



Making the Grade – Healthy After School Programs Get an A+

On July 25, 2007 the Healthy Weight Initiative held its' third annual conference for 21st Century and Dependent Care grantees. With a focus on after school nutrition and physical activity programs, over 50 participants joined the conference to hear informative presentations and learn about resources available to them.

Highlights from the Conference:

Edwin Marty from Jones Valley Farms invites participants to visit his garden



Participants mix and mingle during the welcome session



Connie Riddle from Tallassee High School shares information on the wellness initiatives taking place in her school.



Participants during conference



Action for Healthy Kids

At the 2002 Healthy Schools Summit in Washington, D.C., former U.S. Surgeon General David Satcher asked America to address the burgeoning crisis of childhood overweight and obesity, and Action for Healthy Kids was formed to answer. Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.

The Alabama AFHK team came together in 2004 to address this critical issue and has actively pursued improving the school environment. Several outstanding accomplishments have been achieved by the team since that time.

Alabama AFHK created and distributed a series of health guides for schools in

Alabama which were used by the Alabama Department of Education to establish guidelines for healthier cafeteria meals, vending machines, school stores, fundraising, and physical education.



Visit <http://adph.org/NUTRITION> and click on "school nutrition" to download these health guides.

The team has also awarded mini-grants and supplied equipment to low income schools to enhance nutrition and physical activity programs. More recently, Alabama AFHK hosted the first Alabama Healthy Schools Summit in February 2007. Over 300 hundred school professionals attended the summit to hear important presentations on strategies to create a healthy school environment. As a result of the summit, five regional teams were

created to expand the work of Alabama AFHK across the state. The regional teams have held orientation meetings and are in the process of planning activities for the new school year. If you are interested in joining a team in your area, please contact:

Molly Pettyjohn at mpettyjohn@adph.state.al.us or 334-206-5646.

Alabama AFHK will continue to play a part in the health of Alabama's students with efforts to promote good nutrition and quality physical education. Healthy schools produce healthy students -- and healthy students are better able to learn and achieve their true potential. For more information visit www.actionforhealthykids.org

Resolution Adopting Beverage Standards for Vending Sales in Alabama Public Schools

In June 2007, the State Board of Education approved the following new guidelines for the sale of beverages in public schools during the school day. By the 2008-2009 school year, 100% compliance is expected in every school.

Elementary Schools: Bottled water--any size, Milk*--up to 8 ounces low fat/nonfat/flavored--up to 150 calories, Juice**--up to 8 ounces 100% juice/no added sweeteners--up to 120 calories

Middle Schools: Bottled water--any size, Milk--up to 10 ounces low fat/nonfat/flavored--up to 187 calories (150 calories per 8

ounce), Juice--up to 10 ounces 100% juice/no added sweeteners--up to 150 calories (120 calories per 8 ounce)

High Schools: Bottled water--any size, No/low calorie beverages--up to 25 calories (10 calories per 8 ounces) not to exceed 20 ounces, Milk--up to 12 ounces lowfat/nonfat/flavored--up to 270 calories (180 calories per 8 ounce), Juice--up to 12 ounces 100% juice/no added sweeteners--up to 180 calories (120 calories per 8 ounce), Other drinks--up to 12 ounces (light juices, sports drinks, teas, etc.) up to 99 calories (66 calories per 8 ounce)

Vending machines in high schools must contain at least 50% water and no or low calorie options.

*Milk includes nutritionally equivalent milk alternatives (per USDA) such as soy milk. **One hundred percent juice that contains at least 10% of the recommended daily value for three or more vitamins and minerals.

Read the full document at www.alsde.edu. Click on Board of Ed and then adopted resolutions.

Where does all our food come from?

Because we can buy things from all over the world, Americans have an abundance of low priced foods year round. We may not give much thought to where the items in our local supermarket come from. Unfortunately many other countries do not have the same kind of food safety standards that the U.S. practices and there is growing concern about the safety of imported foods.

