

Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower
201 Monroe Street, Suite 1040
Montgomery, AL 36130



FALL 2008

Healthy Weight

INITIATIVE

NEWSLETTER

AFTER SCHOOL PROGRAMS PARTICIPATE IN JOINT YOUTH OBESITY INITIATIVE

Several after school programs that are 21st Century CLC's, Dependent Care grantees, and/or Community Educators are taking part in a Joint Youth Obesity Initiative in Alabama. Multiple state agencies and public health committees came together with the idea of addressing childhood obesity through after school programs.

Childhood obesity and general wellness will be addressed through a partnership of five after school sites in the central region of the state. The following sites graciously volunteered to participate:

- Millbrook Child Development Program – Cynthia Smoke
- Butler County Education and Community Learning Center – Amy Bryan
- Wall Street Community Learning Center – Shandra Williams
- Troy Elementary School – Trish Hatcher
- Macon County YMCA – Nikki Rock

Each site will complete a nutrition and physical activity intervention using the Catch Kids Club after school curriculum. Environmental changes within their program will be made and school wellness policies will be reviewed for improvements.

The students will be measured for body mass index (BMI) at the beginning of the program and at the end of the year with parental consent. A questionnaire evaluating knowledge and behavior change will be administered as well. This information will hopefully be used to demonstrate success in implementing healthy changes for students through after school programs.

A special thank you goes out to each program for making the health of their students a priority!



After school teachers at the Millbrook Child Development Program and Wall Street Learning Center receive training on Catch Kids Club.

NEWS AND EVENTS

STATE OBESITY TASK FORCE MEETING

Join the Obesity Task Force to learn about interventions and programs that are being implemented across the state to address the issue of obesity.

When: September 5, 2008 from 9:00 am until noon
Where: Alabama Power Company, Clanton

NATIONAL FRUITS AND VEGGIES—MORE MATTERS MONTH

Get Smart! with Fruits and Veggies. Celebrate Fruits and Veggies—More Matters month by promoting the good taste and nutrition of fruits and vegetables. Contact Molly Pettyjohn at mpettyjohn@adph.state.al.us for more information or visit www.fruitsandveggiesmorematters.org.

When: September 2008



HEALTHY ALABAMA NUTRITION AND FITNESS COALITION CONFERENCE: EDUCATE TO ACTIVATE

Save the date and join the coalition for this educational experience! Learn about programs and resources available in Alabama for children and adults that promote physical activity and good nutrition. For agenda and registration, visit www.adph.org/nutrition and click on Healthy Weight Initiative – News and Events.

When: September 24, 2008
Where: Botanical Gardens, Birmingham

NEW CAMPAIGN AGAINST TEENS AND TOBACCO PRODUCTS

The Alabama Department of Public Health has launched a statewide campaign detailing the dangers of tobacco to teenagers, including pregnant teens. The department has produced a new web page for teens on MySpace, <http://myspace.com/alquitnow>, as well as printed posters and pamphlets referring teens and pregnant teens to the Quitline for help.

The Quitline, 1-800-Quit-Now, provides free counseling to callers. Visit www.adph.org/tobacco and click on Alabama Tobacco Quit Line for more information.

JAM (JUST-A-MINUTE) SCHOOL PROGRAM



A free resource available to schools is the JAM (Just-a-Minute) School Program. JAM brings health education and daily activity into the classroom by teaching kids (and adults) healthier lifestyle habits. JAM delivers a weekly one-minute exercise routine called the JAMmin' Minute and a monthly health newsletter called Health-E-tips at NO COST TO SCHOOLS.

JAMmin' Minute:

Each week of the school year, teachers and administrators receive a one-minute fitness burst that includes 5 very simple exercises that kids (and staff) can do while either standing at their desk or sitting in a chair. Included on this weekly communication is a health tip, something simple that teaches a healthier habit.

Monthly Newsletter:

Every month, Health-E-tips provides a newsletter packed full of nutrition, fitness and health tips designed for school-age kids and their parents, and school personnel.

