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Ohio Action for Healthy Kids newsletter

November



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Upcoming Events

[Zone 1 presents "Growing Healthy Kids: Tips for Parents & Schools" Workshop](#)

Date: Thursday, November 5, 2009

Time: 6:00-8:30 p.m.

Location: Owens Community College
Terrace Views Café
College Hall 30335 Oregon Road

[Zone 1 Meeting](#)

Date: Thursday November 12, 2009

Time: 9:00 a.m.

Location: American Cancer Society
in Perrysburg, Ohio

[Zone 2- "Parents Have the Power to Grow Healthy Kids!" Workshop](#)

Date: Wednesday, November 18, 2009

Time: 6:30-7:30 p.m.

Location: Indian Lake Elementary School
8770 County Road 91
Lewistown, OH 43333

[Zone 5- Physical Education Academic Content Standards Training Workshop](#)

Date: Thursday, November 19, 2009

Time: 9:00 am- 12:00 pm

Location: Grover Center W 123,
Ohio University, Athens

[Zone 9 Meeting](#)

Date: Thursday, November 19, 2009

Time: 1:30-3:30 p.m.

Location: Center for Healthy Communities in Dayton

[Zone 5 Meeting](#)

Date: Monday, November 30, 2009

Time: 10:00 a.m.

Location:

Feature of the Month

Action for Healthy Kids launches new website!

The site provides many more tools to achieve our vision and mission to prevent and fight childhood obesity and undernourishment by improving nutrition and physical activity in schools and helping kids learn to eat right, be active and be ready to learn.



On the site you'll find a fresh look, updated information, more ways to get involved and:

- Our Ohio Web page - your new go-to place for all things local
- Success Stories - see what's working and share your own experiences
- School Programs - only the best from us and nationally-recognized experts
- Addressing the Issue - dedicated to our cause and model
- Updated resources for healthy kids and schools

Check out www.ActionforHealthyKids.org to see all the new site has to offer.

Local and National News

2009 Healthier Kids Conference

Ohio AFHK is pleased to announce our Annual Zone Membership Meeting on December 4, 2009 at the Crown Plaza Columbus North, just north of Columbus. This year we are excited to collaborate with the Ohio School Based Health Care Association and other organizations in providing an excellent conference agenda with 5 CEUs provided.

The day is filled with presentations to interest, educate, engage and enthuse. A full agenda and registration is at <http://osbhca.org/cde.cfm?event=281694>

Ohio AFHK will hold its annual meeting from 3:30-5:00 pm following

Athens City-County Health
Department at 278 West Union
Street, Athens, OH

Ohio AFHK Annual Zone

Membership Meeting: 2009

Healthier Kids Conference

Date: Friday, December 4, 2009

Time: 9:00 a.m.- 3:30 p.m.

Annual Meeting to follow conference
from 3:30-5:00

Location:

Columbus Crowne Plaza North
6500 Doubletree Avenue
Columbus, OH

**Zone 1- 4th Annual School Health
and Wellness Workshop Series**

Dates: December 9, 2009

February 4, 2010

March 2, 2010

Time: 8:00 a.m.- 2:00 p.m.

Location:

St. Luke's Hospital Auditorium
5901 Monclova Road
Maumee, Ohio 43537

Zone 2 Meeting

Date: Thursday, December 10, 2009

Time: 9:00 a.m.

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

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Member Spotlight

Meet Janet Bassitt!



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

I am the OAFHK Zone 2 Coordinator.

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

Funding to assist with offering zone

the conference. We promise this extended time will be a celebration you will not want to miss with special recognition, rewards and appetizers to send you on your way.

When: Friday, December 4, 2009

Where: Columbus Crowne Plaza North

6500 Doubletree Avenue

Columbus, OH 43229

Time: 9:30 AM-3:30 PM

Cost: \$75

CEUs: Approx. 5 CEUs will be applied for

U.S. House Approves Spending Bill for Nutrition Programs

from www.rwjf.org/

The U.S. House of Representatives has passed a bill that would provide \$82.8 billion for several federal nutrition programs, Reuters reports. The funding was carved out of a \$121 billion funding bill for the U.S. Department of Agriculture (USDA) and the Food and Drug Administration for the fiscal year that began October 1. The bill includes a one-year extension of child nutrition programs, which would receive \$16.9 billion, a \$1.9 billion increase from fiscal year 2009. The Women, Infants, and Children food program would be allotted \$7.25 billion, a nearly \$400 million increase from the previous fiscal year, while the federal food stamp program would get \$58.3 billion, representing a \$4.3 billion increase from fiscal year 2009. The bill also recognizes the potential consequences of epidemics such as H1N1, with the inclusion of a provision allowing the government to provide assistance to families with children who receive free or reduced-price lunches if schools are forced to close for five or more consecutive days. A representative for the School Nutrition Association says the provision will ensure that child nutrition "is not overlooked in the midst of a pandemic emergency." The Senate will now consider the bill (Abbott, Reuters, 10/8/09).

