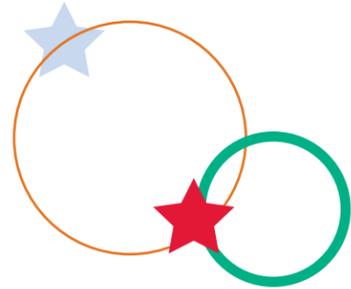


Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower
201 Monroe Street, Suite 1040
Montgomery, AL 36130



NEWS AND EVENTS

Alabama Healthy Schools Summit

Join Alabama Action for Healthy Kids, in partnership with Steps to a Healthier Alabama, for the first Alabama Healthy Schools Summit.

The Alabama Healthy Schools Summit will highlight a variety of topics including: Coordinated School Health, quality physical education and after school programs, and what is working in Alabama schools. To learn more about the Alabama Healthy Schools Summit, go to www.actionforhealthykids.org and click on state by state action for the Alabama team.

When: February 21, 2007

Where: Montgomery, Gordon Persons Building auditorium

National Nutrition Month - March

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is 100% Fad Free. Visit www.eatright.org for more information.

When: March 1-31, 2007

New Fruit and Vegetable Campaign - Kick Off

Be on the look out for the latest fruit and vegetable campaign that will replace the 5 A Day program! The Fruits & Veggies—More Matters™ brand will be launched nationally on March 19th. Visit www.fruitsandveggiesmorematters.org for more information.

When: March 19, 2007

Alabama Obesity Task Force Meeting

This meeting is for the whole task force to hear the updates being made with state level interventions. Time allotted at the end of the meeting will be for brief committee meetings. If you have an



interest in joining the effort to lower obesity rates in Alabama, please consider attending.

When: March 21, 2007, third Wednesday of the month

Where: Alabama Power Company Water Course Building in Clanton

What time: 10 a.m. – 12 noon

ACEA Annual Conference – 21st CCLC Conference

Contact for questions: Kay Sharp, Alabama Community Education Association Vice President/President Elect, 205-379-5373

When: March 28-30, 2007

Where: Mobile, Riverview Plaza Hotel

2007 Alabama Governor's Conference on Obesity – A Systems Response to the Challenge of Obesity

A conference designed for professionals involved in the prevention, identification, assessment, treatment, and rehabilitation of obesity as well as the general public. Go to www.obesity.ua.edu for more information.

When: May 3-4, 2007

Where: Bryant Conference Center, Tuscaloosa

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 We Can! Program Update

In 2005, Alabama was selected to be an intensive site for the We Can! program. Alabama is one of only 14 intensive sites in the nation that received this honor.

We Can! is a nationwide initiative from the National Institutes of Health that targets the problem of childhood obesity. See <http://www.wecan.nhlbi.nih.gov>. Last year, the Alabama Department of Public Health



offered the community-based program as part of its Healthy Weight Initiative, developed in partnership with the Alabama Department of Education. The 21st Century Community Learning Centers got involved by implementing We Can! programs in their after school sites. Programs were offered to help children and their parents make healthier food choices, increase physical activity, and reduce screen time.

We Can! continues with certain sites extending their program into 2007. New sites are also getting on board to get the new year off to a healthy start!

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!

Healthy Weight Initiative - What Is It?

The Healthy Weight Initiative is a partnership between the Alabama Department of Public Health and the Alabama Department of Education who are working together to promote healthy eating and increased physical activity among the youth of Alabama.

This partnership targets the 21st Century Community Learning Centers in order to bring nutrition and health information and programs to participating youth and their families. Program directors and teachers receive education materials and training on topics such as obesity and physical activity.

See www.adph.org/nutrition and click on Healthy Weight Initiative. For more information contact Molly Pettyjohn at 334-206-5646 or mpettyjohn@adph.state.al.us.

Working to Improve Children's Health



Summer Scorecard!

Keep the Kids Busy over the Summer with the VERB Summer Scorecard!

Summer is on its way! Keep the kids busy during the summer with a fun, fitness program using the VERB Summer Scorecard.

VERB is a national media campaign designed to get kids between the ages of 9-13 to be more active.

The Summer Scorecard was developed to engage children in activities over the summer by offering prizes and discounted and/or free admission to various activities!

Resources

Nutrition and Physical Activity Resources

Making lifestyle changes can be hard and often fail when all the components necessary for change aren't recognized. An article on "The 7 C's of Successful Change: Caring, Choice, Creativity, Courage, Comfort, Confidence and Celebration" may help to realistically plan for changes we want to make. This article, along with a lot more, can be found at an interactive/informational web site developed by North Carolina Public Health.

One feature on the site allows consumers to use the interactive BMI calculator to see where their weight falls in the range of 'under-healthy-over weight or obese'. There is a tutorial that explains the different information a Nutrition Facts Label provides. The section on Simple Tips has ideas on how to: Prepare More

Visit www.verbsummerscorecard.com for more information.

