

## **March E-Newsletter Volume 3, Issue 3**

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### **Our “Physicians for Healthy Communities” Training is fast approaching!**

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

You can download registration materials on the project’s webpage:

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

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)

### **March is National Nutrition Month!**

National Nutrition Month is an annual nutrition education and information campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Visit the CDC’s newly unveiled “Nutrition for Everyone” webpage for Information on basic nutritional concepts to follow on a regular basis.

[http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/basics/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/index.htm)

Visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) for information about seasonal fruits and vegetables and tips on shopping for fresh produce, meal planning and recipes.

Visit <http://www.cdc.gov/nccdphp/dnpa/physical/life/> for tips for being more active and overcoming barriers to physical activity.

## **“Exercise is Medicine” Newsletter**

The American College of Sports Medicine (ACSM) is pleased to announce the inaugural issue of the Exercise is Medicine™ newsletter.

Please click on the link below to access the newsletter, which contains features on the program launch, physical activity, and updates on toolkits for various audiences.

<http://www.informz.net/acsm/data/images/eim-nlfinal.pdf>

## **Funding Opportunities**

### **U.S. Department of Agriculture -- Team Nutrition Training Grants for Healthy School Meals:**

Deadline: April 14, 2008

The U.S. Department of Agriculture is accepting applications for its Team Nutrition Training Grants for Healthy School Meals program to support projects that build infrastructure to implement the USDA's nutrition requirements and the Dietary Guidelines for Americans in school meals.

<http://www.healthinschools.org/News-Room/Grant-Alerts/Team-Nutrition-Training-Grants-for-Healthy-School-Meals.aspx>

### **School Wellness Grant Program**

Deadline: April 15, 2008

The U.S. Potato Board and the School Nutrition Foundation have teamed up to launch the School Wellness Grant Program. Ten grants of \$2,500 each will be awarded to public elementary schools in the U.S. for equipment and/or educational programs that will help move children toward healthier diets and improve their overall wellness. Eligible applicants include school administrators, foodservice staff, teachers and parents. Contact the U.S. Potato Board grant program directly for complete program information and application guidelines:

<http://www.healthypotato.com/health.asp>

### **USDA Seeks to Award \$5 Million in Food Stamp Program Participation Grants**

Deadline: May 15, 2008

The USDA will offer up to \$5 million in grants to improve participation in food stamps for those who are eligible, but for a variety of reasons do not receive the help intended for them. This year's grants are subject to availability of funds. This year, **USDA** plans to fund a partnership between a state agency and private non-profit faith-based or community organizations to help working poor and needy households better understand food stamp benefits. Grant applications for organizations can be obtained at [www.grants.gov](http://www.grants.gov) or on the Food and Nutrition Service website at [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp) or by calling the grant officer, Lisa Johnson, at (703) 305-2848.

## 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?**

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

Mounting Evidence Suggests Link Between Physical Education and Educational Achievement

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=7292>

Governor asked to make good on fighting obesity

<http://venturacountystar.com/news/2008/feb/22/governor-asked-to-make-good-on-fighting-obesity/>

School Menus Counter Challenges with Quality and Selection

<http://www.theobserver.com/articles/2008/02/13/news/doc47b1ee869bfaf553802996.prt>

Anti-Obesity Alliance Unveils Prevention Recommendations

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND141&pid=1141&id=7365>

## Upcoming Events

### Butte County

Butte County Collaborative for Child Obesity Prevention  
Tuesday, March 25<sup>th</sup>, 2008  
9:00 am – 11:00 a.m.  
Enloe Conference Center - Room 102  
Chico  
For more information, contact Michele Buran (530) 898-4318

### Riverside County

Worksite Wellness Toolkit Training  
Tuesday, March 18, 2008  
10am - 12 noon  
American Cancer Society office  
Riverside  
For more information, contact Pam Sampson at [psampson@dph.sbcounty.gov](mailto:psampson@dph.sbcounty.gov)

Colon Cancer—It's Preventable  
Roundtable Discussion on Prevention and Early Detection for African Americans  
Saturday, March 22<sup>nd</sup>, 2008  
10:30 a.m. - 2:30 p.m.  
Kaiser Permanente Medical Center - Conference Room A  
10800 Magnolia Avenue  
Riverside  
Registration is from 9:30-10:30 a.m.  
To reserve your seat, please call Pat Rupert at the American Cancer Society at (951) 300-1223.  
For more information, contact DSHN member Beckie Moore Flati at (714) 779-8104 or  
[Beckie.Mooreflati@cancer.org](mailto:Beckie.Mooreflati@cancer.org)

### San Bernardino County

"Nutrition Education: What Works?" - Interactive video web-cast training  
Thursday, April 17, 2008  
7:00 a.m. - 2:00 p.m.  
San Bernardino County Department of Public Health - 6<sup>th</sup> Floor Conference Room  
172 E Third Street  
San Bernardino  
For more information, please visit the link to the training brochure at  
<http://www.ucs.iastate.edu/mnet/cin/home.html>  
To reserve your seat, please contact Melodee Lopez at (909) 387-6318 or [mlopez@dph.sbcounty.gov](mailto:mlopez@dph.sbcounty.gov)

## Harvest of the Month - Spinach

### Did you know?

In popular folklore, spinach is a rich source of iron.

In reality, a 60 gram serving of boiled spinach contains slightly less than 2 milligrams of iron.

In reality, spinach is much higher in Calcium, Vitamin A, Vitamin C and several vital antioxidants.

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