

October E-Newsletter
Volume 2, Issue 7, October 2007

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Los Angeles Physicians for Healthy Communities Training

Congratulations to the Winner of our Zoomerang Follow Up Survey!

Culturally Appropriate Patient Education Materials

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Harvest of the Month

“One of the best parts of the presentation by the Foundation was recognizing how many organizations are concerned and involved with obesity issues” – Quote from 2006 trainings

Registration now available!

The Physicians for Healthy Communities trainings are fast approaching.

Please join us November 1 and 3 in Downtown Los Angeles and Glendale for two intriguing trainings sure to leave you feeling empowered in your goal of preventing overweight and obesity

The *Physicians for Healthy Communities Initiative* provides health professionals with training on community collaboration, nutrition messages, and advocacy techniques to promote healthy eating and active living throughout California.

Thursday , November 1, 2007

6:00 p.m. – 9:00 p.m.

Aon Center Building
707 Wilshire Boulevard
Suite 3800
Los Angeles, CA 90017
(213) 683-9900

Saturday, November 3, 2007

9:00 a.m. – 12:00 p.m.

Glendale Memorial Hospital and Health Center
1420 S. Central Avenue
Glendale, CA 91204
(818) 502-1900

Receive up to 3 *AMA PRA Category Credits™*

Meals will be provided, Mileage reimbursement is available and parking is FREE

Click [HERE](#) to register now!

For more information contact Tiffanie Sherrer, Obesity Prevention Project Assistant at tserrer@cmanet.org or (916) 551-2031.

Winner of our Zoomerang Follow Up Survey

Congratulations to Dr. Sudeep Kukreja of Irvine, California.

He is the winner of a \$200 VISA gift card courtesy of the California Medical Association Foundation's Obesity Prevention Project

What is your favorite patient education resource?

The Obesity Prevention project will soon be adding patient education materials to the online resource that we currently have available. We are looking for your help in gathering more culturally appropriate/culturally specific patient education materials to our online database.

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 the Diabetes Patient Education database on our website. Click the link below to view the database.

http://www.calmedfoundation.org/projects/aped/PatientResources_PEM.aspx

You can email, fax or mail all materials to:

California Medical Association Foundation
1201 J Street, Suite 350
Sacramento, CA 95814
FAX: (916) 551-2544
snewman@cmanet.org

The Network for a Healthy California 2008 Conference is now open for registration!

The conference entitled, "Champions for Change: Taking Action for Healthy Eating and Active Living" will be held at the Sacramento Convention Center on January 23-24, 2008.

This year, the conference will focus upon the opportunities that Empowerment, Champions, and Agents of Change can bring. Along with colleagues and experts passionately dedicated to a health and nutrition revolution for today and tomorrow, we hope you will join the conversation that will help us understand where things are headed and how to get there.

Speakers for the conference are still being confirmed, but already we have an exciting lineup planned, including Terie Dreussi Smith, MA Ed, Kelly Brownell, PhD and Debra Cohen, MD, MPH. 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>

In the News

School cafeterias have gone on a diet as schools begin the fall term with healthier meal options

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6281>

Home value and zip code as a predictor of obesity rates provide a better grasp of the scope of the nation's obesity problem

<http://www.medpagetoday.com/Pediatrics/Obesity/tb/6547>

More kids developing high blood pressure confirms a trend long feared by experts worried about the consequences of the obesity epidemic.

<http://www.washingtonpost.com/wp-dyn/content/article/2007/09/10/AR2007091001349.html?referrer=emailarticle>

Federal Measure Would Amend No Child Left Behind Act to Prioritize PE, Prevent Obesity

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6363>

Upcoming Events

Bay Area

Our Issues, Our Voices: Communities of Color Advocating for Health

October 30, 2007

Preservation Park - 668 13th Street (Nile Hall)

Oakland

10:00 a.m.

Registration is \$25 for General Public

To register, go to <http://www.cpehn.org/events.php>

Riverside County

"Step Out to Fight Diabetes" walk

October 13, 2007

Main Street Mall - Downtown Riverside

Registration begins at 7:00 a.m.; 3 mile walk starts at 9:00 a.m.

Free lunch and post walk activities.

Contact Rodney Taylor at (951) 352-6740 x110 or rktaylor@rusd.k12.ca.us for more information

Healthy Parks, Healthy Communities Training

October 19, 2007

La Quinta Library

78-275 Calle Tampico

(Between Washington Street and Desert Club Drive)

La Quinta

9:30 a.m. to 3:30 p.m.

Registration fee is \$25 (includes lunch)

Contact Florentina Zavala at (951)358-7188 or fztavare@co.riverside.ca.us for more information.

Central Valley

Our Issues, Our Voices: Communities of Color Advocating for Health

October 17, 2007

UC Center - 550 East Shaw Avenue

Fresno

10:00 a.m.

Registration is \$25 for General Public

To register, go to <http://www.cpehn.org/events.php>

Harvest of the Month

Did you know that pears were once referred to as the “gift of the gods”?

Did you know Pears are members of the rose family and are related to the apple and to quince?

Ninety-eight percent of all pears grown in the United States are grown in California, Oregon and Washington, with California ranking #1 in Bartlett pear production.

Visit www.harvestofthemonth.com for more pear facts.

Visit www.calpear.com for salads, appetizers, condiments and desserts all featuring, you guessed it, PEARS!

Pick up a PAIR of PEARS today!