

**From:** Ohio Action for Healthy Kids [paranez@childrenshungeralliance.org]  
**Sent:** Monday, May 18, 2009 4:32 PM  
**To:** Patricia Aranez  
**Subject:** Ohio Action for Healthy Kids, May 2009  
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Ohio Action for Healthy Kids newsletter

May 2009 Issue



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### Upcoming Events

#### ZONE 2 MEETING

**Date:** Tuesday, May 19, 2009

**Time:** 9 a.m. - 11 a.m.

**Location:** Perry Building, 3rd floor conference room, 545 W. Market Street, Lima

**Contact:** Janet Bassitt  
[jbassitt@auglaizehealth.org](mailto:jbassitt@auglaizehealth.org)

#### ZONE 9 MEETING

**Date:** Thursday, May 21, 2009

**Time:** 1:30 p.m. - 3:30 p.m.

**Location:** Center for Healthy Communities, Dayton

**Contact:** Sara Pappa  
[spappa@gcchd.org](mailto:spappa@gcchd.org)

#### SAVE THE DATE!

#### ZONE 7 GOLF SCRAMBLE

**Date:** Thursday, June 18, 2009

Tee time is noon

**Location:** Jaycee's Golf Course, Zanesville

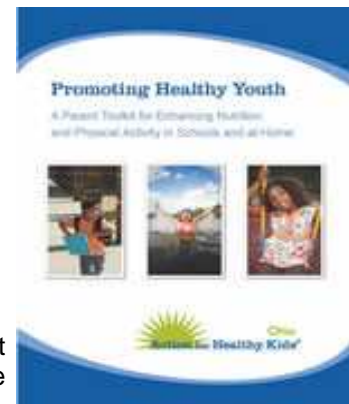
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<http://www.ohioactionforhealthykids.org>

### Feature of the Month

#### Promoting Healthy Youth: A Parent Toolkit

Ohio Action for Healthy Kids is pleased to announce the release of Promoting Healthy Youth: A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home. Developed in partnership with Ohio PTA, this guide gives individuals and parent groups tools to begin student wellness projects in schools. It also contains tips to help parents raise healthy children through nutrition and physical activity at home. The Parent Toolkit was introduced on April 18th at the Ohio PTA Convention.



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

Image provided by Julie Rowe.

### Local and National News

#### Ohio launches campaign to encourage outdoor play

The Ohio Department of Natural Resources (ODNR) has launched Explore the Outdoors, a campaign designed to encourage children to play outside, be active and reconnect with nature, the Tiffin Advertiser-Tribune reports. As part of the program, children are urged to participate in outdoor activities such as camping, hiking, biking, canoeing, fishing, exploring a wetland, participating in a clean-up project or taking lessons from a naturalist. Children can also earn activity points at home by participating in activities such as gardening or recycling. Meanwhile, local parks are getting involved with the program, offering special activities to help children meet their activity goals. According



to the Explore the Outdoors Web site, children who are active within the natural environment are healthier, happier, perform better in school and are more creative than children who do not engage in such outdoor activities.

#### New standards provide guide for after-school activity

After-school providers in North Carolina now have a guide they can use to help children meet the 60 minutes or more of daily physical activity recommended by the U.S.



### May is National Physical Fitness and Sports Month.

President Obama is encouraging everyone to participate in the President's Challenge, a six-week fitness challenge that started on May 1st. To log in your activity, and to win small prizes for your effort, visit [presidentschallenge.org](http://presidentschallenge.org)



Education and Activity: Let's Get Physical workshop, Maumee.



Global Youth Service Day at Columbus Torah Academy.

Department of Health and Human Services.

Unveiled Thursday, the Move More After-School Collaborative's standards will help programs focus on changes they can make to provide more physical activity to the young people they serve.

Physical activity can be a part of what after-school programs are already doing. The Move More After-School Standards are voluntary, but recommended by the many organizations that supported their development.

"The standards are a valuable resource to help after-school programs incorporate physical activity," Jamie Knowles, director of the North Carolina Center for Afterschool Programs, said.

North Carolina is the first state to develop a comprehensive set of standards for physical activity in after-school programs, according to Dr. Marcus Plescia, chief of the Chronic Disease and Injury Section in the state Division of Public Health. The standards will help after-school programs improve child health in a state that ranks fifth nationally in child obesity.

"This is not simply an individual issue," Plescia said. "Obesity is a community issue. It's about young people in our state having opportunities for physical activity and healthy eating throughout the day."

The Move More After-School Collaborative is made up of after-school providers, funders and community partners working together to support more physical activity opportunities for children and youth.

