

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



SPRING 2008

Healthy Weight

# INITIATIVE

## NEWSLETTER



# NEWS AND EVENTS

### LIVE LIFE ADOLESCENT HEALTH CONFERENCE

The Alabama Department of Public Health, Alabama Campaign to Prevent Teen Pregnancy and Auburn University Montgomery will sponsor the first annual state-wide Adolescent Health Conference. Registration will be limited to 240.

Topics include Youth Risk Behaviors, Physical Activity and Nutrition in Adolescents, Self-Inflicted Injuries-Coping Gone Wrong, Generation Rx, Saving the Teen Driver and Resources for Teen Pregnancy Prevention. Registration is \$40 and the deadline is March 14, 2008. See the following link for more information [www.adph.org/schoolhealth](http://www.adph.org/schoolhealth) (click on news and events).

*When: April 4, 2008*

*Where: Auburn University Montgomery, School of Nursing Auditorium, Montgomery*

### STATE OBESITY TASK FORCE

Join the Obesity Task Force if you have an interest in reducing obesity in Alabama. Please attend this meeting and learn about interventions and programs that are taking place throughout the state to address obesity.

*When: May 2, 2008 from 9:00 am until noon*

*Where: Alabama Power Company, Clanton*

### ACTION FOR HEALTHY KIDS TRAINING

Make plans to attend the Alabama Action for Healthy Kids Team Training. Whether you are an original member of the state team, a new member of a regional team or want to become involved in Action for Healthy Kids, please join us. It will be a time to share ideas and resources, learn effective team building strategies, and strengthen membership activity.

More information is available on the Alabama Action for Healthy Kids web site at [www.actionforhealthykids.org](http://www.actionforhealthykids.org) under "team member center" and then "teams homepage".

*When: July 9, 2008 from 9:00am - 1:00pm*

*Where: Botanical Gardens, Birmingham*

### TV TURN OFF WEEK – POWER DOWN-DREAM BIG

Take part in TV Turn Off Week in April. Watching too much television has been linked to overweight, attention deficit disorder, and school problems in children. Promote healthy activities that replace watching television. Visit [www.screentime.org](http://www.screentime.org) for details.

*When: April 21-27, 2008*

### 3<sup>RD</sup> ANNUAL ALABAMA GOVERNOR'S OBESITY CONFERENCE

Attend this informative meeting to hear education sessions about initiatives throughout the Southeast that are implementing programs 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 <http://obesity.ua.edu> for details or contact Geri Stone at 205-348-6225.

*When: June 12-13, 2008*

*Where: Tuscaloosa, Bryant Conference Center*

### HEALTHY WEIGHT INITIATIVE 4<sup>TH</sup> ANNUAL STATEWIDE CONFERENCE

The Healthy Weight Initiative will hold its 4th annual conference. Please make plans to attend this informative conference. Sessions will cover a variety of topics such as reducing television time, working with Hispanic populations, and improving nutrition and physical activity habits in children. There is no fee to attend. Visit [www.adph.org/nutrition](http://www.adph.org/nutrition) and click on Healthy Weight Initiative for future details.

*When: July 23, 2008*

*Where: Alabama Power Company, Clanton*



## WALL STREET 21<sup>ST</sup> CENTURY COMMUNITY LEARNING RECEIVES CATCH KIDS CLUB TRAINING AND PLAY EQUIPMENT

Staff with the Healthy Weight Initiative in the Alabama Department of Public Health did a CATCH-Kids-Club (CKC) training in February for teachers with the after school program at Wall Street 21st Century Community Learning Center in Tallassee. The center partners with Reeltown School to serve children from kindergarten through eighth grade. After the training the Public Health staff was able to present the program with play equipment, including balls, frisbees, and hula hoops, to increase physical activity for the students. The children and staff were very excited to receive the new equipment. Funding for the equipment was provided from The Safe Routes to School Initiative. This is the first such equipment award made in Alabama. For more information on Catch Kids Club training contact Molly Pettyjohn or Linda Jennings at 334-206-5226.



# REDUCING SCREEN TIME: WHY DOES IT MATTER?



It's well known that there has been a rapid increase in obesity among American youth. One small step towards reversing this trend is helping youth reduce screen time by cutting down the amount of time spent watching TV, playing video games, and surfing the internet.

The American Academy of Pediatrics recommends the following:

1. No TV viewing for children under the age of 2
2. Only 1-2 hours per day of quality programming for older children
3. Remove television sets from children's rooms

Why does it matter? Television viewing by children is strongly linked to becoming overweight! Television advertisements promote unhealthy foods and contribute to misunderstandings about good nutrition.

Take a look at these other disturbing facts.

