

Healthy Weight Initiative
Alabama Department of Public Health
The RSA Tower
 201 Monroe Street, Suite 710
 Montgomery, AL 36130



NEWS AND EVENTS

CONFERENCE ON OBESITY AND HEALTH: "ALABAMA, KEEP THE TORCH BURNING BY MAKING HEALTHY LIFESTYLE CHANGES!"

The 2010 program is an ideal educational opportunity to attend a wide variety of informational and educational sessions and learn from the experts. Sessions, presented by experienced and renowned speakers and faculty, are designed to present workable plans, share new ideas, discuss community studies, and create a stimulus toward personal action and goal setting while providing practical applications and useful information.

For more information, visit <http://obesity.ua.edu> or contact Geri Stone at 205-348-6225 or gstone@ccs.ua.edu.

When: June 3-4, 2010
Where: The University of Alabama Bryant Conference Center, Tuscaloosa

OBESITY TASK FORCE MEETING

Attend the state obesity task force meeting to network with partners across the state who work on obesity issues in adults and youth. Hear about programs and strategies that are targeted at creating healthier lifestyles and environments. Task force meetings are open to the public.

When: May 12, 2010
Where: Alabama Power Company, Clanton
Time: 9:00am until noon

DIY POLICY INSTITUTE 2010

Take part in the policy institute to receive "the tools you need to make the places you live, work and play healthier". Sponsored by the Alabama Strategic Alliance for Health, this workshop will teach attendees how to implement policies that create healthy environments.

For more information, contact Brandi Pouncey at brandi.pouncey@adph.state.al.us.

When: June 3, 2010
Where: The Marriott Legends at Capitol Hill, Prattville

DON'T FRY DAY

To help reduce rising rates of skin cancer from overexposure to the ultraviolet rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day, May 28, 2010, 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 for more information.

When: May 28, 2010
Where: Nationwide

NO CHILD LEFT ON THEIR BEHIND: PLAYING IT FORWARD

Teachers and health professionals are encouraged to attend this free workshop on how to get children active. The workshop is sponsored by the Alabama Department of Public Health, Alabama State Association of Health, Physical Education, Recreation and Dance and the University of West Alabama. For more information, call 334-206-5893.

When: July 22, 2010
Where: University of West Alabama

SPRING 2010

Healthy Weight

INITIATIVE NEWSLETTER



BE SUN SMART: BLOCK THE SUN, NOT THE FUN!

Summer is almost here and that means it's time to go outside and play! Playing outside is fun and good physical activity for kids and adults. But, too much sun can be harmful if you are not careful. Too much sun and ultraviolet (UV) radiation can cause health problems such as skin cancer, older looking skin, cataracts and other eye damage, and weakening of the immune system.

Melanoma is a serious type of skin cancer that can cause death if it is not detected early. The American Cancer Society estimates that there are approximately 11, 590 deaths each year due to skin cancer with the majority resulting from melanoma.

Everyone enjoys outdoor activities, but following sun safety tips is important to help prevent serious skin damage and skin cancer. The Sun Safety Alliance (SSA) recommends these sun safety habits:

- Generously apply sunscreen with SPF of at least 15 and reapply at least every two hours and after swimming or sweating. A sunscreen with an SPF of 30 higher is recommended by the SSA for children.
- Wear protective clothing such as long-sleeved shirts, pants, and a wide-brimmed hat and sunglasses with UV protection.
- Seek shade when appropriate, remembering that the sun's rays are strongest between 10am and 4pm.
- Avoid tanning beds. UV light from tanning beds can lead to skin cancer and wrinkling. Consider using a sunless self-tanning product instead.

- Use extra caution near water, snow and sand as they reflect the damaging UV rays, increasing your chance of sunburn.
- Check UV, heat and air quality indexes.
- Drink plenty of water.
- Practice sun safety every day, all year long!

Following these tips will help keep you sun safe. So, go outside and enjoy the warmth of the sun but remember to protect yourself from overexposure!

DID YOU KNOW? One blistering sunburn can double a child's lifetime risk of developing skin cancer.



See inside page for sun safety resources for teachers.

Walk Alabama



IN-SCHOOL PROGRAM

Alabama's youth are important to us. Issues of rising childhood obesity and childhood diabetes are concerning. So is the rising traffic pollution and the increases in asthma. Changing these trends means encouraging healthier habits and more active lifestyles for our youth.

