

From: Ohio Action for Healthy Kids [paranez@childrenshungeralliance.org]
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To: Patricia Aranez
Subject: Ohio Action for Healthy Kids Newsletter



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Upcoming Events

Zone 8 Presents: Healthy Kids Excel in School: A Parent Program. Date: October 9 and 15

Time: 6:30-8:30 PM

Location: Marysville and Dublin

Contact: Jan Ritter

jan.ritter@nationwidechildrens.org

Zone 2 Nutrition Workshop Committee Meeting

Date: October 13

Time: 9:00 AM

Location: Lima

Contact: Janet Bassitt

jbassitt@auglaizehealth.org

Zone 7 Teen Action for Healthy Kids: Student Advocacy Workshop

Date: October 21

Time: 8:30 AM - 12:00 PM

Location: New Philadelphia

Contact: Deanna Putman

dputman@childrenshungeralliance.org

Zone 9 February Workshop meeting

Date: October 21

Time: 10 AM - 12:00 PM

Location: Dayton

Contact: Sara Pappa

spappa@gcchd.org

For more information, visit
www.OhioActionforHealthyKids.org

Feature of the Month

In a continuing effort to improve the way we deliver news and resources, we have made some edits to the newsletter. Though the layout has changed, the content remains the same. We appreciate any comments you may have on the layout. Thank you for supporting the effort to improve the health and educational performance of children through better nutrition and physical activity in schools.

National News

Eat Healthy and Be Active: October 6 is Child Health Day

On October 6, the 80th annual Child Health Day, the Federal Health Resources and Services Administration challenges parents, caregivers, teachers, school nurses and all adults who care about kids to grapple with a serious health issue: childhood overweight and obesity.

Health consequences can be serious. Overweight kids are at risk for asthma, diabetes, heart disease and other chronic conditions.

Fortunately, many times overweight can be reversed or prevented by helping children and adolescents. One of the best ways to help? Be a role model.

When children see their parents, caregivers and other adults enjoying healthy foods and being physically active, they are more likely to do the same.

[For more information, please click here.](#)

Recess Time Drops Nationally

A report by the Center for Public Education (CPE) says elementary schools, particularly those in urban areas and those that serve predominantly low-income populations, are cutting back on recess time, the Fort Lauderdale Sun Sentinel reports. CPE's analysis of federal data shows that 90 percent of elementary schools devote between 24 minutes and 30 minutes per day to recess. However, 20 percent of school districts included in the report said they had decreased the amount of time dedicated to recess since the federal No Child Left Behind (NCLB) law was enacted in 2001. Recess at schools reporting reductions fell from an average of 184 minutes per week in 2001 to 144 minutes per week in 2007. Low-income, urban schools were most likely to cut recess time or eliminate it altogether, with data suggesting that 14 percent of urban elementary schools in 2005 offered nothing, compared with just 6 percent of schools in towns and 3 percent of schools in rural areas.

[For more information, please click here.](#)

Reports and Resources

School Meals Often Based on Unhealthy Commodity Foods, Analysis Shows

The first comprehensive look at the U.S. Department of Agriculture's \$1 billion Child Nutrition Commodity Program finds that many of the foods ordered by school districts fail to meet nutritional standards. And because of



processing that increases fat, sugar and sodium levels, many commodity foods have about the same nutritional value as junk foods by the time they reach students.

[For more information, please click here.](#)

HHS Partners with Ad Council, Others, to Promote YouTube Wellness Campaign

The U.S. Department of Health and Human Services (HHS), the Advertising Council, the National Basketball Association (NBA), and the Boys and Girls Club of American (BGCA) are launching a contest on the video-sharing Web site YouTube to promote healthy eating and active living among teens and young adults, Broadcasting and Cable reports. The Small Steps Obesity Prevention public service advertising campaign encourages individuals between the ages of 14 and 24 to submit original videos demonstrating the power of taking small steps to improve one's health. The grand prize winner will receive \$2,500 in cash and NBA merchandise, while four runners up will each receive \$500 in NBA merchandise. The contest, part of the ongoing HHS obesity prevention campaign, "provides an opportunity for young adults to inspire others to make small steps toward a healthier life," Secretary Mike Leavitt said.

[For more information, please click here.](#)

Get in the game by hosting your own Touchdown for Kids Party!

Did you know that we could fill 300 football stadiums with the nearly 20 million American children not getting the medical care they urgently need? This football season you can help the Children's Health Fund (CHF) turn the health crisis into health care. Team up with your family and friends, in your living room or at a local bar, and raise money to help CHF's mobile medical clinics deliver care to even more kids. CHF will send you a host kit that will give you important information about hosting a fundraising party for CHF and ideas to make your party a success.

[Click here to read more and to sign-up to host a Touchdown For Kids Party](#)

Funding Opportunities

United State Soccer Foundation Program and Field Grants

Application Deadline: Wednesday, October 15, 2008

For 2009, the Foundation will award Grants exclusively to projects and programs that develop players, coaches, and referees in economically disadvantaged urban areas encompassing populations of 50,000 or more. Application and information can be found at:

<http://www.ussoccerfoundation.org/site/c.gpLPJQOpHkE/b.2766881/>

"Love Your Veggies" Grant

Application Deadline: November 7, 2008

Hidden Valley Salad Dressings is accepting applications to its Love Your Veggies grant program. The purpose of the program is to help elementary schools develop fresh fruit and vegetable programs starting in April 2009 and lasting through the 2009-2010 school year. Ten \$15,000 grants will be awarded to elementary schools across the United States to support programs that help provide students with increased access to, and consumption of fresh, healthy foods made available through an on-campus vegetable consumption program. Each school grant will consist of \$15,000 in direct funding.

Application and information can be found at:

www.LoveYourVeggiesGrants.org

RWJF Community Health Leaders Call for Nominations

Application Deadline: November 7, 2008

The Robert Wood Johnson Foundation Community Health Leaders (CHL) program each year honors 10 outstanding and otherwise unrecognized individuals who overcome daunting odds to improve health and health care,

especially to underserved populations in communities across the United States. This is a prestigious award-the only one of its kind that the Foundation offers. Ten awards in the amount of \$125,000 each will be made for the 2009 award cycle.

Application and information can be found at:

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20422>

If you would like to learn more about the Ohio AFHK Collaborative or submit information for the newsletter, e-mail JD Beiting at JDBeiting@ChildrensHungerAlliance.org

www.ohioactionforhealthykids.org

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