



Ohio Action for Healthy Kids newsletter

April 2011



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Upcoming Events

[Zone 10- CATCH Kids Club Workshop](#)

Date: Thursday, April 14th, 2011
Time: 8:30 a.m. - 3:30 p.m.
Location: Richland County Building,
 1495 West Longview Avenue
 Mansfield, Ohio 44902

[Zone 2 Meeting](#)

Date: Tuesday, April 19, 2011
Time: 9:00 a.m.- 2:15 p.m.
Location: Garden Conference Room
 St. Rita's Regional Cancer Center
 803 W. Market St., Lima 45805

[Zone 8 Meeting](#)

Date: Tuesday, April 19, 2011
Time: 1:30 pm
Location: Columbus Public Health

[Zone 4 Meeting](#)

Date: Wednesday, April 20, 2011
Time: 9:00 a.m.- 11:00 a.m.
Location: Shepherd of the Valley,
 Austintown, OH

[Muskingum County Cooks Conference](#)

presented by the Zanesville-
 Muskingum County Health
 Department
Date: Thursday, April 21, 2011
Time: 3:30 p.m. - 6:30 p.m.
Location: Zanesville High School
 1701 Blue Avenue,
 Zanesville, OH 43701

[Zone 5 Meeting](#)

Date: Monday, April 25, 2011
Time: 10:00 a.m.
Location: Athens City-County
 Health Dept.

[Zone 2- CATCH Kids Club Training](#)

Date: Saturday, April 30, 2011
Time: 8:30 a.m. - 3:00 p.m.
Location: Findlay YMCA
 300 East Lincoln St.
 Findlay, OH 45840

[Zone 4- CATCH Kids Club Training](#)

Date: Saturday, April 30, 2011
Location: Davis YMCA Boardman
 Site, in Community Room

[Zone 6 Meeting](#)

Date: Monday, May 16, 2011
Time: 9:00 a.m. - 11:30 a.m.
Location: Union Township Civic

Feature of the Month



from www.actionforhealthykids.org

Ultramarathoner Reaches Monumental Milestone At Mile 1441.44 Near Eureka, Kansas

April 1st was a landmark day for "Regis & Kelly's Run Across America with Dean Karnazes," as the ultramarathoner hit the halfway point of his ambitious coast-to-coast run for charity. At approximately 11:30 a.m. CT, Karnazes passed mile 1441.44, reaching the halfway mark and beginning the second half of his trek across the United States. He's expected to reach LIVE's New York City studios in mid-May.

LIVE teamed up with ultramarathon runner, author and motivator Karnazes for this unbelievable challenge to inspire Americans to get up, get active and get healthy. In addition to sending an important message about health and fitness, the run also is benefiting **Action for Healthy Kids®**, the nation's leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment.

Dean will be in Ohio Springfield, OH on Thursday, April 21. Support Action for Healthy Kids and [run with Dean](#).

[Click here to find out more about Dean's run.](#)

Get Involved- Start a Jogging Club

Elementary School Morning Jogging Program

Five years ago, Clymer Central School in Chautauqua County, NY, developed a morning jogging program for its elementary school students. Through this program, about **85 percent of students walk or jog together every morning before school**. There are minimal costs associated with this program, and it has received very positive feedback from teachers, parents, and children. To educate the public on this initiative, and encourage others to develop similar programs, Clymer developed a [website](#) and a [YouTube video](#).

Local and National News

Smart food: An ingenious way to get kids to eat healthy: Give cafeterias a psychology lesson

Center- Queen City Room B
4350 Aicholtz Rd.
Cincinnati, OH, 45245

[Zone 1- CATCH Kids Club Training](#)

Date: Friday, June 3, 2011
(Tentative Date)

Location: St. Lukes Hospital
Maumee, Ohio

[2011 Coordinated School Health Conference](#)

"The Best Kept Secret: Health & Wellness Drives Your School's Report Card"

Dates: June 21-23

Location: Cherry Valley Lodge in Newark, OH

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Parent Corner

Nourish Your Body, Nourish The Planet

April 22, 2011 is Earth Day. Gear-up for this worldwide celebration by considering these tips on taking care of your body and the environment at the same time.

