



Ohio Action for Healthy Kids– February 2008 Newsletter

Visit www.OhioActionforHealthyKids.org for information on local resources and meeting times

Headline News

This section shares recent news the state of Ohio that address different aspects related to OAFHK.

IN OHIO:

Ohio State Board of Education Adopts National Standards

On December 11, 2007 the Ohio State Board of Education adopted the National Association for Sport and Physical Education (NASPE) Standards as Ohio's Physical Education Standards! Thanks to your help Ohio is becoming a healthier place for our children by improving the status of physical education in our schools. Ohio is no longer the only state without standards! [State Physical Education Standards Adopted](#). Through the [Alliance for a Healthier Generation](#), the American Heart Association's and the Clinton Foundation's campaign to reduce childhood obesity, we hope to stop the increasing prevalence of childhood obesity in the United States and ensure that today's generation of youth grows to be one of the healthiest. Some studies suggest that for the first time, this generation may have shorter life spans than their parents. While we still have much to do, the adaptation of the NASPE Standard as Ohio's Physical Education Standards is an important first step.

Congratulations to the East Cleveland City School District!

East Cleveland's "Garden of Hopes and Dreams!" was selected as a \$25,000 grant recipient for the KaBoom! Playful City USA contest. [Click here to see the video of the grant awards show.](#)

YMCA Becomes Active in Fight Against Obesity

The YMCA has initiated the "Activate America" program in an effort to reshape the health of the nation. The YMCA has 2,663 sites nationwide. The [YMCA of Central Ohio](#) is one the locations that is working to encourage healthy minds, bodies and spirits. [Read the article.](#)

New P.E. Study Strengthens Efforts to Keep Kids Moving

Solon City Schools in Cleveland are focusing their efforts on providing their students with more opportunities to be physically active every day. The district has provided more options during recess and after school programs. [Read the article.](#)

New Reports and Resources

This section includes new reports, resources and articles that focus on making kids healthier.

Game On! The Ultimate Wellness Challenge

Originally, introduced as a one day event in 2006, Action for Healthy Kids has revamped the program. *Game On! The Ultimate Wellness Challenge* is a year long program that challenges youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives. The series of theme-based challenges engages and recognizes students - and the adults who support them - for their efforts to make better food choices and move more. Each of the challenges includes tools, tips and resources for how to set, experience, take it home, track and celebrate a specific challenge. [Click here to view the Game On! toolkit.](#)

CDC's Health Education Curriculum Analysis Tool (HECAT): Healthy Youth!

The Health Education Curriculum Analysis Tool (HECAT) can help school districts, schools and communities conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of Effective Health Education Curricula. The HECAT health topic modules include healthy eating and physical activity. [Click here for the CDC's HECAT: Healthy Youth!](#)

CANFit Healthy Snack Guide

The California Adolescent Nutrition and Fitness Program (CANFit) has a free Healthy Snack Guide for After School Programs. [Click here to view the CANFit Healthy Snack Guide.](#)

Fueled for Fun

Fueled for Fun is an online game presented by the National Dairy Council. It's a great resource that helps children distinguish between nutrient-rich foods and unhealthy choices. [Click here to play Fueled for Fun.](#)

U.S. Secondary Schools and Food Outlets

A recent study supported by the Robert Wood Johnson Foundation revealed that one-third of U.S. middle schools and high schools have at least one fast food restaurant or convenience store within walking distance. [Read more about the study.](#)

Study Looks at Why Poor Kids Are Heavy

Previous research supported the correlation between childhood obesity and poverty, and suggested the lack of nutritious food, excess of junk food, and meal instability as the underlying reasons. Researchers will focus on family life and how certain factors, such as stress, affect a child's weight. [Read more about the study](#)

Regular Physical Activity Helps Teens Avoid Obesity

A new study recommends that teens participate in physical activities more than twice a week to prevent from becoming overweight adults. Researchers discovered that participating in physical education classes everyday decreased the odds of becoming an overweight adult by 28 percent. [Read more about the study.](#)

Childhood Obesity: A Lifetime of Danger

This past year the topic of childhood obesity has been all over the media, causing more schools and communities to provide better options to help children lead healthier lifestyles. However, some people lack of the knowledge about the serious health problems that coincide with obesity, such as diabetes, heart disease and high cholesterol. [Read the article.](#)

Many Parents Can't See Child's Obesity

Over 2,000 parents were asked to partake in a survey through the University of Michigan's C.S. Mott Children's Hospital. A startling 40 percent of parents responded that their 6-11 year old children were "about the right weight", when in actuality they are obese. [Read the article.](#)

Food as Fun: Students Learn the Importance of Eating Right

Subway restaurants in Southwest Florida have partnered with schools in an effort to combat childhood obesity and preach the importance of maintaining a healthy lifestyle. The program is called "Food Feud: Where Food and Fitness are Fun" and hopes to reach about 6,000 students over a five month span. [Read the article.](#)

Parents, Are You Making Your Kids Fat?

