



October 2009

Produce

The active news for you to consume

Iowans Fit for Life Partnership

The October partnership meeting is taking shape. We will meet on the beautiful campus of Grinnell College in a state of the art LEED certified building. Please reserve Tuesday, October 20 on your calendar. The agenda includes conducting a Nutrition Environment Measures Survey (NEMS) vending assessment on campus, concluding the state plan revision process, and discussing various policy level interventions and changes the partnership may want to prioritize to impact Iowans on a larger scope. Iowa Partners: Action for Healthy Kids will be joining the educational settings work group during the partnership meeting. The day promises to be productive and engaging!

Mark your calendars now for upcoming partnership meetings:

- Tuesday, October 20, 2009
- Friday, January 22, 2010
- Friday, April 23, 2010

Local Government Actions to Prevent Childhood Obesity

The Institute of Medicine (IOM) has just released a report on Local Government Actions to Prevent Childhood Obesity. The IOM committee was tasked with identifying promising practices to address childhood obesity on the frontlines. The committee sought concepts that are within the jurisdiction of local governments, because local governments are ideally positioned to create environments where healthy behaviors are supported. Therefore creating healthy community environments that have sources of healthy food choices, such as supermarkets and grocery stores, and that there are safe places for children to walk and play.

The report contains actions for healthy eating and increasing physical activity including goals, strategies and action steps. Examples include improving access to and consumption of healthy, safe and affordable foods through retail outlets, restaurants and community food vendors and

encouraging physical activity through the built environment and recreational physical activity. A report brief and access to the full report is available at www.iom.edu/obesitylocalgov.

Community Strategies and Measurements

The Centers for Disease Control and Prevention (CDC) is pleased to release the *Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Implementation and Measurement Guide*. This is the result of an innovative and collaborative process that seeks to reverse the U.S. obesity epidemic by transforming communities into places where healthy lifestyle choices are easily incorporated into everyday life. Where we live, work, learn, worship and play affects the choices we make, and in turn, our health. As such, the policies and environments that shape and define a community will also affect the health outcomes of its citizens. For example, communities that enact policies that increase access to affordable healthy food options and safe opportunities for physical activity create an environment by which individuals may be more likely to adopt a healthy eating, active living lifestyle. Reversing the U.S. obesity epidemic will require population level change that focuses on adopting policies and creating environments that support healthier lifestyle choices. You may access the guide at: www.cdc.gov/mmwr/pdf/rr/rr5807.pdf.

Predictors of BMI among Iowa Elementary Students

A recent study, funded by the Wellmark Foundation, of the prevalence rate and associated predictors of overweight/obesity among Iowa elementary school students was conducted. Thirty elementary schools across the state, stratified by rural/urban status, were selected and invited to participate. In schools that agreed to participate, parents were contacted to get permission for their child to be part of the assessment. Parents also responded to questions related to child gender, race/ethnicity, participation in the free/reduced lunch program, and consumption of sugar sweetened beverages. Body Mass Index (BMI) scores were also calculated.

Over 1000 of the 1,398 eligible students participated in the assessment. The majority of the participants (88%) were Caucasian, 51% were boys, and the mean age was 8.5 years. Overall, 32% of sampled third graders were overweight/obese. The rate did not differ by gender or rural/urban school status.

Across the 30 schools, students who participated in free/reduced lunch program had higher BMI scores. Boys who had a higher consumption of sugar sweetened beverages had a higher BMI. The results from the study show that interventions and policies to address F/RL and sugar sweetened beverages may significantly impact BMI status especially among boys.

The Global Forum for Physical Education Pedagogy

The Global Forum for Physical Education Pedagogy 2010 will be held in Grundy Center, in May 2010. The conference will gather educators, administrators, policy makers and citizens from 30

countries around the world to discuss the future of physical education and will feature the Grundy Center model of Physical Education instruction.

