

Physical Activity Update February 2010

News from the PAN Branch

Move More North Carolina: A Guide to Making Physical Activity a Part of Meetings, Conferences and Events

A new resource is available to support the Eat Smart, Move More movement, the *Move More North Carolina: A Guide to Making Physical Activity a Part of Conferences Meetings and Events*. The guide provides tips and strategies for making physical activity a part of conferences, meetings and events including ideas for physical activity breaks and a sample policy. It does not matter if the event is one hour or three days, everyone will benefit from the chance to move more. Use this guide to make physical activity a part of your next event. For more information go to: www.eatsmartmovemorenc.com

2009 Obesity Fact Sheet

The Physical Activity and Nutrition (PAN) Branch of the NC Division of Public Health has compiled a two-page fact sheet of state surveillance data as it relates to overweight and obesity, physical activity, breastfeeding and fruit and vegetable consumption. Trend data and national comparisons are provided. To view the 2009 Obesity Fact Sheet, visit: www.eatsmartmovemorenc.com

Programs, Projects and Initiatives

Let's Move: Solving Childhood Obesity

First Lady Michelle Obama announced an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight and unveiled a nationwide campaign – *Let's Move* – to help achieve it. For more information go to: www.EatSmartMoveMoreNC.com

USDOT Updates Transportation Planning Site

The Transportation Planning Capacity Building (TPCB) Program is a joint venture of the Federal Highway Administration (FHWA) and the Federal Transit Administration (FTA). It delivers products and services that provide information, training, and technical assistance to the transportation professionals responsible for planning for the capital, operating, and maintenance needs of our nation's surface transportation system. The TPCB website is a one-stop clearinghouse for state-of-the-practice transportation planning information and resources.

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On the website you will find planning news and events, regulations, policies, training information, technical resources, and peer exchange reports. For more information, go to: <http://www.planning.dot.gov/>.

[Source: Centerlines, Issue 244, January 6, 2010] (From USC Prevention Research Notes - Jan/Feb 2010)

Success Stories

Eat Smart Move More Community Grant Project

Community grantees are helping to create a North Carolina where healthy eating and active living are the norm rather than the exception. Although a great deal of success is already evident, it may take a few more years to gauge the full impact of the 2008-2009 community grants. The *Eat Smart, Move More* Community Grant Program is funded by the North Carolina Division of Public Health in support of the *Eat Smart, Move More NC* movement. Organizers around the state describe the grants as an opportunity for strengthening partnerships and inspiring community members. The time and dedication of the grantees and their partners promoting physical activity resulted in a variety of activities and accomplishments. For 2008-09, the community grants interventions combined innovation and collaboration to achieve impressive results:

- An estimated 5,000 North Carolinians were reached.
- Partner-focused: eight of nine interventions involved three or more community partners; several featured six or more.
- More than 40% of the grant-funded counties were first-time awardees.
- Grant-funded activities occurred in communities, schools, faith/religious organizations, healthcare facilities and worksites.
- An estimated 22 new policies or practices were implemented, providing educational programs, healthy behavior incentives and even a master recreation plan.
- An estimated 30 physical changes were made to facilities or environments, including new community gardens, recreational sites/equipment and improvements to the built environment such as walking trails and sidewalks.
- Seven of the nine grant-funded projects were successful in helping community members to become more physically active.

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Each month the Updates will provide the profile of a funded project. For more information on the grant projects go to:

<http://www.eatsmartmovemorenc.com/Funding/FundedCounties0910.html>

Featured Resources and Research

EFNEP Families Eating Smart and Moving More Handouts in Spanish

One page handouts for EFNEP's Families Eating Smart and Moving More Project are now available in Spanish. The topics for the handouts include moving more, reducing screen time, eating smart at home, eating smart on the run and eating smart throughout the lifecycle. The handouts are available at:

www.EatSmartMoveMoreNC.com

NACDD: Partnering for Success: How Health Departments Work and How to Work with Health Departments

The National Association of Chronic Disease Directors (NACDD) is excited to share with you our most recent publication, Partnering for Success: How Health Departments Work and How to Work with Health Departments. This publication was developed by NACDD's School Health Project, in collaboration with and support from CDC-DASH. "Partnering for Success: How Health Departments Work and How to Work with Health Departments" focuses on creating healthy schools and the many ways in which health departments can be of support to schools, education departments and community leaders. It is designed to help readers better understand how state and local public health systems are structured, their roles, what types of programs they administer, the support and resources they can offer to school health programs, and how take advantage of those resources. To download the publication, go to:

