

**Healthy Weight Initiative**  
**Alabama Department of Public Health**  
**The RSA Tower**

201 Monroe Street, Suite 710  
Montgomery, AL 36130



# NEWS AND EVENTS

## LET'S MOVE MONTGOMERY RESOURCE SYMPOSIUM

The Let's Move Montgomery Resource Symposium is for educators and community leaders in Alabama. Take part in the symposium for a multitude of materials and resources to promote healthy behaviors in students and their families. The symposium is being held in the Ralph David Abernathy Auditorium on the campus of ASU and the resource area with vendors and demonstrations will be on the Concourse of the Acadome.

*When: Saturday, January 15, 2011*  
*Where: Ralph David Abernathy Auditorium, Alabama State University, Montgomery*  
*Time: 10:00am-2:00pm*

## CATCH KIDS CLUB TRAININGS

Catch Kids Club is an evidence-based curriculum designed for use in the afterschool setting. This curriculum teaches good nutrition habits, healthy snacking ideas, and physical activity games that are appropriate for elementary age students.

Free trainings will be offered by the Healthy Weight Initiative for 21st Century Community Learning Centers across the state. Contact Molly Killman at [molly.killman@adph.state.al.us](mailto:molly.killman@adph.state.al.us) for more information.

## SCALE BACK ALABAMA

Scale Back Alabama is a statewide weight-loss contest. The purpose of the 10-week contest is to encourage Alabamians to lose weight, to exercise and to have fun while doing it. The campaign is geared toward adults and is primarily operated with the help of local employers (companies with 10 employees or more), hospitals and health departments. Each organization appoints a coordinator, this individual will have access to a comprehensive toolkit with everything needed for hosting a contest locally and serving as a weigh-in site. For more information, visit [www.scalebackalabama.com](http://www.scalebackalabama.com).

*When: January 22-28, 2011 (initial weigh in week)*  
*Where: Statewide*

## 10TH ANNUAL DIABETES & OBESITY CONFERENCE

Attend the diabetes and obesity conference for tools, resources, and data that will be useful for planning, implementing, and evaluating interventions in your community. Learn about the growing problem of obesity and its relationship to diabetes in children and adults. For more information, visit [www.aces.edu/diabetesconf](http://www.aces.edu/diabetesconf).

*When: April 17-19, 2011*  
*Where: Embassy Suites Hotel and Conference Center, Montgomery*

## Healthy Weight

# INITIATIVE

NEWSLETTER

## QUALITY AFTERSCHOOL PROGRAMS WITH RESOLUTIONS

It's the beginning of a New Year and it's tradition for both adults and children to make resolutions, or a promise, to ourselves at this time. There are different kinds of resolutions and often they are focused on lifestyle changes to improve our health and wellbeing. A very popular resolution each year is getting more physical activity.

Afterschool programs are an ideal place for providing opportunities to help students get a healthy dose of physical activity. And, it's just as important that as afterschool programs provide these opportunities, they use good and appropriate practices while doing so.

Guidelines to providing quality activities and programs:

- Provide opportunities for males, females, and co-educational participation with organization which facilitates full participation for all students in all activities;
- Activities should meet the needs of all skill levels and physical abilities, including students with disabilities;
- Modification of activities so that they are appropriate to the age, physical development and skill levels of individual participants; and
- Activities should reflect all student interest.

Appropriate practices when providing games and activities:

- Eliminate the potential to embarrass or single out a child in front of a group (this would include things like

allowing students to select teams or groups and allowing students to make negative comments about others).

- Focus on not eliminating a child from participation (the goal is to keep all students being active while having fun).
- Activities should emphasize skill development with a purpose or objective (like teaching the different skills to play a sport).
- Have a very low likelihood for danger, injury, and harm.
- Provides maximum participation by the majority of students.

A few popular afterschool games which do not meet the above criteria and should be modified to meet the guidelines include: Dodge Ball, Four Corners, Tag, Kickball, Musical Chairs, Relay Races, Simon Says, Red Rover and Red Light Green Light.

The goal is to support activities that promote lifelong physical fitness. Remember, children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. Afterschool programs are an ideal place to help students get more physical activity and keep resolutions to improve health.

For more information about physical activity for students, visit [www.aahperd.org/naspe/](http://www.aahperd.org/naspe/).



## STUDENTS CREATE HEALTH MESSAGES

The Jasper City Schools 21st Century Learning Center is committed to teaching and implementing activities that promote a healthy lifestyle. The entire program, which consists of approximately 50 students in grades k-8, participated in a Healthy Lifestyle program. The students took tri-fold boards and created colorful collages with health messages that emphasized good nutrition and physical activity. To involve the families, the student's parents were asked to judge the boards and select a winner. This program sets the stage for activities that will take place in their summer program to teach healthy behaviors to not only the family, but the entire community.



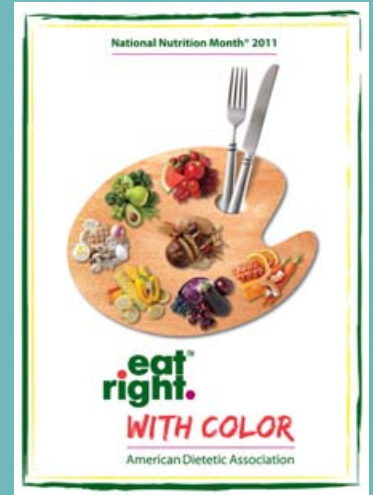
## NATIONAL NUTRITION MONTH®

March is National Nutrition Month® and the theme for 2011 is “Eat Right with Color”. National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association.