- Get moving and fight global warming. Challenge yourself to lower your carbon footprint by turning off your household's screens for a week. Go outside and play or go for a walk instead!
- Organize a neighborhood trash pick-up for Earth Day. All the walking and bending down will burn some serious calories and make your neighborhood a more beautiful place.
- Buy local foods: they are fresher and you cut down on the the use of biofuels consumed when transporting food from a distant farm to the supermarket.
- Have a Meatless Monday! Replacing meat with beans or peas just one day each

[from boston.com](#)

Brian Wansink was asked to help a group of New York schools boost fresh fruit consumption among students. The state wanted to know how much they'd have to drop the price of apples to sell 5 percent more of them.

But Wansink, a Cornell professor of applied economics, feared the schools could make the fruit free and students still wouldn't eat more. He had a different idea: He told the school lunchroom managers to buy an attractive bowl from T.J. Maxx, and use the bowl to display the fruit in a prominent, well-lit place in the lunchroom.

The schools saw fruit sales double. More remarkable still were the results of one school that misunderstood the "well lit" instruction. Managers there found a desk lamp in the back office and set it up to shine directly on their fruit bowl. At that school, sales of fresh fruit increased 186 percent.

One-Third of Third-Graders in Ohio Still Overweight, Study Finds

[from cleveland.com](#)

One out of every three third-graders in Ohio is overweight or obese - a statewide ratio that hasn't budged in five years, according to a state survey released this week. Children in nearly 400 schools statewide tipped the scales to help gather the data, which were compiled by the Ohio Department of Health last year. Now, experts are saying that more needs to be done.

Kellogg's foundation is donating to help AFHK provide more breakfasts to students

The "Share Your Breakfast" campaign will be until July, 2011.

Individuals or groups can be a part of the campaign by uploading photos or descriptions of your breakfast at ShareYourBreakfast.com or text your photo with the word "Share" to 21534. Be sure to tell family, friends and co-workers to share their breakfast each and every day. Each time someone shares a breakfast, Kellogg's will donate to Action for Healthy Kids and we, in turn, will get more breakfasts to kids in school.

For more information go to

<http://www.actionforhealthykids.org/campaigns/breakfast/>

Reports and Resources

County Health Rankings Show There is More to Health Than Health Care

[from rwjf.org](#)

Annual Health Check-Up Highlights Healthiest and Least Healthy Counties in Every State

How healthy is your county? A new set of reports released rank the overall health of nearly every county in the nation, confirming for the second year the critical role that factors such as education, jobs, income, environment and access to health care play in how healthy people are and how long they live.

Published online at www.countyhealthrankings.org by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, the County Health Rankings look at a variety of measures that affect health, such as high school graduation rates, access to healthier foods, air pollution levels, income, and rates of smoking, obesity and teen births.

Wear Your Bike Helmet to School and Work Day- Planning Meeting

Date: Monday, April 25, 2011

Time: 11:00 a.m.- 1:00 p.m. (lunch provided)

Location: Ohio AAP office building- 400 W. Wilson Bridge Rd. Suite 110 Worthington, OH 43085

This day will officially be September 21st and we are hoping to get together to discuss the day in general as well as talk about possible ideas for promotion for this big event. This is an issue that is serious and prevalent in our communities and we hope that by gathering

week lowers your risk for heart disease and cancer and also lowers your carbon footprint (the meat industry generates nearly one-fifth of man-made greenhouse gas emissions.)

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together, we can also talk about other issues and results related to those who aren't wearing helmets and potential future legislations that we can bring about here in Ohio, like 26 other states currently have.

Additional resource:

[Fostering Student Success by Preventing Brain Injury](#)

This manual covers the need for helmets, the components of a school helmet policy, four steps schools can take to improve safety, helmet standards, and more.

Free Webinar:

Rethinking Elementary Recess: How PTA's and Parent Groups Can Be Instrumental in Partnering with Schools

Date: Tuesday, April 26, 2011

Time: 7:00 PM - 8:00 PM

- Recess Benefits for the Whole Child
 - Safety, Timing, Economic Implications to Consider
 - Examples of Community Action and Innovative Recess Models in Ohio Schools
 - Tools and the Latest Resources Available From Around the Nation
 - Live Q & A Session - last 10 minutes!
- Visit <https://www2.gotomeeting.com/register/572614435> to register.

