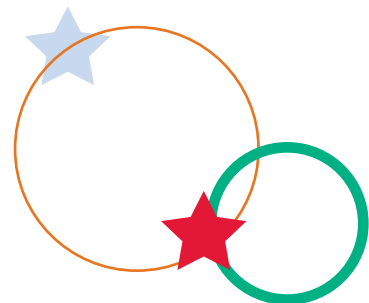


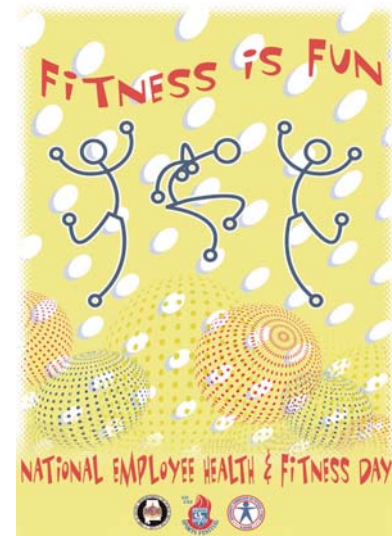
Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower
201 Monroe Street, Suite 1040
Montgomery, AL 36130



NEWS AND EVENTS

★ National Employee Health and Fitness Day

This national health observance was created to promote the benefits of physical activity for individuals through their work site health promotion activities.



In observance of this day, the Alabama Department of Public Health, the Governor's Commission on Physical Fitness and the Alabama Sports Festival have planned a one mile walk around the State Capitol Building. The walk is open to anyone who would like to participate.

Other locations are encouraged to plan employee health and fitness day celebrations. Programs such as America on the Move or the President's Council Challenge can be used in the planning of fitness events.

When: May 18, 2007
Where: Montgomery
What time: 12 noon

★ Super Saturday: Super Size Fun and Fitness

Join Super Saturday for a day to celebrate health and fitness for elementary and middle school students, parents and teachers! Youth and families will enjoy exhibits with health and nutrition information, physical fitness demonstrations by school groups, health screening booths, fun fitness stations, and a volkswalk. This is also an opportunity to kick off the Summer Scorecard Program.

When: May 19, 2007

Where: Montgomery, Auburn University in Montgomery on the Quad

What time: 9:00am – 12:00pm

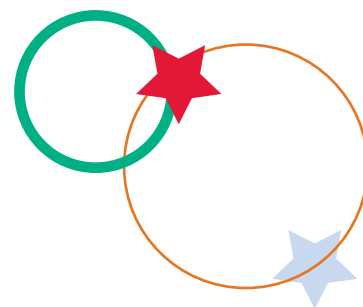
★ Alabama Obesity Task Force meeting

If you have an interest in joining the effort to lower obesity rates in Alabama, please consider attending. You will have the opportunity to hear about initiatives taking place across the state to address this issue.

When: June 20, 2007, third Wednesday of the month

Where: Alabama Power Company Water Course Building in Clanton

What time: 10 a.m. – 12 noon



What's Happening in Your Neck of the Woods?

COMMUNITY HIGHLIGHTS – TUSCALOOSA CITY 21ST CENTURY LEARNING CENTER AND BETHEL COMMUNITY LEARNING CENTER

Tuscaloosa City 21st Century Learning Center is taking action to improve the health choices of their students! This spring Bonnie Nalls, program director for Oakdale Primary, and her staff received training on Catch Kids Club as part of the We Can! campaign. Catch Kids Club is a science based curriculum that promotes good nutrition and routine physical activity in elementary age children.



Beginning in the fall, students will hear informative lessons on healthy eating and try snacks that are good for them. They will participate in physical activity games that are all inclusive and skill building!

Bethel Community Learning Center in Birmingham will attend the We Can! training in Georgia this May for extensive training on two youth curricula – Catch Kids Club and Media Smart Youth. Media Smart Youth targets older children between the ages of 11 and 13.



Its' focus is increasing skills in media awareness so youth can better understand how the media influences health behaviors. During their summer program, Geraldine Moore and her staff at Bethel will implement both programs with over 100 children expected to participate.

If you are interested in making a difference in the health of your students, please contact Molly Pettyjohn at 334-206-5646 or mpettyjohn@adph.state.al.us for more information!

Growing Healthy Students!

After-school Gardening Improves Children's Reported Vegetable Intake and Physical Activity

(Source: Journal of Nutrition Education Behavior, 2006;38:201-202)

The Oklahoma Cooperative Extension Service conducted a study to evaluate the impact of an after-school gardening program on vegetable intake and physical activity in children.