#### National Nonprofit Aims to Identify 100,00 Play Spaces

KaBOOM!, a national nonprofit that locates and funds play spaces, has launched a 100-day campaign to identify 100,000 play spaces for children, USA Today reports. KaBOOM! is collaborating with six other nonprofits and is asking parents, teachers and community leaders to use the organization's Web-based space locator to identify and rate play spaces in their community. At the conclusion of the 100-day challenge, KaBOOM! will launch the KaBOOM! Playspace Finder, an online map of playgrounds, athletic fields, ice rinks, basketball courts, skateparks, swimming pools, community gardens and nature trails, complete with photos, a list of amenities and ratings. The Playspace Finder will serve as a national audit of play spaces, allowing communities to determine access to and the quality of recreational spaces and guide future investment in such locations. To encourage participation in the project, country singer and two-time Dancing with the Stars champion Julianne Hough will donate \$1 to select charities for each space identified and rated by June 30. To date, KaBOOM!'s national database includes more than 4,000 entries.

#### Brown Elementary in Hilliard wins School Spirit Contest

Congratulations to the first-graders from Brown Elementary in Hilliard --- they were winners of the American Dairy Association's Stanley Cup Playoffs School Spirit Contest.

Both Brown Elementary and Herbert Mills Elementary photos were featured at the April 27 game with fan applause determining the winner.

The Brown Elementary 1st graders will receive a Blue Jackets Stanley Cup Playoffs School Spirit Street Hockey Party, visit from Stinger, Blue Jackets t-shirts, a set of street hockey equipment, Blue Jackets team signed jersey for the school to display, and tickets to a game next year!

Go Jackets!

Sources:

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=10565>

<http://www.wral.com/lifestyles/healthteam/story/5055588/>

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=10292>

## Reports and Resources

#### New Action for Healthy Kids School Wellness Policy Evaluation Tool is available

Monitoring implementation of a wellness policy and measuring its impact is now easier with the new monitoring component of Action for Healthy Kids' wellness policy tool. This resource can be customized by schools to evaluate progress, and includes a scoring system and links to resources to help with policy improvement. Please click [here](#) to access this new resource.

Registration is now open for 2009 Walk to School Day



Breakfast at Pointview Elementary.



Ohio FCCLA Walk.



#### Ohio Action for Healthy Kids Member Spotlight

Meet our member for the month, Judy Mushrush.

#### 1. What is your role on the OAFHK team?

I have attended meetings and conferences in order to offer my input and support of OAFHK missions. I also have been asked to speak at a few of the events OAFHK has sponsored.

#### 2. What is the best resource that OAFHK offers?

The many wonderful people! This team is so smart and caring -- they have a real passion for helping children with their health. And they have connected me to so many great resources that I wouldn't have otherwise known about.

#### 3. A goal for your area of work:

To incorporate the Coordinated School Health Model at each school within our district [Upper Arlington City Schools].



Registration is open for 2009 Walk to School Day, an international event where communities from more than 40 countries join together to walk and bicycle to school. Walk to School Day is October 7, 2009.

To register a Walk to School event, please visit <http://www.walktoschool.org/register>. Registration is free and available to individuals or organizations holding an event in the U.S. Registered schools will be displayed on an interactive map on the U.S. Walk to School Web site ([www.walktoschool.org](http://www.walktoschool.org)), where neighboring communities, media and other organizations will be able to view participating schools.

By registering, Walk to School organizers gain access to a variety of downloadable materials, including certificates, templates for printing stickers and a frequent walker punch card. Registrants can also subscribe to a weekly Walk to School e-newsletter with tips and resources on holding a Walk to School event.

#### NASBE offers comprehensive obesity prevention policies for schools

The National Association of State Boards of Education (NASBE) has developed an easy-to-access policy brief for policy-makers, educators, health professionals, and parents. Titled *Preventing Childhood Obesity: A School Health Policy Guide*, this policy brief takes information from the most recent developments in the field, and provides specific models for schools to combat the childhood obesity epidemic.

To access *Preventing Childhood Obesity*, please click [here](#).

#### IFIC review: breakfast and health

The International Food Information Council released a comprehensive report on the merits of eating breakfast everyday. Some key points from the report:

- \* Regular breakfast consumers are more likely to meet nutrient recommendations for fiber, calcium, vitamin A, vitamin C, riboflavin, zinc, and iron.

- \* Breakfast consumption is positively associated with intake of the "foods groups to encourage" established by the 2005 Dietary Guidelines for Americans. These foods are whole grains, fruits, vegetables, low-fat and fat-free dairy, and whole grains.

To access the entire report and view some great tip sheets, please visit our [Resource](#) page.

#### Study finds fast food consumption linked to obesity, happiness

A study published in a recent issue of the Journal of Happiness Studies suggests that although fast food and soft drink consumption may increase a child's risk of overweight and obesity, it is also linked to their overall happiness level, United Press International reports. According to the findings, fast food and soft drink consumption were positively associated with a child's increased risk of overweight, but were also conversely associated with their degree of unhappiness. For example, of the 25 percent of children identified by the study as overweight or obese, only 19 percent reported that they sometimes or often felt unhappy, sad or depressed. Based on the findings, the researchers suggest that childhood obesity prevention programs may be more effective if they also incorporate components aimed at maintaining children's happiness.