Earlier this year contaminated wheat gluten from China was an additive in pet food and caused the deaths of large numbers of dogs and cats. Chinese manufactured toothpaste purchased by the Georgia Department of Corrections for use in prisons and mental hospitals was found to contain a substance used in antifreeze. About 10% of catfish eaten in US comes from China and testing of some shipments indicated the fish were full of an antibiotic banned in America. Several months ago Ron Sparks, the Commissioner of the Alabama Department of Agriculture, banned the sale of all Chinese catfish in the state. In late June, 2007, the FDA banned the import of 5 types of fish (catfish, basa, shrimp, dace and eel) from China because the fish are contaminated with banned chemicals.

While the food label will give the location of the manufacturer/distributor, it probably won't list countries for all

the separate ingredients. Some supermarkets are starting to list the 'Country of Origin' for fresh produce but most don't. One way to know where your produce is grown is to buy it from a local farmer's market. A visit to a market would be a great field trip for students. They can learn about the kinds of crops grown in their local area and the relationship between food purchases and support of the local economy. Purchasing locally grown foods also help to conserve the oil supply and reduce pollution because the food isn't transported half way around the world.

More information about Alabama Farmer's Markets can be obtained from www.fma.state.al.us.



Interested in tennis for your after-school activities?

Tennis is a great sport to learn early in life. It is a sport that can be enjoyed into adulthood and even your senior years.

Not only is it fun, but playing tennis on a regular basis produces physical, physiologic and psychological benefits.

These benefits include increased burning of calories, reduction in blood pressure and reduced stress. All of these benefits play a role in reducing a person's risk of developing heart disease, the number-one killing disease among men and women.



See the article at: <http://www.clevelandclinic.org/heartcenter/pub/guide/prevention/exercise/tennis.htm> for details about the health benefits of tennis.

Contact Kevin Theos for information on bringing tennis to your program!

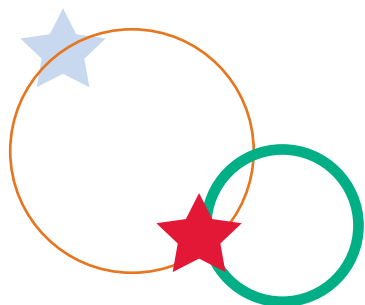
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NEWS AND EVENTS

Fruits & Veggies—More Matters™ Month

September is Fruits & Veggies—More Matters™ month. Help promote the consumption of fruits and veggies by celebrating this year's theme, Explore the World of Fruits and Vegetables. Teach children about the importance of eating fruits and vegetables while learning about different regions of the world.

Visit www.fruitsandveggiesmorematters.org for more information.

When: September 2007

State Obesity Task Force meeting

Join the Obesity Task Force to learn about interventions and programs that are being implemented across the state to address the issue of obesity. Get involved by taking part in a subcommittee and help Alabama lower obesity rates.

When: September 19, 2007, 10:00am – 12noon

Where: Alabama Power Company WaterCourse building in Clanton

We Can! 5K Run

Bethel Community Learning Center will be hosting the We Can! 5K Run and Fun Walk at Linn Park in Birmingham. We Can! is a national youth obesity-prevention campaign that focuses on better nutrition, physical activity, and reduced screen time.

Join in the run/walk to help raise awareness about childhood obesity. Contact Geraldine Moore at 205-796-0550 for more information.

When: September 22, 2007

Where: Linn Park, Birmingham, registration 7:30 am and run/walk 8:30 am

America on the Move

America on the Move week at the YMCA is a part of a national initiative known as YMCA Activate America, which is rallying YMCAs across the country to further enhance their service and support to kids, adults, and families who want a healthier lifestyle.

Visit www.americaonthemove.org for more information and find out the YMCA's in Alabama that are participating. There are several!

When: September 22-29, 2007

Where: Participating YMCA's in Alabama (see website)

In the USA, celebrate Walk to School Day on October 3, 2007, and promote safe walking and bicycling throughout the year.
Go to www.walktoschool.org for more information and to register your school.

Walk to School Initiatives

Take Steps Toward A Better Way

A Better Way
The Way Things Are