[http://www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17\[1\].pdf](http://www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17[1].pdf)

(From CDC/NSPAPPH Physical Activity One-Way Listserv, January, 21st 2010)

The Health and Well-Being of Children: A Portrait of States and the Nation 2007

This report presents indicators of the health and well-being of children as well as the factors in the family environment and aspects of the neighborhood that may support or undermine children's and families' health. The report was published by the Health Resources and Services Administration's Maternal and Child Health Bureau. Key indicators for each of the 50 states and the District of Columbia -- including indicators related to the child's health and activities; the child's family;

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and the family's neighborhood -- are presented in comparison with national statistics. The report is available at <http://mchb.hrsa.gov/nsch07/index.html>. [Maternal and Child Health Library, January 8, 2010] (From USC Prevention Research Notes - Jan/Feb 2010)

Complete Streets Resources

The National Complete Streets Coalition has posted a new fact sheet on sustainable complete streets. This fact sheet covers the connection between green infrastructure and roadways that are designed for all users. 2) The Coalition has also updated its safety fact sheet with new data and research. 3) Walkable Streets Resources: New Urban News has created a one-stop location for news, resources, and case studies on designing walkable, complete streets. For more information on sustainable complete streets resources, go to: <http://www.completestreets.org>.

To read about the safety facts sheet, go to:

<http://www.completestreets.org>, and to access the New Urban News go to: <http://www.newurbannews.com/walkablestreets.html>.

[Source: National Complete Streets Coalition E-Newsletter, November 11, 2009] (From USC Prevention Research Notes - Jan/Feb 2010)

New Online Community for Active Aging Issues

A new online Active Aging Community Center website brings tools and information on older adults' physical activity to both professionals and students interested in the field.

The website provides free access to tools and information from international organizations, physical activity program successes, research findings, educational opportunities, conference information, event calendars, grants, and other funding opportunities. For more information, go to:

<http://www.humankinetics.com/aacc-home>

(From USC Prevention Research Notes - Jan/Feb 2010)

Best Practices in Play Report: Save Play in Your City!

Children playing outside—in spaces dedicated for play or not—signify a vibrant, healthy community. However, children just don't get out and play as they used to. Barriers to play include increased TV/video time, reductions in school-based playtime, more traffic, less open space, run-down play areas, and caregivers'

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fears about safety. Providing more opportunities for play is emerging as a civic responsibility.

KaBOOM! has identified 12 relevant and innovative best practices to help cities develop policies to promote play. Go to www.kaboom.org/bestpractices for more information on these policies. [Source: Parks and Recreation Weekly News Brief, December 22, 2009] (From USC Prevention Research Notes - Jan/Feb 2010)

Youth Physical Activity Guidelines Toolkit

This toolkit, published by the U.S. Centers for Disease Control and Prevention can be used by anyone who promotes youth physical activity, including community leaders; physical education and health education teachers; physical activity coordinators at the school, district, and state levels; and physical activity practitioners working in health or community-based organizations.

Free print copies of the Youth Physical Activity Guidelines Toolkit can be ordered at <http://wwwn.cdc.gov/pubs/dash.aspx>.

The print version of the toolkit includes a CD with print-ready files of all materials. For more information go to:

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

(From [Enewsletter] NCPPA News, January 8, 2010)

Legislation

NC Legislation

Check out the NC Alliance for Health website for current legislative actions in NC that address obesity, nutrition and/or physical activity.

www.rtpnet.org/alliance/priorityissues.html

Grants

EPA Seeks Applications for Environmental Community Grants

Deadline for Applications: *March 9, 2010*

EPA is making \$2 million available in 2010 to reduce pollution at the local level through the Community Action for a Renewed Environment (CARE) program.

CARE is a community-based program that works with county and local governments, tribes, non-profit organizations and universities to help the public understand and reduce toxic risks from numerous sources.

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Since 2005, the grants have reached 68 communities in 34 states and territories. A recent evaluation by the National Academy of Public Administration (NAPA) recognized the CARE program as a solid tested framework for engaging communities and other stakeholders. EPA will award CARE cooperative agreements in two levels. Level I awards range from \$75,000 to \$100,000 and will help establish community-based partnerships to develop local environmental priorities

Level II awards, ranging from \$150,000 to \$300,000 each, will support communities that have established broad-based partnerships, have identified the priority toxic risks in the community, and are prepared to measure results, implement risk-reduction activities and become self-sustaining.