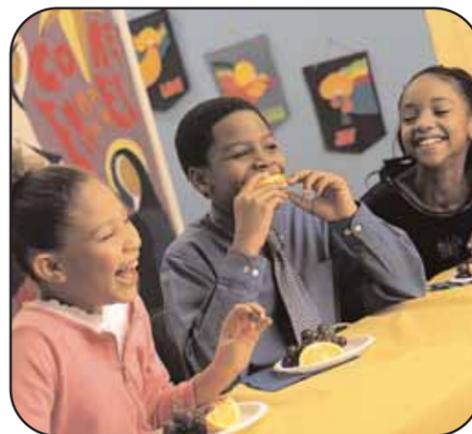
The scorecard is filled in as activities are completed and signed off by a



parent or business participant. Once the scorecard is full, a special event is held and prizes awarded.

Steps to a Healthier Alabama will kick off their Summer Scorecard program on May 19 in the following counties – Montgomery, Macon, Autauga, Elmore, Lowndes, Pike, and Barbour.

Meals at Home, Tame the Tube and Right Size Portions, to list a few. The site is available at: www.MyEatSmartMoveMore.com



American Heart Association Promotes Physical Activity in Kids

The American Heart Association is promoting increased physical activity through a site geared towards kids and teachers. The theme used on the site is NFL teams. One section has an interview with an NFL player describing what activities, besides foot ball, he

If you are in one of these counties, please join in the fun! Call Molly Pettyjohn at 334-206-5646 or Heidi Hataway at 334-206-5603 to get involved.



Steps will be glad to help anyone outside these counties make their very own scorecard.



engages in to stay fit. The teacher section has lesson plans that incorporate fitness into: Language Arts, Math, PE, Science and Social Studies. Go to www.whatmovesu.com to learn more.

TV/Screen Reduction Tool for Youth

As a part of their Obesity Prevention Initiative, the California Department of Health Services has developed a tool to be used by after school programs. The guide book is **Do More, Watch Less** and may either be copied from the web site or a free printed version can be requested. There are suggestions on starting a discussion on the time spent in front of a screen. The guide also includes a log to record TV time and some tips on other activities and strategies to limit screen time. This resource would fit in with 'Watch Less TV' week in April. To request the guide book visit: www.dhs.ca.gov/obesityprevention.

PHYSICAL ACTIVITY



Increase Physical Activity Creatively!



Here are some new twists on familiar games. By crossing two familiar sports, you get fun and innovative games that will challenge your kids!

Visit <http://www.cdc.gov/youthcampaign/materials/tweens/crossover/index.htm> for more ideas!

Basketball + Football = End Zone Hoops

Defend your basket as though it's the end zone. Play football on the basketball court, which means running and passing with a football instead of dribbling. Once the offense gets near enough to a basket to shoot, any attempt is allowed. Defensive players jump up to block. If the opponent scores, head back the other way.

Basketball + Flying Disk = Basket Disk

Grab a disk and head to the court. Designate certain spots two-, three-, and four-point zones. Let the disk soar and hit the basket from any of these zones to earn the same number of points. Defensive blocks and stealing allowed.

Basketball + Golf = Putt-Putt Hoops

Set up a putt-putt course around the basketball court. Make sure your last hole is in the free-throw zone. Once you get there, your club is no longer required. Take a shot for the basket with your lightweight putt-putt golf ball. Hole-in-one, anyone?

Basketball + Hoop = Hoop It Up

Your ball is a basketball, your basket is a hoop that moves. Have two players hold the hoop flat, like the rim of a basket. You can't control these human hoops. They run around the court as much as you do! If you can get close enough, shoot through the hoop to score.

Basketball + Hopping = Hop Hoops

The pace of a regular basketball game slows down, but the challenge goes up when every player must hop instead of run. Hop on two feet, right foot, or left foot while dribbling the basketball. Your team just made a shot? Now everyone hop back down the court!

Basketball + Hopscotch = Hoopscotch

The court looks a little different when you tape hopscotch squares down on the paint. Pick a square, dribble down to it, and take a shot from where you stop. If you make it, you score that number of points. Then hop your way through the remaining squares to complete the play.

Basketball + Jump Rope = Jumping Hoops

This game can be played on the court, or on a safe street with a basket of your own invention, like a trash can or bucket. Play a standard game of "HORSE" with one addition: every letter you make you must jump rope 20 times before shooting the next letter. Miss a letter? Now you must jump rope 30 times while the other player shoots.

Basketball + Kickball = Baskickball

Pick up a kickball and head to the court. Play regulation basketball with kickball skills, which means you use a kickball and can't use your hands. Kick the ball to your teammates instead of passing. See if anyone can kick the ball high enough to make a basket. Use a lower basket for higher scores.

