

Healthy Weight

INITIATIVE

NEWSLETTER



SNACKS: MAKE A GOOD CHOICE

Snacking is a common, day-to-day activity that is enjoyed by most. A snack is a type of food not meant to be eaten as a main meal but provide a brief supply of energy for the body and help satisfy hunger between meals. Snacks can be healthy, however, snacks can have the same amount of calories, fat, sodium and sugar as meals if not chosen carefully. This can happen if snacks are high in those nutrients or if too much is eaten.

Making good snack choices is an important step to a healthy lifestyle. One tip for healthy snacking is reading the food label. Be sure to note the serving size on the label. It is not unusual to see more than one serving size in a single snack, which will change the total amount of nutrients being consumed. Becoming familiar with the nutrition label helps make sure that extra calories, fat, sodium, and sugar are not consumed. Another tip for healthy snacking is keeping the amount of food eaten, known as the portion size, to a moderate level. In other words, do not overeat. Examples of normal portion sizes include one ounce of chips, a handful of nuts or half of a banana.

A good way to determine whether or not a snack is healthy is the 10-10-5 rule. Check snacks by looking at the nutrition label for:

- Total Carbohydrate is equal to or below 10% Daily Value (DV)
- Total Fat is equal to or below 10% Daily Value (DV)
- Fiber, vitamin A, vitamin C, iron OR calcium is equal to or higher than 5% Daily Value (DV)
- Sodium is below 360 mg

This simple rule of thumb makes it easy to figure out if a snack is a good choice! See the insert flyer for details. For more information on better quality snacks, visit www.adph.org/nutrition

and click on Healthy Lifestyles, then "Smart Snacks".



HALLOWEEN SAFETY



A Trick-or-Treat Safety Message From Your School Nurse

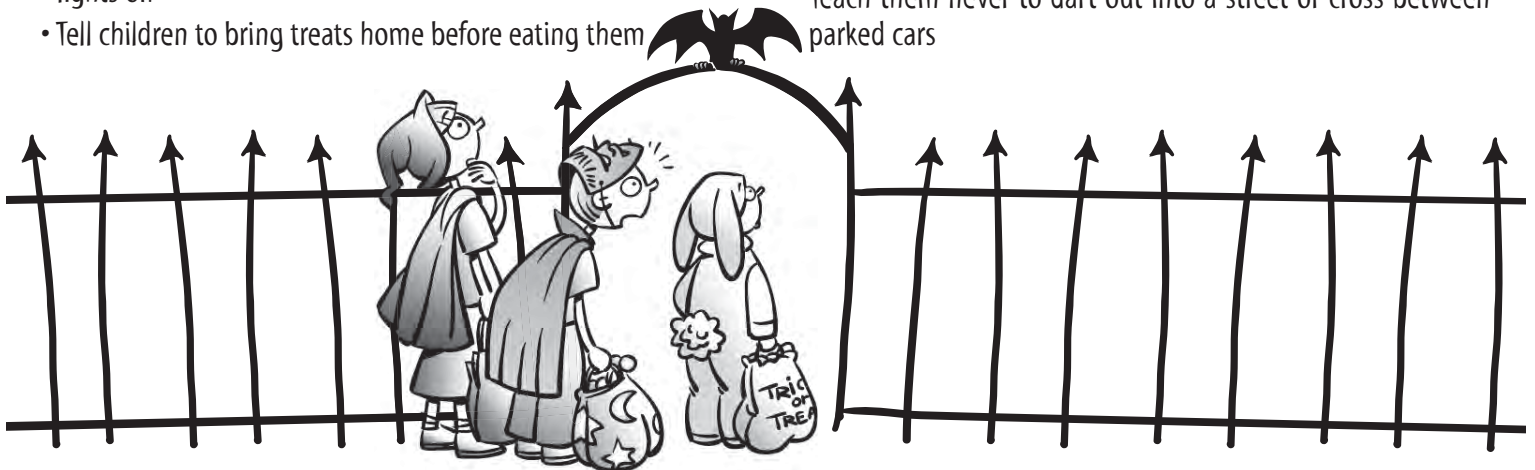
Halloween is coming, and kids are thinking about their costumes and the piles of candy coming their way. But, they aren't thinking about the many dangers they will face during the frantic trick-or-treating festivities.

To help make sure your child is safe, the Alabama Department of Public Health recommends the following precautions:

- Accompany children under age 12
- Attach a name, address, and phone number of children under age 12 to their clothes in case they get separated from adults
- Teach your child his or her phone number
- Establish a route they are to take and stick with it
- Instruct children to never enter a home or apartment building unless accompanied by an adult.
- Set a time for children to return home
- Restrict trick-or-treating visits to homes with porch or outside lights on
- Tell children to bring treats home before eating them

On Halloween night, big, bulky costumes and masks can make walking safely through dark neighborhoods difficult. The following tips can help prevent fall-related injuries:

- Apply face paint or cosmetics directly to face
- Give trick-or-treat flashlights
- Make the costume short enough to avoid tripping
- Secure hats so they won't slip over children's eyes
- Dress children in shoes that fit
- Allow children to carry only flexible knives, swords or other props
- Teach children not to cut across yards - lawn ornaments and clotheslines are "hidden hazards" in the dark
- Decorate costumes, bags, and sacks with reflective tape and stickers
- Remind children to stop at all street corners before crossing
- Teach them never to dart out into a street or cross between parked cars



THE ALABAMA DEPARTMENT OF PUBLIC HEALTH

SAFE ROUTES TO SCHOOL

Safe Routes to School (SRTS) is a program that enables and encourages children in grades K-8, including those with disabilities, to walk and bicycle to school; makes walking and bicycling to school safer and more appealing; and facilitates the planning, development, and implementation of projects that will improve highway safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools.

