



## Ohio Action for Healthy Kids– May 2008 Newsletter

\*Visit [www.OhioActionforHealthyKids.org](http://www.OhioActionforHealthyKids.org) for information on local resources and meeting times\*

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### Ohio News

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

#### **Opportunity for Ohio Schools: Game On!**

*Submit Application by Friday, May 23, 2008*

National AFHK has selected Ohio to be one of four pilot states to assist schools in implementing Game On! The Ultimate Wellness Challenge during the 08-09 School Year. This is an excellent opportunity being awarded to our state team and several select schools in Ohio. This is a competitive process as we need to identify several schools who have the capacity to successfully implement this school wellness project with support from the local community, school administration and technical assistance from our Ohio AFHK partners.

[Click here for more details.](#)

#### **Update on Overweight and Obesity among Ohio 3<sup>rd</sup> Graders**

Childhood obesity is a major health problem in our state and nationwide. To track this problem and help plan solutions to the problem, the Ohio Department of Health began collecting information about third-grade students in 2004-2005.

[View the report](#)

[Summary of new finds from the 2006-2007 school year.](#)

#### **Kids Rise to the Challenge: 100 Dodge Rain in OSU Stadium to Participate in Event**

Nationwide Children's Hospital and Eddie George, sponsored an event that brought kids to OSU's Horseshoe and encouraged them to be physically active. [Read the article.](#)

#### **Cincinnati High School Students Bring Fitness to Elementary Kids**

McAuley high school students travel to Parham each week to mentor the young students in physical fitness and nutrition. [Click here to read the article.](#)

#### **Springfield City Schools in the News for School Breakfast**

District officials for Springfield City Schools acknowledge that the breakfast program is improving their students' academic performance. [Click here to read more.](#)

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### New Reports and Resources

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

#### **School Environment Can Curb Kids' Weight Gain**

A study performed at Temple University addresses that the school environment plays a large role in the health of its students. In the study, five Philadelphia schools introduced a School Nutrition Policy Initiative. [Click here to read the study.](#)

### **Fruits and Vegetables Linked to Kids' School Performance**

A new study published in the *Journal of School Health* sites previous research on the correlation between nutrition and academic performance. This study goes one step further and recognizes the specific dietary factors. [Click here to read the study.](#)

### **Ninety-One Percent of Kid Food Ads Unhealthy**

On a Saturday morning, a group of researchers sat down to analyze what kids were watching during their favorite television shows. Half of the commercials marketed restaurants and foods that were low in nutrients and high in fat, sodium, and sugar. [Click here to read more.](#)

### **PE FIT: Nutrition and Activity Programs**

Betty Kern has been making the rounds to Ohio Action for Healthy Kids' events over the past few months to share the PE Fit program. PE Fit helps student make the connection between their diet, physical activity and overall health and wellness. [www.pejournal.com](http://www.pejournal.com)  
[Click here for more information.](#)

### **Program Teaches Teens Proper Nutrition**

Healthcorps is a new program that focuses on educating teens on nutrition and exercise. Healthcorps encourages teens to make healthier lifestyle choices. The program was founded by Dr. Mehmet Oz, commonly seen on the *Oprah* show. [Healthcorps website](#)  
[Click here to read more.](#)

### **For Kids, Think Super Healthy- Not Super Size**

Eric Schlosser, the author of "Fast Food Nation", addresses his concern with the unhealthy eating habits of children and increasing rates of obesity in our society today. He emphasizes that parents play a crucial role in their children's health. [Click here to read the article.](#)

### **Six Worst Kid Health Habits**

Take a quick look and see what Newsweek addresses as the common unhealthy habits of kids. [Click here to read the article.](#)

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### **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](http://www.ohioactionforhealthykids.org/news_resources/funding_opportunities.htm)

### **Saucony Run for Good**

*Application Deadline: Friday, June 13, 2008*

This program encourages active and healthy lifestyles in children and offers grants to communities and non-profit organizations that initiate and support running and fitness programs for kids. [Click here for more information.](#)

### **Bank of America Neighborhood Excellence Initiative**

*Deadline for Applications: June 27, 2008*

The Neighborhood Excellence Initiative, Bank of America's signature philanthropic program, recognizes, nurtures, and rewards community-based organizations, local heroes and student leaders working to improve their communities. Two outstanding

nonprofit/charitable organizations in 45 markets benefit from the Neighborhood Builders Program. To be considered for the Neighborhood Builders program, an applicant: must be a qualifying nonprofit organizations that has a tax-exempt status by the Internal Revenue Service and is not classified as a private foundation; must be based and serve communities in these Neighborhood Excellence Initiative markets. [Click here for more information.](#)

