

## **November E-Newsletter Volume 2, Issue 8**

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### **“Physicians for Healthy Communities” Training - Los Angeles**

Thank you to everyone who participated in the Obesity Prevention Project’s Los Angeles “Physicians for Healthy Communities” trainings on November 1<sup>st</sup> and November 3<sup>rd</sup>.

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

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

### **What is your favorite patient education resource?**

The Obesity Prevention Project is searching for culturally appropriate/culturally specific patient education materials to include in an online database that is under construction.

If you or your organization has a preferred brochure, handout or web resource that you are willing to share, please submit a copy. These materials will be reviewed for inclusion in our online database.

To view examples, click below:

<http://www.cdc.gov/healthyouth/physicalactivity/pdf/facts.pdf>

<http://win.niddk.nih.gov/publications/PDFs/helpingyourchild.pdf>

[http://www.cdc.gov/youthcampaign/materials/adults/pdf/American\\_Indian.pdf](http://www.cdc.gov/youthcampaign/materials/adults/pdf/American_Indian.pdf)

Please email, fax or mail your materials to:

California Medical Association Foundation

1201 J Street, Suite 350

ATTN: Obesity Prevention Project

Sacramento, CA 95814

FAX: (916) 551-2544

[snewman@cmanet.org](mailto:snewman@cmanet.org)

### **Register now for The Network for a Healthy California 2008 Annual Conference!**

"Champions for Change: Taking Action for Healthy Eating and Active Living"

Sacramento Convention Center on January 23-24, 2008.

To learn more about the confirmed speakers and agenda, please go to:

<http://www.networkforahealthycalifornia.net/2008conference/plenary-speakers.php>

Click below to register <http://www.networkforahealthycalifornia.net/2008conference/registration.php>

## **Physician Champions in Action!**

The CMA Foundation would like to thank Dr. Marcy Zwelling-Aamot of the Los Angeles County Medical Association for her presentation at the Long Beach Unified School District Nutrition Services in October. Dr. Zwelling spoke to the group about the importance of improving their health and setting a good example for the students they serve. Dr. Zwelling is a CMA member and practices in Los Alamitos.

Dr. Paul Kivela is working with local growers to offer an alternative to cookie dough school fundraisers. He is presenting information this week to his local medical society and will be starting his efforts with his children's school in Benicia, California. He is a CMA member and Past President of the Napa-Solano Medical Society.

Dr. Eric Ramos is working with students at Patterson High School in Patterson, California to conduct a weight loss study of the school's incoming freshman class. The program will survey the students for 20 weeks with a goal of reducing their BMI and teaching them techniques to live a healthier lifestyle.

If you have recently participated in any community based obesity prevention activities after attending one of the CMA Foundation's "Physician Champion" training we would like to hear about it.

Please contact us at:

California Medical Association Foundation

1201 J Street, Suite 350

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Sacramento, CA 95814

FAX: (916) 551-2544

[amilar@cmanet.org](mailto:amilar@cmanet.org)

## **In the News**

The AMA has joined the American College of Sports Medicine's "Exercise Is Medicine" initiative. This Task Force is "calling on physicians to assess and review every patient's physical activity program at every visit".

<http://www.exerciseismedicine.org/physicians.htm>

Children Respond To 'Active' Programs For Getting Fit, Eating Right

<http://www.medicalnewstoday.com/articles/83637.php>

Grant For Research To Focus On Obesity And Related Health Risks In Children And Minority Populations

<http://www.medicalnewstoday.com/articles/83520.php>

California Takes Part in Nationwide Study on Children's Health

<http://www.californiahealthline.org/articles/2007/10/5/California-Takes-Part-in-Nationwide-Study-on-Childrens-Health.aspx?topicID=41>

Study Suggests Family Meals Foster Healthy Nutrition Habits

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6524>

## **Upcoming Events**

### **Central Valley**

Central Valley Health and Nutrition Collaborative Regional Meeting

November 29

UC Cooperative Extension- Tulare County

4437 South Laspina Street, Suite B - Tulare

9:00 a.m. to 3:00 p.m.

For more information, contact Yolanda Murillo or Nichole Mosqueda at (559) 456-7285

Register online at <https://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2286>

Worksite and Nutrition Wellness Action Team

December 10

Agricultural Commissioner

(Next door to UC Cooperative Extension Fresno)

1730 S. Maple Avenue

Fresno

10:00 a.m. – 12:00 p.m.

For more information call (559) 456-7510

### **Sacramento County**

“Get Healthier Outdoors” Symposium

December 3- 5

Lake Natoma Inn

Folsom, California

Register online at [www.calroundtable.org](http://www.calroundtable.org)

For questions about registration, contact Jennifer at (916) 665-2777 or [jennifer@cprs.org](mailto:jennifer@cprs.org)

For questions about the Symposium, visit the California Roundtable on Recreation, Parks and Tourism at [www.calroundtable.org](http://www.calroundtable.org) or [admin@calroundtable.org](mailto:admin@calroundtable.org)

### **Santa Clara County**

Body Worlds 2 – The Anatomical Exhibition of Real Human Bodies

The Tech Museum

San Jose

The Santa Clara Public Health Department will be participating December 2 and December 9 with interactive educational tables on nutrition, pandemic flu, and obesity prevention.

Visit The Tech website at <http://www.thetech.org/bodyworld/> for more details.

## **Harvest of the Month**

### **Kiwifruit**

A kiwi is an indigenous bird to New Zealand, but a KIWIFRUIT is delicious and healthy alternative to junk food.

Did you know kiwifruit promotes heart health?

Did you know kiwifruit protects against Cancer?

Did you know kiwifruit is the most nutrient dense fruit?

For more information visit <http://www.harvestofthemonth.com/>

Visit the California Kiwifruit Commission website at [www.kiwifruit.org](http://www.kiwifruit.org) for more information on the furry fruit, recipes and health education material.