Grundy Center already has a national reputation for exceptional physical education programs. It has hosted a visit from US Secretary of Education, Arne Duncan who after his visit commented that “I love the innovation, I loved the engagement, and these students are getting a great background, and a great education. It was just really inspiring to see. These students, because of these types of activities, they're going to take ownership for their own health for the rest of their lives.”

Bev Ahern, a member of the Iowa Governor’s Council on Physical Fitness and Nutrition, is now a member of the Grundy Center program and the Iowans Fit for Life program looks forward to her reports from this international event.

Healthy Halloween Survival Tips and Tricks

For many families, Halloween is the beginning of the holiday feasts. Candies, cookies, and other frightful treats abound. Halloween doesn’t need to haunt you every year. Never fear, it can be healthy, too. Resolve to make the holidays healthy this year, starting with Halloween.

Adults and kids alike can still enjoy the usual treats – portion control and moderation are the key. If you are working in an environment where your co-workers routinely bring in treats, both before and after Beggar’s Night, here are some things you can do:

- Practice portion control. If the cookies are enormous, ask a co-worker to split one with you. If candy is available, take only one piece or whatever the single serving size may be.
- Fill up on healthy options, such as fruits, vegetables, and plenty of water before making a trip to the treat table.
- Ask your supervisor to enact a Healthy Food for Meetings and Events policy. Having a policy like this in place is the easiest way to go. There will be less temptation and everyone will benefit. One can be found at http://www.idph.state.ia.us/iowansfitforlife/common/pdf/healthy_food_for_meetings.pdf.

Making Halloween healthy for kids can be tricky. What kid doesn’t LOVE candy and trick-or-treating? Ellyn Satter, author of *Your Child’s Weight: Helping without Harming* suggests, “Halloween candy presents a learning opportunity. Work toward having your child be able to manage his own stash.” The following are Satter’s suggestions for success on Beggar’s Night and the following day – Allow your child to eat whatever he or she wants out of their loot bag .

Remaining days – Ask your child to put the candy away and allow it only for dessert and snack time. If your child manages on his own, allow him to continue according to this plan. If he does not, the candy stash will be controlled by you. Offer low-fat or fat-free milk with the candy and you have a shot of getting some good nutrition in. Taken from the fall 2006 issue of *The Vision Times*. Most of all, have fun and enjoy the season!

Fall Flurry Features Fenton

When it comes to efforts to make Iowa more accommodating to walking and cycling it has been a busy month and going to get busier. On September 14 the Des Moines City Council passed a resolution to restripe Ingersoll Avenue from 4 to 3 lanes and add two bicycle lanes. For health advocates, this will be safer and contribute to the vitality of the neighborhood.

On October 2 the Iowa Great Places Program, along with Friends of Central Iowa Trails, *Iowa Outdoor* magazine, Department of Natural Resources, and the Iowa Bicycle Coalition will host Andrew Davison of B-cycle at the Iowa Finance Authority ICN classroom at 2015 Grand Ave. or via the ICN in various locations around Iowa. The session will be held from 11:00 a.m. until 1:00 p.m. The B-cycle bike was specially designed for inexperienced riders to use and rugged enough for fleet operation. The bike features three or eight speeds, front and rear lights, and a sturdy basket that can carry up to 30 pounds of personal belongings. It's perfect for getting people of all shapes, sizes, and levels of bicycling experience around town. Personalized B-cycle web pages provide detailed information to its users on each ride: distance traveled, calories burned, and carbon offset.

Following the B-cycle visit, the Northeast Iowa Food and Fitness Initiative is bringing Mark Fenton, the nation's most recognized walking advocate, to the area October 7 and 8. During his visit Mark will share his passions about the health benefits related to walking and biking, and how community efforts can encourage healthy behaviors. On Walk to School Day, Wednesday, October 7 the general public is invited to hear him speak about "connecting our health to the places we live, learn, work and play." This will be at the Center for Faith & Life on the Luther College campus in Decorah at 7:00 p.m.. Much of his time will be devoted to helping the Food & Fitness Initiative launch a regional pilot program for "Safe Routes to School."

For more information on any of these moving events contact Tim Lane at 515-281-7833.

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