

From: Ohio Action for Healthy Kids [paranez@childrenshungeralliance.org]

Sent: Monday, January 12, 2009 10:39 AM

To: Patricia Aranez

Subject: Ohio Action for Healthy Kids January 09

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Ohio Action for Healthy Kids Newsletter

January 2009 issue



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Upcoming Events

ZONE 6 MEETING

DATE: February 2

TIME: 9:30 - 11:30 AM

LOCATION: Union Township Civic Center, 4350 Aicholtz Rd Cherry Grove, OH 45245

CONTACT: Carol Gill
(carol.gill@odh.ohio.gov)

ZONE 1 MEETING

DATE: February 5

TIME: 3:30 - 5:30 PM

LOCATION: Hayes Presidential Center, Spiegel Grove, Fremont, OH 43420

CONTACT: Jan Meyer
(jmeyer.ohioAFHK@gmail.com)

HEALTHY KIDS, HEALTHY SCHOOLS

CONFERENCE - hosted by ZONE 8

DATE: February 19

TIME: 8:30 AM - 3:00 PM

LOCATION: Quest Business Centers, 8405 Pulsar Place, Columbus OH 43240

CONTACT: Patricia Aranez
(paranez@childrenshungeralliance.org)

SCHOOL WELLNESS BUILDING

BLOCKS - hosted by ZONE 9

DATE: February 20 or February 27

TIME: 8:30 AM - 3:00 PM

LOCATION: On the 20th, it will be at Springfield Regional Medical Center in Springfield. On the 27th, it will be at United Theological Seminary in Dayton.

CONTACT: Sara Pappa
(spappa@gcchd.org)

<http://www.ohioactionforhealthykids.org>

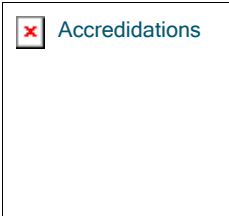
Feature of the Month:

Local schools receive recognition for continuing wellness initiatives

Whether it was through media or federal attention, several schools in Ohio have been recognized for their continuing efforts to improve school wellness.

To continue reading, please click [here](#).

(http://www.ohioactionforhealthykids.org/zone_teams/ztnews.htm)



Local and National News

An Ohio school begins the new year with a new breakfast program, the economic downslump means a rise in free school lunches, and virtual fitness for some students in Wisconsin.

Graham Elementary School, near Urbana, will be the site of a field test for a breakfast program that begins this month. The program features prices set at a tiered structure, depending on the students' eligibility for a free or reduced meal. Superintendent Jim Merkle announced plans to eventually start providing breakfast to the high school as well, noting that "A lot of students come in early at 7 a.m. and have to sit in the cafeteria before classes start." Merkle also noted that the number of economically disadvantaged students had grown in the district, adding "It is essential that we at least try."



With no desire to cut their children's meals out of an already shrinking budget, more families are turning to federal and state programs for free school lunches. According to the School Nutrition Association (SNA), almost 80 percent of schools have reported an increase in number of free lunches served. "One of the easiest things families can look to for support is the school nutrition program," says Crystal FitzSimmons of the Food Research and Action Center. Dr. Katie Wilson, president of SNA, stresses that Congress must "understand the importance of these school-based nutrition programs." The Senate Agriculture Committee will re-examine a variety of child nutrition programs, some expiring within the year.

A school district in Wisconsin is offering online physical education and health classes to some of its high school students. The West Bend School District's director of virtual programs points to a survey conducted in the fall showing students' interest in more online classes. Their top choice to take online? Health. Students participating online would still need to meet face-to-face with teachers on



January 11th is Milk Day!
Celebrate it throughout the
month by enjoying your favorite
dairy beverage.

a regular basis.

Sources:

[http://www.urbanacitizen.com/main.asp?](http://www.urbanacitizen.com/main.asp?SectionID=3&SubSectionID=5&ArticleID=149898&TM=33791.86)

[SectionID=3&SubSectionID=5&ArticleID=149898&TM=33791.86](http://www.urbanacitizen.com/main.asp?SectionID=3&SubSectionID=5&ArticleID=149898&TM=33791.86)

http://news.yahoo.com/s/ap/20081211/ap_on_re_us/economy_school_lunches

<http://archives.chicagotribune.com/2008/dec/15/sports/chi-ap-wi-virtualgym>

Reports and Resources

A report from National Action for Healthy Kids shows a slice of school wellness policies, reducing access to unhealthy snacks yields more student consumption of fruits and veggies, and parents want more access to recess for their kids.



