



THE UNITED STATES CONFERENCE OF MAYORS
Healthy Cities E-Newsletter



Mayors' Healthy Cities Campaign

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Local News

[San Francisco Waterfront Closed to Cars August 31 and September 14 - Open to Walking, Jogging, Biking](#) (7/22/08)

Mayor Gavin Newsom announced the Sunday Streets initiative, an effort to encourage people to get out of their cars, use public transit, and enjoy the city streets through physical activity. "Sunday Streets represents our city's next innovative step toward a healthier community. As we combat the health epidemic of youth and adult obesity, activating our residents is critical," said Mayor Newsom in *The San Francisco Sentinel*.

[Bridge Walk Raises Awareness of Heart Disease, Obesity in Mississippi](#) (7/12/08)

The mayors of Ocean Springs and Biloxi have not always been in step with each other, especially when it came to the way the bridge that connects their cities should be rebuilt after Katrina, according to *WLOX-TV*. But on this day, they met right in the middle agreeing that obesity and heart disease is a fight we must take on as individuals, as a community and as a state.

[It's Soul Food, But with a Healthy Twist](#) (7/10/08)

Orlando Mayor Buddy Dyer likes to cook risotto, crab cakes and chicken salad. But as featured in *The Orlando Sentinel* the Mayor stopped by the new headquarters of Hebni Nutrition Consultants to try his hand at something different: soul food, healthy style.

[UC Adviser Encourages Victory Garden's Return](#) (7/10/08)

With fuel and food prices on the rise, University of California cooperative extension adviser and historian Rose Hayden-Smith recommends a home-grown solution - the Victory Garden, reports *The California Aggie*. **Note:** With the support of Mayor Gavin Newsom, San Francisco is converting the lawn in front of City Hall into a Victory Garden, the fruits of which will be donated to food banks and meal programs. See [Slow Food Nation](#).

[Johns Hopkins University Working to Boost Availability of Healthy Foods at Baltimore Convenience Stores](#) (7/09/08)

Johns Hopkins University in Baltimore has launched a program designed to increase healthy food items at local convenience stores, the *Baltimore Sun* reports. Under the Healthy Stores Project, store owners who agree to stock nutritious food can receive promotional materials, shelf labels and posters to increase the products' visibility and appeal.

National News

[Exiling the Happy Meal](#) (7/22/08)

The Wall Street Journal reports despite its health-crazy reputation, parts of Los Angeles are plagued by obesity rates that rival any city in America. Now, the city may join a growing roster of local governments aiming to put their residents on diets by cracking down on the fast-food industry. The Los Angeles planning department says it has had calls from several cities asking for copies of the pending ordinance. Already, "the influence is there," says Faisal Roble, the city planner who drafted the ordinance.

[Mississippi Remains Most Obese State, CDC Reports](#) (7/18/08)

The Washington Post reports that the South tips the scales again as the nation's fattest region, according to a new government survey.

[Active at 9, but Sedentary at 15](#) (7/16/08)

New research, reported *The Star Tribune*, is charting the roots of the nation's obesity epidemic: Between the ages of 9 and 15, kids' daily physical activity drops from an average of three hours to less than one.

[8-Year-Olds on Statins? A New Plan Quickly Bites Back](#) (7/08/08)

The New York Times reports that some childhood obesity experts said they understood the need for the new guidelines issued by the American Academy of Pediatrics, but added that there needed to be more focus on public health changes to address childhood obesity.

[Cholesterol Screening Is Urged for Young](#) (7/07/08)

The nation's pediatricians are recommending wider cholesterol screening for children and more aggressive use of cholesterol-lowering drugs starting as early as the age of 8 in hopes of preventing adult heart problems. According to *The New York Times*, the push to aggressively screen and medicate for high cholesterol in children is certain to create controversy.

[Secondary Schools Serve Unhealthy Foods](#) (7/07/08)

The Washington Post reports on a new study that shows that the kinds of foods that students can purchase at their public middle schools or high schools are far less healthy than the food available to children attending elementary schools.

Reports and Studies

[Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities](#) (PDF)

A small strategic investment in disease prevention could result in significant savings in U.S. health care costs, according to a new report released today by the Trust for America's Health (TFAH). In its report, entitled *Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities*, TFAH finds that an investment of

\$10 per person per year in proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could save the country more than \$16 billion annually within five years. This is a return of \$5.60 for every \$1.

[Obesity Number 1 Health Concern For Kids](#) (PDF)

According to a report released today by the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health, childhood obesity is now the No. 1 health concern for kids in 2008, topping smoking and drug abuse. In 2007, childhood obesity ranked third among parents' top 10 overall health concerns for kids. "The National Poll on Children's Health report clearly shows that adults in America are very concerned about the problem of childhood obesity and its causes," says Matthew M. Davis, M.D., M.A.P.P., director of the National Poll on Children's Health. "While recent studies have suggested that the childhood obesity epidemic may be leveling off, the results of this poll reveal that adults in the U.S. are still very much concerned about this issue."

