

JULY 2010



Summer is here! Kids are out and San Luis Obispo County is as active as ever. Please take time out of your busy schedule to see how you, your organization, school or agency can work towards the greater goal of reducing childhood obesity locally. Enjoy this beautiful summer!



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Save the Date for the HEAL-SLO Summit “Healing our Community: Turning the Tide of Obesity” Friday, October 22 at the Embassy Suites, San Luis Obispo. For more information, please email pray@co.slo.ca.us.

Upcoming Local Events:

Fresh Fruits & Vegetables Training in San Luis Obispo: Monday and Tuesday, October 11 & 12
Free professional development training opportunity for school personnel and community partners. This two-day training provides tools to support and increase fresh fruits and vegetables on school campuses through interactive and skill-building activities. To register, access agenda and handouts go to: www.healthyschoolenvironment.org.

California AITC Conference 2010: Thursday-Saturday Nov. 4-6, Shell Beach, CA
This Shell Beach conference includes workshops, guest speakers, field trips, and hands-on demonstrations exploring the cutting edge of agriculture education in California. This conference will serve as a tool to educate our children about the origin of food and how it is rooted in longevity, timelessness, and permanence. Visit the CFAITC website to register for the conference (\$225), and to link to accommodations at the Cliffs Resort (\$119/night with the "AGCLASSROOM" group rate.) For more information, visit <http://www.cfaitc.org/conference/> to sign up today!



Active Bodies, Active Minds, Physical

Activity and Academic Achievement: In February of 2010 a number of studies were conducted to prove the positive correlation between physical activity and academic achievement. The studies show that students who spend time in Physical Education or other school-based physical activity increase or maintain their grades and scores on standardized tests, even when they receive less classroom time for academic subjects. For further information visit http://activelivingresearch.org/files/Active_Ed_Summer2009.pdf.

RECENT STUDIES

New Associations Between Diabetes, Environmental Factors Found by Novel Analytic Technique:

Got diabetes? If so, you probably know that the adult-onset form of the disease can be triggered by, among other things, obesity and a fatty diet. You're also more likely to develop diabetes if other family members have it. But a new study by researchers at the Stanford University School of Medicine suggests that you should also begin looking suspiciously at other aspects of your life — like your past exposure to certain pesticides or chemicals and even one form of vitamin E. To read more about this study, please visit:

https://docs.google.com/Doc?id=df2ngks7_0kkb22zd8&btr=EmailImport#.

Studies Have Shown Girls Who Drink Soda Have Less Healthy Diets Through Adolescence than Their Peers Who Did Not Drink Soda:

A ten-year study at Penn State University showed that girls who drank soda at age five had diets that were less likely to meet nutritional standards. Girls drinking soda at an early age were not receiving their nutrient intake compared to girls who were not drinking soda, which is important for optimal health. For further information on this study, visit: <http://www.medicalnewstoday.com/articles/191333.php>.



HEAL-SLO SPOTLIGHT

California Farm to School Program

Highlights San Miguel!

Christina Wilkinson of Lillian Larsen Elementary has been implementing a Farm to School program over the last two years and has seen so much growth in the children involved. By visiting this national website www.cafarmtoschool.org/, under "Garden Based Learning," you can watch the video that features San Miguel's school garden as a model program in the state. Take a look and be greatly encouraged!



WEBINARS & WORKSHOPS

Early Childhood Physical Activity "Scaling New Heights with Tiny Tots":

Wednesday, July 21 at 3PM Pacific

Who: All teachers of children ages 3-5 - School districts, Head Starts, WIC Agencies, public and private daycare.

Do you face an uphill climb trying to provide movement opportunities for children at your preschool? Discover developmentally appropriate activities (sample lesson plans) and teaching strategies that really work on children ages 3-5. Attendees of this free, 45-minute webinar will learn:

- Why physical activity is important for young children and how much is recommended
- Physical activity's relationship to learning and school readiness skills
- Strategies for choosing PA activities/lessons
- Tools and resources that foster more structured and unstructured physical activity minutes in Preschool settings

Register here: <https://www2.gotomeeting.com/register/380293955>

How to Get Started on Creating an Outdoor Classroom: Tuesday, August 24th

from 12:00-1:30pm PT, If you've ever thought about building or improving a school garden or creating a wildlife friendly outdoor classroom, now is the perfect time to start planning. In this free webinar, NWF will be covering the basics of: planning, installing and maintaining a Schoolyard Habitat (outdoor classroom), and how to use your habitat (garden) as a teaching tool for meeting standards of learning. For more information and registration, please visit:

http://online.nwf.org/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=19021



Sound the Vuvuzelas... 2010 PEP Grant Applications Released!

Deadline: Monday, July 19th. Each year, the Carol M. White Physical Education Program (PEP) awards millions of dollars to schools and community-based organizations to initiate, expand, and improve physical education programs. Your school or organization could receive \$100,000 to \$750,000. For registration, visit http://www07.grants.gov/applicants/get_registered.jsp.

GRANTS

Wal-Mart State Giving Grant Program

Deadline: August 20, 2010. Through the State Giving Program, the Wal-Mart Foundation seeks to support organizations that create opportunities so people can live better. To receive more information concerning this grant, visit <http://walmartstores.com/CommunityGiving/8168.aspx> to begin your application.

WellPoint Foundation Healthy Generation Grants

Deadline: August 8, 2010. The WellPoint Foundation champions healthy behaviors, health-risk prevention, and healthy environments. Funding is currently available to address key health issues including childhood obesity, diabetes prevention, and adult physical activity. For more information about this grant visit http://www.wellpointfoundation.org/wps/portal/wellpointfoundation?content_path=noapplication/f2/s0/t0/pw_b142061.htm&label=WellPoint%20Foundation%20Funding&rootLevel=2.