A report published in *Journal of School Health* by Action for Healthy Kids reveals a peek into the wellness policies of schools nationwide. The compelling data was pulled from a sample of 256 local wellness policies (LWP) from every state except Hawaii, and found that 68 percent complied with federal requirements and the AFHK Wellness Policy Fundamentals. In addition, 82 percent of the policies mandated community/family involvement, stressing the importance of an all-inclusive effort.

A North Carolina study found that limiting access to unhealthy snacks during school will impact the amount of more nutritious offerings a student will eat throughout the day. School policies that limit the availability of high-fat and high-sugar snack foods will yield roughly 3 percent of an increase in fruit and vegetable consumption. Though that may not seem like much of an increase, study co-author Edward A. Frongilio maintains that it is significant. "What the data are saying is that children's experience in one part of their day is having an impact on the whole of the day," says Frongilio.

A poll conducted by the Robert Wood Johnson Foundation and Sports4Kids shows that Americans intuitively understand the importance of play and physical activity for children, and believe that it should be an integral part of their school experience. The survey, the most current overview of national attitudes on recess, reveals that nearly 4 out of 5 parents believe that children aren't getting enough playtime, and of those numbers, 82 percent of Midwesterners do not think children get adequate daily physical playtime, compared to 76 percent of the rest of the country. Jill Violet, president of Sports4Kids, calls the impact of recess on children who may not otherwise have safe spaces to play as a benefit that is "tremendous."

Sources:

<http://healthday.com/Article.asp?AID=622370>

<http://www.rwjf.org/vulnerablepopulations/product.jsp?id=36731&c=EMC-ADV>

Moag-Stahlberg, A., Howley, N., Luscri, L. "A National Snapshot of Local School Wellness Policies." *Journal of School Health*. October 2008, Vol. 78, No. 10.

Funding Opportunities

As always, a complete list of opportunities is on our website:
http://www.ohioactionforhealthykids.org/news_resources/funding_opportunities.htm

GENERAL MILLS CHAMPION FOR HEALTHY KIDS GRANTS

Deadline: January 15, 2009

Every year the General Mills Foundation awards 50, \$10,000 grants to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. It's part of an ongoing partnership between General Mills, the American Dietetic Association Foundation and the President's Council on Physical Fitness, since 2002. Grant applications can only be completed online at: <http://www.generalmills.com/corporate/commitment/champions.aspx>

CATCH IMPLEMENTATION FUNDS PROGRAM

Call for Proposals: November 9, 2008 - January 30, 2009

The Community Access to Child Health (CATCH) Implementation Funds program

supports pediatricians in the initial and/or pilot stage of developing and implementing a community-based child health initiative. Grants of up to \$12,000 are awarded to pediatricians each year on a competitive basis.

Application and information can be found at:
<http://www.aap.org/catch/implementationgrants.htm>

OHA'S FOUNDATION SEEKS GRANT APPLICATIONS FOR REDUCING CHILDHOOD OBESITY

Call for Proposals: Through February 2, 2009

Non-profit members of the Ohio Hospital Association are eligible to apply. Grant money will be used towards engaging local communities to join the effort to reduce childhood obesity. The foundation intends to award up to \$100,000 to four or six projects.

Application and information can be found at:
http://www.healthycommunitiesohio.org/grants_howtoapply.asp

ROBERT WOOD JOHNSON FOUNDATION: SALUD AMERICA!

Deadline: February 6, 2009

Salud America! is a national program of the Robert Wood Johnson Foundation that supports research on environmental and policy solutions to the epidemic of obesity among Latino children. The objectives of the current call for proposals are to increase the skills and experience of researchers who are working to reduce and prevent obesity among Latino children.

Application and information can be found at: <http://www.salud-america.org/>

YOUTUBE STUDENT VIDEO CONTEST

Deadline: February 8, 2009

Action for Healthy Kids is co-sponsoring a video contest encouraging K-12 students to define exactly what "Real Food is..." To enter, the student must create a video that completes the phrase "Real Food is..." to win \$1,000 for a school food project and an all expense paid trip for the winner and chaperone to the 4th National Farm to Cafeteria Conference in Portland, Oregon.

Go here for more details on contest rules and recommendations:
<http://farmtocafeteriaconference.com/real-food-is-video-contest/>

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