray. That's why the work AFHK and its partners does is so important. Students are open to trying new foods; providing additional healthy options makes it easier for them to make better choices in and outside of the school

Schools weigh switch to diet sodas

from news-journalonline.com

The sale of sodas in schools has long been a subject of national debate, especially as the rate of childhood obesity rose in recent years.

To combat that problem, the Alliance for a Healthier Generation announced an agreement with major soda companies and their industry association in 2006 to remove regular sodas from the nation's schools. A report released last month showed an 88 percent reduction in calories from beverages shipped to schools since 2004.

The voluntary national guidelines allow sales of 100 percent juice, low-fat milk and bottled water in elementary and middle schools. High schools also are allowed to sell diet sodas and limited-calorie sports drinks.

School Enrollment Increase Outpaced by Increase of Students Receiving Free or Reduced-Price Lunch

from frac.org

According to USDA, 19 million students received free or reduced-price lunch in the 2008-2009 school year, 865,000 more than the year before. This jump of 5 percent - typically, the increase is 1 to 2 percent per year - outpaced the overall increase in school enrollment. "We have seen record program growth over the past two years as we go through this difficult period," said USDA spokeswoman Jean Daniel. Omaha, Neb., saw a 62 percent increase, as 67 percent of its public school students received free or reduced-price lunch. "Families are struggling more and more," said Jennifer Adach of the Food Research and Action Center, who also noted SNAP/Food Stamp use is up.

NEW RECIPE FOR HOME ECONOMICS: REINTRODUCE COOKING, NUTRITION IN SCHOOLS

from newswise.org

At one time, teen-age girls could expect to leave school with a strong command of the kitchen but, in recent years, home economics classes have all but disappeared from high school schedules. With childhood obesity posing a serious health threat to American school children, Tufts University Nutrition Scientist Alice H. Lichtensten, DSc, says it is time to reintroduce food preparation and nutrition in the classroom, and not just for girls but for all students.

Sources:

http://www.letsmove.gov/taskforce_childhoodobesityrpt.html

http://www.upi.com/Health_News/2010/04/26/US-adult-obesity-stable-kids-obesity-up/UP1-51801272328176/

<http://www.news-journalonline.com/news/local/west-volusia/2010/04/24/schools-weigh-switch-to-diet-sodas.html>

<http://www.frac.org/digest/04.20.10.htm#14>

http://www.newswise.com/articles/new-recipe-for-home-ec-reintroduce-cooking-nutrition-in-schools?ret=/articles/list&category=life&page=1&search%5Bstatus%5D=3&search%5Bsort%5D=date+desc&search%5Bsection%5D=30&search%5Bhas_multimedia%5D=md5=8dfd014f67b528e52c6f57ff9b3fa

Reports and Resources

NASBE Releases School Obesity Policy Report

from nasbe.org

NEW LOOK AT OBESITY PREVENTION POLICIES IN SCHOOLS REVEALS GREATER NEED TO ADDRESS ADOLESCENTS

Though More Teens Are Overweight than Younger Children, Healthy Eating and Physical Activity Policies for Older Students Are Lacking - Arlington, Va. - Even as momentum to prevent childhood obesity increases across the nation, a new report from the National Association of State Boards of Education (NASBE) finds that school policies for older students are weak. The report, Obesity Prevention Policies for Middle and High Schools: Are We Doing Enough?, concludes that states and school districts have not widely adopted policies that could help middle and high school students be more active and eat healthier. Even though youth between the ages of 12 and 19 have been found to be less physically active, consume more junk food and high-calorie drinks, and are generally more obese than their younger brothers and sisters, there are fewer school food and physical activity/education policies to address their age group.

Research: Physical activity can boost academic performance

from usatoday.com

Physical activity improves kids' fitness and lowers their risk of obesity. And now a government review of research shows that children who take breaks from classwork to be physically active during the school day are often better able to concentrate on their school work and may do better on standardized tests.

See "sources" below for full article.

environment.

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

I've had quite a few conversations recently with people who are shocked to learn that the school meals served in "Jaime Oliver's Food Revolution" in Huntington, West Virginia are fairly typical to what is served in schools across the nation. I use this as an opportunity to share all of the great things that school districts in central Ohio are doing to improve nutrition and opportunities for physical activity for students and staff. Sharing positive examples inspires people and motivates them to replicate similar initiatives within their school districts. I also encourage community members to share the school wellness resources that already exist with their school or district's wellness committee, PTA or PTO.

