



Ohio Action for Healthy Kids– June 2008 Newsletter

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

Special News from Ohio Action for Healthy Kids

Ohio AFHK Game On! Recipients

We are excited to announce the eight recipients of the Game On! Grant:

- Alexander Local Schools (Athens County)
- Buckeye Elementary School (Columbiana County)
- Columbus Torah Academy (Franklin County)
- Fayetteville Perry Local Schools (Brown County)
- John P. Parker School (Hamilton County)
- Norwich Elementary School (Franklin County)
- Raymond Elementary School (Union County)
- Toth Elementary School (Wood County)

Thank you for all of the forty-six schools that applied for the grant. Each recipient will receive on-site technical assistance and guidance to implement **Game On! The Ultimate Wellness Challenge** during the 2008-2009 school year.

Pointview Awarded Physical Activity Grant

Congratulations to Pointview Elementary in Westerville, Ohio. Pointview is one of only six schools nationwide chosen to receive this grant award. During the 2008-2009 school year, Pointview Elementary will receive funding and technical assistance to provide new and improved opportunities for physical activity to the students, staff and teachers. Activities will help strengthen their School Wellness Policy and involve the broader school community in its efforts. This is a wonderful opportunity for their school and an honor to be selected from a national pool of candidates.

Ohio Action for Healthy Kids: Employment Opportunity

Ohio Action for Healthy Kids is accepting applications for Project Coordinator. The Local Ohio Project Coordinator is responsible for providing on-site project management and technical assistance to implement school wellness projects in 9 schools within Ohio. This is a contract position from 7/1/08 to 6/30/09 with an estimated 15-20 hours a week.

[Click here for the position description.](#)

All resumes and cover letters should be sent to Sroth@childrenshungeralliance.org

New Success Stories on the OAFHK website

Check out *Clinton Elementary's PTA Health Challenge* (Parent Champions), *Westerville City Schools' Nutrition Education* (Nutrition) and *Park Elementary School's New After-School Program* (Physical Activity/Education). http://www.ohioactionforhealthykids.org/success_stories/

Ohio News

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

Despite Known Benefits, Fewer Gym Classes being Offered

Many recent studies support the notion that physically active students perform better in school. They not only feel healthier and happier, but they are also more alert in the classroom. Despite these facts, a new state survey reveals that students get fewer than two 30-minute Phys. Ed classes a week.

http://www.dispatch.com/live/content/local_news/stories/2008/05/08/physed.ART_ART_05-08-08_A1_U8A53AV.html?print=yes&sid=101

Breakfast Program Booming at Pickaway Ross School

Students at the Pickaway Ross Career and Technology Center have been offered a free breakfast as part of the universal breakfast program. The students support the program because it provides them with the proper nourishment for the school day.

<http://www.chillicothegazette.com/apps/pbcs.dll/article?AID=/20080513/NEWS01/805130301/1002&template=printart>

Madison Students Keeping Fit Inside New Center

Madison Comprehensive High School students can work out and enjoy their new fitness center, which is part of the Carol M. White Physical Education Department grant from the Department of Education.

<http://www.mansfieldnewsjournal.com/apps/pbcs.dll/article?AID=/20080510/NEWS01/805100324/1002>

Akron Children's Hospital Leads Fitness Program for Preteens to be Active

Akron Children's Hospital is offering the Future Fitness Club for children in the community at fitness centers throughout the region. The goal of the programs is to help the participants stay fit and maintain a healthy weight.

<http://www.ohio.com/lifestyle/18680134.html?page=all&c=y>

Ohio Program Encourages Youth to Explore the Outdoors

The "Explore the Outdoors" campaign is a statewide initiative supported by the Ohio Department of Natural Resources and its partnering organizations. It's an effort to encourage children to turn off their computers and be more active. <http://www.herald-dispatch.com/entertainment/outdoors/x1657961918>

Ohio Students Running for a Good Cause

Three Ohio University students will take part in a 55 mile run to raise money for the local community-based program, Take Action 2. This program focuses on helping children who are at a great risk for developing obesity and other health problems.

<http://athensmessenger.com/main.asp?SectionID=7&SubSectionID=388&ArticleID=10556&TM=45444.28>

Mayor Challenges Toledo to Get Healthier

Mayor Carty Finkbeiner addressed the growing health concerns in Toledo and encouraged the community members to promote healthy lifestyle choices.

