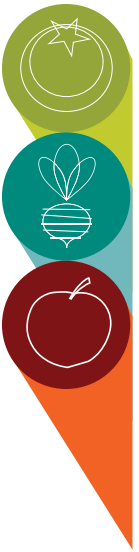


**Healthy Weight Initiative**  
**Alabama Department of Public Health**

**The RSA Tower**

201 Monroe Street, Suite 710  
Montgomery, AL 36130



**N E W S AND EVENTS**

**OBESITY TASK FORCE**

Attend the state obesity task force meeting to network with partners from across the state who are 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: May 18, 2011*  
*Where: Alabama Power Company, Clanton*  
*Time: 9:00am until noon*

**DON'T FRY DAY**

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Visit [www.skincancerprevention.org](http://www.skincancerprevention.org) for more information.

*When: May 27, 2011*  
*Where: Nationwide*

**NATIONAL BIKE MONTH**

Spring is the perfect time to get out and ride with your family, co-workers and friends. Celebrate the joy of riding a bicycle during the month of May and plan an event that promotes National Bike Month. Visit [www.bikeleague.org](http://www.bikeleague.org) for more information and materials on National Bike Month.

*When: May*  
*Where: Nationwide*

**QUALITY PHYSICAL EDUCATION ON A BUDGET**

Take part in this free workshop for new ideas on games and activities that are fun, safe and easy to carry out. The focus will be working with large groups in small spaces. Participants should dress for physical activity and fun!

For more information, please contact Barbara Bloomquist at [bbloomqu@aum.edu](mailto:bbloomqu@aum.edu) or at 334-244-3472.

*When: July 28, 2011*  
*Where: Auburn University Montgomery campus, Montgomery*  
*Time: 9:00am – 4:00pm*

SPRING 2011

## Healthy Weight

# INITIATIVE

## NEWSLETTER

### START A GARDEN AND GROW TOGETHER

Do children really understand where food comes from? If asked where carrots come from, would they say the freezer or would they know that the actual answer is the ground? Too often children aren't clear on the origin of food. Help children make the connection between nature and food; plant a garden!

Whether indoors or outdoors, a school garden is a hands-on experience that is fun and teaches children about growing food. It's also a great opportunity to emphasize the importance of eating fruits and vegetables. What better way for kids to taste new fruits and vegetables than by having them grow right before their eyes? They'll be more likely to try new foods because they grew it themselves.

Not only can a garden help kids make healthier food choices, but there are other benefits such as physical activity, learning responsibility, science based activities, team work, and an appreciation for farmers. School gardens are a special place for learning and it's an experience like none other. Consider starting a garden and grow together!

The following resources may be helpful:

**Alabama Junior Master Gardener, Alabama Cooperative Extension System** - the curriculum provides a hands-on approach to learning horticulture, environmental science, leadership, and life skills. This program helps young people become gardeners and contributing citizens. [www.aces.edu/junior-master-gardener//](http://www.aces.edu/junior-master-gardener//)

**Kids Gardening, National Gardening Association** - highlights grants and tools for starting a garden at school. [www.kidsgardening.com](http://www.kidsgardening.com)

**Gardening with Children, School Zone National Curriculum** - information on how to incorporate school gardening into the curriculum of every school subject. Games and fact sheets are available for kids. [www.gardeningwithchildren.co.uk/](http://www.gardeningwithchildren.co.uk/)

**Teaching from the Garden, Jones Valley Urban Farm in Birmingham** - a series of teacher training workshops that provide a unique opportunity to learn about gardening, farming, food and nutrition. [www.jvuf.org](http://www.jvuf.org)



## HYDRATION

Summer is on the way and temperatures will be rising. Be sure to stay hydrated and drink plenty of fluids, especially during this time of year.

### Daily Needs

Fluid needs vary between individuals based on their climate, physical activity level, age, state of health, and body size. Humans typically excrete 2 or more quarts of water each day. Water losses in urine account for about  $\frac{3}{4}$  of daily losses. Remaining fluid losses may come from sweat, water droplets exhaled in the air, and bowel movements.

The following table displays the amount of fluid needed from water or other beverages every day.