[School Food Environments and Policies in US Public Schools](#) (PDF)

The foods and food policies in U.S. public schools become significantly less healthy as students progress from elementary to high school, according to new research published in *Pediatrics*. The study, supported by the Robert Wood Johnson Foundation through the *Healthy Eating Research* national program, provides one of the most comprehensive examinations of school foods and policies to date, scoring the food environments in nearly 400 schools across 38 states.

Useful Websites

[Visit the new Leadership for Healthy Communities Web Site](#)

The new Leadership for Healthy Communities (LHC) Web site has now been unveiled. In addition to a new look and feel, the site makes it easier for policy-makers to find the latest resources on childhood obesity prevention initiatives, such as fact sheets, promising practices, information about events and more. In addition, visitors can find out about LHC and its grantees (one of which is the U.S. Conference of Mayors). The site will continue to highlight innovative policy-makers who are stepping up efforts to promote active living and healthy eating. If you would like to nominate someone (or yourself) to be featured on the site, please write to Kathryn@leadershipforhealthycommunities.org. Leadership for Healthy Communities is a \$10 million national program of The Robert Wood Johnson Foundation.

Tools You Can Use

[Mayors' Guide to Fighting Childhood Obesity](#)

The *Mayors' Guide to Fighting Childhood Obesity* provides suggested action steps that mayors and other local government leaders can take to address the childhood obesity epidemic in their communities in three areas: the community food environment, the physical environment, and

the school and out-of-school environment.

[Restaurant Realities: Inequalities in Access to Healthy Restaurant Choices](#) (PDF)

This research brief, published by Healthy Eating Research, examines studies of possible connections between restaurant availability, eating out, diet quality, and obesity. Healthy Eating Research is a national program of the Robert Wood Johnson Program.

[Bringing Healthy Foods Home: Examining Inequalities in Access to Food Stores](#) (PDF)

This research brief, published by Healthy Eating Research, examines the possible connections among access to healthy food, what families prepare and eat at home, and obesity. The brief suggests environmental and policy solutions. Healthy Eating Research is a national program of the Robert Wood Johnson Program.

[Designing for Active Living Among Adults](#)(PDF)

The built environment—the way we build homes, streets, neighborhoods, communities and workplaces—influences physical activity levels among neighborhood residents. This impact differs across neighborhoods with varying income levels and differences among race and ethnicity. This research summary from ALR examines the evidence on the connection between the built environment and physical activity among adults. It also identifies potential strategies for increasing physical activity and reducing obesity among adults.

[Active Living, the built Environment, and the Policy Agenda](#)

The Journal of Health Politics, Policy and Law has published a special issue, funded by the Robert Wood Johnson Foundation, featuring articles on the impact of biking, trails, land-use policy, school planning and other topics related physical activity. Eight of the nine articles in the issue are from ALR grantees and document the evidence from ten states, covering both urban and rural environments

Funding Opportunities

[Robert Wood Johnson Foundation's Active Living Research Program Seeks New Connections Applications](#)

Active Living Research is a national program of the Robert Wood Johnson Foundation that supports research to identify promising policy and environmental strategies for increasing physical activity, decreasing sedentary behaviors, and preventing obesity among children and adolescents. The program places special emphasis on strategies with the potential to reach racial/ethnic populations and children living in low-income communities who are at highest risk for obesity. Grants funded under this Call for Proposals are expected to advance RWJF's efforts to reverse the childhood obesity epidemic by 2015.

Deadline: August 28, 2008

[2008 Healthy Sprouts Award](#)

To be eligible for the 2008 Healthy Sprouts Awards, schools or organizations must plan to

garden in 2009 with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and nutrition and hunger issues in the United States.

Deadline: October 15, 2008

[The Jared Foundation](#)

Established in 2004 by SUBWAY® restaurants spokesperson Jared Fogle, the foundation educates children and parents about the importance of healthy nutrition and exercise. School administrators are eligible to apply.

Deadline: October 31, 2008

[2009 Youth Garden Grants Program](#)

The Youth Garden Grants are given to schools and community organizations with child-centered garden programs.

Deadline: November 1, 2008

[Bikes Belong Offers Funding for Bicycle Advocacy and Facilities](#)

U.S. nonprofits and public agencies working to put "more people on bicycles more often" will be awarded grants of up to \$10,000 for facilities and advocacy projects.

Deadline: Quarterly

[Active Living Research/Healthy Eating Research Rapid-Response Grants](#)

This call for proposals (CFP) supports time-sensitive, opportunistic studies to evaluate changes in policies or environments with the potential to reach children who are at highest risk for obesity, including African-American, Latino, Native American, Asian American and Pacific Islander children (ages 3 to 18) who live in low-income communities or communities with limited access to affordable healthy foods and/or safe opportunities for physical activity.

Deadline: Rolling

[Funding Sources for Healthy Food Retail](#)

This Web site serves as a clearinghouse for funding opportunities related to developing food retail outlets. The funding sources, which are categorized by eligibility, source, and type of assistance for easy searching, include several available to local governments.

Upcoming Conferences

SAVE THE DATE: The Mayors' Healthy City Summit: Solutions to Reverse Obesity and Create Healthy Communities, **December 3-5, 2008**, Tucson, AZ

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