Know someone you would like to recommend for the "Member Spotlight"? Send your nomination to abeck@childrenshungeralliance.org

www.ohioactionforhealthykids.org

Proposed law sets school meal standards

from thesunnews.com

School leaders don't have the power to regulate all of the food available to students during the school day, and that means students often have the choice of eating hamburgers and french fries rather than grilled chicken and green beans.

A proposed change to the federal law governing school lunches would give the U.S. Secretary of Agriculture the authority to establish national nutrition standards for all foods sold on school campuses during the school day, potentially paving the way for students to access only healthier options at school.

Read more: <http://www.thesunnews.com/2010/04/13/1418652/proposed-law-sets-school-meal.html?cid=xem-emc-nd#ixzz0nYRnNIRK>

Flavored Milk in Perspective

from nationaldairycouncil.org

Leading health and nutrition organizations - including the American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, American Heart Association, National Hispanic Medical Association, National Medical Association and School Nutrition Association - recognize the valuable role that low-fat or fat-free milk, including flavored milk, can play in meeting daily nutrient needs, and helping kids get the daily servings of milk recommended by the Dietary Guidelines for Americans.

All milk contains a unique combination of nutrients important for growth and development. And flavored milk accounts for less than 3.5 percent of added sugar intake among children ages 6-12 and less than 2 percent of the added sugar intake among teens. Studies have shown that children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers. For more information on the science, visit:

http://www.nationaldairycouncil.org/SiteCollectionDocuments/child_nutrition/general_nutrition/FlavoredMilk_V13.pdf

Fuel Up to Play 60

Fuel Up to Play 60 is a school wellness program provided by the National Dairy Council®, your local Dairy Council and the National Football League, in partnership with the U.S. Department of Agriculture, is helping to make wellness part of the game plan in more than 60,000 schools across the country!

The program encourages school teams to make real changes in their eating and physical activity habits by choosing and implementing Action Strategies that help them "fuel up" with healthy foods and "get up and play" for 60 minutes a day. Fuel Up to Play60 can be used to complement an existing school wellness program, or to help a school get started.

When you join Fuel Up to Play 60, your school will receive:

- FREE School Wellness Kit complete with tools, resources and display materials to help you kick off, promote and implement the program.
- New opportunities for funding, recognition and rewards for students, educators and schools
- Full access to Fuel Up to Play 60 online tools, Action Strategies, resources and ideas at www.FuelUptoPlay60.com.
- Monthly e-newsletters with updates, ideas from other schools, and wellness news for all staff and parents who join.

To join Fuel Up to Play 60, request a free School Wellness Kit, or learn more about the program, go to www.FuelUptoPlay60.com and click on "Enroll Your School."

Trainings

Training Opportunity for School Nurses

Your Student's Secret (or Not So Secret) Admirer: The Tobacco Industry. What Every School Nurse Needs to Know.

Date: Tuesday, May 18, 2010

Time: 4:00-6:00 p.m.

Location: Kings Jr. High School, Multi-Purpose Room, 5640 Columbia Road, Kings Mills, OH 45034

This free seminar will provide school nurses with information and strategies for preventing youth initiation of tobacco use, including how to recognize new smokeless tobacco products being targeted toward youth, as well as helping youth who already use tobacco with tobacco cessation.

Nurses will receive 2 CNES for successful completion of this workshop. For more information on this workshop, click [here](#).

Open Forum

Date: Friday, May 21, 2010

Time: 8:00 a.m.- 12:30 p.m.

Location: Considine Auditorium, 215 W. Bowery St., on the main campus of Akron Children's Hospital.

The Ohio Chapter of the American Academy of Pediatrics, an organization of Ohio pediatricians, wants the input of

mental health professionals, educators, legislators, social workers, wellness coordinators, nurse practitioners, parents and other concerned adults to discuss the risks of using social networking sites and how the Ohio AAP can develop strategies to minimize these risks.

The meeting will open with keynote speaker, Peggy Stager, MD, interim chairman of the Department of Pediatrics at MetroHealth, speaking on "Today's Teens and the Secret World of Social Networking."

Breakfast will be provided and attendees will earn 2.25 hours of continuing medical education (CME) credit.

Participation is free, but registration is required. Follow this link for online registration, <http://ohioaap.org/pediatrician-education/open-forum>

For more information, contact Elizabeth Kelleher at the Ohio AAP at ekelleher@ohioaap.org or 614-846-6258.

Free Webinars

Wellness School Assessment Tool

Date: Friday, May 14, 2010

Time: 1:00-2:15 p.m.

