

Spring Edition E-Newsletter

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Website Updates

We’ve been busy making many additions and updates to the resources and information available on our website in recent weeks. Our **Community Resources Directory** has now been expanded to the North Coast region, which includes **Del Norte, Humboldt, Mendocino, Lake, Sonoma, and Napa Counties**. **San Joaquin County** was also recently updated, and currently we are working on **Butte and Glenn Counties**. The community resources in the database cover programs related to Obesity prevention, nutrition, health education and community health. Sorted by county and program type, it is an easy to use tool for either patient or physician to find low-cost and no-cost opportunities in their region.

Policy Clearinghouse

The Policy Clearinghouse is a unique database dedicated to making the obesity related policies of organizations including national and state medical societies, advocacy groups and government readily accessible. Policies from the AMA and state medical associations were recently updated, so the Clearinghouse is stocked with useful information.

Links to both the Community Resource Directory and Policy Clearinghouse can be found on the Project main page at <http://www.calmedfoundation.org/projects/obesityProject.aspx> , on the right side of the page.

Attention CMA Members: Ideas for Policy Resolutions for the CMA House of Delegates?

Writing and submitting resolutions to the House of Delegates is one of the most effective ways an individual member can influence the policies and activities of CMA. Obesity prevention is an area ripe with opportunity for resolutions at the 2007 House of Delegates. Resolutions will be due at the end of the summer, start thinking of topics now. Depending on the action called for, a resolution can even result in a major public policy initiative or change (for example, a resolution directing CMA to sponsor legislation).

Even if you are a non-CMA member your ideas are welcome! We will compile ideas for resolutions and present them to CMA members and delegates to consider for submission.

If you have an idea, or would like more information on the process please contact Christine Maulhardt at 916/551-2874

Obesity News:

“That salad sounds healthful, but is it?

Quiz results show that most chain restaurant diners can’t pick the most nutritional meal.”

More than 500 Californians were shown lists of four dishes served at chain restaurants and asked to identify the one with the most fat, least salt or the fewest or most calories. This quiz and the resulting study were both created by the California Center for Public Health Advocacy and with the intent of highlighting the fact that most Californians may not be as aware of the amount of calories they are consuming per meal when eating out. The quiz and answer key are both available online at the link below.

<http://www.latimes.com/news/local/la-me-junkfood18apr18,0,553087.story?coll=la-home-headlines>

Volunteer Opportunities

Inland Empire

Organization: Youth And Family Wellness Committee-YFWC (a subcommittee of the Desert Sierra Health Network) in the Inland Empire.

When: May 15, 2007 @ 9:30 a.m. to 11:15 a.m.

What: Multi-sector group working to combat childhood obesity in the San Bernardino, Riverside and Inyo Counties

Volunteers Needed: Physician willing to become a committee member who will advocate for obesity prevention strategies in the health care sector, community resource referrals for obesity prevention/management, school wellness programs and physical activity for the youth and family.

Please contact Monica Haag, RD. Public Health Nutritionist and YFWC Chair at 909-388-0446
mhaag@dph.sbcounty.gov

Upcoming Events

Inland Empire

FREE teleconference *Prevention, Assessment and Treatment in Childhood Obesity: Recommendations from the AMA Expert Task Force on Childhood Obesity*, scheduled for Wednesday, June 6, 2007 from 10:00 am to 2:00 pm at the Santos Manuel Student Union Events Center located on the campus of Cal State University San Bernardino, 5500 University Parkway. CEU's are available for physicians, nurses and dietitians. For more information, please contact Network members, Monica Haag, 909-388-0446, mhaag@dph.sbcounty.gov or Dr. Dorothy Chen-Maynard, 909-537-5340, dchen@csusb.edu.

Space is limited, so please return your completed registration form to Monica by May 30th. You will be notified only if the site is full. Special notes: There is a \$4 parking fee, car pooling is recommended and lunch will be provide during the break.

May is National Physical Fitness and Sports Month

- The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments in which to be active.
- Physical activity among children and adolescents is important because of the related health benefits (cardio-respiratory function, blood pressure control, weight management, cognitive and emotional benefits).
- According to a study done by the National Association of Sports and Physical Education (NASPE), infants, toddlers, and pre-schoolers should engage in at least 60 minutes of physical activity daily and should not be sedentary for more than 60 minutes at a time except when sleeping.
- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.

For more information visit www.fitness.gov