

WINTER 2008

Healthy Weight

INITIATIVE

NEWSLETTER



BODYWORKS

A Toolkit for Healthy Girls & Strong Women



BodyWorks is a program developed by the Office on Women's Health, U.S. Department of Health and Human Services, after two years of formative research. The program is designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. The BodyWorks program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one

six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers. Through the Healthy Weight Initiative, a collaboration between the Alabama Department of Education and the Alabama Department of Public Health, a BodyWorks training will be offered January 25, 2008, 9:30-3:30, at the Resource Center in Cleveland, Alabama. Seating is limited. Refer to the attached application or for additional information contact:

Molly Pettyjohn, BodyWorks Trainer
334-206-5646

mpettyjohn@adph.state.al.us

Linda Jennings, BodyWorks Trainer
334-206-5656

lindajennings@adph.state.al.us



www.women.gov
800-994-WOMAN (9662)
TDD: 888-220-5446



KIDS NEED MILK!

Milk is a good source of calcium. It takes calcium to build strong bones and teeth which is especially important for kids during their tween and teen years when bones are growing most rapidly.

Children in these age groups, between 9 and 18, have higher needs than when they were younger. They need nearly twice the amount of calcium to lay the foundation for bone-building during these critical growing years.

How much calcium do kids need?

2-8 years	500-800 milligrams	= about 2.5 cups of milk/day
9-18 years	1300 milligrams	= 3 cups of milk/day + other good calcium rich foods

Milk is a great way to get a lot of calcium with 300 mg per 8 ounces, not to mention many other important nutrients like protein, phosphorus, vitamins A, D and B12, riboflavin, niacin, and potassium. But, cut down on the fat by choosing low fat or skim milk! It still has all the same healthy nutrients as whole milk.

Other calcium rich foods

Plain, non-fat yogurt	452mg/cup
Orange juice with added calcium	350mg/8ounces
American cheese, low fat or fat free	312mg/2ounces (about 3 slices)
Cheddar cheese, low fat or fat free	204mg/half cup
Cheese pizza	200mg/slice

Other calcium sources

Broccoli, raw	180mg/stalk
Broccoli, cooked	52mg/cup
Spinach, cooked from frozen	139mg/half cup
Turnip greens, cooked	99mg/half cup
Almonds	75mg/ounce (about 22 nuts)
Tortilla, flour (7-8 inches)	58mg/tortilla

For more tips and free materials on how to include calcium rich foods in your diet, visit these web sites: www.3aday.org, www.nichd.nih.gov/milk or www.southeastdairy.org.

In November, the Associated Press released an article about the effects of unhealthy habits on bone health in children. Too little milk, sunshine, and exercise are to blame for poor quality of bone and could lead to rickets.

Visit the following link for the full article.
<http://www.msnbc.msn.com/id/21979043/>

THE ALLIANCE FOR A HEALTHIER GENERATION

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation. These groups have come together to fight one of our nation's leading health threats – childhood obesity. The Alliance provides a four-pronged approach that works with schools, children, families, the food and beverage industries, healthcare insurers, and pediatricians. Together these approaches will transform kids' schools, homes, and communities into healthier places to learn and play.

The Alliance's goals are to halt the nationwide increase in childhood obesity by 2010, reverse the trend by 2015, and inspire young people and their families to develop lifelong healthy habits. Without immediate intervention, this generation of children stands to be the first in history to have a shorter life span than that of its parents.

Recently the Alliance has hired Penny Edwards to be the Relationship Manager for Alabama. Her first day was December 3rd. Penny brings a strong background in health, physical activity, and experience working with schools to the job. Penny can be contacted at penny.edwards@healthiergeneration.org





RESOURCES

Think Healthy! - a program bringing children and their families simple, kid-friendly information on the connection between eating well and feeling good. The following materials are available:

Think Healthy! Middle School Brochure

Tri-panel brochures illustrate the cyclical nature of healthy eating and mental well-being in an accessible and appropriate way. This continuum of healthy eating and feeling better about oneself allows children to improve both their mental and physical well being. Brochures are available in both English and Spanish.

Think Healthy! Caregiver Brochure

Tri-panel companion brochures emphasize a caregiver's role in promoting physical and mental health in children. The pieces encourage adults to act as a role model for the children they care for by choosing a healthy diet and appropriate portion sizes. These brochures will be available in both English and Spanish.

Children's Health Foundation (CHF) Health Education Materials

CHF produces low-literacy, culturally relevant health education materials. Elementary school materials test at or below 1st grade reading level, and middle school materials test at or below 5th grade reading level. All materials are produced in accordance with low-literacy design conventions. Materials are reviewed by a medical anthropologist for cross-cultural appropriateness and an exercise physiologist for safety.

