

January E-Newsletter Volume 3, Issue 1

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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. Grants will range from \$250 to \$1000 and must 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 are now available. Please contact the project directly, for more information.

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“Physicians for Healthy Communities” Training – Santa Clara

Obesity Prevention Champion Training Session

Saturday, February 9, 2008

9:00 a.m.—12:00 p.m.

Santa Clara County Medical Association

700 Empey Way - San Jose, CA 95128

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 contracts and establish partnerships with key community members and organizations to maximize efforts in obesity prevention

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

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>

JUST ADDED!!!

Please stay for the

Santa Clara County Chronic Care Symposium

immediately following the Obesity Prevention Champion Training Session...

This engaging session is sure to benefit physicians and their staff interested in better caring for patients with chronic conditions.

Chronic Conditions Symposium

Saturday, February 9, 2008

12:15pm to 2:45pm

Santa Clara County Medical Association

For Questions, please contact Ashlee Oh at (408) 366-4175

To register, please contact Tiffanie Sherrer at (916) 551-2031 or by email at tsherrer@cmanet.org

RecreationRx.org

Chris Searles, MD, a San Diego “Physician Champion”, has created an innovative website featuring “Prescriptions for Recreation”. The purpose of this website is to facilitate partnerships between health care and recreation providers in underserved communities.

The website features information on how to implement the “Recreation Rx program in your area, as well as various networking tools.

Visit the website at www.recreationrx.org for more details.

Cold and Flu Season is Here!

Offer your adult patients a **Viral Pak** as a reminder that viral infections cannot be cured with antibiotics.

The viral pak includes hand sanitizer, tea, Tylenol, facial tissue and important facts about viral infections and prevention.

Supplies are limited; get your order in soon!

Please visit www.aware.md to place your order and to obtain other useful patient information to stay healthy and prevent misuse of antibiotics.

The viral paks have been made available for free by Ortho McNeil.

For more information regarding the AWARE Project, please contact Cristina Correa, AWARE Project Director at 916-551-2551 or via e-mail at ccorrea@cmanet.org

In the News

P.E. Classes Focusing on Individual Activities to Keep Kids Moving

Physical education teachers nationwide are shifting away from team sports and instead promoting individual activities that teach students lifelong fitness habits

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=7050>

YMCA to Expand Anti-Obesity, Fitness Offerings

The YMCA has created a strategic plan to engage more Americans in anti-obesity and fitness programs

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND141&pid=1141&id=7047>

Outdoor gyms aim to reduce health woes

Five 'Fitness Zones' are installed to fight such ills as obesity and hypertension among lower-income residents

<http://www.latimes.com/news/local/la-me-gyms28dec28,0,805923.story?coll=la-home-center>

Study finds that parents often fail to recognize obesity in their children

<http://www.med.umich.edu/opm/newspage/2007/poll6.htm>

Harvest of the Month

Did you know that after chocolate and vanilla, orange is the world's favorite flavor?

A single orange contains over 116% of your daily dietary need for Vitamin C.

And not only are oranges nutritious, but they can also be used for stress relief and your daily beauty routine.

Orange you glad about that?

For more information about oranges and plenty of healthy recipes, please visit:

<http://www.harvestofthemonth.com>

<http://www.sunkist.com>