



July 2009

Produce

The active news for you to consume

Iowans Fit for Life Partnership

An exciting agenda is planned for the July 17th partnership meeting in Urbandale. You won't want to miss it! The meeting is from 9:30 A.M. to 3:00 P.M. with individual work groups in the morning and the full partnership session in the afternoon. Locally grown foods will be highlighted at lunch and a walkability assessment will be demonstrated in the afternoon. Dress comfortably (jeans or shorts and walking shoes are appropriate) for the walkability assessment! Registration is now open by contacting Dennis Haney at ghaney@idph.state.ia.us or (515) 281-7501.

Mark your calendars now for the following partnership meetings:

- Tuesday, October 20th
- Friday, January 22nd
- Friday, April 23rd

Community Gardens

Linn County, Iowa; to many, the green onion has long symbolized the beginning of the growing season, the arrival of summer and fresh fruits and vegetables. To the residents of the Cedar Valley Apartments in Cedar Rapids, a Four Oaks Affordable Housing Community, the green onion growing in their community garden represents hope, beautification, economic relief, an increase in physical activity, fresh food for their children, and a change in perception.

The Community Garden in Cedar Valley Apartments is one of many gardens recently uncovered in Linn County by Healthy Linn Care Network (HLCN) and its collaborating partners from a request to help write a Community Foods Coalition grant from the USDA. Response from the inquiry was so great that HLCN, under the Healthy

Communities Grant and the Healthy Living Coalition, has created a Community Garden Network specifically for Linn County.

With an electronic mailing list planned, community garden initiatives' can link members to material resources, community support, and identify a surplus of food for communities in need. Once organized and other community gardens are identified, the network can begin discussions with the city and county to leverage more community garden space creating opportunity for environmental policy change.



For more information on how community gardens have an impact on the environment, visit www.communitygarden.org. Contact Jill Roeder about Linn County Community Garden initiatives at jill@healthylinn.org.

Iowans' Health Excellence Awards Banquet

Mark your calendars! The inaugural Iowans' Health Excellence Awards Banquet will be held on October 1st at the Hy-Vee Conference Center in West Des Moines. The banquet will be presented by The Academy for a Healthy Iowa consisting of many leaders in wellness, including the Wellness Council of Iowa, Wellmark, and the Governor's Council on Physical Fitness and Nutrition. The purpose is to improve the health of the people of Iowa by recognizing and encouraging excellence in the design, practice, and delivery of health improvement strategies within the state. The Governor's Council will be sponsoring the following awards:

- Healthy Iowa Community Champion Award
- Healthy Iowa School Award
- Healthy Iowa College Award
- Healthy Iowa Individual Visionary Award

Application may be made for communities and organizations. Nominations will be accepted for individuals. Watch future issues of Produce for more information on how to apply or make a nomination for an award.

Child Care Center Survey

This spring, licensed Iowa child care centers with Internet access were asked to participate in an on-line survey related to agency policies and practices concerning physical activity, nutrition, and media use. Of the over 1,100 licensed child care centers with Internet access across the state that serve children from birth through 5 years of age,

the response rate was over 150. Of those responding, almost all (95%) served children 37 to 60 months of age.

The majority of respondents (99%) indicated their child care center provided regular opportunities for children to engage in indoor and outdoor physical activity and free play activities. However, only 31.5% indicated their center had a written policy requiring a minimum number of minutes of physical activity each day. Less than one-third (29.5%) indicated their center had a written policy restricting the use of physical activity as a reward or punishment. Only 19% indicated their agency routinely sent physical activity messages to parents, while 42% routinely sent nutrition messages to parents. Slightly more than one-third (39%) indicated their agency had a written policy on TV/computer/media use. Space was provided for breastfeeding mothers in 68% of the centers while 20% indicated their agency did nothing to accommodate breastfeeding mothers.

For more information, visit: <http://www.idph.state.ia.us/iowansfitforlife/Default.asp>.