#### Amount of Fluid Needed from Beverages Daily

| AGE (in years) | MALE    | FEMALE |
|----------------|---------|--------|
| 1-3            | 4 cups  | 4 cups |
| 9-13           | 8 cups  | 7 cups |
| 14-18          | 11 cups | 8 cups |
| 19-50          | 13 cups | 9 cups |
| 51 and over    | 13 cups | 9 cups |

\*Adapted from 2004 National Academy of Sciences Recommendations for total water.

### Special Needs

• **Infants, young children, and older adults.** Children have a lower sweating capacity and can't tolerate high temperatures as efficiently as adults. Frequent vomiting and severe diarrhea in infants and young children can quickly lead to water dehydration. Water balance in children involved in sports or physical activities is a special concern. A water bottle or ready water supply should be handy during all sports activities. Parents, coaches, and others should remember that younger children also take longer than adults to adjust to warm weather following cool winter temperatures. It is especially important to watch fluid intakes during this adjustment time.

On the other hand, older adults may be at increased risk for dehydration because they may be losing the efficiency of their thirst mechanism as they age. The influence of medications and the presence of disease are other factors that can affect fluid intake and water balance.

## SPRING HAS SPRUNG, AND SO HAVE ASTHMA TRIGGERS

Don't let asthma symptoms control your life! The American Lung Association has given us helpful hints to keep in mind as we enjoy this spring season. In order to control your asthma, it is important that you know what triggers your asthma symptoms and how to limit your exposure to that trigger. The warmer weather and bright sunny days are here and we all want to get outside. Be sure to check the outdoor air quality, including pollen and other allergen counts (such as weeds, trees and grasses), at [www.airnow.gov](http://www.airnow.gov) before any physical activity outside. Why is *Coco Orange?* is a great educational book regarding air quality and asthma for children ages 4-8 which can be found at: [www.airnow.gov/picturebook](http://www.airnow.gov/picturebook). It's also helpful to remember that Citronella candles and bug sprays can also trigger asthma attacks. It may help to stay several feet away from any strong smelling candles, and when using, mosquito repellent, choose lotions that are unscented instead of aerosol sprays. While limiting exposure to asthma triggers can be helpful, you can never eliminate contact from all potential items that cause asthma attacks. Remember to keep your quick-relief medicine close at hand as well as your written asthma action plan. Most importantly, be sure to keep your healthcare provider informed if you begin having trouble controlling your asthma. If you have any questions or would like further information about the Alabama Asthma Program please go to [www.adph.org/asthma](http://www.adph.org/asthma) or call Melissa Dean at 334-206-5504 or Michelle Dickey at 334-206-7001.



## SAVE THE DATE – JULY 29, 2011

Don't miss the 7th Annual Healthy Weight Initiative Workshop! Make plans to attend this free workshop where attendees will learn about child health issues in Alabama. Expert speakers will share innovative ideas and strategies to enhance nutrition and physical activity to promote better health in children and their families.

Don't miss this opportunity on Friday, July 29, 2011. If you have questions, please call 334-206-5646.

## 2010 DIETARY GUIDELINES FOR AMERICANS RELEASED

The new 2010 Dietary Guidelines for Americans were released in January by the United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). The guidelines serve as the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided to help consumers translate the Dietary Guidelines into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

This edition of the Dietary Guidelines comes at a critical juncture for America's health and prosperity. By adopting the recommendations in the Dietary Guidelines, Americans can live healthier lives and contribute to a lowering of health-care costs, helping to strengthen America's long-term economic competitiveness and overall productivity.

### TAKE A TRIP TO THE ALABAMA NATURE CENTER. IT'S WORTH IT!

The Alabama Nature Center, located at Lanark in Millbrook, Alabama, is a Planned-Use Outdoor Education Facility offering hands-on, outdoor-based educational programs and activities for students, educators, church and civic groups, and the general public.

Lanark and the new Alabama Nature Center contain 350 acres of striking forests, fields, streams, wetlands and ponds that are traversed by five miles of boardwalks and trails in three regions: Still Creek Run, Turkey Ridge, and Hilltop Pass.

The Alabama Nature Center is reserved for school field trips, teacher training workshops, seminars, and other educational programs that are scheduled in advance with the Alabama Wildlife Federation. Interested groups can choose from programs designed by our staff, or we can customize programs to meet your needs.

For more information about the Alabama Nature Center and their programs for children call 1-800-822-9453 or visit [www.alabamawildlife.org](http://www.alabamawildlife.org).

