

April E-Newsletter Volume 3, Issue 4

In this Edition

Sacramento County – “Physicians for Healthy Communities” Training
CMA Foundation’s Clinical Provider Toolkits – NOW AVAILABLE
State Board of Equalization Public Comment Period
MyPyramid Menu Planner
NEW! – Discussion Question
In the News
Upcoming Events
Harvest of the Month

Thank You Sacramento County – “Physicians for Healthy Communities” Training

Thank you to everyone who participated in the Obesity Prevention Project’s Sacramento County - “Physicians for Healthy Communities” training on March 29, 2008.

Copies of the agendas and speakers’ presentations will be available on the project’s website under “Physician Champion Training Materials” this week.

<http://www.calmedfoundation.org/projects/PhysicianChampionTrainingMaterials.aspx>

Obesity Provider Toolkits

The California Association of Health Plans (CAHP) and the California Medical Association Foundation (CMAF) have collaborated to release three toolkits to address obesity and overweight. These three toolkits, designed for adults, children and adolescents and pre/post bariatric surgery patients, were developed to encourage physicians to discuss healthier lifestyles with their patients.

Please find below a link to a report aired on Capitol Public Radio and KFBK , an article from the Sacramento Bee, and a list of other media attention gained.

Our success in addressing critical public health issues is made possible because of your collaboration and support!

<http://www.capradio.org/articles/articledetail.aspx?articleid=4911>

<http://www.sacbee.com/111/story/812315.html>

Please visit the Obesity Prevention Project’s website at <http://www.calmedfoundation.org/projects/obesityProject.aspx> to download your copy today.

Business Taxes Committee Material - Regulations 1602 & 1591 Meal replacement products

The California Board of Equalization is discussing the proposal to revise Regulations 1591 and 1602 to clarify the application of tax to sales of meal replacement products that are furnished by a physician as part of a medically supervised weight loss program to treat obesity.

These revisions are now available for public comment. A meeting is scheduled in **Room 122 at 10:00 A.M. on April 15, 2008**, at the Board of Equalization (450 N Street Sacramento, California) to further discuss this issue. (Please note this is the only interested parties meeting planned for this issue.)

If you are unable to attend the meeting but would like to provide input for discussion at the meeting, please feel free to write to the above address or send a fax to (916) 322-4530 before the April 15, 2008 meeting.

Whether or not you are able to attend the above interested parties' meeting, please keep in mind that the due date for interested parties to provide written responses to staff's analysis is **May 2, 2008**. Please view the discussion paper and further background on this topic at <http://www.boe.ca.gov/meetings/pdf/DPwebsite.pdf> for more information.

Contact Lynn Whitaker at (916) 324-8483 or by e-mail at Lynn.Whitaker@boe.ca.gov for additional information on providing a comment on Regulations 1591 and 1602.

Contact Leila Khabbaz, Supervisor, Business Taxes Committee Team at (916) 322-5271 with any questions you may have.

MyPyramid Menu Planner

The USDA's Center for Nutrition Policy and Promotion officially released the MyPyramid Menu Planner on March 11, 2008

The Menu Planner interactively shows whether a person's food choices are balanced for the day, or on average over a week. The goal of this new tool is help individuals plan upcoming meals to meet their respective MyPyramid goals, while also providing suggestions for potential ways to improve food choices.

Visit www.MyPyramid.gov/Planner for more information.

Response to March 2008 - Discussion Question

The United States is one of the most industrialized nations in the world.

It is also the most obese.

What, in your opinion, causes this correlation?

Thank you to Dr. Alvaro Garza, of San Mateo County, for your comments on March's discussion question.

Dr. Garza identified the correlation between obesity rates in the United States with a dramatic increase in industrialization. "As with most of life's confounding questions, the reasons are multiple and varied. One key word in your first sentence is central to the problem: industrialization... industrialization of our food supply and industrialization of our lifestyles..."

Want to share your thoughts with your colleagues?

Send us your thoughts and responses to April's "Discussion Question", via email, with your name, title and your comments.

April Discussion Question

Should legislation be used to curb the tide of obesity in this country? Would regulating junk food, in the same manner as alcohol and tobacco, be the best solution to combat America's expanding waist line? Is this a good technique to bring attention to the issues or would it further divide Americans and place unnecessary additional pressure on citizens and the overweight?

Look for our E-Newsletter in May to see if your response was selected and to see what your colleagues think about this issue.

