



Summer 2009

In This Issue:

News to Use

Mounting Evidence

Teams in Action for Healthy Kids

Resources from Our Partners

AFHK in the News

[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](#)

Support our work...
Make a Donation!



Schools are under tremendous financial strain as a result of the current economic crunch. Your support is more important than ever and will demonstrate your continued dedication to Action for Healthy Kids and its efforts to impact school

News to Use

Announcements from Action for Healthy Kids

Students Take Charge for Healthy Schools

As part of Action for Healthy Kids' youth advocacy program *Students Taking Charge*, high school students across the country created videos to show what makes their schools healthy places to learn. Nearly 600 votes were cast through Facebook. Congratulations to grand prize winner *How BHS Stays Healthy* from Berlin High School! Runner-up videos were submitted from students at The Academy of our Lady of Mercy-Lauralton Hall and Thomas A. Edison High School. Students will receive cash prizes, and AFHK will make a donation to support each school's physical activity and nutrition programs. Watch the winning videos at www.ActionForHealthyKids.org.

Interested in seeing what other high schools are doing to keep their students healthy? Find [Action for Healthy Kids on YouTube](#) and watch all the *Students Taking Charge* video entries.

Elevating School Wellness to a Higher Level

You can elevate your presentations on school wellness and Action for Healthy Kids with our new highlights video from the December 2008 national webcast. The [11-minute video provides](#) a concise and compelling overview with comments from national leaders addressing the importance of creating healthier schools, how to overcome barriers and challenges, and examples of local leadership.

Mounting Evidence

Studies on child health and obesity

The Robert Wood Johnson Foundation recently released ***F as in Fat: How Obesity Rates Are Failing in America 2009*** which found that adult obesity rates did not decrease in any states, and that nearly one third of children and adolescents are overweight or obese. In addition to providing data on obesity rates in all 50 states and the District of Columbia, [the report also highlights recommendations](#) for addressing obesity within health reform.

wellness. More importantly, your contribution will support our shared mission and ongoing efforts to promote health and learning for all children.



AFHK Partner Resources

Leadership for Healthy Communities' Toolkit

Robert Wood Johnson Foundation [released a toolkit](#) through its Leadership for Healthy Communities program as guidance to local and state leaders to create healthy communities and prevent childhood obesity. Developed in collaboration with 11 policy-maker organizations, the *Action Strategies Toolkit* provides examples of policy approaches and resources to improve children's health such as increasing access to parks and recreation centers and offering healthier foods in schools. Action for Healthy Kids is featured as a community stakeholder with programs and resources that can help achieve the goals outlined in the toolkit.

More than one-third of students in grades 5-12 are struggling or suffering, and half are not hopeful, according to findings of the first phase of [a new Gallup Student Poll](#). Gallup has partnered with **America's Promise Alliance** and the **American Association of School Administrators** on a nationwide survey of students in grades 5-12 to measure their hope, engagement and well-being. The survey seeks to help school systems and communities benchmark progress and determine solutions to the dropout crisis while giving young people a voice in the national dialogue about what they need to succeed.

Teams in Action for Healthy Kids

Spotlight on AFHK Teams

Ohio Team Creates Parent Toolkit

Ohio Action for Healthy Kids recently announced the release of *Promoting Healthy Youth: A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home*. Developed in partnership with Ohio PTA, [this guide gives](#) individuals and parent groups guidance to begin student wellness projects in schools. It also contains tips to help parents raise healthy children with a focus on nutrition and physical activity at home.

AFHK Hosts First Regional Team Meeting

After months of planning, Action for Healthy Kids launched the New England AFHK Regional Network on May 7. This network will create a regional AFHK presence; encourage networking and relationship building among New England states; and educate Team members about AFHK resources and *Fuel Up To Play*. The network will also provide technical assistance for action planning, and volunteer engagement, recruitment and retention. A New England Regional Advisory Committee will be formed with one to three representatives from each of the six AFHK Teams in New England, to further define the goals of the network and identify a common area of work for the 2009-2010 school year.

Thanks to all the new and existing AFHK Team members for their participation! A special thank you to New England Dairy & Food Council and Maine Dairy & Nutrition Council, and to our meeting sponsors World of Grains, Cabot Creamery and HP Hood.

Action for Healthy Kids in the News

[Assists 2009 Grant and Scholarship Winners](#) (6/19/09)
Kansas Action for Healthy Kids named recipient of a 2009 Assists Foundation grant.

***Preventing Childhood Obesity:
A School Health Policy Guide***

Based on *Fit, Healthy, Ready to Learn: A School Health Policy Guide*, this new publication offers the latest policy updates and recommendations about how to promote physical education and activity and healthy eating policies in schools. It was developed by the **National Association of State Boards of Education** and the Division of Adolescent and School Health of the **Centers for Disease and Control and Prevention**.

[Jennifer Aniston & Courteney Cox Share Stylish Shirts for OmniPeace](#) (6/12/09)

Smartwater spokesperson Jennifer Aniston promotes water bottle with proceeds to benefit Action for Healthy Kids.

[Students Learn How to Help Peers Get Healthy at MNU Rally](#) (6/9/09)

Kansas Action for Healthy Kids hosts rally for 70 students from 25 high schools to find ways to promote healthier lifestyle issues among their peers.