Funding Opportunities

American Recovery and Reinvestment Act of 2009

Below is a funding opportunity offered through the Administration for Children and Families of the Department of Health and Human Services. Please note the application due dates in the first column of the table of Recovery Act Discretionary Funding Opportunities at the following link: <http://www.acf.hhs.gov/grants/recovery.html>. Note especially:

- American Recovery and Reinvestment Act (ARRA) of 2009 - Strengthening Communities Fund - Nonprofit Capacity Building Program HHS-2009-ACF-OCS-SI-0091
- American Recovery and Reinvestment Act (ARRA) of 2009 - Strengthening Communities Fund - State, Local, and Tribal Government Capacity Building Program HHS-2009-ACF-OCS-SN-0092

Please direct any inquiries as indicated for each funding opportunity announcement. You may find answers to questions at http://faq.acf.hhs.gov/cgi-bin/acfrightnow.cfg/php/enduser/std_alp.php

JP Morgan Foundation

Deadline: rolling. The JP Morgan Foundation, the charitable arm of the banking/financial conglomerate, directs its giving efforts to communities where JP Morgan employees live and work. Priorities include housing, community development, the arts, culture and public education. Awards: community-based organizations: \$5,000 to \$50,000;

institutional support: \$10,000 to \$100,000. Eligibility: nonprofit organizations working in markets served by JP Morgan Chase. Check the Web site for geographic eligibility.

The Rosie's For All Kids Foundation

Deadline: rolling. The Rosie's For All Kids Foundation reminds grant-seekers it is offering support for groups providing care and educational services to low-income children located in major urban centers. The foundation provides three types of grants: tuition subsidies, small renovation projects and playground renovations. The foundation also supports capital projects through its Cutie Patootie Center, which offers grants for new buildings and large renovation projects that will increase the availability of high-quality care and education in low-income, urban communities.

Creating Safe Places for Play: The Launch of Jointuse.org

The Prevention Institute proudly announces the launch of a new interactive website dedicated to helping create safe places for children in all communities to play and be active. By showcasing successes as well as the problem, Jointuse.org provides the tools and resources advocates need to launch successful joint use agreements, allowing for shared use of public spaces like schools with community members once schools are closed. Visit www.jointuse.org for more details.

Built Environment

Balancing Public Space with Public Health, a new public television documentary series and public health outreach initiative, will explore how communities across the country are re-thinking and redesigning their built environments. More and more American communities are looking at the direct correlation of green public spaces and improved public health. The PBS series will be supported by a nationwide community-based outreach and publicity/promotion campaign, interactive web site, educational curricula for elementary school through college, a companion book, video resource library, and more. www.mediapolicycenter.org/projects/americanities.php

Honoring Dr. Roxane Joens-Matre

She lived to run. Dr. Roxane Joens-Matre was a lifelong scholar, devoting her life personally and professionally to health and human performance. As an assistant professor at Des Moines University and a program evaluator and epidemiologist at the Iowa Department of Public Health, she assisted in the development and evaluation of several programs including Iowans Fit for Life and Live Healthy America. She touched many lives, demanding the best from herself and her students. Dr. Joens-Matre passed away this winter after a battle with cancer.

To celebrate her passion and devotion to the Live Healthy program there is now an annual award in her honor. The Live Healthy program each year will be presenting an Ambassador of the Year Award named for Roxane. This award will go to an individual who displays the same passion and commitment as Roxane had for health and wellness. This year recipients are:

Patti Clapp, Vice President of the Dallas Region Chamber of Commerce and Erik Nieuwenhuis, MS, PT "WorkSmart" Work Injury Prevention Specialist and WELLness Consultant Health Coach for the Center for Preventive Medicine, St Luke's Regional Medical Center.

Blueberries – A True Blue American Superfood

In the land of drive-through, vending, and convenience foods, it may be hard to believe that one of nature's healthiest foods actually originated in North America. Blueberries, one of earth's true blue super foods, have proven to be a favorite in the eyes of health experts around the globe.

According to testing done at Tufts University, blueberries came in number one with the highest level of antioxidants out of the 50 fresh fruits and vegetables tested. The high levels of antioxidants give blueberries their anti-inflammatory properties which are thought to boost memory while protecting our brain as we age. There is also anecdotal evidence that blueberries may decrease the pain associated with osteoarthritis and help delay the onset of age related ocular problems such as macular degeneration and cataracts.

Blueberries lose some of their antioxidants when cooked, baked or canned so choose to mix fresh or frozen berries to your foods. Blueberries are great for adding to yogurt, over cereal, in smoothies or as a fresh blueberry sorbet.

Recipe Highlight: Blueberry Sorbet

Ingredients

4 cups fresh or thawed frozen blueberries
1 can (6 ounces) frozen apple juice concentrate

Directions

1. In a food processor or blender, combine blueberries and apple juice concentrate; blend until liquefied. Pour in an 11 x 17-in. baking pan. Cover and freeze until firm around the edges (about 2 hours).

2. With a heavy spoon, break the frozen mixture into pieces. In a food processor or blender, again blend until smooth but not completely melted. Spoon into a 9 x 5- in. loaf pan; cover and freeze until firm. Serve within a few days

Source: North American Blueberry Council

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