



Ohio Action for Healthy Kids– March 2008 Newsletter

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

Ohio News

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

Snackwise®: Nutritional Rating System

Snackwise® is a research-based snack rating system that calculates the nutrient density in snack foods. Snackwise® was developed by the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital, and is designed for all organizations and individuals interested in making healthy snack choices. A webinar took place on February 26th to launch the newest version of the resource and the information is posted on the website. www.Snackwise.org

National School Breakfast Week: March 3-7, 2008

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children. This year's theme is "Fuel Your Imagination" and will educate children about the importance of nutrition. Visit the website for more details and creative activities to share with students. [School Breakfast "Fuel Your Imagination"](#)

Exercise Routine Gets Kids' Blood Pumping at Recess

Otterbein College students are helping the children at Big Walnut Elementary School stay active during the long, dreary winter months. After lunch, the children are given the choice to return to the classroom or partake in recess activities, such as line dancing, kick-boxing, various sports and yoga. [Click here to read the article.](#)

Educators Learn Techniques to Change Kids' Attitudes, Get Them Moving

Childhood educators in southeastern Ohio recently took part in a program that focused on the importance of physical activity and nutrition for their young students. The "Leaping into Fitness" program is one of many offered in a statewide effort to combat the increasing rate of childhood obesity. [Click here to read the article.](#)

State Urged to Act on Child Hunger, Obesity

The annual Hunger Report authored by Children's Hunger Alliance acknowledges the correlation between poverty, hunger and obesity. The report states that low-income families are less active and unable to afford costly nutritious foods, such as fruits, vegetables and whole grains. About one-third of the 1.8 million students in Ohio qualify for the school meal programs; however, not all of them utilize this opportunity. [Click here to read the article.](#)
[Annual Hunger Report](#)

New Reports and Resources

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

Whole Grains Are Heart-Healthy and Reduce Abdominal Fat

The study was conducted amongst obese adults; however, its findings relate can relate to children as well. Researchers discovered that the individuals, who trimmed calories and increased their intake of whole grains, decreased their abdominal fat. In decreasing their abdominal fat, participants decreased their risk of heart disease and stroke. [Read the study.](#)

Study Suggests Cutting Back on Salt Could Curb Obesity

This study recognizes salt as “the hidden factor in the obesity epidemic” because of the high sodium content in manufactured foods. Fast food and frozen meals are loaded with sodium and consumers are unaware of the large amount. Salty foods also make kids thirsty and they are most likely to drink high-caloric sodas. [Read the study.](#)

Fast Food Ads Fueling Obesity Among Hispanic Kids

Research was recently conducted to show that Hispanic children are continually exposed to fast food ads through television commercials. There is a strong correlation between the unhealthy advertising exposure and obesity. [Read the study.](#)

Regional Health Foundation Has Schools Tackling Obesity

The *Foundations of Health and Fitness* course is dedicated to educating students about the importance of exercise and nutrition. The foundation is hoping to create some local impact and inspire more programs to begin that tackle childhood obesity. [Read the article.](#)

Teachers Strive to Find Activities Heavy Students Can Do at Their Own Pace

Physical Education teachers in Texas are straying away from team sports and concentrating more on individual activities that their students can incorporate into their lifestyle for years to come. PE teachers acknowledge that individual activities allow overweight students to feel more comfortable with exercise and work at their own pace. [Read the article.](#)

Project Fit Kid: Celebrity Chefs Take Aim at Young Audience

This year, the annual *Food Network South Beach Wine and Food Festival* addressed the growing epidemic of childhood obesity with cookie classes, hands-on gardening and fitness activities for children and parents. Celebrity chefs Jamie Oliver, Rachael Ray, Allen Susser and Ellie Krieger came together for the “Fun and Fit as a Family” mini-festival to promote healthy eating and nutrition education for the entire family. [Read the article.](#)

Funding Opportunities

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

Carol M. White Physical Education Program

Application Deadline: Monday, March 24, 2008

The Carol M. White Physical Education Program (PEP) is now available to local educational agencies and community-based organizations to initiate, expand, or enhance physical education programs, including after-school programs, for students in kindergarten through 12th grade. All applicants must propose to help student make progress toward meeting State standards. Grant funds may be used to provide students with needed equipment and to provide staff and teachers with training. This grant is also an opportunity for students to develop positive social and cooperative skills and receive instruction in healthy eating habits and good nutrition. The estimate range of grant awards is \$100,000 to \$500,000; 112 grants will be awarded across the nation.