HOW SCHOOLS ARE USING JAM

For the JAMmin Minute

- Use the PA system for the entire school to do the JAMmin' Minute and encourage all teachers to JAM at least 4 more times that day and 5 times each day of the week.
- Write JAMmin' on the chalkboard and erase a letter each time you do the one-minute exercise routine and by the end of the day you will know if you have completed your daily goal.
- Teachers can use the JAMmin' minute to re-energize the kids or to get the wiggles out or to simply add physical activity to the day.

For the Newsletter

- Send home with the kids, assign as reading homework
- Publish in the school newspaper.
- Post around the school.
- Post on the intranet for your school.

Sign Up: www.healthtips.com

ARCHERY IN THE SCHOOLS

A partnership to promote a physical education curriculum entitled "Archery: On Target for Life", was developed by the Alabama Department of Education and the Division of Wildlife & Freshwater Fisheries. Designed to teach Olympic style archery to 5th – 8th grade students, core content covers archery history, safety, technique, mental concentration, and self improvement. Before presenting the two week archery course, teachers undergo a 12 hour National Archery in the Schools Program archery-training program.

Students shoot at bullseye targets placed before an arrow resistant net in their gymnasium. The equipment used is state-of-the art and designed to fit every student. No matter their size, all students can participate in this sport unlike many other activities offered in schools. The goal of this program is to provide middle school children with the ingredients to become involved in a life skill that has no barriers.

Teachers from approximately 250 schools have completed the training workshop. Approximately 114 schools have purchased the standard school kit and have implemented the NASP as part of the physical education curriculum.

Teachers report:

- Students are enthusiastic about learning archery.
- Students behave better and attendance is improved on archery days.
- Students that historically resisted PE class are eager to participate in archery.
- Many students excel in archery class, not just the stereotypical athletes.

For more information, contact Marisa Lee-Sasser with the State of Alabama Department of Conservation and Natural Resources at 334-242-3620 or [Marisa. lessasser@dcnr.alabama.gov](mailto:lessasser@dcnr.alabama.gov).



TURN OFF, TUNE OUT AND JUMP IN.... TO A HEALTHY LIFESTYLE

The Healthy Weight Initiative held its' 4th annual statewide conference on July 23, 2008. Robert Kesten from the Center for Screen Time Awareness was the keynote speaker and inspired the audience to educate families and children on

the importance of reducing screen time for better health. Participants enjoyed multiple presentations on programs and activities available for after school sites to promote good nutrition and physical activity habits in students.



Jennifer Wofsey from Yoga Bliss Studio gets the audience moving and demonstrates how yoga is fun for kids.



The audience asks questions about strategies to turn off the television.



Robert Kesten from the Center for Screen Time Awareness.

ALABAMIANS IN THE OLYMPICS

August 8th through the 24th, athletes from around the world gather in Beijing, China to compete in the 2008 Olympics. Over the years there have been a number of Alabamians who have participated in Olympic competitions. See if you can name them.

1. Which former Tuskegee Institute student was the first African American woman to ever win an Olympic gold medal?
2. Which four time Olympic gold medalist at the Berlin Games was from Oakville, Alabama?
3. Which Auburn University Swimmer had to sit out the 1980 Olympic Games in Moscow because of the United States boycott, but won a gold medal four years later in Los Angeles?
4. Which Alabama teenager won a gold medal in diving at the age of seventeen in Montreal in 1976 after being featured on the cover of Sports Illustrated the previous year?

5. How many former Auburn University women basketball players were members of the United States team at the 1992 Olympics in Barcelona?

Go to www.archives.alabama.gov for more fun!



Answers
1. Alice Coachman (Davis) in 1948 at the London Games for high jump.
2. Jesse Owens (100 meters, 200 meters, 4X100 meters relay, and long jump)
3. Ambrose "Rowdy" Gaines
4. Jenni Chandler
5. Two – Vickie Orr and Carolyn Jones

COMING SOON! RESOURCE GUIDE TO NUTRITION AND PHYSICAL ACTIVITY FOR AFTER SCHOOL PROGRAMS

The Healthy Weight Initiative is developing a guide to give after school programs in Alabama comprehensive information on nutrition and physical activity resources. It will be ready soon and copies will be offered to all 21st CLC's, Dependent Care grantees, and Community Educators.