In the News

U.S. Senator Unveils Plan to Boost Diabetes Treatment, Childhood Obesity Prevention

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=7400>

Acting U.S. Surgeon General to Kick Off National Tour on Childhood Overweight and Obesity Prevention Initiative "Healthy Youth for a Healthy Future"

Inaugural Meeting in Charleston, West Virginia

<http://www.surgeongeneral.gov/pressreleases/sg03102008.html>

Variations in Breastfeeding Rates May Help Explain Childhood Obesity Disparities, Study Finds

<http://pediatrics.aappublications.org/cgi/content/full/121/3/e458>

Farm-to-School Programs Gaining Nationwide Support

http://www.usatoday.com/news/education/2008-03-23-farm-food-schools_n.htm

Caltrans Awards \$52 Million In Safe Routes To School Funding

<http://www.dot.ca.gov/hq/paffairs/news/pressrel/08pr4.htm>

Upcoming Events

Bay Area

The Path to Healthy Communities: Place-Based Solutions to Achieving Health Equity

Tuesday, April 15th, 2008

10:00 a.m. – 2:00 p.m.

Nile Hall - Preservation Park

668 13th Street

Oakland, CA

Visit <http://www.cpehn.org/register.php?id=93> to register for this event

“Be Sugar Savvy” – Train the Trainer workshop

Thursday, April 18th, 2008

9:00 a.m. – 12:00 p.m.

Elihu Harris Building - Room 1

1515 Clay Street

Oakland

Register online for this event at <http://ucanr.org/besugarsavvy>

Butte County

2nd Annual “Growing Healthy Children” Fun Run/Walk

Saturday, May 3rd, 2008

9:00 a.m. – 12:00 p.m.

Bidwell Park

Chico

Visit <http://www.scnutrition.org/index.php?n=1&id=1> to download a registration form

Contact Patty Mannel at (530) 345-2483 for more information

Fresno

Nutrition Education - What Works? – Webinar

Thursday, April 17th, 2008

7:00 a.m. – 2:00 p.m.

UCCE- Fresno County

1720 S. Maple Ave

Fresno, CA

For more information contact, Nichole Mosqueda at (559) 456-7285

“For Your Health” Fair

Saturday, May 3, 2008

10:00 a.m. – 3:00 p.m.

3505 E. Shields Avenue

Fresno, CA

For more information contact, Dr. Razia Sheik at (559) 226-4266

Los Angeles

The Path to Healthy Communities: Place-Based Solutions to Achieving Health Equity

Monday, April 28th, 2008

10:00 a.m. – 2:00 p.m.

The California Endowment - Yosemite B Room

1000 North Alameda Street

Los Angeles, CA

Visit <http://www.cpehn.org/register.php?id=93> to register for this event

Sacramento

“Youth Advocates for Walkable Nutrition” – Photovoice Project

Saturday, April 12, 2008

6:00 p.m. – 9:00 p.m.

1827 I Street

Sacramento

Contact Dawn Dunlap at (916) 556-3344 for more information

San Bernardino

Black Barbershop Health Outreach Program

Saturday, May 3rd, 2008

If you are interested in learning more about the outreach opportunity, contact Dana Colbert or Leticia Flores, at the San Bernardino Chapter of the American Heart Association at dana.colbert@heart.org or Leticia.flores@heart.org

First Annual Cambodian New Year Celebration & Health Fair

April 19, 2008

9:00 a.m. - 4:00 p.m.

Cambodian Community Center & Temple

1595 Hardt Street

San Bernardino, CA

For more information contact Sokan Hunro at (909) 800- 5527 or by email at

The.khmerangkor@gmail.com

Santa Clara County

Fruit and Veggie Fun Walk

Saturday, April 26th, 2008

9:00am

Olinder Neighborhood Center

848 East William Street

San Jose, CA

For more information contact Travis Smith at traviss@healthtrust.org

Harvest of the Month - Carrots

Did you know?

The average person eats 17 pounds of carrots per year.

In traditional medicine, carrots are used to treat digestive problems, intestinal parasites, tonsillitis and constipation

Carrots can be eaten raw, chopped, boiled, steamed, cooked in soups and stews, as well as being useful in baby and pet foods.

For more information visit www.harvestofthemonth.com

Visit <http://www.fruitsandveggiesmatter.gov/benefits/index.html> for more information on the benefits of eating fruits and vegetables in a variety of colors.

Tiffanie Sherrer

Obesity Prevention – Project Coordinator
California Medical Association Foundation
1201 J Street, Suite 350
Sacramento, CA 95814-2906
(916) 551-2031
(916) 551-2544 Fax
tsherrer@cmanet.org
www.calmedfoundation.org