

**September E-Newsletter**  
**Volume 2, Issue 6, September 2007**

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**LAST CHANCE**

**Complete the Zoomerang Follow Up Survey!**

Thank you to all who have completed the survey on our 2006 training. If you attended one of our trainings, we would love to hear from you. Your input will help the project gain a better understanding of how we may assist individual health care providers in community and clinic based obesity prevention activities.

The survey can be found by clicking on the link below and will take no more than 15 minutes to complete. By completing the survey you will be entered into a drawing to receive a \$200 VISA gift card, courtesy of the CMA Foundation's Obesity Prevention Project.

<http://www.zoomerang.com/survey.zgi?p=WEB226SY5C525>  
[S](#)

If you have any questions, please feel free to contact Christine Maulhardt, Obesity Prevention Project Director, with any questions at (916) 551-2551 or by email at [cmaulhardt@cmanet.org](mailto:cmaulhardt@cmanet.org).

## **Save the Date – Los Angeles Physicians for Healthy Communities Training**

Our 2007 Los Angeles Physicians for Healthy Communities training is coming up.

Mark your calendars for November 1<sup>st</sup> and 3<sup>rd</sup>!

Thursday , November 1, 2007

6:00 p.m. – 9:00 p.m.

Los Angeles County Medical Association

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™* for free!

For more information contact Tiffanie Sherrer, Obesity Prevention Project Assistant at [tsherrer@cmanet.org](mailto:tsherrer@cmanet.org) or (916) 551-2031.

More details to come...

## **COMING SOON!**

### **Online Patient Education Materials**

What's your favorite patient education resource? The Obesity Prevention project is looking to add 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](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](mailto:snewman@cmanet.org)

### **2007 NEPO Summit**

**September 15<sup>th</sup> and 16<sup>th</sup>** ethnic physician leaders from throughout the state will meet at the Radisson Hotel in Sacramento, California to debate healthcare reform and to share information about strategies to reduce healthcare disparities.

*10 AMA PRA Category 1<sup>TM</sup> credits available*

Register now!

Online registration is available at [www.ethnicphysicians.org/whatsnew/index.asp](http://www.ethnicphysicians.org/whatsnew/index.asp)

For more information, please contact Doretha Williams-Flournoy at (916) 551-2543 or [dwilliamsflournoy@cmanet.org](mailto:dwilliamsflournoy@cmanet.org).

## **In the News**

### **Study Confirms Importance of Early Intervention in Establishing Lifelong Healthy Eating Habits for Kids**

Studies show that children who learn healthy eating habits at an early age maintain healthy diets into adolescence.

<http://www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6167>

### **Should Kids Be Warned About the Dangers of Obesity?**

This article debates opposing views on whether schools should focus on body weight.

<http://health.usnews.com/usnews/health/articles/070814/14weightdebate.htm>

### **Obesity Rate in U.S. Still Climbing**

New findings show no state posted a decline in adult obesity rates last year.

<http://healthyamericans.org/reports/obesity2007/>

## **Upcoming Events**

### **Central Valley Region**

#### **Latino Health Awareness Month Celebration**

September 22

9:00 a.m. to 2:00 p.m.

Parlier

For more information, call Eustolia Zamora-Bonilla at (559) 456-7551.

#### **Free Nutrition Education Training**

Thursday, September 27, 2007

9:00 a.m. to 3:30 p.m.

Selma Spike n Rail

2910 Pea Soup Anderson Blvd.

Selma, CA 93662

Register online for this event at

<https://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2197>.

Contact Yolanda Murillo at (559) 456-7285 with questions about registration.

### **San Bernardino County**

#### **Skills Density Nutrition Training**

September 26, 2006

9:00 a.m. to 12:00 p.m.

San Bernardino County Superintendent of Schools

Colton

If you would like to participate, contact Jackie Russum at 510-670-4585 or email at

[jrussum@californiahealthykids.org](mailto:jrussum@californiahealthykids.org) by September 24, 2007.

## **North Coast Region**

### The Art of Motivating Behavior Change

(Or how to get people to do things that are good for them)

Thursday, September 13, 2007

Training for Health Educators

9:00 a.m. to 12:00 p.m.

River Lodge in Fortuna

1800 River walk Drive

RSVP: [mpostman@co.humboldt.ca.us](mailto:mpostman@co.humboldt.ca.us)

### Building a Nutrition Foundation

#### For Healthy Families

Thursday, September 20, 2007

9:30-12:30

Madrone Room (in main building)

Humboldt County Office of Education

901 Myrtle Avenue, Eureka, CA

RSVP: [mpostman@co.humboldt.ca.us](mailto:mpostman@co.humboldt.ca.us)

## **Solano County**

The Gold Country region's *Network for a Healthy California—African American Campaign* is partnering with the Solano Coalition for Better Health to address Health Disparities through the Critical Mass Health Conductors Project of Solano. They are looking for "Community Health Conductors" to help individuals address obesity issues using supportive interpersonal goal setting strategies and reinforcement from local physicians.

For more information about this project, contact LaKenya McCough at (707) 863-4423.

## **September is National Apple Month!**

Did you know that one bad apple really can spoil the bunch?

Chemicals released from an apple that has begun to go bad send hormonal signals to other apples in their immediate area (usually a bag in your refrigerator) causing the rest of the apples to begin to ripen more rapidly, increasing the perishability of the fruit. This is called ripening synchrony.

For downloadable health education material visit:

[http://www.harvestofthemonth.com/download/Cycle%20I/Month%20I%20-%20September%20-%20Apples/Apples\\_Edu.pdf](http://www.harvestofthemonth.com/download/Cycle%20I/Month%20I%20-%20September%20-%20Apples/Apples_Edu.pdf)

For nutrition information and recipes visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Visit the United States Apple Association's website at [www.usapple.org](http://www.usapple.org)