

Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower

201 Monroe Street, Suite 710
Montgomery, AL 36130



NEWS AND EVENTS

NATIONAL WEAR RED DAY

Wear red to show support for women's heart disease awareness. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by wearing your favorite red dress, shirt, tie or Red Dress pin. For additional information, visit www.GoRedForWomen.org.

When: February 5, 2010
Where: Statewide

BE5K

The BE5K serves as the official kick-off to an exciting Mercedes-Benz Marathon Weekend and offers everyone with all different fitness abilities to be a part of this exciting weekend. Come walk/run our 5K (3.1 mile) course through downtown Birmingham while helping a great cause and being a part of the marathon experience. Visit www.kidone.org for more information.

When: February 13, 2010
Where: Downtown Birmingham-Linn Park
What time: 8:00am

OBESITY TASK FORCE MEETING

Attend the state obesity task force meeting to network with partners across the state with an interest in obesity issues in adults and youth. Hear about programs and strategies that are targeted at creating healthier lifestyles and environments. Task force meetings are open to the public.

When: February 18, 2010
Where: Alabama Power Company, Clanton
What time: 9:00am until noon

ALABAMA ACTION FOR HEALTHY KIDS MEETING

Join Alabama Action for Healthy Kids in addressing childhood obesity in the school environment. The meeting is open to anyone who is interested in making healthy changes for students at school. Come hear what the Alabama team is up to!

When: February 19, 2010
Where: Alabama Power Company, Clanton
What time: 10:00am

ACEA ANNUAL CONFERENCE – REACHING FOR THE STARS

Attend the ACEA annual conference to learn about quality programming that focuses on Family Involvement, Sustainability, Service Learning, Healthy Lifestyles/Obesity Issues, Quality Academic Enrichment, Interagency Coordination, and Quality Summer Programming. To obtain a registration form, please email Chris Groccia at groccc1@auburn.edu.

When: February 24-26, 2010
Where: Renaissance Hotel, Montgomery

NATIONAL NUTRITION MONTH®: NUTRITION FROM THE GROUND UP

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. It is a great opportunity to focus on the importance of making informed food choices and developing sound eating and physical activity habits, especially in young people. Visit www.eatright.org for more information.

When: March 2010
Where: Nationwide

Healthy Weight

INITIATIVE

NEWSLETTER

TAKING SMALL STEPS TO ACHIEVE YOUR NEW YEAR'S GOALS

If you are like one of the millions of people in this country, you are probably experiencing a new burst of motivation to lose weight and be healthier this year. These are wonderful resolutions, but commonly they are short-lived and forgotten by the middle of February. The trick to conquering these resolutions is easy, take small steps and create a plan to achieve your goals.

For many reasons, failure is almost always guaranteed because the resolutions are not made with serious intent or deliberation. The steps toward achieving any resolution are:

- First, pick the right resolution for the right reasons. Think about what you really want to change and the reasons why you want change it. Consider which benefits you hope to gain from the change. By identifying these reasons the resolution will help you avoid setting goals for the wrong reasons.
- After you've decided on your resolution, decide how difficult you are going to make it. Most people that aim high have a tendency to try harder. Optimal performance comes from goals that are difficult, but not so difficult that they cannot be achieved due to the inability of believing that they can be accomplished. Tackle this problem by setting the ultimate goal for you. For example, you might set a goal to lose 30 pounds by June, but set a smaller goal first, such as losing 5 pounds each month over the next 3 months. By doing this you are able to meet smaller goals first before achieving your ultimate goal.
- Next, create a plan for how you are going to achieve your goal. To construct a good plan, identify the exact

steps needed to accomplish your goal and assigning due dates to those steps. Creating a comprehensive list of steps is not an easy task, so if you have a difficult time coming up with steps, ask someone for help. You can find help from medical professionals, websites, and talking with someone who has achieved your goal. One of the first steps in creating your plan will be to identify all of the obstacles that stand between you and your goal. Once you have identified these obstacles it is easier to create your list of steps to accomplish your task.

- Once your plan is set, it is your job to stay on track. When you have accomplished a step on your to-do list, check it off and track your progress. Nothing is more rewarding than tracking your progress and seeing the results you want. When you make your resolution, find a friend, co-worker, or your spouse and make a pact to keep each other accountable and conquer the same resolutions. See inside for an example of a tool that will help you stay on track with your resolutions.

The key to achieving and maintaining your goals is to take small steps first to work your way up to the big goals. Accomplishing smaller steps and goals will keep you motivated to continue with your plan to achieve your big goal. Remember to be flexible and acknowledge partial success. Losing 10 pounds is still a reason to celebrate, even if your original goal was to lose 20 pounds. Achieving partial success puts you closer to your goal than when you first started.

See Health Monitoring Chart on page 2



GRANT OPPORTUNITY FROM THE TOBACCO PREVENTION AND CONTROL BRANCH

The Tobacco Prevention Mini-Grant Program is administered by the Tobacco Prevention and Control Branch in the Alabama Department of Public Health. The grant is funded by the Master Settlement Agreement and is distributed among local organizations such as prevention agencies, school boards and extension services. These grants fund a number of activities that focus on youth education, community advocacy and tobacco prevention and cessation.

The purpose of this grant is to reduce youth tobacco prevalence rates and affect policy awareness about the dangers of second hand smoke.

Grant applications for the 2010-2011 grant year will be available in February 2010. If you are interested in applying or for more information about the youth mini-grant program, contact Betsy Jones at Elizabeth.Jones2@adph.state.al.us or 334-206-3995, or go to www.adph.org/tobacco and click on the Youth TPC Program page.