Children in grades 3 through 8 participated in gardening activities after school. Activities included planting, watering, weeding, fertilizing, mulching and harvesting. A variety of vegetables were grown such as corn, squash, tomatoes, and okra. An education component taught the children about the MyPyramid food groups, serving sizes, reading food labels, healthy snacks and

physical activity. Food preparation activities allowed the children to cook recipes with vegetables from the garden and taste them.

After evaluating pre and post tests, researchers found significant increases in the frequency of eating vegetables and daily physical activity by the children.



A garden is a great method to actively involve students in a hands-on project that effectively teaches the health benefits of eating veggies and increasing physical activity! More importantly, this study demonstrates positive behavior changes towards a healthier lifestyle.

For more ideas on how to start a garden in your program, visit the following web sites.

www.harvestofthemoonth.com

www.kidsgardening.com/grants

www.csgn.org

<http://aggie-horticulture.tamu.edu/nutrition/index/index.html>

If you are in or near Madison County, see www.casamadisoncounty.com/garden for a successful community garden in your area!

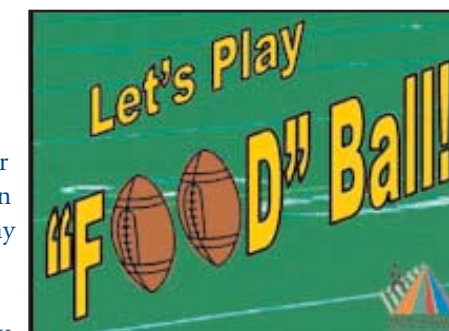
Resources-Power Point

The Extension Service with the University of Nebraska-Lincoln has developed a number of entertaining power point presentations that use MyPyramid to



teach nutrition lessons for various age groups. Two presentations on food safety are aimed at preteens and older adolescents. "Cold Pizza for Breakfast – MyPyramid Food Safety Tips for

Teens and Tweens Who Cook" and an interactive presentation "Let's Play – Food: Keep or Toss" present facts on food safety in a funny way that a younger audience will appreciate. "Lets Play 'Food' Ball" is an animated power point presentation geared towards 6-11 year olds. These along with a number of other presentations can be down loaded from



www.lancaster.unl.edu/food/resources.shtm/.

Nutrition - Physical Activity Programs for Schools

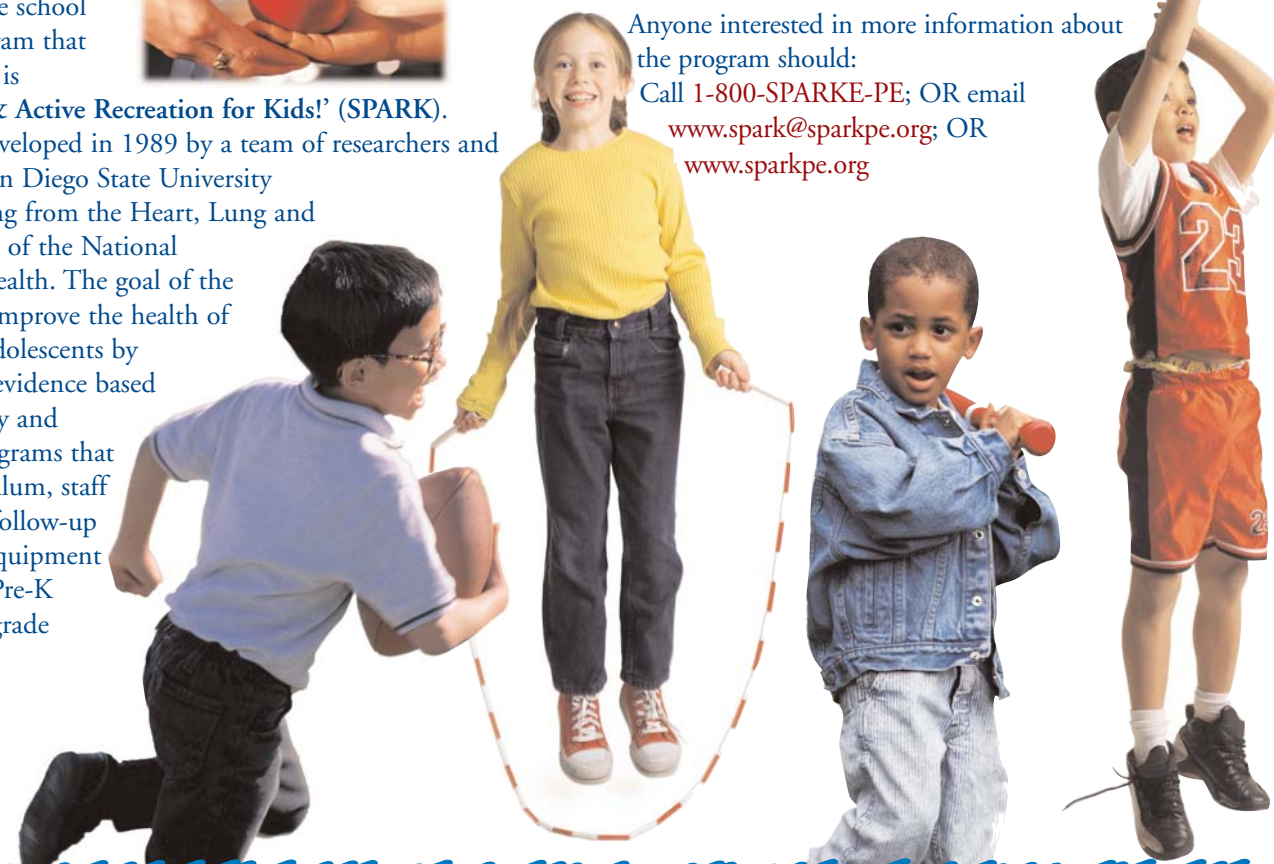
Because of the increasing obesity epidemic among children and young people in the U.S., school systems are looking for more ways to incorporate nutrition instruction and physical activity into the school day. One program that helps with this is