Celebrate nutrition month this March at school and teach students and their families about making positive food choices for good health.

### Event Ideas for Schools:

- Create a “nutrition quiz corner” with a nutrition question every day for the entire month of March. Students complete an answer form and place it in a box, which is emptied daily. You may award a daily prize, or enter the name of every contestant who answered correctly in a weekly prize drawing. Prizes could be National Nutrition Month® promotional items.
- Conduct a “Fear Factor”-type event. Provide unusual vegetables and fruits cut into bite-size pieces. Offer an opportunity to taste and guess the food.
- Contact the local library and schedule a story time, movie, nutrition program or a poster/coloring contest for kids.
- Ask children to begin carefully saving empty food product boxes. Spend some time reading labels and comparing calories, fat, sugar content, vitamins, etc. Expand this into a menu-planning opportunity, with children dividing into teams. See which group can plan the healthiest meal. As a math exercise, add up the calories from various products.
- Celebrate a “Salute to the Troops.” Invite local soldiers and veterans to lunch. Serve Hero Sandwiches, Patriotic Potato Chips, All-American Apple and Military Milk.
- Sponsor a pentathlon with entry fee being five cans of food. Contestants will engage in a tug-of-war, running an obstacle course, push-ups, sit-ups, biking, or whatever activities can be accommodated at the location.
- Have an ethnic food night, i.e., Asian cuisine, Mediterranean, French, Cajun, etc. This may be done by inviting local restaurants to participate, or have your own organization provide the food.



For free nutrition education resources and more information on National Nutrition Month®, visit [www.eatright.org/nnm/](http://www.eatright.org/nnm/).

## SCALE BACK ALABAMA SCHOOL

Get ready for Scale Back Alabama! Scale Back Alabama is a free, statewide campaign for adults held in January to encourage Alabamians to get healthier by losing weight and becoming active.

Last year, a new component was added to the campaign. The Scale Back Alabama School program kicked off in 2010 and targeted school personnel to motivate them to get involved. It was a great success and is being offered again in 2011. The Scale Back Alabama School program gives school personnel the opportunity to be healthy role models for their students by participating in Scale Back Alabama. The program kicks off on January 20, 2011 and teams will weigh in January 22-28, 2011.

- To be eligible, schools with five or more teams participating in Scale Back Alabama can sign up and become a Scale Back Alabama School. It's that simple! As a Scale Back Alabama School they receive special recognition and are entered into a separate school drawing for prizes that promote good nutrition and physical activity habits for the students.

It's a win-win situation. School personnel work to achieve a healthier lifestyle while their students cheer them on and learn the importance of healthy habits. The school will be entered into a special drawing to win Scale Back Alabama School prizes which rewards them with resources to help students learn about good nutrition and physical activity. Students are not allowed to participate and weight loss for students is not being encouraged.

Sign up today to become a Scale Back Alabama School by contacting Molly Killman at [molly.killman@adph.state.al.us](mailto:molly.killman@adph.state.al.us) or 334-206-5646. For more information on Scale Back Alabama, go to [www.scalebackalabama.com](http://www.scalebackalabama.com).

Scale Back Alabama is a joint project of the Alabama Department of Public Health and the Alabama Hospital Association with generous underwriting from Barber's Dairies and Blue Cross Blue Shield of Alabama. Alabama Action for Healthy Kids is providing support for the Scale Back Alabama School program.

## HEALTHY, HUNGER-FREE KIDS ACT OF 2010 FOR CHILD NUTRITION – AFTERSCHOOL MEAL PROGRAM EXPANDS TO ALL 50 STATES

Congress has approved new legislation that will make historic and urgent improvements to the nation's federal child nutrition programs. The Healthy, Hunger-Free Kids Act, which was recently signed by President Obama, dramatically improves the quality of meals children eat in school and in child care, increases the number of healthy meals available to children in need, and provides the first real increase in the federal reimbursement rate for school lunches in more than 30 years. It also eliminates junk food from schools by requiring schools to apply -- for the first time -- nutritional standards to food served outside the cafeteria. A complete summary of the new law is available at <http://ag.senate.gov/site/legislation.html>.

A high priority for the afterschool community, the new law will expand the Afterschool Meal Program (through the Child and Adult Care Food Program) to all 50 states. The Afterschool Meal Program provides federal funding to schools, local government agencies, and private nonprofits to serve a full meal at

afterschool programs that are located in low-income areas. Organizations also may be eligible to receive retroactive funding for meals served back to October 1, 2010. To receive retroactive reimbursement, there must be adequate documentation that the meals were served and met the federal nutrition guidelines, and the program must be eligible to participate.

The legislation answers the President's and First Lady Michelle Obama's call to reduce childhood hunger and support school-based and community efforts to reduce childhood obesity. Improvements to child nutrition programs are a key pillar of the First Lady's "Let's Move" campaign to end childhood obesity within a generation (see <http://www.letsmove.gov/>).

To hear a recorded webinar with details of the new law go to [www.frac.org](http://www.frac.org), under Resources You Need Now. A second webinar is scheduled for January 13, 2011 at noon.