Walk Alabama is a virtual mileage program. Kids will build 'steps' by walking, biking, or participating in sports. These 'steps' can then be added up as a class and tracked on the map of Alabama, allowing them to learn about the various cities and areas of our state! This program includes educational comments as well as physical exercise encouragement.

We are currently looking for teachers and schools in which to pilot this program, and for motivated educators who are interested in collaboration. We will work with classrooms and schools to create a program geared at getting your children more active. All pilot studies are fully funded at no cost to your school.



WORKING WITH YOUR SCHOOL

PROGRAM DETAILS AND TIME FRAME

This program is designed for K-8 students. The time frame for this program is 20 weeks (about a school semester). It is possible to work with one or two classes per grade, a whole grade level, or varied grades, depending on the needs of the school. We will work with teachers to help implement the program and address any questions or suggestions they may have.

FREE EDUCATIONAL RESOURCES

Learning manuals, walking logs, surveys, and any other educational printouts needed will be available to teachers to use in their own classes.

OTHER SPECIAL PROJECTS

The Safe Routes to School program works with schools, city agencies and community-based organizations to encourage walking and bicycling to schools and make it safer. Special projects have included infrastructure projects, bicycle rodeos, safety presentations, traffic bingo games and other fun and educational programs.

To get involved in this pilot initiative please contact Dagny Magill with Alabama Department of Public Health's Safe Routes to School Program.



Alabama Dept. of Public Health
201 Monroe St
Montgomery, AL 36104
<http://www.adph.org/srts/>

Dagny Magill
Safe Routes to School
Dagny.magill@adph.state.al.us
334-206-7071

SUN SAFETY RESOURCES FOR TEACHERS

SunWise Program - an environmental and health education program that aims to teach children and their caregivers how to protect themselves from overexposure to the sun through the use of classroom-, school-, and community-based components.
www.epa.gov/sunwise

Don't Fry Day - to help reduce rising rates of skin cancer from overexposure to the ultraviolet rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day, May 28, 2010, as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.
www.skincancerprevention.org

Sun Safety Alliance - the SSA website teaches adults and children about sun safety practices and provides information on a variety of topics such as UV protection, skin cancer, SPF, and safety tips. There are activities and resources that teachers can use with children and their parents.
www.sunsafetyalliance.org

The Sun Show - a DVD and teacher's guide for children ages 6-11 is highly entertaining and award-winning! The hosts, field reporters, and guests of The Sun Show, an imaginary live morning tv show, make it both fun and interesting for children to learn why and how to protect against overexposure to the sun.
www.sunsafetyforkids.org

SAVE THE DATE – JULY 14, 2010

The 6th Annual Healthy Weight Initiative Workshop is just around the corner! Make plans to attend this one day workshop where attendees will hear about child health issues in Alabama. Expert speakers will share innovative ideas and strategies for implementing programs and policies that promote better health in children and their families.

Don't miss this opportunity on July 14, 2010. Details will be provided soon. If you have questions, please call 334-206-5646.

YOUR HEALTHY LIFE AND YOU – CONTEST!



Have you lost weight? Have you managed to get your children to eat more fruits and vegetables? Share your success story with Produce for Better Health and have a chance to win prizes that will help you continue with healthy behaviors! In 1000 words or less, tell how you and your family have adopted a healthy lifestyle. Send in your testimonial with tips, ideas, and recipes to promote eating more fruits and veggies!



The deadline is July 1, 2010. For more information, visit the web site www.fruitsandveggiesmorematters.org and click on Contest under Hot Topics.

CALLING ALL PARENTS

This spring, Action for Healthy Kids is introducing a monthly e-newsletter just for parents! It will feature tips, tools, recipes and ideas to help your kids eat right and be active every day so they are ready to learn. If you'd like to receive this e-newsletter, send your email address to info@ActionforHealthyKids.org. In the meantime, check out the Family Corner for resources to help your kids make healthy choices at home and school at www.actionforhealthykids.org. (click on Addressing the Issue, then Family Corner)

Action for Healthy Kids addresses childhood undernourishment, obesity and prevention by working with schools to help kids learn to eat right and be active every day. This focus is because of the unique position and influence that schools have on children and their families, in addition to their responsibility to provide nutrition and physical education and their many opportunities to promote healthy eating and active living. Learn more at www.actionforhealthykids.org.