In the Schoolyard and Beyond: Addressing Childhood Asthma in Your Community

[In the Schoolyard and Beyond: Addressing Childhood Asthma in Your Community](#) was developed to provide youth-serving organizations, families, and schools with action steps that each can take to ensure a consistent, asthma-friendly environment. Outlined in this guide are six overarching actions toward asthma management that demonstrate how families, schools, and youth-serving organizations can create a coordinated approach to benefit a child's health.

This guide is now available in both English and Spanish and will be downloadable from the AASA (www.aasa.org) and NSBA (www.nsba.org) WebPages. Contact AASA at children@aasa.org for more information.

Healthy Communities Through Active Transportation Conference

Dates: Monday, May 9 and Tuesday, May 10, 2011

Location: Cleveland Play House, 8500 Euclid Avenue

Conference will focus on promoting an integrated and complete transportation system as a path to building healthy communities for Ohioans.

For more information or to register visit: www.dot.state.oh.us/hcat

Let's Move in School Webinar & National Sports & Physical Education Week (May 1-7)

Click [here](#) to view a recording of the Let's Move in School Webinar. Many professionals are already signing up for their schools to celebrate Let's Move in School during National Sports & Physical Education Week, May 1 - 7. We invite you to be part of record breaking registration this year. Get your students involved in more physical education.

Click [here](#) to sign up.

Coordinated School Health Conference

"The Best Kept Secret: Health & Wellness Drives Your School's Report Card"

Dates: June 22 & 23

Topics will focus on their links to student Absenteeism, Academics, Graduation Rates & Connectedness. Sessions will address issues such as asthma, oral health, literacy, teen pregnancy, diabetes, physical activity, substance abuse, truancy and mental health. [Registration is now available!](#) A full conference agenda will be coming soon.

Optional pre-conference topics will be available on June 21, 2011 from 1:00 - 4:00 p.m. Participants can choose to attend:

- "Practical Strategies to Increase Student Connectedness", or

· "Coordination of Services for At Risk Students".

Funding Opportunities

NEW GRANTS HAVE BEEN BOLDED FOR YOUR CONVENIENCE

Jamba Juice: It's All About the Fruit

Deadline: April 11, 2011

The Jamba Juice It's All About the Fruit grant program provides schools with fruit trees to create engaging nutrition and gardening experiences. Observing and exploring fruit production gives a deeper understanding and appreciation for this essential element of our diet. Recipients will be selected based on plans to promote nutrition education, ideas for incorporating fruit tree activities into the curriculum, and ability to sustain the program over multiple years.

Maximum Award: fruit trees valued at \$500 and the Jamba Juice It's All About the Fruit Youth Garden Guide; trees will be selected based on recommended varieties for each area.

Eligibility: schools and community garden programs in the United States gardening with at least 15 children between the ages of 3 and 18.

Visit <http://www.kidsgardening.com/grants/jamba.asp> for more information.

Shade Structure Grants

Deadline: April 22, 2011

The American Academy of Dermatology's (AAD) Shade Structure Program awards grants for the purchase of permanent shade structures designed to provide shade and ultraviolet ray protection for outdoor areas. AAD also provides a permanent sign to be displayed near the shade structure that promotes the importance of sun safety.

The AAD will award thirty to thirty-five grants. Each shade structure grant is valued at a maximum of \$8,000. To be considered for a grant, applicants must be a nonprofit organization or public school that primarily serves children age 18 and younger.

Visit <http://www.aad.org/public/sun/grants.html> for more information.

Unsung Heroes Grants

Deadline: April 30, 2011

ING Financial Services is offering ING Unsung Heroes Grants to educators to fund projects that positively influence students, improve learning, and increase teaching effectiveness. ING is offering a grant of \$2,000 to one winner in each of the 50 states. Eligible applicants are K-12 full time professionals employed by an accredited K-12 public or private school located in the United States who have not previously received this award.

Visit <http://ing.us/about-ing/citizenship/childrens-education/ing-unsung-heroes> for more information.

