

**February E-Newsletter**  
**Volume 3, Issue 2**

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**“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.

**The deadline to submit a mini-grant application is February 29, 2008!**

The mini-grant application and supplementary materials are available online at:

[http://www.calmedfoundation.org/projects/ObesityGeneralPDFs/OPP\\_MiniGrant\\_Applications.pdf](http://www.calmedfoundation.org/projects/ObesityGeneralPDFs/OPP_MiniGrant_Applications.pdf)

For more information contact Tiffanie Sherrer at (916) 551-2031 or by email at [tsherrer@cmanet.org](mailto:tsherrer@cmanet.org)

## **“Physicians for Healthy Communities” Training – Sacramento**

Obesity Prevention Champion Training Session

Saturday, March 29, 2008

9:00 a.m.—12:00 p.m.

Sierra Sacramento Valley Medical Society

5380 Elvas Ave # 100

Sacramento, CA 95819

### **WHO SHOULD ATTEND?**

Physicians, residents, medical students and health professionals interested in community-centered obesity prevention

### **PARTICIPANTS WILL:**

- Receive FREE Continuing Medical Education Units

- Learn practical tips for communicating key issues surrounding obesity

- Promote local measures and solutions for preventing obesity

- Build contacts and establish partnerships with key community members and organizations to maximize obesity prevention efforts

For questions or to reserve your space, please contact Tiffanie Sherrer, Obesity Prevention Project Assistant at (916) 551-2031 or [tsherrer@cmanet.org](mailto:tsherrer@cmanet.org)

## **Thank You Santa Clara County – “Physicians for Healthy Communities” Training**

Thank you to everyone who participated in the Obesity Prevention Project’s Santa Clara County - “Physicians for Healthy Communities” training on February 9, 2008.

Copies of the agendas and speaker’s presentations are available on the website under “Physician Champion Training Materials”

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

## **"Unnatural Causes"**

**"Unnatural Causes" is a four-part documentary series exploring America's racial and socioeconomic inequities in health.**

Presented by PBS, "Unnatural Causes" will, for the first time on film, sound the alarm on shocking socio-economic and racial inequities in health - and explain how some causes of illness, may not be what we expect.

The documentary details how the social conditions into which an individual is born can profoundly affect well-being and longevity, showing that there may be much more to one's health outcomes than bad habits, access to health care or 'unlucky' genes.

The documentary airs on PBS starting March 27 and continues with the four part series on April 3, 10 and 17. Check local listings for air times.

To find out more about this film, go to: <http://www.unnaturalcauses.org>

## **Discussion Question**

**Senator Alex Padilla recently held a hearing to discuss the follow through from Governor Schwarzenegger's 2005 Obesity Summit.**

**There have been claims that the Governor has shirked the commitment he made to fight obesity in the state.**

**Do you feel the Governor has done all that he can to promote this as a front line issue?**

Share your thoughts with your colleagues!

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

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

## In the News

Higher Obesity Rates Associated With Lower-Income Neighborhoods

Full text article: <http://www.blackwell-synergy.com/doi/full/10.1111/j.1753-4887.2007.00001.x>

Cooking Lessons for All Children

The British government has announced that it will make cooking lessons mandatory for youth at the junior high level, starting this Fall, as a way to counter obesity.

[http://www.nytimes.com/2008/01/23/world/europe/23briefs-COOKINGLESSO\\_BRF.html?\\_r=1&emc=eta1&oref=slogin](http://www.nytimes.com/2008/01/23/world/europe/23briefs-COOKINGLESSO_BRF.html?_r=1&emc=eta1&oref=slogin)

Cities study dearth of healthy food

[http://www.usatoday.com/news/health/2008-01-24-fooddesert\\_N.htm](http://www.usatoday.com/news/health/2008-01-24-fooddesert_N.htm)

## Upcoming Events

### **Sacramento County**

*Quarterly Regional Training on Youth Engagement in Nutrition and Physical Activity*

Tuesday, February 26<sup>th</sup>, 2008

8:30 am – 4:00 pm

Sierra Health Foundation

Sacramento

Contact Omar Sahak at [osahak@healthedcouncil.org](mailto:osahak@healthedcouncil.org) or by phone at (916) 556-3344 x 114 for more information.

### **Butte county**

*“Minimizing Risk for Obesity, Heart Disease, and Diabetes”*

Special Lecture by Dr. T. Colin Campbell

Friday, March 7<sup>th</sup>, 2008

4:00 pm—5:00 pm

Enloe Conference Center

1528 Esplanade

(at E. 5th Avenue)

Chico

This event is free and open to the public

Contact Cindy Wolff [cwolff@csuchico.edu](mailto:cwolff@csuchico.edu) or by phone at (530) 898-5288 for more information.

### **San Bernardino County**

2<sup>nd</sup> Annual 5K Community Walk-Run

Arrowhead Regional Medical Center

Colton

Saturday, March 15<sup>th</sup>, 2008

On-site registration begins at 7:00 am. The event begins at approximately 8:30 am.

Pre-register at: [www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org)

*This event is FREE*

Contact Lynda VanHoof at [vanhoofl@armc.sbcounty.gov](mailto:vanhoofl@armc.sbcounty.gov) or by phone at (909) 580-6109 for more information

## Harvest of the Month - Broccoli

### Did you know?

People worldwide eat over 940 percent more broccoli today than they did 25 years ago.

Broccoli is one of the most popular garden vegetables to date, mostly because it is very easy to grow.

California is the number one commercial producer of broccoli in the United States, producing more than 90 percent of the nation's crop.

Broccoli...It's really not that bad!

For more information visit [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

For selection, storage, preparation and cooking ideas, visit [www.fruitsandveggiesmatter.gov/month/broccoli.html](http://www.fruitsandveggiesmatter.gov/month/broccoli.html)