OLYMPIC SWIMMING CHAMPION VISITS ALABAMA STUDENTS

Olympic swimming champion Crissy Ahmann recently toured Alabama to promote physical activity and good sportsmanship in youth. Ms. Ahmann competed in the 1992 Olympic Games in Barcelona where she was team captain and received a gold medal in the 4x100 meter medley relay, a gold medal in the 4x100 meter freestyle relay, and a silver medal in 100 meter butterfly. She continues to be active in promoting healthy lifestyles across the country.

Fortunately, she made time in her schedule to visit after school programs across the state talking to over 300 students. The kids had the chance to touch her Olympic medals and hear about the importance being active. Ms. Ahmann visited the following after school programs:

Charles Henderson Middle School, Troy
 Robinson Springs Elementary School, Millbrook
 Ready 4 College, Tallassee
 Wall Street Community Learning Center, Tallassee
 Tuscaloosa's One Place, Tuscaloosa



Ms. Ahmann poses with students and the principal from Charles Henderson Middle School.

HEALTH MONITORING CHART

My short term goal is _____.

My long term goal is _____.

My health behavior change to meet my goal is: _____.
 (be specific)

I will practice this behavior ____ days per week.

Deadline to meet my short term goal _____

Deadline to meet my long term goal _____

Check off each day the change is completed

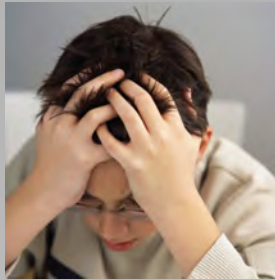
WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT
1							
2							
3							
4							
5							



ANGER BUSTERS FOR KIDS

Hint: It Starts With You

Some material by Lynne M. Thompson with Focus on the Family, www.focusonthefamily.com and from Kirk Martin with Celebrate Calm, www.celebratecalm.com



Your child is yelling, slamming doors and having an all-out tantrum ... but can he trust you with his anger? Punishing the

behaviors associated with anger might be a quick fix, but without instruction your child will lose out. National anger management trainer Bob Bowen warns that children who never learn proper ways to express their frustration will eventually find their own, often inappropriate, methods. "At 7 years old she may be yelling or pulling someone's hair, but by age 16 she will have developed 15 other incorrect ways to say 'I'm frustrated.'" She has to find her own path because, as parents, we haven't given her the correct one."

The road to teaching proper "anger behavior" can be extremely bumpy when parents are sucked into the heat of the moment. **Parents need first to handle their own emotions.**

Kirk Martin, president of Celebrate Calm says this about control, "Realize that we cannot control our kids, nor should we want to. Our primary job as parents is to control ourselves and model proper behavior. How many of us throw our adult tantrums when something goes wrong, then expect our children to remain calm? When we are calm, we can solve problems instead of creating more of them."

Teaching discipline instead of punishing the child equips him with anger management tools that can be used the rest of his life. Here are nine things you can do to help your child learn how to express his anger positively.

1. Model anger management.

"Mommy is feeling very angry right now, so I'm going to take time to be alone and get some self-control." Take the time to get your anger under control before dealing with the situation. Martin says that no matter what your child does, remain calm.

Screaming or withdrawing emotion all only makes the situation worse.

2. Have respect and show respect. "We are not responsible for our children's behavior, attitudes and actions," Martin explains. "If your child is in a bad mood, so be it. Choose not to give into or join his pity party. If your child comes into the kitchen barking orders and being rude, you are not obligated to respond. Walk away calmly, go about your business and let your child know that when he's ready to talk and be polite, you'll help him." Don't get pulled into his anger by calling names or getting physical.

3. Assume a Calm Posture. When your child comes to you ask yourself, "Do I want to have a conversation or a confrontation?" Instead of lecturing to your child for his anger, SIT DOWN, put your feet up and relax. It is much harder to yell (and be yelled at) when you assume a calm posture.

4. Give them words to express their anger. Some children feel so out of control themselves that they don't know how to verbally express what they are feeling. Calmly say to them, "I know you are disappointed (sad, frustrated, etc.)." Some experts suggest using drawings of facial emotions to help young children show you what they are feeling.



5. Identify with their pain.

Sometimes kids just want to know that they're not alone in what they're feeling. "I remember when I didn't get to go to a party..." Explain how you handled it and whether it was constructive or you could have handled it better. Tell a story of a time that you did handle disappointment (or other emotion) well.

6. Set positive limits. Instead of saying, "Don't you throw that doll," say, "After you put the doll on the table, we can go have snack."

7. Redirect energy bursts that often come with anger. Encourage positive outlets like running, jumping, blowing into a horn or painting.

8. Avoid power struggles with your child. They're always lose-lose situations. If your goal is to control, you will teach him to control others. When you get pulled into his anger, you become his puppet by giving your child complete power over your emotions and actions. You are setting up a power struggle that you will always lose.

9. Provide a cooling-off period by reading a book together, coloring or going on a walk. Once all parties are calm, discuss what happened and make a plan for next time. This is a good time to discuss what caused the emotion, how it could have been prevented and solutions for next time. Be careful not to revive his anger again. Speak calmly, not lecturing and stay in control of your emotions.

A child of any age expects his parent to be the one in control, especially in times when he is not. Martin says that we need to ask ourselves what our goals are. "Do we want to change his current behavior or do we want to teach him to make good decisions? We can change behavior easily if that is the only goal." He becomes angry and misbehaves and we provide a consequence. This will sometimes correct the behavior. "But all it has done is coerced him into making the decision we wanted him to make. In the short term, he does what we want, but we haven't changed his heart, his internal motivation, or provided ways for him to take responsibility for his own emotions and behaviors." This is fine if you want to be responsible for his behavior for the rest of his life. Make him responsible. One way to change his internal motivation is to give him the tools we've suggested to help him first gain control of his emotions. We'll talk more on this in future issues of ParentTalk.