



May 2009

In This Issue:

News to Use

Policy Watch

Teams in Action for Healthy Kids

AFHK in the News

Partner News & Resources

Upcoming Events

[Home](#)

[Team Member Center](#)

[Resources to Improve Schools](#)

[Game On! The Ultimate Wellness Challenge](#)

[ReCharge! Energizing After-School](#)

[Parents Advocating for School Wellness](#)

[Progress or Promises? Report](#)

Help Make a Difference

Why? Because healthy kids learn better. The connection between health and learning is clear, as are the staggering costs of obesity, poor nutrition and inactivity. Action for Healthy Kids has stepped up to the challenge and is working with

News to Use

Announcements from Action for Healthy Kids

Students Taking Charge

Video Contest Launched for High School Students

Action for Healthy Kids is inviting students in grades 9-12 to submit a video that shows how their high school makes it easy to be healthy. Cash prizes will be awarded to winning students, and grants given to their schools to support nutrition and physical activity programs. Send students you teach, parent or know to <http://apps.facebook.com/causes/279972> or the [contest website](#) for details and to submit a video. The deadline is June 1.

The video contest is a promotional effort for **Students Taking Charge**, a program developed by the Massachusetts Team in 2005, which has also been implemented by Teams in Iowa, Kansas, Michigan and Texas. Funding from glateau smartwater® and the Entertainment Industry Foundation will enable Action for Healthy Kids Teams nationwide to implement **Students Taking Charge** to empower high school students to improve nutrition and physical activity in their schools.



Engaging Diverse Communities

New Report Profiles AFHK Team Efforts

Learn tips on understanding and bridging cultural differences in our latest field report, the eighth in a series that features best practices of Action for Healthy Kids Teams. **Lessons for Engaging Diverse Communities to Create Healthy Schools and Kids**, profiles how Teams are working to understand and appreciate cultural traditions, dietary habits, family roles and language barriers, to build bridges and help children learn proper nutrition and to be active. [Download the report](#) to learn from Teams in:

schools across the country to help schools be healthy places and so that our children can learn lifelong habits to be healthy. Schools are under tremendous financial strain as a result of the current economic crunch. Your tax-deductible donation will support a sustained effort to help keep kids healthy, active and ready to learn.



Partner News & Resources

Successful School Health Policies

The **National School Boards Association** has launched a web-based resource, *Promising District Practices*, featuring success stories related to district-level school health policies and practices. This online database includes functions to search and submit stories of school district successes in developing, implementing and evaluating policies that address health risk behaviors and health promotion issues. Click [here](#) to find out what's happening in your state or to submit your school district's success story.

Nutrition Standards for Foods in Schools

The *Centers for Disease Control and Prevention* has developed audience-specific fact sheets to support and create strong nutrition standards that will impact the health of students at school. Click on the links below to download fact sheets for:

- Parents, guardians, teachers and school staff (PDF)

- **Utah** - Working with rural elementary schools on the Navajo reservation to address wellness challenges for Native American students.
- **New York** and **New Jersey** - Engaging Latino, African-American and other ethnic communities.
- **South Carolina** - Working with African-American parents in a rural county.
- **Idaho** - Pioneering the use of a "cultural broker" to connect schools, health departments and Hispanic families.

School Breakfast Grants Announced 41 Schools to Receive Funding

Forty-one grants are being awarded to schools in 17 states to provide more than 20,000 students the opportunity to start their day right with a healthy breakfast. Response to Action for Healthy Kids' announcement of a new school breakfast grant program in March was overwhelming with 217 grant applications received from schools nationwide. After a thorough review process the winning schools were chosen. Schools will receive an average of nearly \$1,400 to increase daily participation in school breakfast by at least 25 percent during the 2009-2010 school year. A complete list of grants will be available in June. This new grant program is made possible by Kellogg's Corporate Citizenship Fund.

Policy Watch

Advocacy update

Action for Healthy Kids to Testify Before U.S. Senate Committee

Founding Action for Healthy Kids Board Chair Dr. David Satcher will join representatives from the U.S. Department of Agriculture and the Centers for Disease Control and Prevention testifying before the U.S. Senate Agriculture Committee on May 15. The theme of the field hearing in Atlanta is, "Benefits of Farm-to-School Projects, Healthy Eating and Physical Activity for School Children". Dr. Satcher will reinforce the importance of both proper nutrition, including nutrient-rich foods, and being active to the health and academic success of our children, as well as the positive gains made through school wellness policies.

AFHK Signs On to Support Child Nutrition Forum Join Us and Take Action Now

Action for Healthy Kids recently joined the Child Nutrition Forum, signing on to its statement of principles in support of the Child Nutrition Reauthorization effort. We encourage you to show your support and join more than 2,000 national, state and

- School boards, districts and other administrators ([PDF](#))
- School food service ([PDF](#))
- Students ([PDF](#))

New Partner Joins AFHK

Save the Children has joined Action for Healthy Kids' Partner network. Their CHANGE program seeks to increase rural children's access to regular physical activity and healthy snacks in an after-school setting. Click [here](#) to learn more about Save the Children.

Upcoming Events

Get Moving Today!

The **National President's Challenge** kicked off on May 1, in celebration of National Physical Fitness and Sports Month. This six-week physical activity challenge invites children and adults to get up and moving at least 30 minutes a day, five days a week. Whether as an individual or part of a group, [register by May 29](#) to create an activity log and keep track of your minutes and progress.

June 9-12 Biennial Childhood Obesity Conference

Early registration and a discounted rate has been extended to May 22, for the **5th Biennial Childhood Obesity Conference** in Los Angeles. Click [here](#) for registration details and the conference agenda which will feature evidence-based prevention interventions to reduce overweight and obesity in high-risk and low-income communities, and policy and environmental strategies that promote healthy eating and activity behaviors.

local organizations urging Congress to invest in a strong and robust reauthorization of child nutrition programs. The Forum's recommendations will seek to improve access, meal quality and nutrition for millions of children. Click [here](#) for more information.

Teams in Action for Healthy Kids

Spotlight on Team Success

Teams Recognize Healthy Schools

The **Georgia, Indiana** and **Nebraska Action for Healthy Kids Teams** recently announced winners of their state-based school wellness awards. These award programs recognize schools in their respective states for creating environments that help all students be fit, healthy and ready to learn. While guidelines for each program are different, the focus is for schools to implement policies and programs that create sustainable environmental change, and promote the link between health and academic achievement.

Congratulations to the three schools in Georgia, the 32 schools in Nebraska and the 92 schools in Indiana for their commitment to creating healthy learning environments!

AFHK in the News

Applaud our volunteers

Click on the links below for a sample of recent news articles featuring the work of Action for Healthy Kids.

[Students Invited to Two-Day Teen Wellness Workshop](#)
(5/11/09)

[Franklin Central School Leads Fit & Healthy Kids School Wellness Awards](#) (5/11/09)

[East Austin Middle School Builds Course for Exercise, Meditation](#) (5/8/09)

[Teen Rally Planned for June](#) (5/1/09)

Congratulations to Action for Healthy Kids Board member **Dr. David Satcher**, who was [named the 2008-2009 recipient](#) of the Julius B. Richmond Award, the highest honor given by Harvard School of Public Health. The award recognizes individuals who carry forth the vision of former U.S. Surgeon General Julius B. Richmond, who provided leadership to protect vulnerable populations and children.



Action for Healthy Kids | Click [HERE](#) to visit our website.
4711 West Golf Road - Suite 625 - Skokie, IL 60076 | 1-800-416-5136 | info@actionforhealthykids.org