

CPHN Quarterly

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Our Mission

To advance and promote public health strategies for improving nutrition and reducing obesity rates among Washington State residents.

To provide technical assistance to government agencies and community groups, conduct research in public health nutrition and food policy, and provide continuing education and consumer outreach.

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Grants for Healthy Youth



The Center recently funded five small grants for innovative community-based projects for children and youth. The purpose of Grants for Healthy Youth is to build upon and advance

knowledge of primary prevention approaches to overweight and obesity in children and adolescents in our communities. In December 2002, we received 50 letters of intent from community organizations across the state. Our limited funds allow us to meet one tenth of the demand.

Applicants submitted a Letter of Intent in November 2002 and select applicants were invited to submit a full proposal by the January deadline. Proposals were reviewed by members of the Center's Steering Committee and Center faculty and staff.

Special thanks to the Review Committee: Jim LoGerfo, Kim Wallace, Kyle Unland, Ruth Patterson, Sue Butkus, and Suzanne Myer for their time, guidance and assistance.

Congratulations go out to the following grantees:

- ◆ Shelley Curtis with Children's Alliance -- Preventing Childhood Obesity through Public Awareness and Advocacy
- ◆ Anne Curtis with the Child Care Health Program at Public Health--Seattle & King County -- Making Healthy Food Choices and Promoting Physical Activity in Early Childhood and Out-of-School Time Programs
- ◆ Brenda Wolsey with the Seattle Nutrition Action Consortium for work at Aki Kurose Middle School -- Kids on the Move!

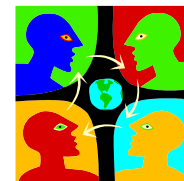
◆ Anne Schwartz at Spokane Regional Health District -- Grassroots Neighborhood Action Teams (GNATs)

◆ Sandra Brown at WSU Cooperative Extension -- Clark County -- Eat and Play for Health

Grantees will share project results, lessons learned, and information about collaborations and partnerships to advance research in obesity prevention. Funded projects will help build local capacity for improving nutrition and physical activity status of children and adolescents and will assist in leveraging future funding for promoting and supporting healthy communities in Washington State.

See www.cphn.org for detailed information about each project.

Upcoming Events



June 3

Creating Healthy, Active Communities. The

Washington State Department of Health is convening a one-day conference in SeaTac to unveil the Washington State Nutrition & Physical Activity Plan. This Plan outlines priority policy and environmental recommendations for preventing obesity and related chronic disease. This conference is free of charge. For more information, contact Wright Communication Inc. at wright2@olywa.net.

June 3

The promotion of healthy environments as well as strategies for promoting behavior and lifestyle changes will be the focus at the *25th Annual Family & Child Nursing Conference: Managing Obesity and Type 2 Diabetes -The Growing Epidemic In Our Youth*. See the UW School of Nursing website for more information www.son.washington.edu/cne/.

June 4

Transforming Communities to Encourage Physical Activity. The Washington Coalition for the Promotion of Physical Activity is holding its annual meeting in Tukwila. Learn what's going on in Washington and throughout the country to create, build, and maintain communities that encourage and promote physical activity as a way of life! Space is limited so register today at <http://www.beactive.org/register.html>

June 7

Feeding Our Kids at School: What's Happening, What's Working? is a conference sponsored by the Washington State Food and Nutrition Council (WSFNC). Contact Beverly Kindblade at BKindbla@bastyr.edu for more information.

Mark your calendars!

**September 18-19
Portland, Oregon**

The goal of this two-day conference, *Food, Physical Activity & Body Weight: A Regional Response to the Surgeon General's Call to Action*, is to provide information on public health approaches to preventing and decreasing the incidence and prevalence of overweight and obesity in our Region and throughout the U.S.

**October 13-15
Yakima, Washington**

Plan to attend the 10th Annual Joint Conference on Health sponsored by the Washington State Public Health Association. This year's theme is *Reaching Across Boundaries: Expanding Partnerships for a Safer and Healthier Washington.*

Links to more information about these events can be found on the Center's website.

Research & Funding

Chronic Disease Prevention and Health Promotion Programs

The Department of Health recently submitted an application to the CDC for funding for a coordinated, comprehensive state program to

promote nutrition and physical activity to prevent obesity and other chronic diseases. Washington State was one of twelve states to receive funding in 2001 from the Division of Nutrition and Physical Activity at the CDC to develop and implement targeted nutrition and physical activity interventions, including policy-level and environmental approaches, to prevent obesity and other related chronic diseases. The present application expands their current efforts and provides resources for building infrastructure and capacity throughout the State.

Active Living By Design



Congratulations to Public Health—Seattle & King County, Feet First, and the Department of

Transportation! This team was one of 38 applicants to be invited to submit a full proposal for *Active Living By Design* grants sponsored by the Robert Wood Johnson Foundation and the UNC School of Public Health. RWJF received an astounding 966 brief proposals for this funding opportunity! Good Luck!

CDC Conference Grant

In February, we submitted a letter of interest to the CDC to convene a Healthy Schools Summit in the Spring of 2004. In coordination with efforts underway at the Department of Health, the State Action for Healthy Kids Team, and the Washington State Public Health Association we proposed to bring together key stakeholders to explore nutrition and fitness strategies for community-led school-based interventions in the school environment. We will let you know what we hear!

Breastfeeding

In early May, we submitted a proposal in response to an ASPH/CDC Cooperative Funding Agreement for Potential Extramural Projects (PEP) for the Evaluation of Breastfeeding Promotion and Support Programs. Building on our work with



the Department of Health in Moses Lake, we submitted a proposal, *Breastfeeding Policy and Environmental Evaluation*, to evaluate the impact of interventions in the hospital, workplace, childcare, and other community settings breastfeeding practices and to develop an audit tool for assessment and community action. Donna Johnson will be P.I. and MaryAnn O'Hara, MD, MPH, MSt, Co-Chair for the Breastfeeding Coalition of Washington, will be a consultant to the project.

Steps to a HealthierUS

Steps to a HealthierUS is a community-focused initiative to reduce the burden of asthma, diabetes, and obesity from HHS. 15 million dollars was allocated to Steps in fiscal year 2003. Nine to 12 large city and urban community applications, four state-coordinated small city and one rural community application will be funded. Letters of intent are due June 1. More information at www.healthierus.gov/steps/.

The CPHN website



We've been updating our website! Visit www.cphn.org and take a closer look. Our

"Resources" page contains a variety of nutrition, physical activity and obesity resources. Assessment tools, national data and trends, food and nutrition policy and legislation, innovative programs and key reports and recommendations – it's all there. Our "Community" page will serve as a clearinghouse of nutrition and physical activity projects, programs, and events in Washington State. If you have a link you would like to see added, please contact Caroline Tittel at cmtittel@u.washington.edu with details!