Applications for the CARE grants are due March 9, 2010. EPA will conduct three Webcasts to answer questions from prospective applicants about the application process on Feb. 2, 23, and 26 from 1:00 p.m. to 3:00 p.m. eastern time. For more information about the grant, go to: <http://www.epa.gov/care/> .

New Funding Opportunity: Call for Proposals – Round 10

Deadline for Submission: *April 14, 2010, 1:00 p.m. PT*

Active Living Research is pleased to announce the release of our Call for Proposals (CFP) – Round 10.

This call for proposals focuses on supporting research to inform policy and environmental strategies for increasing physical activity among children and adolescents, decreasing their sedentary behaviors and preventing obesity. This CFP consists of grant opportunities for specified research topics and dissertation awards. It also includes funding opportunities for New Connections grants made available through the Active Living Research program. New Connections grants through Active Living Research are for new investigators who have been historically disadvantaged or underrepresented in research activities.

Approximately \$2.6 million will be awarded through this CFP. Information on the specified research topics, dissertation awards, and New Connections grants through Active Living Research is outlined in the complete call for proposals.

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Please note that we anticipate CFP10 will be the last major annual grant opportunity through Active Living Research. We anticipate additional funding through the Rapid Response mechanism over the next 18-24 months.

All proposals must be submitted through The Robert Wood Johnson Foundation (RWJF) Grantmaking Online system. The full proposal submission deadline is April 14, 2010, 1:00 p.m. PT. For more information and to link to the RWJF Grantmaking Online system, visit our website at:

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=21041>

Active Living Research also will host three conference calls for potential applicants to ask questions about the program, as well as the proposal and selection process. Dates for the conference calls are:

For applicants interested in grants on specified research topics or dissertation awards:

- February 22, 2010 at 12 pm PT
- March 23, 2010 at 12 pm PT

For applicants interested in New Connections grants made available through Active Living Research:

- March 1, 2010 at 12 pm PT

Those who wish to participate in these calls must register on our Web site. Please be sure that you are registering for the appropriate conference call depending on which grant opportunity you are interested in. For more information, go to:

<http://www.activelivingresearch.org/grantsearch/grantopportunities/current>

If you have any questions about the proposal submission process, please contact Amanda Wilson, Research Coordinator, at awilson@projects.sdsu.edu or 619-260-5538.

Training and Professional Development

We Can! 2010 Trainings

We Can! will be conducting nine trainings throughout 2010. Regional trainings are a great way to provide an opportunity for individuals within your organization or community groups to receive hands-on interactive instruction on the

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program's science-based, curricula and resources as well as a chance to network with other groups working to prevent childhood obesity.

At the trainings, participants will:

- 1) Obtain hands-on, interactive instruction on the program's science-based, turn-key, flexible resources.
- 2) Hear about innovative ways that *We Can!* site leaders have tailored their programs to meet specific community needs.
- 3) Network with others working to prevent childhood obesity in the region.

Training Locations include:

February 24-25: Smyrna, GA; March 16-17: Eugene, OR; April 8-9: Augusta, ME; April 21-22: Stuart, FL; April 27-28: Pittsburgh, PA; May 11-12: Dover, DE; May 19-20: Chicago, IL; July 14-15: Frankfort, KY.

Not all of the trainings are open for online registration yet. If you find that this is the case for the training that interests you, please e-mail *We Can!* directly at wecantrainings@aed.org, and they will take your name and contact information.

To register visit: <http://www.wecantrainings.org>, find the training that interests you, and fill out the one-page form.

You can read more about *We Can!* at:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

(From CDC/NSPAPPH Physical Activity One-Way Listserv, January, 21st 2010)

AAHPERD National Convention & Exposition Indianapolis, IN. March 16-20, 2010

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) offers more than 400 programs and 300 exhibits for physical and health educators, recreation, fitness, coaching, and dance professionals. Whether you're a seasoned professional or just starting your career, the convention is the place to learn about the latest trends, innovations, and research in the HPERD fields and to connect and exchange ideas with like-minded professionals. For more information, go to:

<http://www.aahperd.org/whatwedo/convention/index.cfm>

(From [Enewsletter] NCPPA News, January 19, 2010)

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