

# Physical Activity Update August 2009

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## *News from the PAN Branch*

### **2008 CHAMP Results Now Online**

Results from the 2008 Child Health Assessment and Monitoring Program (CHAMP) survey are now available online. To see the survey results, visit the [North Carolina State Center for Health Statistics](#).

## *Programs, Projects and Initiatives*

### **Resources to Complete Streets Policies**

In its June newsletter, the National Complete Streets Coalition published a list of resources available to states, cities and towns that are asking their planners and engineers to build road networks that are safer, more livable, and welcoming to everyone. Topics include emergency response and street design, accessible pedestrian signals, and action strategies for healthy communities.

Read more at: <http://preview.tinyurl.com/lwehlo>.

[Source: National Complete Streets Coalition Complete Streets News, June 18, 2009] (From USC Prevention Research Center Notes - July-August 2009)

### **Bike Pittsburgh Launches "Car Free Fridays"**

Commuters are encouraged to leave their cars at home at least once a week. On "Car Free Fridays" the air will be a little cleaner and the streets a little safer.

People can take part in bike pools departing from neighborhoods throughout the city and going to major commuting destinations. They can stop at designated breakfast locations to pick up a voucher for discounts at participating businesses all day. For more info visit the Car Free Friday website at:

<http://tinyurl.com/lqfp8t>. [Source: Centerlines 230, June 26, 2009]

(From USC Prevention Research Center Notes - July-August 2009)

### **Healthy Communities Are Catching On With Stimulus Funding**

With funding from the American Recovery and Reinvestment Act of 2009, you can help reverse the trend of childhood obesity and create healthier environments for children and families. *Leadership for Health Communities*, a national program of the Robert Wood Johnson Foundation, describes how funding can support physical activity, healthy eating, and access to healthy foods in your community. As an added value, RJF's professional grant writer can provide you with free advice and recommendations as you prepare your

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## Physical Activity Update August 2009

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applications. For more information, call the CATCH team today at 800-793-7900, or go to:

[www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=274](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=274) [Source: Catch 3(9), June 2009]

(From USC Prevention Research Center Notes - July-August 2009)

### *Success Stories*

#### **Port of Wilmington Walking Trail**

On November, 19, 2008, the Port of Wilmington (POW) Wellness Committee celebrated the grand opening of the POW Walking Trail, a one-mile walking trail located at the Port. The committee initially came up with the plan to create a walking trail during a brainstorming session at a meeting in late September 2008. They were aware of a partially wooded area on the Port's grounds that a few employees used during their lunch break to walk. The committee targeted this existing area as the location for a more formalized walking trail. They created a defined path, mapped it, timed it and ensured that it met safety standards.

The POW employees have access to a mapped walking trail that they can use to move more at work. The trail continues to be maintained and available to employees to use every day. The committee plans to promote and utilize the trail for wellness events, programs, and contests in the future.

For more information visit: [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

### *Featured Resources and Research*

#### **Healthy Kids Need Places to Walk**

According to a recent policy statement released by the American Academy of Pediatrics (AAP), statistics show that roughly 32% of American children are overweight. The AAP urges federal and local governments to take proactive action for the health of our nation's children.

In *The Built Environment: Designing Communities to Promote Physical Activity in Children*, the AAP states emphatically that government policies must support efforts to encourage physical activity through land use design: the physical environment of a community can support opportunities for play and physical activity. Read more at <http://preview.tinyurl.com/mqysvt>.

[Source: PEDIATRICS 123(6), pp. 1591-1598 June 2009]

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---

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### **Study Shows Childhood Obesity-Related Hospitalizations Almost Doubled**

A study published online in *Health Affairs* finds that the number of hospitalizations among children ages 2 to 19 with a primary or secondary diagnosis of obesity nearly doubled from 21,743 in 1999 to 42,429 in 2005, even though obesity prevalence held relatively steady during that time, *USA Today* reports. For more information go to:

[www.rwjf.org/childhoodobesity/digest.jsp?id=11495](http://www.rwjf.org/childhoodobesity/digest.jsp?id=11495)

(From RWJF News Digest: Childhood Obesity).

### **Study Suggests Active Commuters Reap Health Benefits**

A study published in the *Archives of Internal Medicine* suggests that adults who walk or bike to work are more physically fit than their counterparts who commute by other means, United Press International reports. For more information go to: [www.rwjf.org/childhoodobesity/digest.jsp?id=11538](http://www.rwjf.org/childhoodobesity/digest.jsp?id=11538)

(From RWJF News Digest: Childhood Obesity).

