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The Obesity Prevention Project is pleased to announce the launch of our new “Physicians for Healthy Communities” Mini-Grant Program.

The Obesity Prevention Project is offering small grants to medical student organizations, physicians and component medical societies throughout the state of California. Grants will range from \$250 to \$1000 and will support obesity prevention related advocacy and community outreach projects that enhance the well-being of California’s communities.

The mini-grant application and supplementary materials will be available in January 2008.

For questions regarding the mini-grant program, please contact:

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Physician Champions in Action!

R. Christopher Searles, MD is a great example of a “Physicians Champion” in action to reduce obesity in the San Diego and Chula Vista areas. His passion for community service and treating patients for obesity has led him to create a community project titled Chula Vista Physicians with Recreation (CVPWR). This prevention project provides access for underserved residents to access city recreation programs through a physician prescription. Dr. Searles is committed to the Chula Vista community and encourages other physicians to get involved in their communities through a presentation titled “Taking It Out of the Office”. Dr. Searles will be traveling to Tulare and Fresno counties in early 2008 to discuss his obesity preventive care model. We are pleased to highlight the efforts of this outstanding Physician Champion.

If you have participated in a community based obesity prevention activity and would like to share your experience with like-minded colleagues, let us know.

Please contact us at:
California Medical Association Foundation
1201 J Street, Suite 350
ATTN: Obesity Prevention Project
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FAX: (916) 551-2544
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“Physicians for Healthy Communities” Training – Santa Clara

The Obesity Prevention Project’s next training for its “Physicians for Healthy Communities” Initiative will be in Santa Clara County in February 2008. Spread the word!

Look for more information regarding the training in your email soon and in the project’s January E-Newsletter.

Past copies of the agendas and speakers’ presentations are available on the website under “Physician Champion Training Materials”

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

New Resource Available!

We have recently posted the Orange County Health Care Agency’s updated childhood obesity resource list, addressing the treatment and prevention of overweight in youth, on our website.

Check it out at:

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

Register now for the *Network for a Healthy California* 2008 Annual Conference

"Champions for Change: Taking Action for Healthy Eating and Active Living"

Sacramento Convention Center on January 23-24, 2008.

Click below to register

<http://www.networkforahealthycalifornia.net/2008conference/registration.php>

In the News

In January 2007 the CMA Board of Trustees approved the Council on Legislation's recommendation to "Investigate and consider proposals to reallocate the sales tax revenue on soda toward obesity prevention efforts and evaluate the health benefits of proposals to increase the taxation on soda and other sweetened beverages.

See article below highlighting how steps are being made, in San Francisco, towards this effort.

http://www.nytimes.com/2007/12/18/us/18soda.html?_r=1&oref=login&oref=slogin

"Long Overdue" Guidelines Set for Child Obesity

The most aggressive, thorough guidelines ever issued for preventing and treating childhood obesity were delivered to U.S. doctors this month by a panel of medical experts.

<http://www.intelihealth.com/IH/ihtIH/EMIHC254/333/20833/650750?d=dmTICNNews>

HHS Launches Initiative to Coordinate Childhood Obesity Prevention Efforts

<http://www.rwjf.org/programareas/features/digest.jsp?id=6782&pid=1138&gsa=1>

Grant For Research To Focus On Obesity And Related Health Risks In Children And Minority Populations

<http://www.medicalnewstoday.com/articles/83520.php>

Eight Hints For Healthier Holiday Eating

http://www.forbes.com/2007/11/26/health-eating-holiday-forbeslife-cx_rr_1126health.html?partner=email

Upcoming Events

Central Valley

Growing Healthy Children – Regional Training

January 16, 2008

The Downtown Club

2120 Kern Street - Fresno

8:30 a.m. – 3:00 p.m.

Register Online:

<https://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2285>

For questions regarding registration, contact Yolanda Murillo at (559) 456-7285

Riverside County

15th Annual MLK, Jr. Walk-a-thon and Health Fair

January 21, 2008

Riverside Municipal Auditorium

3485 Mission Inn Avenue - Riverside

11:00 a.m. – 3:00 p.m.

For additional information contact Diane Wayne at (951)358-5890 or by email at

dwayne@co.riverside.ca.us

In the season of giving, our partners can make a difference...

The holidays are a time for the CMA Foundation to give thanks and count our blessings. This year we are particularly grateful for the generosity of partners like you, whose gifts of time and financial support have helped the CMA Foundation continue to fulfill its mission to improve individual and community health throughout the state.

Your donation, in any amount, would be appreciated and is necessary to support, lead, advocate and mobilize – to make a difference in the health of California

To make a donation, please visit our secure donation site

<https://www1981.sslidomain.com/calmedfoundation/secure/index.aspx>

All donations are used to fund the efforts of the Foundation and are greatly appreciated.

**Have a safe and Happy New Year...
from the California Medical Association Foundation's
Obesity Prevention Project**

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