Action for Healthy Kids, in partnership with the Rudd Center for Food Policy and Obesity is hosting a free webinar to discuss the Wellness School Assessment Tool (WellSAT). WellSAT is a resource that allows school districts to assess the comprehensiveness and strength of their local wellness policies in the areas of nutrition education and promotion, physical activity/physical education, school meals, and competitive foods. Action for Healthy Kids leaders, including education and public health professionals, will find WellSAT a powerful new tool to evaluate the quality of existing school wellness policies in their states. School district level administrators, such as wellness coordinators, district/school health advisory council members, and other wellness champions would also benefit from examining their own district's policies.

Since WellSAT does not help schools determine whether their policies have been implemented-or what resources could be used to make that happen-this powerful tool complements the work that Action for Healthy Kids Teams and volunteers do every day to provide the management, support, and people power that schools need to make positive changes happen locally.

To register visit: <https://www2.gotomeeting.com/register/660619003>

Spark Webinar:

Accountability In Physical Education -- How Do YOU Measure Success?

Date: Wednesday, May 19, 2010

Time: 6:00-7:00 p.m.

How do YOU determine success in physical education? Is it when your students demonstrate competency in motor skills - or improvements in their fitness scores? Or perhaps when your content offerings include more "lifetime" activities? Today more than ever, teachers are being held accountable to prove their students are learning. The demand on teachers, administrators, and schools to deliver data driven results is a challenge that faces us all. How relevant is this in physical education? If you only see your students one day per week, what type of student outcomes can be assessed -- and achieved? Attend the next FREE SPARK Webinar and learn:

- How accountability in physical education can benefit teachers, schools, and districts
- How to use authentic assessment to evaluate student performance
- Strategies to empower your students to be in charge of their own learning

To register visit:

<https://www2.gotomeeting.com/register/571551554>

RWJF Center Webinars

Date: Webinars occur every other Thursday from May 13- June 24, 2010.

Time: 2:00- 3:00 p.m.

Next Webinar: May 27: "**Reading, Writing, Running: The Connection Between Physical Activity and Academic Achievement**"

This webinar will highlight the positive influences physical activity has been found to exert on academic outcomes, including improvements in concentration, memory, classroom behavior, and intellectual capacity. It will also discuss the perceptions held by many teachers in regard to the role of physical education and physical activity during the school day.

Visit <http://www.reversechildhoodobesity.org/webinars> to sign up for any webinar in this series as well as listen to past webinars.

Sources:

[http://nasbe.org/index.php/pub-archive/nasbe-pr/983-nasbe-releases-school-obesity-policy-report-](http://nasbe.org/index.php/pub-archive/nasbe-pr/983-nasbe-releases-school-obesity-policy-report)

http://www.usatoday.com/printedition/life/20100415/letsmoveinschool15_st.art.htm?cid=xem-emc-nd

<http://www.thesunnews.com/2010/04/13/1418652/proposed-law-sets-school-meal.html?cid=xem-emc-nd>

Funding Opportunities

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

http://www.ohioactionforhealthykids.org/news_resource/funding_opportunities.htm

Yes to Carrots

Deadline: May 20, 2010

The "Yes To Carrots" product line is offering a "Yes To Carrots Garden Challenge". Enter to win a \$5000 Seed Fund Grant which can be used to begin or revamp a school garden as well as a year's work of supplies from Kellog Garden Products. Schools K-8 are eligible.

www.yestocarrotsgardenchallenge.com

Carol M. White Physical Education Program

Probable Deadline is May 21, 2010

To initiate, expand, or enhance physical education programs, including after-school programs, for students in kindergarten through 12th grade. This program has not yet opened. Please feel free to check the website at a later date, as information will be posted there.

<http://www2.ed.gov/programs/whitephysed/index.html>

Changing Lives Through Football (Soccer)/Nike and Ashoka's Changemakers

Deadline: June 11, 2010

The Changing Lives Through Football competition is open to all types of individuals and organizations (charitable organizations, private companies, or public entities) from all countries. We consider all entries that:

The finalist individual or organization that receives the most votes - will be our Grand Prize Winner and receive \$30,000 USD.

The finalist individual or organization that receives the second most votes will be our 2nd Place Winner and receive \$20,000 USD

The finalist individual or organization that receives the third most votes will be our 3rd Place Winner and receive \$10,000 USD

Visit <http://www.changemakers.com/en-us/football> 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 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 - 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> .

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