Think Healthy! was made possible by a grant from MetLife Foundation.

Availability and Distribution:

Healthy KIDS – Ready, Set, Go! materials are available online at <http://www.childrenshealthfund.org/publications/healthed.php#thinkHealthy>.

All materials may be reproduced in entirety.

From Cupcakes to Carrots: Local Wellness Policies One Year Later

School wellness policies have been in effect nationwide for over a year now. A report released in September 2007 by

the School Nutrition Association, *From Cupcakes to Carrots: Local Wellness Policies One Year Later*, tracks the progress being made towards implementing wellness policy topics like nutrition education, physical activity, and nutrition guidelines. This was accomplished by surveying over 1,000 school nutrition district directors across the country.

A refresher: The Child Nutrition and WIC Reauthorization Act of 2004 required that all school districts participating in the National School Lunch Program approve a local wellness policy by the start of the 2006-2007 school year. The law mandated that these policies include goals for nutrition education, physical activity and other school-based activities as well as nutrition guidelines for all foods and beverages available in schools.

The report gives a nice overview of what is happening in the schools, one year later, to improve the health of students. It can be accessed online through the School Nutrition Association's web site at www.schoolnutrition.org.

Skillastics – making fitness fun

Skillastics is a family of cross-curricular, non-competitive games that enable children with varied athletic abilities to participate in activities that fulfill physical education standards, all in the context of fun games. Their goal is to offer games which make fitness fun and instill exercise habits in children that last a lifetime. Skillastics games work in school or afterschool settings with children of all ages. They allow all children to participate, especially in large classes.

See the games played in action at www.skillastics.com.

Kidnetic.com

Kidnetic.com is a website devoted to educating parents, children between ages 9-12, and professionals about nutrition, physical activity and self esteem. This fun, interactive website provides a variety of learning activities, games, recipes, fun facts, and quizzes, as well as a curriculum guide for health professionals and parent's guide for moms and dads. The Kidnetic.com resources are aimed at inspiring kids and their families to move toward a healthier lifestyle.

It is a fun and energetic website. Please check it out at www.kidnetic.com.

Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower

201 Monroe Street, Suite 1040
Montgomery, AL 36130



N E W S
AND EVENTS

BODYWORKS TRAINING

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For more information, contact Molly Pettyjohn at 334-206-5646 or Linda Jennings at 334-206-5656. Space is limited.

When: January 25, 2008

Where: Cleveland, Resource Center

ACEA ANNUAL CONFERENCE AND 21ST CCLC TRAINING

It's Electric! Make plans to attend this annual conference at the Grand Hotel Resort & Spa this spring. Contact Laura Elliot at 334-335-2187 or Kay Sharp at 205-379-5373 for more information.

When: March 26-28, 2008

Where: Point Clear, Grand Hotel Resort & Spa

SCALE BACK ALABAMA

Scale Back Alabama is a ten-week, weight loss program that begins with an official, statewide weigh-in from January 5 - 11, 2008. It is designed to help adults lose weight in a healthy manner by exercising and eating sensibly. The competition involves teams of four people, who must each lose at least 10 pounds in order to be eligible for the grand prize of \$1,000 per team member. For those who lose at least the necessary 10 pounds but their teammates do not, they will be eligible for one of 20 achievement prizes of \$250. For more information, visit www.scalebackalabama.com.

When: January 5-11, 2008

Where: Statewide

HEALTHY SCHOOL SUMMIT

The Jefferson and Shelby County Regional Team from Action for Healthy Kids will be hosting a healthy school summit in Birmingham. Dr. Pat Cooper, the keynote speaker, will address the Coordinated School Health Approach and share his experiences as superintendent in McComb, Mississippi. Join this summit for innovative strategies to improve the health of Alabama's students.

For more information, contact Melissa Donaldson at 205-252-9241 or mdonaldson@asfa.k12.al.us or Shelly Terry at shellterr@msn.com.

When: February 21, 2008

Where: George Washington Carver High School, 3900 24th Street North

3RD ANNUAL ALABAMA GOVERNOR'S OBESITY CONFERENCE

Attend this informative meeting to hear education sessions about initiatives throughout the Southeast that are working to alleviate the burden of obesity. Network with healthcare professionals, community leaders, school personnel and public citizens to learn how to get involved in obesity lowering programs.

Visit www.obesity.ua.edu for future details.

When: June 12-13, 2008

Where: Tuscaloosa, Bryant Conference Center