### **Landmark Study Reveals Majority of District Wellness Policies Fail to Provide Healthy School Environment for Kids**

In 2004, Congress included language in the Child Nutrition and WIC Reauthorization Act requiring schools districts participating in the National School Lunch Program or other child nutrition programs to adopt and implement a wellness policy by the first day of the 2006-07 school year.

A new report from the Robert Wood Johnson Foundation's Bridging the Gap program concludes the policies that were in place in the first two years after the requirement was passed were weak and fragmented, and they didn't include provisions for monitoring, enforcing, or conducting ongoing review and revision of the policies. The report examines the latest data on school wellness policies and identifies opportunities for Congress, states and school districts to consider as policy-makers work to strengthen these policies in the coming year.

Local School Wellness Policies: Assessing School District Strategies for Improving Children's Health, School Years 2006-07 and 2007-08 is the most comprehensive ongoing analysis of these wellness policies to date. To read the executive summary and full report go to:

[www.rwjf.org/childhoodobesity/product.jsp?id=46348](http://www.rwjf.org/childhoodobesity/product.jsp?id=46348)

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To read the news release, go to:

[www.rwjf.org/childhoodobesity/product.jsp?id=46308](http://www.rwjf.org/childhoodobesity/product.jsp?id=46308)

Support for this report was provided by the Robert Wood Johnson Foundation. (From Robert Wood Johnson Foundation: Childhood Obesity).

### **Obesity Among U.S. Adults Continues to Rise**

The proportion of U.S. adults who are obese increased to 26.1 percent in 2008 compared to 25.6 percent in 2007. The data come from CDC's Behavioral Risk Factor Surveillance System (BRFSS), a state-based phone survey that collects health information from adults aged 18 and over.

In six states – Alabama, Mississippi, Oklahoma, South Carolina, Tennessee and West Virginia – adult obesity prevalence was 30 percent or more. Thirty-two states, including those six, had obesity prevalence of 25 percent or more. Only one state, Colorado, had a prevalence of obesity less than 20 percent. But no state showed a significant decrease in obesity prevalence from 2007 to 2008. [For more information on obesity trends, including an animated map](#)

## *Legislation*

### **Reports, Surveys, Guidelines and Resources**

The Prevention Institute, a non-profit national center dedicated to improving community health and well-being by building momentum for effective primary prevention, has created a new library. The Health Reform Library is a collection of significant recent work (reports, guides, and memos) from leading prevention, public health, and public policy organizations aimed at shaping national dialogue and policymaking on health and health reform.

To access the library resources go to:

[www.preventioninstitute.org/healthreformlibrary.html](http://www.preventioninstitute.org/healthreformlibrary.html)

For more information on the Prevention Institute go to:

[www.preventioninstitute.org/index.html](http://www.preventioninstitute.org/index.html).

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---

### *Grants*

#### **Home Depot Building Healthy Communities Grant Program**

Deadline for applications: *September 25, 2009 and December 15, 2009*

Home Depot is now accepting applications for Building Healthy Communities Grant Program. The Home Depot's Building Healthy Communities Grant Program awards grants of up to \$2,500 each to nonprofit 501(c)(3) organizations, public schools, or tax-exempt public service agencies in the U.S. that are using the power of volunteers to improve the physical health of their community. Grants are made in the form of the Home Depot gift cards for the purchase of tools or materials. For more information on how to apply go to:

[http://foundationcenter.org/pnd/rfp/rfp\\_item.jhtml?id=259000016](http://foundationcenter.org/pnd/rfp/rfp_item.jhtml?id=259000016)

### *Training and Professional Development*

#### **Promoting Environmental and Policy Change to Support Healthy Aging Chapel Hill, North Carolina September 15-16, 2009**

The conference sessions will address challenges amenable to environmental and policy change; evidence that supports specific approaches and their outcomes; and promising strategies for practice in the development and promotion of healthy communities for healthy aging.

The featured speakers are, Larry Adelman, Co-Director, California Newsreel, and Executive Producer, award-winning PBS series, *Unnatural Causes: Is Inequality Making Us Sick?*, and Leonard Syme, PhD, Professor Emeritus at the University of California, Berkeley, speaking on Imperatives for Environmental and Policy Change.

The Scholarship Program is now accepting applications, and exhibitor opportunities are available. For complete information and registration visit:

<http://prc-hanconferences.com/2009-conference>

#### **International Congress on Physical Activity and Public Health May 5-8, 2010**

##### **Toronto, Canada**

The Program Committee has selected "Mobilizing Research for Global Action in Policy and Practice" as the major title for the Congress.

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---

The title highlights the major goal of providing leading edge research as the foundation for the development of future physical activity policies and programs.

For more information on this exciting conference visit <http://www.cflri.ca/icpaph/>  
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