Sources:

<http://www.rwjf.org/childhoodobesity/digest.jsp?id=10311>

## Funding Opportunities

**As always, a complete list of opportunities is on our website:**

[http://www.ohioactionforhealthykids.org/news\\_resource/funding\\_opportunities.htm](http://www.ohioactionforhealthykids.org/news_resource/funding_opportunities.htm)

#### QUAKER GO! GRANTS

*Deadline: May 31, 2009, or the end of every month through July 31, 2009*

Submit online application form with a 150 word or less description of your project that will help combat hunger in your community. A selection committee will review the applications submitted each month and award Quaker Go Grants based on originality/uniqueeness (50%); relevance to fighting hunger (30%); and potential impact on community/individuals involved (20%). Winners will receive a \$500 grant to make their project a reality. Winners must agree to show Quaker what they did with the grant. They may submit a description,

**4. Favorite healthy snack and activity:**

Granola and cherry yogurt. I also enjoy taking my dog for a power walk with my Ipod on.

**5. Favorite school lunch as a kid:**

Mashed potatoes and chicken gravy

**6. Name one way you can encourage community members to get involved with a school:**

Individuals can offer to volunteer at a school event. Community businesses can offer to sponsor a school event or program,

or donate something -- schools can always use financial support, and I'm sure most schools would recognize a local business if they did sponsor something.

photo and/or video letting Quaker know how you put the money to good use. Please visit <http://quakeroats.promotions.com/gogrants/splash.do> for more information, and to fill out the application.

**STUDENTS TAKING CHARGE: A VIDEO CONTEST**

*Deadline: June 1, 2009*

Action for Healthy Kids® invites students in grades 9-12 to participate in a national video contest to show how their school makes it easy to be healthy. The video contest is part of Students Taking Charge, a student advocacy program that empowers high school students to improve nutrition and opportunities for physical activity in their school. The first place winner will receive \$500, and \$1,000 will be awarded to the winner's school to support a healthy initiative. Two second prize winners will each receive \$350, and \$750 will go to their schools. Winners will be announced by July 1st. Contest details are available at [www.StudentsTakingCharge.org](http://www.StudentsTakingCharge.org).

**SUPPORT FOR YOUTH RUNNING PROGRAMS**

*Deadline: June 1, 2009*

ING Run for Something Better, in partnership with the National Association for Sport and Physical Education, seeks to increase physical activity in students and help childhood obesity nationwide through the creation of school-based running programs. The awards program will provide fifty \$2,000 grants to schools that want to establish a running program, or expand an existing program, that targets grades 5th through 8th in public elementary or middle schools. The purpose of the school awards is to engage all students in the sport of running, not to fund existing athletic program and/or teams. There will be no more than 5 recipients of the awards from each state.

Please visit [http://www.orangelaces.com/site/index/get\\_your\\_school\\_involved](http://www.orangelaces.com/site/index/get_your_school_involved) for more information, and to fill out the application.

**GOGIRLGO! AMBASSADOR TEAM AWARDS**

*Deadline: July 17, 2009*

The Women's Sports Foundation's GoGirlGo! Ambassador Team Awards recognize high school teams that demonstrate leadership in their communities by inspiring girls to get involved in sports and physical activities. School, amateur, community, and nonprofit affiliated teams whose members are female; enrolled in grades 9-12; and residents of the United States, its territories, or protectorates are eligible to apply. A total of 20 grants of \$2,500 each will be awarded in recognition of the outstanding efforts of teams throughout the country.

Please visit <http://www.gogirlworld.org/cgi-bin/iowa/ggw/ahq/ambassador/index.html?record=298> for more information, and to fill out an application form.

**DAIRY MAX: SCHOOL WELLNESS THROUGH EXPANDING BREAKFAST GRANT PROGRAM**

*Deadline: Grant applications accepted through December 1, 2009, but note that funds are limited*

Dairy MAX grants are available to schools participating in the National School Breakfast Program. The grants will help schools implement their wellness policies through the establishment of an alternative breakfast service method designed to increase breakfast participation. The goal of an expanded breakfast grant program is to increase average daily breakfast participation by 50 percent or more by establishing one of the following alternate breakfast service options: Breakfast in the Classroom, Grab 'n Go Breakfast (served outside the cafeteria), or Breakfast after 1st Period. Grant awards will be up to a maximum of \$1000 per campus and will be awarded to the child nutrition department to distribute as determined by their application. Considerations for the amount of the grant award will be based on campus enrollment, type of program, potential increases in participation and desired use of funds.

Please visit [http://www.dairymax.org/expanding\\_grants.aspx](http://www.dairymax.org/expanding_grants.aspx) to download an application form.

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

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