Women's Sports Foundation Seeks Applicants for Ambassador Team Awards

Deadline for Applications: Friday, July 18, 2008

The Women's Sports Foundation's Ambassador Team Awards program will provide a total of \$50,000 in grants to teams of female high school students that demonstrate leadership in their communities by inspiring girls to get involved in sports and physical activity. Teams will create their own projects designed to get girls in their local community to be physically active. To be eligible, teams must be school, amateur, community, and/or nonprofit affiliated teams whose members are all of the following: female; enrolled in 9th-12th grade; and residents of the United States, its territories, or protectorates. Twenty teams will be awarded \$2,500 each. Team awards are to be used for equipment, apparel, travel, or training costs for the team. Prizes will be made payable to the school, nonprofit institution, or 501(c)(3) organization.

Jordan Fundamentals Grant Program

Application Deadline: Sunday, March 30, 2008

The Jordan Fundamentals Grant Program recognizes outstanding teaching and instructional creativity in public elementary and secondary schools that serve economically disadvantaged students. Innovation Grants, averaging \$2,500, will be awarded to individual teachers to support the development of more effective approaches to engage students and foster improved outcomes. Inspiration Grants, averaging \$10,000, will be awarded to teams of teachers to support scaling-up the implementation of approaches originally developed with Innovation Grants. Applicants must be employed by an accredited public school where at least 50% of the school's student population is eligible for the free or reduced school lunch program. Online applications may be submitted through the website attached above.

HealthierUS School Challenge (USDA)

The *HealthierUS School Challenge* is in response to the growing concern for childhood obesity in our nation. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead. The first year of the challenge focuses on elementary schools. [Go to the website for more information.](#)

Upcoming Events

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

MARCH 2008:

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

Date: Wednesday, March 12, 2008

Time: 1:30 PM- 4:45 PM

Contact: Janet Bassitt

Location: Girl Scouts of Appleseed Ridge, Duffy Lodge (Lima, OH)

jbassitt@auglaizehealth.org

[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 5: Meeting

Date: Friday, March 7, 2008

Time: 10:00 AM- 12:00 noon

Contact Court Witschey

Location: Holiday Inn Express (Athens, OH)

cvh@washco-ohhealth.org

Zone 7: Meeting

Date: Wednesday, March 19, 2008

Time: 9:00 AM- 11:30 AM

Contact Deanna Putman

Location: Park Elementary School (200 Jewett Ave, Dennison, OH)

dputman@childrenshungeralliance.org

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.](#)

American Heart Association Lobby Day

Date: Wednesday, March 12, 2008

[Click here to view more details](#)

APRIL 2008:

Zone 1 Workshop: Healthier Schools...Brighter Tomorrows

Date: Wednesday, April 9, 2008

Time: 8:00 AM- 3:00 PM

Contact Jan Meyer

Location: Northwest State Community College

jmeyer.ohioafhk@gmail.com

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

Zone 1: Meeting

Date: Thursday, April 10, 2008

Time: 10:00 AM

Contact Jan Meyer

Location: Anthem BCBS Community Resource Center

jmeyer.ohioafhk@gmail.com

Zone 4: Tri-County Workshop

Date: Tuesday, April 15, 2008

Time: 8:00 AM- 2:30 AM

Registration Fee: \$10.00

Location: Renaissance Quail Hollow Resort

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

Zone 4: Meeting

Date: Thursday, April 3, 2008

Time: 9:00 AM

Contact Betsy Barringer

Location: Ashtabula County Health Department

ebarringer@ccesc.k12.oh.us

Zone 9 Workshop: Recharging Your School Wellness Policy

Date: Friday, April 11, 2008

Time: 8:30 AM- 2:00 PM

Registration Fee: \$20.00

Location: Green County Social Services Building

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

Changing the School Environment: Effective Health Related Nutrition and Fitness Policy

Date: Tuesday, April 3, 2008

Time: 8:00 AM- 4:00 PM

Cost of Pre-Conference: \$60.00

Location: Dublin Embassy Suites Hotel (Dublin, OH)

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

2008 Ohio Community Gardening Conference

Date: April 5-6, 2008

Location: Franklin Park Conservatory (Columbus, OH)

[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.