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# Healthy Eating Active Living SAN LUIS OBISPO

Happy Holidays!

I trust that you are looking forward to a peaceful holiday with your close friends and family. As you reflect back on this year, I hope it would remind you of all the often-overlooked hard work that we have done to reverse childhood obesity in San Luis Obispo County. Your commitment to the HEAL-SLO coalition is greatly appreciated and we hope 2010 holds just as much promise as 2009. We look forward to new partnerships, opportunities and successes!

*Next HEAL-SLO Quarterly meeting  
will be on January 19, 3-5 pm  
@ Kennedy Club Fitness in SLO*

## Upcoming Events in 2010:

### Safe Routes to School (SRTS) Information Session:

**Thursday, January 7th, San Luis Obispo library from 3-5pm.** Learn how easy it is to promote walking and biking at your school this spring and how to receive money to help support your efforts. RSVP by December 30th. This workshop is FREE and snacks are provided. For more info contact Kelsie, [kgreer@rideshare.org](mailto:kgreer@rideshare.org) or call 781-1385.

### Network for Healthy CA: Nutrition and Physical Activity ToolBox Training

**Tuesday, January 26, 2010 from 1:00-4:30pm, SLO County Government Center, 1050 Monterey St., Room #361.** The English and Spanish toolbox is FREE with the commitment to teach lessons to food stamp eligible Latino adults. For more information, please contact: Mary Arévalo (805) 677-5255 or [mary.arevalo@ventura.org](mailto:mary.arevalo@ventura.org)

### CenCal Childhood Obesity Summit:

**February 2, 2010 at the Radisson Hotel-Santa Maria from 4 pm - 7 pm.** The 3rd Annual Childhood Obesity Summit for Santa Barbara and San Luis Obispo Counties will be an opportunity for health providers and community partners to share resources and showcase promising new programs. Please contact Paula Michal (805) 562-1020 for more information.

### Children's Oral Health Summit:

**February 5, 2010 8-4:30pm at the Courtyard by Marriott, 1605 Calle Joaquin Road, San Luis Obispo, CA.** Co-sponsored by First 5 San Luis Obispo County and The California Endowment, there will be no charge for registration, meals, or continuing education credits. Register by: January 8, 2010 at [www.first5slo.org](http://www.first5slo.org). For more info, contact First 5 at (805) 781-4058 or [first5@first5slo.org](mailto:first5@first5slo.org)

## Obesity Prevention Webinars:

### **NPLAN Webinar: Complete the Streets! Using Street Design to Create Healthier Communities**

Tuesday, January 12, 10 AM PT

Streets are key public spaces. They often make up a major proportion of the land in a given town or area, and need to be accessible by everyone. NPLAN will host a training on Complete Streets policies that can be implemented at the local or state levels. For more information or to register, please visit : <http://nplanonline.org/>

### **SPARK Webinar: Physical Education and Academics- A Match Made in Heaven?**

**Wednesday, January 20, 2010 3:00 PM - 4:00 AM**

**PST** Some schools have reduced PE and/or physical activity minutes (e.g., recess) to devote more time to academics. How does this strategy affect academic performance? Have there been any scientific studies that support this? What does the data show?

Participate in our January webinar to find out the answers and learn practical tips for advocacy. Visit the following website to register:

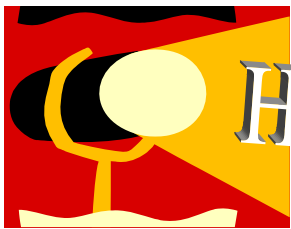
[www2.gotomeeting.com/register/381355875](http://www2.gotomeeting.com/register/381355875)



## New Tool for Employers

### **Childhood Obesity: It's Everyone's Business Toolkit**

Endorsed by the California Department of Public Health, *Childhood Obesity: It's Everyone's Business* is an action-oriented toolkit designed to help employers address overweight and obesity in children and the implications on health care costs and on the current and future work force. The toolkit is available at: [www.businessgrouphealth.org/benefitstopics/et\\_chobesity.cfm](http://www.businessgrouphealth.org/benefitstopics/et_chobesity.cfm).



## Heal-SLO Spotlight



**The SLO Food Bank** is a long-time member of HEAL-SLO. Operating warehouses in Paso Robles and Oceano, the Food Bank Coalition of San Luis Obispo County is celebrating its 20th Anniversary of feeding hungry people in San Luis Obispo County. The Coalition supports almost 200 food emergency organizations in the county and operating food distributions at 32 sites around the county, partnering with schools, churches, and other organizations to be sure that those in financial distress can have local access to healthy food. Almost half of the food distributed is fresh produce. The need for food has increased 25% over one year in these difficult economic times. With the help of some 450 volunteers and a very generous local community, the Food Bank works together to meet the needs of those in San Luis Obispo County and continues to be a loyal partner in the HEAL-SLO Coalition. For more information, visit: [www.slofoodbank.org/](http://www.slofoodbank.org/) or call 805.238.4664

## Recent Studies

### **RWJF: New Research on How Interventions in Child Care Can Help Prevent Childhood Obesity**

Almost three-quarters of children ages 3 to 6 are in some form of child care. Such settings have an important role to play in ensuring children have access to healthy foods and opportunities for physical activity from a young age. Research studies and resources funded by the Robert Wood Johnson Foundation analyze current obesity prevention efforts in child-care settings. For more information, visit: <http://www.rwjf.org/childhoodobesity/product.jsp?id=52971>

### **Study Shows Overwhelming Parent Support for Healthier Schools**

The vast majority of parents want schools to limit students' access to high-calorie chips, sodas and candy and to offer them opportunities for physical activity throughout the day, a new survey by the Alliance for a Healthier Generation shows. The national survey points out that nearly eight in 10 parents are ready to get more involved to create a healthier environment in their local schools. For more information, visit: <http://www.healthiergeneration.org/schools.aspx?id=4125>



## Looking for grants?

The SPARK Grant-Finder Tool is your best resource for locating national and state-specific grants for your physical education, after-school, early childhood or coordinated school health program. Grants can be used for curriculum, teacher training, or equipment.

To begin your search, you can visit:  
<http://www.sparkpe.org/grants/grantfunding-resources/>



## Looking for data?

Kids Data Website:  
Kidsdata.org now offers data for all counties, cities, and school districts in California. These statewide data are available for a wide range of topics measuring the health and well being of children, and more data will be phased in throughout 2010. If you have general feedback about the site or questions, you may email [kidsdata@lpfch.org](mailto:kidsdata@lpfch.org).