



THE UNITED STATES CONFERENCE OF MAYORS  
**Healthy Cities E-Newsletter**



Mayors' Healthy Cities Campaign

April, 2008

**Local News**

[City of Redlands Replicates Program to Encourage Improved Nutrition, Fitness Habits](#)

(3/31/08)

Noting the success of other local Healthy City programs, community leaders in Redlands, Calif., are working to launch their own Healthy Redlands campaign, the *Riverside Press-Enterprise* reports. The campaign, which is funded by Healthy Cities sponsorship grants, will promote improved nutrition and physical activity habits.

[City of Tucson Aims to Become 'Most Bicycle Friendly'](#) (3/27/08)

The Tucson/Eastern Pima County region of Arizona is working to create a more bicycle-friendly community, the *Arizona Daily Star* reports.

[Three U.S. Cities to Replicate Successful Childhood Obesity Prevention Program](#) (3/24/08)

Tufts University in Boston is expanding a childhood obesity prevention program that was first piloted in Somerville, Mass., to three additional U.S. cities, the *St. Petersburg Times* reports.

[Trans Fats Ban in Baltimore Restaurants Signed into Law](#) (3/28/08)

Baltimore City Mayor Sheila Dixon signed a bill Thursday that bans restaurants from serving foods made with trans fats, according to the *Baltimore Business Journal*. The bill prohibits Baltimore restaurants from serving foods that contain the partially hydrogenated vegetable oil, which can impact consumers' heart health.

[San Francisco Mayor Signs Menu Labeling Bill](#) (3/26/08)

San Francisco joins New York City and Washington State's King County, including Seattle, in passing an ordinance requiring chain restaurants to print nutrition information on their menus, according to the Center for Science in the Public Interest.

[50,000 Pounds Closer to Goal](#) (3/25/08)

Residents of Oklahoma City have collectively lost 50,000 pounds since New Year's Day, the *Oklahoman* reports. That leaves 950,000 more in order to achieve Mayor Mick Cornett's goal for the city—losing a million pounds. Cornett set the goal last year when he announced a new Web site created to help fight the city's obesity problem.

**National News**

[President's Council Launches National Fitness Challenge](#) (3/25/08)

The President's Council on Physical Fitness and Sports last week launched its National President's Fitness Challenge, the *Washington Post* reports.

[Farm to School Programs Gain Nationwide Support](#) (3/24/08)

Amid a nationwide effort to promote healthier eating, participation in the nonprofit National Farm to School Program is increasing, *USA Today* reports.

[U.S. Surgeon General Launches National Childhood Obesity Initiative](#) (3/11/08)

Acting U.S. Surgeon General Steven Galson, M.D., marked the launch of a new national childhood obesity prevention initiative with a visit to West Virginia, the *Charleston Gazette* reports.

[U.S. Senator Unveils Plan to Boost Diabetes Treatment, Childhood Obesity Prevention](#)  
(3/11/08)

U.S. Sen. Charles Schumer (D-NY) outlined plans to procure greater federal support for national diabetes prevention and treatment programs, the *Mid-Hudson News* reports.

**Reports and Studies**

[After-School Sessions May Increase Physical Activity in Teen Girls, Study Finds](#) (3/20/08)

A study published in the *American Journal of Preventive Medicine* suggests that after-school programs that boost physical activity among pre-teen girls may help prevent overweight later in life, United Press International reports.

[Study Examines Link Between Community Design, Obesity](#) (3/17/08)

A study published last week by the Canadian Institute for Health Information suggests that the built environment plays an important role in obesity prevalence, United Press International reports.

[Restricting Screen Time Helps Overweight Children Attain Healthier Weight Status, Study Finds](#)  
(3/04/08)

A study in the March issue of the *Archives of Pediatrics and Adolescent Medicine* suggests that limiting screen time can help overweight children reduce their calorie intake and move toward a healthier weight status, *HealthDay* reports.

[Teens' Regular Breakfast Consumption Linked to Lower BMI and Healthier Lifestyle, Study Finds](#) (3/03/08)

A study in the March issue of *Pediatrics* suggests that adolescents who eat breakfast regularly tend to weigh less, exercise more and eat more healthy foods than those who skip the meal, Reuters reports.

### **Useful Web sites**

April is National Garden Month. This month, communities, organizations, and individuals nationwide celebrate gardening. Gardeners know, and research confirms, that nurturing plants is beneficial because it improves attitudes about health and nutrition, offers kids an interactive learning experience, and enhances community spirit. For ideas and ways to participate in making America a greener, healthier, more livable place, check out: [101 Ways to Celebrate National Garden Month](#)

### **Tools You Can Use**

[California Health Groups Release Obesity Prevention, Treatment Toolkit](#) (3/25/08)

Two California nonprofits released an informational toolkit designed to help physicians teach their child and adult patients how to adopt healthier diet and fitness habits, the *Los Angeles Daily News* reports.

[Video Series Offers Healthy Food Preparation Tips to Fight Childhood Obesity](#) (3/10/08)

The National Food Service Management Institute at the University of Mississippi this spring will air the final three episodes of its "Cooks for Kids" series, which aims to educate school officials and others about preparing healthy, child-friendly meals, the Jackson *Clarion-Ledger* reports.

[Grocery Chain Launches Field Trip Program for Kids to Encourage Healthy Eating](#) (3/07/08)

Albertsons grocery chain announced the launch of a new field trip program designed to educate elementary school students about healthy eating habits, the *Deseret Morning News* reports.

[New Web Site Aims to Boost Children's Produce Consumption](#) (3/05/08)

The nonprofit Produce for Better Health Foundation launched a Web site designed to encourage children to eat more fruits and vegetables, the *Chicago Tribune* reports. Access the tool at: <http://www.foodchamps.org/>

### **Funding Opportunities**

[Robert Wood Johnson Foundation Announces New Round of Active Living Research Grant Program](#)

Grants totaling \$3.3 million will be awarded to organizations in the United States researching policy and environmental strategies for increasing physical activity among children and adolescents, particularly in low-income communities.

**Deadline:** May 14, 2008

[Saucony Run For Good Foundation Offers Funding for Children's Running Programs](#)

Grants of up to \$10,000 will be given to nonprofit organizations working to combat childhood obesity through running and fitness programs for children 18 years old or younger.

**Deadline:** June 13, 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

### [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

### **Upcoming Conferences**

[The U.S. Conference of Mayors 76th Annual Meeting](#) June 20-24, 2008, Miami, FL.

### **Upcoming Health Observation Date**

[National Physical Fitness and Sports Week](#) May 1-7, 2008

[National Employee Health and Fitness Day](#) May 21, 2008

[Bike-to-Work Week](#) May 12- 16, 2008

### **New Publications**

#### [Overcoming Obstacles to Health](#)

Social and economic factors are keeping some Americans from being as healthy as they should be. Based on work conducted by researchers at the University of California, San Francisco (UCSF) and produced by the Robert Wood Johnson Foundation, the report outlines in stark detail how a person's health and the likelihood of becoming sick and dying prematurely are greatly influenced by powerful social factors such as levels of education, income and the quality of neighborhood environments.

#### [Mayor's Guide to Fighting Childhood Obesity](#)

As a part of the U.S. Conference of Mayors' Healthy Cities Campaign, USCM has launched a new online interactive guide, *Mayor's Guide to Fighting Childhood Obesity*, to help mayors develop plans to address childhood obesity in their cities. .

The guide offers action steps mayors can take to address childhood obesity and promote healthy eating/active living in their communities, and provides local examples of such policies. It also contains a large resource section with information on funding opportunities, online tools and other pertinent items of interest to mayors and their staff.

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