'Sports, Play & Active Recreation for Kids!' (SPARK). SPARK was developed in 1989 by a team of researchers and educators at San Diego State University through funding from the Heart, Lung and Blood Institute of the National Institutes of Health. The goal of the program is to improve the health of children and adolescents by disseminating evidence based physical activity and nutritional programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students.

While some resources available to the schools are free, others have some associated costs. The cost of the SPARK program varies dependent on the level of training and the amount of additional guidebooks and curriculum that are needed.

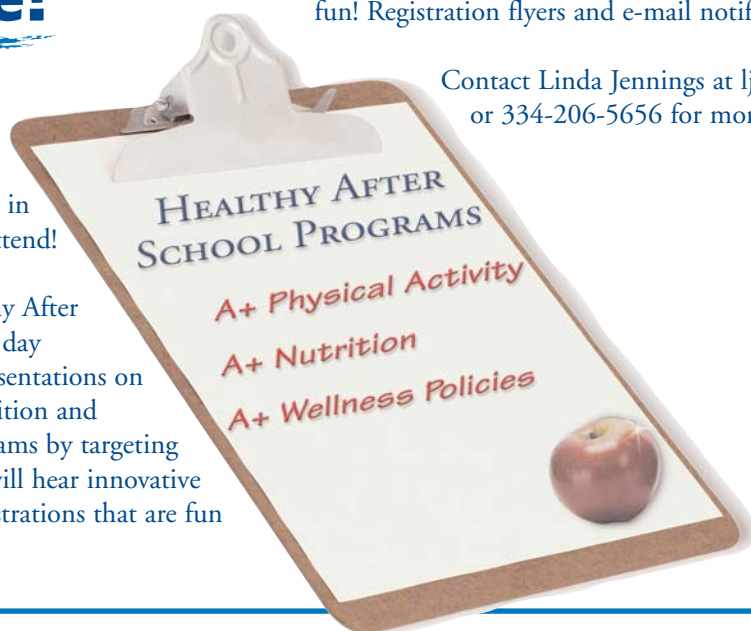
Anyone interested in more information about the program should:
Call 1-800-SPARKE-PE; OR email www.spark@sparkpe.org; OR www.sparkpe.org



Save the Date!

The Healthy Weight Initiative's 3rd Annual Statewide Conference will be held on Wednesday, July 25th, 2007 in Clanton, Alabama. There is no fee to attend!

Join us for "Making the Grade - Healthy After School Programs Get an A+". This one day conference will provide informative presentations on successful strategies to incorporate nutrition and physical activity into after-school programs by targeting children and their families. Attendees will hear innovative ideas and participate in activity demonstrations that are fun and easy to do!



Make plans to attend this conference for a day of learning and fun! Registration flyers and e-mail notification to come in June.

Contact Linda Jennings at ljennings@adph.state.al.us or 334-206-5656 for more information.