



June 2009

Produce

The active news for you to consume

Iowans Fit for Life Partnership

The Iowans Fit for Life Partnership is going strong! The most recent partnership meeting was April 20th in Urbandale. The meeting included time for convening five of seven work groups. The full partnership session in the afternoon highlighted Iowa nutrition and physical activity success stories. The evaluations demonstrated a high level of satisfaction with both the morning work group meetings and the afternoon full partnership session. Informal feedback included comments such as, "I had no idea so many great things were happening in our state."

Mark your calendars now for the summer and fall partnership meetings, scheduled for:

- Friday, July 17th
- Tuesday, October 20th

New Iowans Fit for Life Web Site

The newly improved web site is now accessible. You can see resources for use *At Home*, *At Work*, and *In Your Community*. Learn more about the Iowans Fit for Life program, team, and projects. We are excited to provide more tools and resources to help Iowans, employers, and communities to be healthier. Visit Iowans Fit for Life – Active and Eating Smart at <http://www.idph.state.ia.us/iowansfitforlife/Default.asp>.

Live Healthy Iowa Kids and Go the Distance Day

Live Healthy Iowa Kids is a free, 100 Day Challenge for Iowa youth that takes place in the Spring semester. The goals of the challenge are to convey that being active and eating well are important, and that both of those fitness goals can be achieved while having fun!

Teams of five to thirty youth with adult guidance track their physical activity throughout the program, aiming for at least 60 minutes a day, five days a week. Teams can earn monthly incentives and those that average 4200 minutes per team member for the whole 100 days are entered into a drawing for a chance to win up to \$3,000 to be used for physical activity or wellness efforts.

This year over 480 teams, with a total of 9,587 kids participated. The teams logged over 32 million minutes of activity. The following schools that were drawn to win cash prizes:

\$500 – Richard O. Jacobson Elementary – Belmond, IA
\$500 – Boone High School, Boone, IA
\$500 – Churdan Public Library - Churdan, IA
\$500 – St. Benedict Catholic School – Decorah, IA
\$3,000 – Prescott Elementary, Dubuque, IA



Go The Distance Day (GTDD), a one-day event for Iowa schools, is another free program from the Iowa Sports Foundation. Each registered school must coordinate 30 minutes of physical activity for their entire school. The program is also intended to increase public awareness of youth physical inactivity and that physical education programs and recess are needed in Iowa schools.

This year 179 schools and 40,694 students participated. Registered schools that reported 100% participation were put into a drawing to win monetary awards. Cash awards were presented to five Iowa schools as grants to their physical education programs. The following schools that were drawn to win cash prizes:

\$3000 - Pocahontas Area Elementary, Pocahontas
\$500 - Brubaker Elementary, Des Moines
\$500 - Franklin Elementary, Boone
\$500 - Robert Blue Middle School, Eagle Grove
\$500 - Shelby County Catholic School, Harlan

Iowans Fit for Life School and Community Pilot Intervention

The Iowans Fit for Life program has completed a four-year research based school and community pilot intervention. The pilot was a part of the original competitive grant application for CDC funding. The community portion focused on the development of community coalitions to enhance the nutrition and physical activity environment. The school portion focused on elementary age children using the **Pick a better snack™ & ACT** campaign in 12 schools. Physical activity, fruit and vegetable, and BMI data were collected during the fall and spring each year.

The team has concluded the data collection phase of the pilot intervention. The next steps include scanning surveys, analyzing the data, and compiling summary reports. The state plan and annual work plan both include expansion of the pilot intervention. Stay tuned for further updates.

Funding Opportunities

LEANWorks!

Announcing an exciting opportunity to participate in an evaluation study for CDC's new LEANWorks! (Leading Employees to Activity and Nutrition Works!) website. CDC's Division of Nutrition, Physical Activity and Obesity, the CDC Foundation and Emory University's Institute for Health and Productivity Studies, in collaboration with Thomson Reuters, will be conducting an evaluation study, which seeks to determine if the information provided in LEANWorks! is effective and sufficient for an organization to:

- 1) Implement workplace health promotion practices.
- 2) Achieve improved health and productivity outcomes (Only if appropriate data is available).

We are seeking employers interested in implementing an effective, evidence-based, and high-impact health promotion program targeting obesity at their worksites. Employer participants will be able to access the LEANWorks! website and participate in monthly meetings with experts in the area of health promotion/disease prevention who will present information about obesity program planning, implementation and evaluation as well as provide assistance to enhance your own programs. We would especially like to recruit small or medium size employers, in the public, private, or non-profit sectors.

If you are interested please email Marilyn Batan at FPL8@cdc.gov for further eligibility details for the project. Recruitment will end the first week in June. We hope you will be an instrumental part of this project and see this study as an opportunity to receive unique assistance and input as you move forward with and enhance your own programs.

Convergence Innovation Fund

Now accepting proposals. Convergence Innovation Fund: Land Use/Built Environment and Food Access. The Healthy Eating, Active Living Convergence Partnership invites local and regional grantmaking foundations to submit proposals that will support new projects or new grantmaking initiatives aimed at enhancing the land use/built environment and/or expanding food access efforts. The Fund provides 50% matching dollars, up to \$100,000 per year, for a two-year period. The goal is to engage foundations in creating robust and sustainable support for multi-field community partnerships prioritizing policy and environmental change efforts to improve health and promote equity.

The deadline to submit proposals is 5pm PST, Monday, June 22, 2009. To learn more details about this opportunity, and access the RFP, visit the Convergence Partnership website at www.convergencepartnership.org. See the RFP for more information.