<http://toledoblade.com/apps/pbcs.dll/article?AID=/20080521/NEWS16/805210399>

A State of Need: 13% of Ohioans Live in Poverty

More than 13% of Ohio residents are currently living in a state of poverty and unable to afford adequate food, housing and clothing to support their families. Gov. Ted Strickland decided to take action and announced the creation of a state task force to combat poverty in the state of Ohio.

http://www.dispatchpolitics.com/live/content/local_news/stories/2008/05/29/copy/pov29.ART_ART_05-29-08_A1_C1ABE28.html?adsec=politics&sid=101

Soaring Costs for Gas, Food may Strain Welfare Reform

Everyone has been hit hard by the continuing rise of gas prices, but some people constantly struggle to provide food for their families. Low-income households are reprioritizing lifestyle choices and making sacrifices to reduce their expenses.

http://www.columbusdispatch.com/live/content/local_news/stories/2008/05/05/GASW/OES.ART_ART_05-05-08_A1_UEA3OQ0.html?print=yes&sid=101

New Reports and Resources

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

Enroll Your School for the FREE Wellness Activation Kit

The National Dairy Council, American Dairy Association Mideast and the National Football League have teamed up to create a **FREE School Wellness Activation Kit**. The wellness tools in the kit are designed to help schools make positive changes in student eating and exercise habits and further their commitment to school wellness goals.

<http://www.schoolwellnesskit.org/>

BlueJackets @ School Program

The BlueJackets@School Program, presented by the NHL's Columbus Blue Jackets in partnership with OhioHealth is available to educators across Ohio and features classroom-ready lesson plans, adaptable overtime activities, the popular Book Jackets reading incentive program presented by Univar, and clear curriculum connection in the areas of language, science, social studies, and health/nutrition/physical education.

<http://bluejackets.nhl.com/community/Development.htm#BlueJacketsSchool>

Peaceful Playgrounds Website

Peaceful Playgrounds focuses on introducing children and school staff to the many choices of activities available on playgrounds and field areas. This website provides valuable resources and information including [newsletters](#), [grants](#), and other kits and activities for school and community members. <http://www.peacefulplaygrounds.com/index.htm>

School Candy Ban Cuts Student Weight Gain

Five Philadelphia elementary schools conducted an experiment to improve the health of their students. They replaced sodas with fruit juice, banished candy and handed out raffle tickets for wise food choices. Students, parents and teachers were also educated on nutrition and the benefits of making healthy lifestyle choices.

<http://www.msnbc.msn.com/id/23982567/from/ET/print/1/displaymode/1098/>

Students Try Eating on \$3 a Day to Raise Awareness

In order to raise awareness about poverty and hunger, Stanford University students took a stand to show the daily struggles of low-income families. Stanford Students Taking on Poverty (STOP) sponsored the Food Stamp Challenge for one week. One student advocate, Stacie Chan, documented the events of her \$3 day budget and her disgust with the unhealthy food choices she had to make.

<http://daily.stanford.edu/article/2008/5/8/theFoodStampMealPlan3ADay>

Hint of Hope as Child Obesity Rate Hits Plateau

Statistics taken from 1999- 2006 by the Centers for Disease Control and Prevention, show that childhood obesity rates appear to have hit a plateau. Numbers have been increasing for the past few decades, but seem to have been steady as of lately. Dr. David Ludwig of Children's Hospital(Boston) says, "After 25 years of extraordinary bad news about childhood obesity, this study provides a glimmer of hope."

http://www.nytimes.com/2008/05/28/health/research/28obesity.html?_r=3&sq=obesity&st=nyt&oref=slogin&scp=2&pagewanted=print&oref=slogin&oref=slogin

Study Links Poor Health to Fast-Food Neighbors

A new UCLA study addresses the correlation between poor health and our economy. The results show that high rates of diabetes and obesity occur in neighborhoods where fast-food restaurants and convenience stores greatly outnumber grocery stores, farmers' markets and other produce vendors. In order to improve the health of these residents, it is important to make healthy food more accessible and affordable.