ING Run For Something Better®

Deadline: May 1, 2011

ING Run For Something Better® (ING RFSB), in partnership with the National Association for Sport and Physical Education (NASPE), seeks to increase physical activity in students and help fight childhood obesity nationwide through the creation of school-based running programs. Research shows that physical activity improves self esteem, school performance and overall well being.

The ING RFSB School Awards Program will provide a minimum of fifty (50) up to \$2,500 grants to schools that desire to establish a school-based running program or expand an existing one.

Visit <http://www.aahperd.org/naspe/grants/grants/ING/index.cfm?cid=00001> to apply.

2011 PEP Grant Applications

Deadline: May 13, 2011

Each year, the Carol M. White Physical Education Program (PEP) awards millions of dollars to schools and community-based organizations to initiate, expand, and improve physical education programs.

Click [here](#) to view the Synopsis

Click [here](#) to view the Full Announcement and Application

Saucony Run for Good Grants

Deadlines: June 13, 2011, December 13, 2011

The Saucony Run For Good Foundation was established to help end childhood obesity by providing financial support for children's running and fitness programs. They are currently accepting applications for their grant program. The foundation has two grant cycles per year, with up to seven awards granted each cycle.

Visit <http://www.sauconyrunforgood.com/how-to-apply/> to apply.

MetLife Foundation Healthy Habits Grants

Deadline: Rolling

MetLife Foundation supports projects to empower people to lead healthy, productive lives and strengthen communities. The Foundation makes grants in health, education, civic affairs and culture. Underlying the Foundation's programs is a focus on education at all ages and a commitment to increasing access and opportunity. The Healthy Habits program seeks to promote healthy habits and

physical fitness for illness prevention, especially among children. Requests are accepted and reviewed throughout the year. Award amounts vary
Visit [this page](#) to apply.

Let's Move Salad Bars to Schools

Deadline: Rolling (Spring fundraising must be completed by June 1)

Let's Move Salad Bars to Schools is a comprehensive grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. Our vision is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. Let's Move Salad Bars to Schools is an initiative of the Food Family Farming Foundation, National Fruit and Vegetable Alliance and United Fresh Produce Association Foundation to support First Lady Michelle Obama's Let's Move initiative. The goal of the Initiative is to fund and award 6000 salad bars over the next three years.

Visit <http://saladbars2schools.org/guidelines> for more information.

Coca Cola Community Grants

Deadline: Rolling

Coca Cola is committed to improving the quality of life in the communities where they do business. One of the focus areas for their global giving campaign is active healthy living and education.

Visit http://www.thecoca-colacompany.com/citizenship/application_guidelines.html for more information.

Corning Incorporated Foundation

Deadline: Ongoing

Selected public K-12 school districts, community colleges and four-year institutions of higher learning are the consistent beneficiaries of Corning Foundation support.

Corning's areas of involvement have included community service programs for students, curriculum enrichment, student scholarships, facility improvement and instructional technology projects for the classroom.

Visit http://www.corning.com/about_us/corporate_citizenship/community/foundation_request.aspx for additional information on how to apply.

Annie's Grants for Gardens

Deadline: Rolling

Annie's offers a limited number of small grants to community gardens, school gardens and other educational programs that connect children directly to gardening. These funds can be used to buy gardening tools, seeds or other needed supplies.

Visit http://www.annies.com/grants_for_gardens for additional information and an application.

Cabot Creamery

Deadline: Rolling

Cabot Creamery is providing up to \$200.00 matching grants to schools and clubs promoting healthy initiatives for kids and communities. Matching funds required.

Easy entry online. Our farmers want to help you grow healthy kids.

http://www.cabotcheese.coop/pages/community_and_you/grants_and_fundraising.php

Campbell Soup Foundation

Deadline: Ongoing

The Campbell Soup Foundation provides grants to local champions who inspire positive change in communities in which its employees work, including Napoleon, Wauseon, and Willard, Ohio. The Foundation limits grants to nonprofit organizations focusing on hunger relief, wellness, education, and community revitalization.

Learn more as well as take an eligibility at <http://www.campbellsoupcompany.com/foundation.aspx>.

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