

# Nutrition and Activity for Health E-News Alert # 3- 2009

Please pardon the cross posting. Also, please forward this to anyone who may be interested.

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## Announcements

- **Welcome! Bruce Rowe, NAFH Program Manager.** Bruce joined the NAFH program on March 9<sup>th</sup>. He is a 1970 graduate of the University of Minnesota with a BA degree in Psychology and Economics. He has 36 years of public health experience working in Minnesota and Nebraska at both the county and state levels. He has worked closely with the federal government and his roles have included public health program development and implementation, population-based and front-line public health service provisions, and management of major state agency divisions such as Family Health Services, Disease Prevention and Control, and Preventive Health and Public Wellness.
- **Register Now! Nebraska Action for Healthy Kids (AFHK) Annual Summit April 16, 2009.** Join Nebraska AFHK and prominent state and national leaders in celebrating physical activity, healthy eating, and school wellness. This year's Annual Summit is entitled "A Coordinated Approach to Building a Healthy School Environment." Summit participants will learn ways to coordinate school wellness efforts, find out about resources available to promote school wellness, and network and share with others about successful school wellness strategies. For more information and to register for the Annual Summit, visit: <http://www.neactionforhealthykids.org/>
- **Environmental Protection Agency (EPA) National Award for Smart Growth Achievement.** Applications are now being accepted for the eighth annual National Award for Smart Growth Achievement. This competition is open to public-sector or private-sector applicants that have used the principles of smart growth to create better places. Applications are accepted in five categories: built projects, policies and regulations, smart growth and green building, smart growth streets, and overall excellence in smart growth. **Deadline for application: April 23, 2009.** For more information, visit: <http://www.epa.gov/smartgrowth/awards.htm>

## Upcoming Events

- **National Association of Local Boards of Health (NALBOH) Webcast: "Building a Healthier America" April 2<sup>nd</sup> (1pm-2:30pm central time zone).** This webcast focuses on our health system at the federal, state, and local levels to ensure that we are appropriately prioritizing preventative measures, community health initiatives, and preparedness efforts. A panel of experts from the field will share their insights and lessons learned in an effort to encourage a uniform approach to "Building a Healthier America". For more information, visit: <http://www.nalboh.org/>

- **2009 Physical Activity and Public Health Course.** The Physical Activity and Public Health Course (PAPH) is sponsored by the University of South Carolina Prevention Research Center and the Centers for Disease Control and Prevention. The PAPH course offerings features an 8-day Postgraduate Course on Research Directions and Strategies and a 6-day Practitioner's Course on Community Interventions. The Research Course serves post-doctoral personnel and is designed to develop research competencies related to physical activity and public health. The Practitioner's Course is for those professionally involved or interested in community-based initiatives to promote physical activity. Approximately 25 fellows are accepted for each course. For more information, visit: <http://prevention.sph.sc.edu/seapines/index.htm>

### Resources

- **Wisconsin Nutrition and Physical Activity Community Resources Webpage.** Preventing overweight and obesity requires addressing a variety of behaviors and in multiple settings. Addressing the community-setting can be difficult, but important in terms of creating a supportive environment for residents where they live, work, play, worship, and learn. Many studies suggest improved health behaviors are linked to healthy environments, which indicates a promising future for community-intervention work. For more information, visit: <http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/General/Index.htm>
- **AHRQ Diabetes Cost Calculator for Employers.** The Agency for Healthcare Research and Quality (AHRQ) has created an evidence-based tool that employers can use to estimate how much diabetes costs them and the potential savings that would result from better management of diabetes. For more information, visit: <http://www.ahrq.gov/populations/diabcostcalc/>

### Reports

- **Shortchanging America's Health: Midwestern States Receive Less Federal Funding for Disease Prevention.** Robert Wood Johnson Foundation (RWJF) and Trust for America's Health (TFAH) released a new report that found midwestern states received less funding from the federal government than northeastern and western states did in fiscal year 2008. *Shortchanging America's Health: A State-by-State Look at How Federal Public Health Dollars are Spent* also examines how the economic downturn could lead to serious cuts to disease prevention and emergency preparedness programs at the state level. For more information, visit: <http://www.rwjf.org/publichealth/product.jsp?id=39808>

### Research

- **Heart-Healthy, Reduced-Calorie Diets Promote Long-term Weight Loss (Sacks, F.M. et al. *New England Journal of Medicine* 2009;360:859-73.)** Heart-healthy diets that reduce calorie intake - regardless of differing proportions of fat, protein, or carbohydrate - can help overweight and obese adults achieve and maintain weight loss. To view this article, visit: <http://public.nhlbi.nih.gov/newsroom/home/GetPressRelease.aspx?id=2624> or <http://content.nejm.org/cgi/reprint/360/9/859.pdf>

### Grants

- **Active Living Research and Healthy Eating Research Rapid-Response Round 2: Call for Proposals.** The objective of this Call for Proposals is to support studies that evaluate changes in policies or environments with the potential to reach children who are at highest risk for obesity and who live in low income communities with limited access to affordable healthy foods and/or safe opportunities for physical activity. **Application Deadline: Rolling.** For more

information, visit:

<http://www.activelivingresearch.org/grantsearch/grantopportunities/current>

- **Active Living Research Call for Proposals- Round 9.** *Active Living Research* supports research to inform policy and environmental strategies for increasing physical activity among children and adolescents, decreasing their sedentary behaviors and preventing obesity. Target populations include children 3 to 18, especially those who are at greatest risk for obesity, including racial/ethnic populations and children living in under-resourced and low-income communities. Proposed studies must address one of six topic areas. **Application Deadline: April 28, 2009.** For more information, visit: <http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20641>
- **Saucony Run for Good Foundation Offers Funding for Children's Running Programs.** Established to help end childhood obesity by providing financial support to nonprofits across the United States that support children's running and fitness programs, the Saucony Run For Good Foundation is accepting applications for its grant program. Grants are in amounts up to a maximum of \$10,000 each. **Application Deadline: June 13, 2009.** For more information, visit: <http://www.sauconyrunforgood.com/> and <http://www.sauconyrunforgood.com/Application.pdf>

**If you would like to be either added/removed from our NAFH News Alert List, please contact Brian Coyle at [brian.coyle@nebraska.gov](mailto:brian.coyle@nebraska.gov).**

*Use of trade names and commercial sources is for identification only and does not imply endorsement by the Nebraska Department of Health and Human Services. Links to non-State organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by DHHS or the Federal Government, and none should be inferred. DHHS is not responsible for the content of the individual organizations.*

**Nutrition & Activity for Health (NAFH)** is a program within the Health Promotion Unit, Nebraska Department of Health and Human Services. Nutrition and Activity for Health coordinates statewide efforts aimed to improve nutrition and physical activity behaviors of all Nebraskan residents.

**NAFH Staff: Contact us if you have any comments or questions: (402) 471-2101**

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