



FYI Connections

A monthly newsletter for Tuscarawas County families.

January 2010

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Diabetes Association
- American Red Cross
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- HARCATUS Head Start
- Indian Valley Schools
- Kiwanis
- Dr. Michelle Levitt
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness/Thin & Healthy's
- Total Solutions
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship. On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

For more information about Fit Youth Initiative contact:

Christine Kendle
kendle.4@osu.edu

Linda Krupa
krupa.15@osu.edu

Ohio State University Extension
Tuscarawas County
330-339-2337

<http://tuscarawas.osu.edu>

Partners in the Battle Against Childhood Obesity

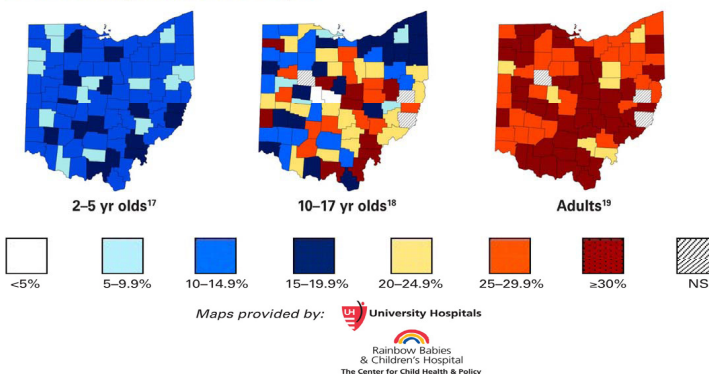
Submitted by Karen Scheetz, BSN, RN-BC, Indian Valley School Nurse and Janis Hunter, Indian Valley Curriculum Director, Indian Valley Schools

As caregivers, we always want to do the very best we can to raise our children. Anticipatory guidance throughout the school years can help parents prepare for a variety of challenges. Providing knowledge and strategies to help parents guide youngsters into healthy choices is the first step forward. Parents are the most powerful role models for children in all aspects of development, including nutrition and exercise habits.

In order to address childhood health and well being as well as combat potential obesity, families must be ready for early intervention. Preschool is not too soon. Be ready to initiate changes and instill life-long physical and nutritional goals for the family as well as for the child.

“Healthy Choices for Healthy Children” statistics reveal that Ohio ranks 4th highest in the nation in overweight high school students. Shockingly, one in three children born in Ohio is overweight by the age of eight. Children who are obese when they are 10 years old have an 80% chance of being obese as adults. Refer to the maps of Ohio to see how childhood obesity follows a path to a lifetime of severe overweight issues. (Go to www.healthychoiceshealthychildren.org and click on “research supporting legislation” to view the maps in color, if needed. Scroll down the page to view.)

OHIO: Obesity Across the Lifespan¹⁶



As a society, what can we do to effectively decrease and even prevent childhood obesity? School-based solutions include Ohio legislation to improve nutrition and physical activity in the school setting. We must also educate caregivers about the health risks of obesity and resources available to assist them. Early identification is critical, along with addressing diet and physical inactivity. Working together, family and school personnel can help children make healthy choices and lead healthy, productive lives at home and at school.

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

Run for Home Training Classes - Training sessions for Run for Home 2010 events (April 18) are geared for children and families interested in learning running basics. The first training session will be held at Union Hospital Reeves Auditorium at 8:30 a.m. on Saturday, January 30. An educational toolkit and T-shirts will be available. For questions, call Union Hospital's Department of Community Health and Wellness at 330-602-0779. Additional training session dates can be found at www.unionhospital.org.



Healthy Tusc. Winter Hike —Saturday, February 13 from 11-1 at Schoenbrunn Village. Enjoy a brisk walk with your family, then warm up with ham and bean soup, cornbread, and hot apple cider! Free to all!

Kids Fit at Super Fitness—Fun activity for 4-12 year olds beginning Saturday, February 6 and continuing through March 13 at 11:00 a.m. each week. This is a great opportunity for physical activity and a break from the mid-winter blahs. Free for all children in the community!