USDA Aims New Web Tools at Improving Consumer Nutrition

from www.foodnavigator-usa.com

USDA has launched three new online tools, aimed at the "disconnect between the farmer and the food that consumers buy" according to USDA Secretary Tom Vilsack. The tools will provide information to improve consumer nutrition and, according to Vilsack, will "re-connect these long standing ties between the people who produce the food and those who purchase and prepare it." The tools are:

Growing a Healthier You: Nutrition From the Farm to the Table - part of the USDA MyPyramid food guidance system, this Web page promotes national initiatives (like National Nutrition Month) and offers fruit, vegetable and other food facts.

<http://www.cnpp.usda.gov/KnowYourFarmer.htm>

MyFood-a-pedia - provides nutrition information for more than 1,000 foods, including calorie counts for the five "healthy eating" food groups, as well as counts for extra calories from solid fats, added sugars, and alcohol. <http://www.myFoodapedia.gov>

10 Tips Series - Offers tips on cutting salt intake, advice for more

workshops and providing mini-grants. These opportunities have generated much excitement with our schools in Zone 2.

3. A goal for your area of work:

To support and encourage schools to offer physical activity opportunities as well as healthful food choices in the school environment so all students have the opportunity to be healthy.

4. Favorite healthy snack and activity:

My favorite healthy snack is low-fat strawberry yogurt. I engage in my favorite activity for stress reduction and that is music -- playing the piano and singing.

5. Favorite school lunch as a kid:

That was such a long time ago! I do remember liking the ham and bean soup and the cornbread with the top side iced with yellow margarine - the first time I saw it, I thought it was lemon cake!

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

Volunteer to serve on your local school advisory committee and volunteer to assist with school events. I truly believe that it takes a village to raise a child.

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environmental food choices, and other topics as part of a nutrition education series. <http://www.MyPyramid.gov>

Agriculture Secretary Vilsack Announces Partnership Between USDA, NFL, and Dairy Farmers for National Nutrition and Fitness Campaign

from USDA

Agriculture Secretary Tom Vilsack announced the U.S. Department of Agriculture will work with the National Football League (NFL) and the nation's dairy farmers to promote good nutrition and fitness in the nation's schools. The collaboration will help support President Obama's effort to promote good nutrition and physical fitness for America's children. "Childhood obesity is a very serious issue that endangers the long-term health and welfare of our nation's youngsters," said Vilsack. "To reverse this dangerous trend and give our kids the opportunity to eat smarter, exercise more and lessen their risk of disease, both the public and private sectors will have to work together to marshal their combined expertise and resources." Vilsack met with NFL Commissioner Roger Goodell and Thomas Gallagher, chief executive of Dairy Management, Inc., which runs the National Dairy Research and Promotion Program. The NFL and DMI are launching Fuel Up to Play 60, an innovative nutrition and fitness program based on the Dietary Guidelines for Americans, in some 60,000 schools this fall. The social marketing program empowers students to assume leadership in being more active and eating more healthy foods.

The campaign will inspire kids to "fuel up" with the nutrient-rich foods they often lack-fruits, vegetables, whole grains, and low- or no-fat dairy products-and "get up and play" with 60 minutes of daily physical activity. Student teams will evaluate their school's "wellness" and choose the healthy eating and physical activity programs on which the school will focus.

Full news release can be found in the sources below.

Sources:

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=23681>

<http://www.foodnavigator-usa.com/Financial-Industry/USDA-goes-online-to-boost-consumers-healthy-eating>

<http://www.usda.gov/wps/portal/!ut/p/ s.7 0 A/7 0 10B?contentidonly=true&contentid=2009/09/0454.xml>

Reports and Resources

Study Shows Overwhelming Parent Support for Healthier Schools

from rwjf.org

The vast majority of parents want schools to limit students' access to high-calorie chips, sodas and candy and to offer them opportunities for physical activity throughout the day, a new survey by the Alliance for a Healthier Generation shows. The national survey, released today, signals the breadth of parents' support for changes to make schools healthier places-and their willingness to help make those

changes happen. In fact, nearly eight in 10 parents are ready to get more involved to create a healthier environment in their local schools.

