

July E-Newsletter

Volume 2, Issue 4, July 2007

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Ann Milar has joined the CMA Foundation as Obesity Prevention Project Coordinator effective Monday, July 9th. Ann spent several years with the California Dental Association working on professional development programs and policy issues related to 3rd party payers. Ann's primary responsibilities will be coordinating the CME training sessions offered by the Obesity Prevention Project, and facilitating relationships and communication between the health care providers trained and community based organizations. You may reach Ann at 916/551-2547 or amilar@cmanet.org.

New Obesity Prevention Project Resources are now available on our website!

Food Stamp Nutrition Education

The project has published a brochure detailing the partnership between the CMA Foundation, the California Department of Public Health and the Food Stamp Program. This brochure is designed to inform providers on how they can get their Medi-Cal patients involved in the Food Stamp Program as a means of promoting healthy eating and healthy living, and provides information on how to refer patients to a Food Stamp Nutrition Education Program in their area.

Case Study: Health Net and the Los Angeles Collaborative

This case study examines a partnership between the Network for a Healthy California and Health Net that led to the formation of the Los Angeles Collaborative. Topics explored include the Collaborative's activities and successes. This case study was distributed to all of the Medi-Cal Managed Health Plans during the month of June.

Both of these items can be found under the Education Resources section of the project website. <http://www.calmedfoundation.org/projects/PatientEdResources.aspx>

Policy Clearinghouse

Our Policy Clearinghouse has been updated to include the most recent bills, policy briefs and action items from the California State legislature.

<http://www.calmedfoundation.org/policydb/policysearch.aspx>

Community Resource Directory

Many people cite cost and safety as the obstacles faced when looking for places to get daily physical activity. In California we are lucky to have beautiful, accessible and affordable state and National parks in most counties. The warm summer weather offers a great opportunity to take advantage of the parks' recreation and physical activity opportunities. We have made information on all the state and national parks in California available in the Community Resource Directory in an easy to search format. Check it out at <http://www.calmedfoundation.org/applications/ProgramSearchHome.aspx> .

Resolution Ideas for the House of Delegates

All resolutions adopted during the House of Delegates sessions have the potential to become part of major public policy initiatives supported by CMA sponsored legislation. Ideas for obesity prevention and nutrition related resolutions include:

1. Policy that would ensure that only healthy food and beverages can be marketed to children under 12.
2. Support legislation to require food nutrition information to appear in menus and on menu boards in chain restaurants.
3. Support legislation that enhances the role of public health in local planning, zoning and the school siting process to facilitate the design of communities which foster and support physical activity.
4. Support 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.

Anyone interested in submitting proposals for the above ideas should contact Christine Maulhardt at (916) 551-2874.

If you are not a CMA member, your ideas are still welcome. All ideas for resolutions will be compiled and presented to CMA members and delegates to consider for submission.

Resolutions submissions are due by August 31, 2007.

“Many Americans Think They're ‘Lighter’ Than They Are, Most NOT Being Told By A Doctor They Need To Lose Weight”

According to the Centers for Disease Control, an estimated 66 percent of U.S. adults are overweight (33 percent) or obese (33 percent) but, according to a new study, only 12 percent of U.S. adults say they have ever been told by a doctor, nurse, or other health care professional that they are obese.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=74949&nfid=nl>

“Revisiting the Social Contract: Physicians as Community Health Promoters”

<http://www.washingtonpost.com/wp-dyn/content/article/2007/05/15/AR2007051501957.html>

An editorial from the CDC publication, Preventing Chronic Disease discusses how overburdened physicians can incorporate the themes of obesity prevention and nutrition education into the daily practice of medicine.

http://www.cdc.gov/pcd/issues/2007/jul/06_0195.htm

“Lawmakers Find \$21 a Week Doesn't Buy a Lot of Groceries”

U.S. members of Congress live on the average food stamp budget to raise awareness about the importance of the program, the inadequacies of the program and about hunger in the United States.