Physicians site many contributing factors for obesity: genetics, emotional well-being, poverty, lack of nutritious foods and physical activity, and a surplus of sweets. Dr. Gail Saltz also addresses the relationship between parenting styles and childhood obesity. [Read the article](#)

Cooking Classes in Britain Schools to Help Kids Cut Fat

Starting next school year, students in British secondary schools will be required to partake in cooking classes that focus on healthy eating. [Read the article.](#)

Grants

This section provides information on grant opportunities. You can find more available grants and further details at http://www.ohioactionforhealthykids.org/news_resources/funding_opportunities.htm

Project Orange Thumb

*Application Deadline: Friday, February 15, 2008**

Ten (10) grant award winners will be selected. Each winner will receive up to \$1,500 in Fiskars Garden Tools and up to \$800.00 in gardening-related materials. *Applications must be postmarked by February 15, 2008 and faxed applications cannot be accepted. [For more information on Project Orange Thumb click here.](#)

2008 Team Nutrition Training Grants

Application Deadline: Monday, April 14, 2008 by 5:00 PM

This grant will assist State agencies to expand and enhance training programs that incorporate and implement the 2005 Dietary Guidelines for Americans in school meal programs and meals served under other child nutrition programs. States must apply Team Nutrition's three behavior-focused strategies in their proposals: Provide training and technical assistance to child nutrition foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students. Provide fun and interactive nutrition education for children, teachers, parents and others caregivers. Build school and community support for creating healthy school environments that are conducive to healthy eating and physical activity. [For more information on the Team Nutrition Training Grants click here.](#)

U.S. Potato Board: School Wellness Grant Program

Application Deadline: April 15, 2008

The U.S. Potato Board, in partnership with the School Nutrition Foundation, has initiated the School Wellness Grant Program for elementary schools in the United States. Ten grants of \$2,500 will be awarded for equipment and/or educational programs that will help move children toward healthier diets and improve their overall wellness. [For more information on the U.S. Potato Board click here.](#)

Upcoming Events

Here is a list of events occurring in the months of February and March 2008. Zone meetings and conferences are included in this section. Be sure to check the OAFHK web site for further details.

FEBRUARY 2008:

Zone 1: A Conversation with Patrick Cooper

Date: Wednesday, February 13, 2008

[Click here for event flyer and more details](#)

Zone 1: Meeting

Date: Thursday, February 7, 2008

Time: 10 am

Contact: Jan Meyer

Location: Anthem BCBS Community Resource Office

jmeyer.ohioafhk@gmail.com

Zone 1: Garden of Eden and the Cafeteria (Workshop #3)

Date: Thursday, February 28, 2008

[Click here to view the brochure](#)

Zone 2: Meeting

Date: Tuesday, February 19, 2008

Time: 10 AM- noon

Contact: Janet Bassitt

Location: 3rd Floor Conference Room, Perry Bldg.

jbassitt@auglaizehealth.org

Zone 3: Grant Writing Session

Date: Wednesday, February 27, 2008

Contact: Donna Cook

Cookd1@ccf.org

Zone 4: Meeting

Date: Thursday, February 7, 2008

Time: 9 AM
Contact Betsy Barringer

Location: Mahoning County District Board of Health
ebarringer@ccesc.k12.oh.us

Zone 8: Healthy Kids, Healthy Schools: Wellness Policies in Action

Date: Thursday, February 14, 2008
[Click here to view the brochure.](#)

Zone 6: Meeting

Date: Monday, February 4, 2008
Time: 9:30 AM- 11 AM
Contact Deanna Putman

Location: Union Township Civic Center
dputman@childrenshungeralliance.org

Zone 9: Meeting

Date: Thursday, February 21, 2008
Time: 1:30 PM- 3:30 PM
Contact Sara Pappa

Location: Center for Healthy Communities (Dayton)
spappa@gcchd.org

Steering Committee Meeting

Date: Tuesday, February 12, 2008
Time: 9:00 AM- noon
Contact Shelly Roth

Location: American Dairy Association
sroth@childrenshungeralliance.org

OHIO Healthy Lifestyle Summit

Date: Wednesday, February 13, 2008
Time: 8:30 AM- 3:30 PM

Location: Dayton Convention Center

* Cost: \$79.00 (includes .7 CEU's). Register online @ www.opraonline.org or [click here to register.](#)

Ohio Chapter, American Academy of Pediatrics: Open Forum Meeting

Date: Friday, February 8, 2008
Time: 9:15 AM- 1:00 PM

Location: Ohio University, Baker University Center
Phone: (614) 846-6258 kkirk@ohioaap.org

[Click here to view more details.](#)

MARCH 2008:

Zone 2 Workshop: Put Your Best FOOD Forward- Hot Topics in School Food Service

Date: Wednesday, March 12, 2008
[Click here to view the brochure.](#)

Zone 3: Meeting

Date: Monday, March 17, 2008
Time: 2:00 PM- 4:00 PM
Contact: Donna Cook

Location: Cuyahoga County Board of Health (tentative)
cookd1@ccf.org

Zone 4: Meeting

Date: Tuesday, March 11, 2008
Time: 9:00 AM
Contact Betsy Barringer

Location: OSU Extension, Trumbull County
ebarringer@ccesc.k12.oh.us

Zone 10: Meeting

Date: Wednesday, March 19, 2008
Time: TBA
Contact Kelly Henry

Location: Fisher-Titus Medical Center
khenry@ftmc.com

Ohio Nutrition Council 29th Biennial Conference

Date: Thursday, March 13- Friday, March 14, 2008
[Click here to view more details.](#)

For additional information about the Ohio AFHK Collaborative or if you would like to submit information for the newsletter, email J.D. Beiting @ JDBeiting@ChildrensHungerAlliance.org.