Click [here](#) for the full article.

School health profiles report about Ohio middle and high schools issued

from education.ohio.gov

The Ohio Department of Education and the Ohio Department of Health have released a report that will help schools better understand the positive correlation between healthy students and academic success. Titled 2008 Ohio School Health Profiles: Characteristics of Health Programs in Secondary Schools, the report is based on a survey of Ohio middle and high school principals and health education teachers about school health policies and programs. The report describes how embedding student health goals into school life can create a culture of wellness that supports sustainable, coordinated health efforts. To see the report, click [here](#), keyword search: health profiles. For more information, contact Craig Wethington, Office of Safety, Health and Nutrition, at craig.wethington@ode.state.oh.us or (614) 466-6837.

Survey Finds Obesity is Top Child Health Concern

from rwjf.org

Obesity is parents' top health concern for children for the second consecutive year, according to a poll by the University of Michigan's C.S. Mott Children's Hospital, the Detroit News reports. The National Poll on Children's Health, a nationally representative household survey of more than 2,000 adults, asked respondents to rate 23 health concerns for children living in their communities. The percentage of adults who reported that childhood obesity is a "big problem" increased from 35 percent in 2008 to 42 percent in 2009. Moreover, in 2008 Hispanics and African Americans listed smoking and teen pregnancy, respectively, as their chief concerns, but this year Hispanic, African American and white respondents all listed obesity as their greatest children's health concern. Childhood obesity was ranked number three in 2007. Matthew M. Davis, M.D., poll director and associate professor of general pediatrics, internal medicine and public policy, says that it proves that parents, now more than ever, recognize obesity as a significant health issue that can affect children for life (Hayes Taylor, Detroit News, 8/11/09; C.S. Mott Children's Hospital release, 8/10/09; C.S. Mott Children's Hospital report, 8/10/09).

Sources:

<http://www.rwjf.org/childhoodobesity/product.jsp?id=50588>
<http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=431&ContentID=75633&Content=75641>
<http://www.rwjf.org/childhoodobesity/digest.jsp?id=21202>

Funding Opportunities

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

http://www.ohioactionforhealthykids.org/news_resource/funding_opportuni

Produce for Kids

Deadline: November 13, 2009

Produce for Kids is offering a mini-grant that allows teachers to create a fun activity for the classroom focused on healthy eating. Teachers are challenge have fun, be creative and teach kids the benefits of healthy eating with mor and vegetables.

<http://www.produceforkids.org/teachers/takeTheChallenge.html>

General Mills Foundation: Champions for Healthy Kids Grant

Deadline: January 15, 2010

The General Mills Foundation, in partnership with the American Dietetic Ass Foundation and the President's Council on Physical Fitness are accepting applications for the Champions for Healthy Kids Grant. Funds are awarded community-based groups developing creative ways to help youth adopt a b diet and physically active lifestyles.

Learn more and apply at

<http://www.generalmills.com/corporate/commitment/champions.aspx>.

Mantis Awards

Deadline: March 1, 2010

Mantis presents the Mantis Awards for charitable and educational garden pr that enhance the quality of life in their host communities. NGA selects 25 outstanding applicants to receive Mantis tiller/cultivators. Any nonprofit gar program may apply.

Learn more and apply at

<http://www.kidsgardening.com/grants/mantis-criteria.asp>

Cabot Creamery

Deadline: Rolling Deadline

Cabot Creamery is providing up to \$200.00 matching grants to schools and promoting healthy initiatives for kids and communities. Matching funds requ 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.com - click on Community and You.

Verizon Foundation

Deadline: accepted annually January 1 through October 31

The Verizon Foundation, the philanthropic arm of Verizon Communications, to improve lives through literacy, knowledge, and a readiness for the 21st C The Foundation provides support to nonprofit organizations throughout the States that address one of the following funding priorities: supporting innov technology-based approaches to literacy and education for both adults and children, preventing domestic violence and helping victims gain independen improving healthcare through technology, and educating parents and childr about Internet safety.

Grants generally range from \$5,000 to \$10,000. Online applications may be submitted from January 1 through October 31, annually. Visit

<http://foundation.verizon.com/> to take the eligibility quiz and submit an onli application.

Job Opportunity

Executive Director

Formerly known as the State Planning Committee for Health Education in OH (SPCHEO), the Buckeye Healthy Schools Alliance (Alliance) is seeking a part Executive Director to oversee operations and programs. The organization is expanding its scope of operations and services and, what has been a primary volunteer driven organization, is in need of more structured management to continue this growth.

For more information, visit www.spcheo.org.



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