For questions contact Shireen Malekafzali at shireen@policylink.org.

Iowa Healthy Communities Initiative Grant Program

Over \$1.9 million has been awarded to 24 local boards of health through the Iowa Healthy Communities Initiative. Grantees were required to focus on one or more of six areas: nutrition, physical activity, chronic disease prevention, oral health, mental health, or tobacco use prevention.

Funds are being used to help communities support healthy lifestyles such as building trail expansion, worksite wellness initiatives, access to mental health, and helping families improve their access to better nutrition. Applicants for the grants applied for one of three levels of funding: Level 1 – up to \$35,000; Level 2 – up to \$75,000; Level 3 – up to \$125,000. For more information on the Iowa Healthy Communities Initiative grants, go to http://www.idph.state.ia.us/hcr_committees/physical_fitness.asp and scroll to the Prevention and Wellness Initiatives section. Grantees include:

Adams County Board of Health	Black Hawk County Board of Health
Cass County Board of Health	Clayton County Board of Health
Dallas County Board of Health	Decatur County Board of Health
Dubuque County Board of Health	Harrison County Board of Health
Jefferson County Public Health	Johnson County Board of Health
Kossuth Regional Health Center	Lee County Board of Health
Linn County Board of Health	Mills County Board of Health
Mitchell County Board of Health	Osceola Community Health Services
Polk County Board of Health	Poweshiek County Board of Health
Ringgold County Board of Health	Shelby County Board of Health
Siouxland District Health Dept. (Woodbury Co.)	Story County Board of Health
Van Buren County Public Health	Wayne Co Public Health

Work Group Highlight – Older Iowans

What costs the United States over a trillion dollars a year, is responsible for 76% of hospital admissions, and 88% of drug prescriptions? The answer is chronic disease. The solution to chronic disease is prevention and self management.

In May of this year self-management got a boost in Iowa when the Iowans Fit for Life Older Iowans work group facilitated a partnership between the Iowa Department of Aging and the Iowa Arthritis Program to provide additional funding for instructor training, patient sessions, and participant materials in multiple locations across Iowa. These workshops are offering the Stanford Chronic Disease Self-Management Program that is the product of the Stanford Patient Education Research Center. This is one of the very best self-management programs and reflects over two decades worth of comprehensive research, evaluation, and refinement.

These programs are designed to help people gain self-confidence in their ability to control their symptoms and thus their lives. They are offered to small-groups by a team of two trainers who have a history with a chronic disease as a patient or care giver. The nature of the meetings is highly interactive, focusing on building skills, sharing experiences, and providing a mix of encouragement and support.

Trainings have already been completed for Linn, Calhoun, and Webster Counties. Polk, Woodbury, Mills, and another Linn training will occur shortly.

Celebrate Dairy Month

Low-fat Chocolate Milk: The Post-exercise Beverage of Choice

June is dairy month and research is finding that low-fat chocolate milk does much more than build strong bones. Milk also can double as an excellent post exercise recovery drink for athletes who continuously exercise for more than one hour.

Athletes have an increased demand for fluids, energy and certain nutrients all of which milk provide. Milk is 90% water, has calcium and vitamin D to build strong bones and a hefty supply of B vitamins to unlock your body's energy. In addition, low-fat chocolate milk also happens to have the ideal ratio of carbohydrates and protein that allows for energy restoration and muscles repair.

It is best to consume low-fat milk within 30 minutes of exercise when the enzymes in your muscles are most active. It is also important to test types and amounts of a food or beverage while in training, not the day of your competition. For additional information, visit www.midwestdairy.com

Recipe Highlight: Strawberry-Pear Trifle

Ingredients:

- 2 pared, cored and thinly sliced Anjou or Bosc pears
- 2 tbsp lemon juice
- 2 cup coarsely chopped strawberries
- 2 tbsp almond-flavored liqueur, optional (or substitute ½ tsp almond extract)
- 2 tbsp orange juice
- 2 tbsp honey
- 1/2 9-inch angel food cake, cut into 1 inch cubes
- 3 cups low fat vanilla or lemon flavored yogurt
- 1 cup diced fresh or canned pineapple, drained

Method:

Toss pears in lemon juice and strawberries in liqueur. Combine orange juice and honey and mix well. Layer a deep 2 to 2 1/2 quart glass bowl in the following order: 1/3 of the

cake sprinkled with 1 tablespoon orange juice mixture, 1 cup yogurt, 1 cup pear slices, 1 cup strawberries and 1/2 cup pineapple; repeat. Layer remaining cake, sprinkle with remaining orange juice mixture and spread 1 cup yogurt over top. Cover with plastic wrap and refrigerate 1 to 4 hours before serving. Garnish with pear slices and mint just before serving, if desired. Makes six servings.

Staff Team

Sarah Taylor, Physical Activity Coord.

staylor@idph.state.ia.us

515-242-6709

Carol Voss, Nutrition Coordinator

cvoss@idph.state.ia.us

515-242-5566

Tim Lane, Community Liaison

tlane@idph.state.ia.us

515-281-7833

Jennifer DeWall, Health Care Coord.

jdewall@idph.state.ia.us

515-242-5813

Cathy Lillehoj, Evaluator

clilleho@idph.state.ia.us

515-242-5913

Dennis Haney, Program Coordinator

ghaney@idph.state.ia.us

515-281-7501

Amy Liechti, Worksite Wellness Coord.

aliechti@idph.state.ia.us

515-281-3623