The SRTS program allows local communities to submit funding proposals to the Alabama Department of Transportation (ALDOT) for projects that address these issues. The application deadline is November 30, 2010. The application must be postmarked on or before November 30. Proposals will be reviewed, ranked, and awarded through standard procedures. There are two categories of funding:

Non-Infrastructure Activities

Non-infrastructure activities include public awareness and outreach campaigns, traffic and enforcement education, law enforcement in the vicinity of schools, and training for local SRTS activities. Communities can request non-infrastructure projects through the application procedure. SRTS non-infrastructure toolkit activities include:

- convening local meetings with SRTS advocates and partners
- assisting with expediting data collection and analysis
- providing walking and biking safety flyers, fact sheets, and brochures
- providing training and technical assistance
- producing awareness and promotional materials
- conducting walking and biking demonstrations and rodeos
- sponsoring structured walking and biking safety competitions and learning experiences

Infrastructure Projects

Funds are used for planning, design, and construction of on-street facilities that substantially

improve the ability of students to walk and bicycle to school safely. These projects usually involve planning and constructing physical improvements, and the project is accomplished by the award recipient using SRTS funds. Typical infrastructure projects include:

- installing bicycle parking facilities
- installing street striping (crosswalks, bike lanes)
- installing signs
- providing facilities to slow traffic
- installing or improving sidewalks
- increasing connectivity between locations
- developing alternative drop-off sites
- developing off-street bicycle and pedestrian facilities
- improving handicapped accessibility
- improvement of other facilities that may be related to the goals of this program

Applications may be submitted in either of two ways:

Send to:

Mr. Robert J. Jilla
Alabama Department of Transportation
Bureau of Modal Programs
1409 Coliseum Boulevard
Montgomery, Alabama 36130

Deliver to:

Mr. Robert J. Jilla
Alabama Department of Transportation
Bureau of Modal Programs
1100 John Overton Drive
Montgomery, Alabama 36130



CHECK YOUR CHOICE

IS IT A HEALTHY SNACK?

How to use the food label to evaluate snack foods for sale at schools in stores, canteens, or vending machines.

Nutrition Facts

Serving Size 1 bar

Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat **3%**

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 2g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.

LOOK FOR THESE LIMITS

1 to 1½ ounces (28 - 32 grams)

ONLY one serving

Less than 10% Daily Value of total fat

360 mg sodium or less

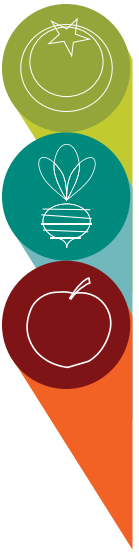
Less than 10% Daily Value of total carbohydrates

5% Daily Value of at least one: fiber, vitamin A, vitamin C, calcium or iron

- Nuts and seeds are OK even though they are high in fat. They contain more unsaturated fat which may help lower “bad” cholesterol.

- Fruit (fresh, frozen, or canned) is not restricted by carbohydrate limits because it provides nutrients that are beneficial to an overall balanced diet.

You can also use this to check snacks at home. Make eating healthy, one choice at a time.



N E W S
A N D E V E N T S

DIABETES AWARENESS WEEK

Schools will be raising awareness about diabetes this fall. The Alabama Legislature approved a resolution to recognize Diabetes Awareness throughout Alabama Public Schools during the week of November 8-12. For more information, a special website will be available October 1 at www.adph.org/schoolhealth. This website will provide classroom activities, lesson plans and additional resources teachers, counselors, social workers and librarians can use to increase awareness for students in kindergarten through 12th grade

When: November 8-12, 2010

Where: Alabama Public Schools

OBESITY TASK FORCE MEETING

Attend the state obesity task force meeting to network with partners across the state working on obesity issues in adults and youth. Hear about programs and strategies that create healthier lifestyles and environments. Task force meetings are open to the public.

When: November 16, 2010

Where: Alabama Power Company, Clanton

Time: 9:00am until noon

SCALE BACK ALABAMA

Scale Back Alabama is a statewide campaign held the first of each year to encourage Alabamians to get healthier by losing weight and exercising. It is a joint project of the Alabama Hospital Association and ADPH, with generous underwriting from Barber's Dairies and Blue Cross and Blue Shield of Alabama. The 10-week, weight-loss competition is in its fourth year of encouraging the state's adults to exercise more and eat less. Participation in the contest is free, and all individuals that complete the contest and lose at least 10 pounds will be placed in drawings for cash prizes.

Visit www.scalealabama.com for more information.

When: January 22-28, 2011

Where: Statewide