### **Mattel Announces Continuation of Grant Program to Benefit Children**

*Deadline for Applications: July 15, 2008*

Mattel and the Mattel Children's Foundation have announced they will continue the Mattel Domestic Grantmaking Program, which provides funding for organizations benefiting children in the United States. Mattel's funding priorities include: programs that directly and effectively impact children with demonstrated needs (physical, financial, emotional, and health-related); preferences to programs with demonstrated results; and organizations that use creative and innovative methods to address a locally-defined need that directly impacts children. Preference will be given to organizations or programs that align with Mattel's philanthropic priorities. [Click here for more information.](#)

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### **Upcoming Events**

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

#### **MAY 2008:**

##### **Steering Committee Meeting**

Date: Tuesday, May 13, 2008

Time: 9:00 AM- noon

Contact Shelly Roth

Location: Dairy Council

[sroth@childrenshungeralliance.org](mailto:sroth@childrenshungeralliance.org)

##### **Zone 3 Meeting**

Date: Tuesday, May 20, 2008

Time: 2:00 PM- 4:00 PM

Contact Donna Cook

Location: Summitt County Health Department

[COOKD1@ccf.org](mailto:COOKD1@ccf.org)

##### **Zone 4 Meeting**

Date: Thursday, May 8, 2008

Time: 9:00 AM- 11:00 AM

Contact Betsy Barringer

Location: Lake County General Health District

[ebarringer@ccesc.k12.oh.us](mailto:ebarringer@ccesc.k12.oh.us)

##### **Zone 5 Final Mini-Grant Meeting**

Date: Friday, May 9, 2008

Time: 10:00 AM- noon

Contact Court Witschey

Location: Holiday Inn Express (Athens)

[cvh@washco-ohhealth.org](mailto:cvh@washco-ohhealth.org)

\*A brief business meeting will follow at a local restaurant from 12:00 PM-2:00 PM.

##### **Zone 5 Meeting**

Date: Monday, May 12, 2008

Time: 10:00 AM

Contact Court Witschey

Location: Athens Health Department

[cvh@washco-ohhealth.org](mailto:cvh@washco-ohhealth.org)

##### **Zone 7 Meeting**

Date: Thursday, May 8, 2008  
Time: 9:00 AM- 11:30 AM  
Contact Deanna Putman

Location: Tuscarawas County OSU Extension  
[dputman@childrenshungeralliance.org](mailto:dputman@childrenshungeralliance.org)

**Zone 8 Meeting**

Date: Tuesday, May 20, 2008  
Time: 1:00 PM- 3:00 PM  
Contact Jan Ritter

Location: Columbus Public Health  
[Jan.Ritter@nationwidechildrens.org](mailto:Jan.Ritter@nationwidechildrens.org)

**Zone 9 Meeting**

Date: Thursday, May 15, 2008  
Time: 1:30 PM- 3:30 PM  
Contact Sara Pappa

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

**Zone 10 Meeting**

Date: Wednesday, May 21, 2008  
Time: TBA  
Contact Kelly Henry

Location: Richland County Health Department  
[khenry@ftmc.com](mailto:khenry@ftmc.com)

**JUNE 2008:**

**Zone 1 Meeting**

Date: Thursday, June 5, 2008  
Time: 10:00 AM  
Contact Jan Meyer

Location: TBA  
[Jmeyer.OhioAFHK@gmail.com](mailto:Jmeyer.OhioAFHK@gmail.com)

**Zone 2 Meeting**

Date: Tuesday, June 10, 2008  
Time: 10:00 AM- 11:30 AM  
Contact Janet Bassitt

Location: 3rd Floor Conference Room of the Perry Bldg. (Lima)  
[jbassitt@auglaizehealth.org](mailto:jbassitt@auglaizehealth.org)

**Zone 4 Meeting**

Date: Friday, June 6, 21088  
Time: 9:00 AM- 11:00 AM  
Contact Betsy Barringer

Location: Shepard of the Valley  
[ebarringer@ccesc.k12.oh.us](mailto:ebarringer@ccesc.k12.oh.us)

**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](mailto:ebarringer@ccesc.k12.oh.us)

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

**King for Kids Bike-A-Thon in Akron**

NBA star, LeBron James, strongly encourages kids to increase their participation in physical activity. James will host the bike-a-thon on **Saturday, June 21, 2008** and is excited to ride along with the participants. [Click here to read more.](#)

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](mailto:JDBeiting@childrenshungeralliance.org)