<http://www.latimes.com/news/custom/scimedemail/la-me-fastfood29apr29,0,3373704.story>

Teens Watch TV, Not What They Eat

Obesity specialists have discovered that only 15 percent of teenagers received the recommended 5 servings of fruits and vegetables and at least 25% watch 3 or more hours of television per day. The research shows that these numbers are a reflection of our society's poor health habits.

http://www.boston.com/news/local/articles/2008/05/15/mass_teens_watch_tv_but_not_what_they_eat/

Putting the Fun in Family Fitness

This article provides helpful tips and activities for families to engage in physical activity during the summer months. http://halife.com/family/today's_lifestyle0526.html

The Washington Post: Childhood Obesity

In recent weeks, *The Washington Post* ran a series of articles addressing the ever-increasing issue of childhood obesity. A page on the website is posts valuable resources and information.

<http://www.washingtonpost.com/wp-srv/health/childhoodobesity/index.html>

****There are some great articles that can be accessed through this page.****

Funding Opportunities

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

Project LAUNCH/Rural Assistance Center

Deadline: Thursday, June 12, 2008

The purpose of Project LAUNCH is to promote the wellness of young children, birth to 8 years of age. http://www.raconline.org/funding/funding_details.php?funding_id=1890

American Legion Child Welfare Foundation Grants

Deadline: Tuesday, July 15, 2008

This foundation is dedicated to the betterment of all children.

<http://www.legion.org/cwf/grantseekers/overview>

ADA Foundation/American Dental Association

Deadline: Thursday, July 17, 2008

The grant program's main objective is to help children whose socio-economic status impacts on their access to professional oral care and adversely affects their oral health habits at home. <http://www.ada.org/ada/adaf/grants/harris.asp#rfp>

Faith-based Advocacy: Galvanizing Communities to End Childhood Obesity

Deadline: Friday, July 25, 2008

RWJF is interested in supporting faith-based coalitions to advance community policies or environmental changes that improve access to healthy foods and/or opportunities for physical activity. Efforts focus on reaching children at greatest risk for obesity, including African-American, Latino, Native American, Asian American and Pacific Islander children who live in low-income communities or communities with limited access to affordable healthy foods and/or safe opportunities for physical activity.

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20381&c=EMC-FA138>

The W.H.O. Foundation - Women Helping Others General Grants

Deadline: Tuesday, September 9, 2008

This foundation nationally supports grass-roots charities serving the overlooked needs of women and children. http://whofoundation.org/WHO_Funding.htm

Nat'l Gardening Association & Home Depot 2009 Youth Garden Grants Program

Deadline: Saturday, November 1, 2008

The Youth Garden Grants program has helped more than 1.3 million youngsters reap rewards and vital life lessons from working in gardens and habitats.

<http://www.kidsgardening.com/ygg.asp>

Active Living Research/Healthy Eating Research Rapid-Response Grants/Robert Wood Johnson Foundation

Deadline: Rolling

Active Living Research and Healthy Eating Research are national programs that support research to identify promising policy and environmental strategies for increasing physical activity, promoting healthy eating and preventing obesity.

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20361&c=EMC-FA138>

Upcoming Events

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

JUNE 2008:

Zone 2 Meeting

Date: Tuesday, June 10, 2008

Time: 10:00 AM- noon

Contact Janet Bassitt

Location: 3rd Floor Conference Room of the Perry Bldg. (Lima)

jbassitt@auglaizehealth.org

Zone 4 Conference

Date: Thursday, June 12, 2008

Time: 8:30 AM- 2:30 PM

Contact Betsy Barringer

Location: Kent State- Trumbull Campus

ebarringer@ccesc.k12.oh.us

[Click here for more conference details.](#)

Zone 5 Meeting

Date: Monday, June 30, 2008

Time: 10:00 AM

Contact Court Witschey

Location: TBA

cvh@ohhealth.org

Zone 8 Meeting

Date: Tuesday, June 24, 2008

Time: 1:00 PM- 3:00 PM

Contact Jan Ritter

Location: Columbus Public Health, Room 119 E

Jan.Ritter@nationwidechildrens.org

Farmers Market Grand Opening: South Side of Columbus

Date: Friday, June 13, 2008

Time: 2:00 PM- 6:00 PM

Location: SouthPointe Marketplace, Columbus

[Click here for more details.](#)

If you would like to learn more about the Ohio AFHK Collaborative or submit information for the newsletter, email J.D. Beiting at JDBeiting@childrenshungeralliance.org