- Watching too much TV leads to inactivity.
- More than 1-2 hours per day of screen time by children is linked to less interest in school, poor grades and behavior problems.
- Too much screen time increases a child's risk for developing attention deficit disorder.
- Children who watch the most television are less likely to read.
- Children who watch violence on TV are more likely to display aggressive behavior

Limiting the amount of time children are watching television is an important step towards a healthier lifestyle. Take part in **TV Turn Off Week** on April 21-27, 2008! This year's theme is "Power Down-Dream Big." Visit [www.screentime.org](http://www.screentime.org) for more information.

Other resources:

American Academy of Pediatrics  
<http://www.aap.org/family/smarttv.htm>  
Media Smart Youth  
<http://www.nichd.nih.gov/msy/>

## Healthy, Fun Recipe for Kids BANANA IN A BLANKET

Preparation time: 5 minutes

- 1 (6 inch) whole wheat tortilla
- 1 tbsp reduced-fat smooth peanut butter
- 1 medium banana
- 1 tsp maple syrup or honey
- 1 tbsp crunchy, nutty nugget cereal

Instructions: Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter.

Peel and place banana on the tortilla and roll the tortilla. Drizzle maple syrup or honey on top.

Optional: garnish with more cereal on top.

Serves: 1 Cup of Fruit per Serving

Fruit and/or Veggie Color(s): White

Nutrition Information per serving: calories: 303, total fat: 6.4g, saturated fat: 1.2g, % calories from fat: 17%, % calories from saturated fat: 3%, protein: 9g, carbohydrates: 63g, cholesterol: 0mg, dietary fiber: 7g, sodium: 306mg

Each serving provides: An excellent source of fiber, and a good source of vitamin C, folate, magnesium and potassium.

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Recipe from the Cool Fuel for Kids cookbook.

For more recipes like this go to [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).



### Road of Life – Cancer Prevention for Kids

We are committed to eliminating preventable cancers and chronic disease by educating a new generation of children on how to lead a healthy life. We believe that prevention is the key to better health.

In 2007 our curriculum was used to teach over 25,000 children across the U.S. about eating healthy, regular exercise, and eradicating tobacco use. Our program yielded a \$7.5 million social return on investment for prevention.

Please take the time to look over our website [www.roadoflife.org](http://www.roadoflife.org) and find out how you can help to raise a new generation of healthier kids.

Road of Life's After School Program v1.0 fits very well with all programs:

- Teaches children about general health, nutrition, physical activity, and tobacco use
- Incorporates fun activities for children
- Integrates vital health concepts and activity based skills
- Makes health education easy to incorporate
- Lessons are modular, so you can teach all the lessons in sequence or pick and choose which lessons you would like to teach.

Road of Life's Classroom Curriculum v3.0 would be a great resource for teachers and educators:

- Comprised of 31 expert-reviewed lesson plans
- Lessons aligned to National Health Education Standards and State of Ohio Core Academic Content Standards, so they can be taught as a math, English language arts, science, or social studies courses
- Lessons are also modular, so you can choose which lessons to teach in any order.

### Resources for Educators

This web site sponsored by the Dairy Council has fun, hands-on and interactive activities for pre-K through upper elementary grades. This site can be found at: <http://www.nutritionexplorations.org/educators/lessons-main.asp>

### Southeastern Diabetes Education Services (SDES)

Southeastern Diabetes Education Services (SDES) sponsors camping programs for children with diabetes at a week long camp on Lake Martin, as well as day camps in Birmingham and Mobile. Registration information for summer camp is now available at [www.southeasterndiabetes.org](http://www.southeasterndiabetes.org).

A goal of SDES is to also offer other services in addition to the diabetes camping programs. SDES is working to develop partnerships and support groups to serve children with diabetes and their families in their local areas. The Montgomery Area Committee for Children and Youth Having Diabetes was recently formed to promote activities and education for families in Montgomery, Lowndes, Autauga and Elmore counties. The first family program will be a CastingKids and Junior BASSMASTER 'Catch & Release' fishing event. It will take place on Sunday, April 27, 2008, 1-4 pm, at Lagoon Park. For registration information go to the same SDES site, [www.southeasterndiabetes.org](http://www.southeasterndiabetes.org).

### Resources for School Employees working with Children with Diabetes

The number of children diagnosed with diabetes is increasing dramatically. Statistics suggest that, of the children born in the year 2000, 1 in 3 will develop diabetes if there are no changes. As well as impacting the children and their families, this increase will also affect the school employees working with those children. "Helping the Student with Diabetes Succeed: A Guide for School Personnel" was produced by the National Diabetes Education Program (NDEP), a federally sponsored partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 partner organizations. To learn more go to: [http://ndep.nih.gov/diabetes/pubs/Youth\\_NDEPSchoolGuide.pdf](http://ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf)