Hawaii Physical Activity and Nutrition Newsletter

April 2014 Quarterly Issue -- Volume 5, Number 2

In This Issue

- News from Hawaii PAN Partners
- Highlighted Hawaii Programs
- Highlighted National Programs
- Featured Resources and Research
- Grants and Awards
- Conferences, Trainings, and Professional Development

Contact Us

www.healthyhawaii.com

If you'd like your name removed from our mailing list, please e-mail: carolyn.donohoemather@doh.hawaii.gov

PAN Plan Sector Workgroup Invitation

News from The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

News from Hawaii PAN Partners

The 2013-2020 Hawaii Physical Activity and Nutrition (PAN) Plan implementation is moving forward!

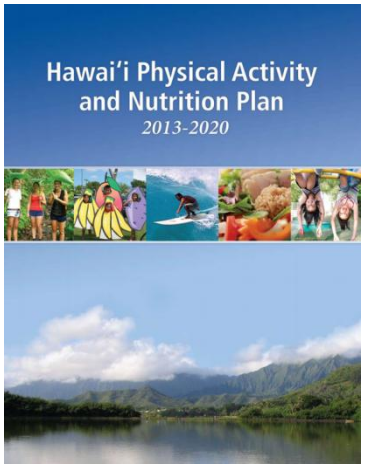
It's not too late to sign up to be a part of a sector area workgroup to help implement important health objectives for Hawaii!

If you are not already a workgroup member, please sign up to participate in one or more of the workgroups. Your knowledge, input, and expertise will help move forward the important objectives in the PAN Plan. Collaboration and planning for most of the implementation work will be done through webinars, virtual meetings, online surveys and/or other easily accessible methods.

Eight well-respected experts from all over the state are serving as Chairs and Vice-Chairs for the Sector Area Workgroups.

Overview of Sector Areas:

- **Community Design and Access**
  - Physical Activity – Chair: Brad Kurokawa
  - Nutrition – Chair: Ruby Hayasaka
- **Worksite, Industry & Business**
  - Chair: Valerie Au
  - Vice-Chair: Rachelle Bachran
- **Educational Systems**
  - Chair: Ku'ulei Serna
  - Vice-Chair: Curt Okimoto
- **Healthcare Systems**
  - Chair: Susan LaFountaine
  - Vice-Chair: Robert Hirokawa



Please e-mail Katherine Richards at Katherine.richards@doh.hawaii.gov **to sign up for sector area workgroups.**

Link to the PAN Plan: http://health.hawaii.gov/physical-activity-nutrition/files/2013/08/Hawaii-PAN-Plan-2013-2020.pdf

WIC Boosts Money for Fruits and Vegetables

It was a huge win for WIC participants in October 2009 when fruits and vegetables were included in the WIC food package via a cash value voucher (CVV). Monthly CVVs are currently $6 for children and $10 for women. These benefits allow participants to purchase fresh or frozen fruits and vegetables, up to the cash value amount listed on the voucher. Last year approximately $1.9 million Hawaii WIC dollars were spent on fruits and vegetables.

Since 2009, an outpouring of support and comments from the public followed, recommending the regulating agency, Food and Nutrition Service (FNS), increase the children's cash allotment. FNS listened. The Final Food Package Rule published March 4, 2014 increases the children's CVV to $8.

The Department of Health WIC Services Branch estimates an additional $34,000 a month in fruits and vegetable funds will be available to WIC children. This increase goes into effect June 2, 2014, and will support further efforts by WIC to increase fruit and vegetable consumption by children, and advance WIC's mission to safeguard the health of low-income families at nutritional risk. Each month Hawaii WIC services an average of 34,000 participants, including approximately 17,000 children.

Bikeshare Hawai'i Launched

Bikeshare Hawaii

The bikeshare collaborative and working group is proud to announce the launch of Bikeshare Hawai'i, a newly formed non-profit organization responsible for overseeing bikeshare in the State of Hawai'i. Bikesharing acts as a public transportation system that enables its customers to make short trips between a network of unattended bike docking stations. Bikeshare is growing rapidly around the world and is in place or expected to launch in most major U.S. cities in the next few years. To sign up for updates: http://bikesharehawaii.org/

Executive Director Job Posting

Bikeshare Hawai'i is now seeking a qualified Executive Director

Job Posting: https://dl.dropboxusercontent.com/s/0xuyv5ywqn6ouxf/Bikeshare%20Hawaii%20ED%20Job%20Description.pdf

News from Hawaii Island School Garden Network

News from Hawaii Island School Garden Network

Save the date for the 7th Annual Statewide School Garden Symposium "School Gardens: Awakening the Senses for Deeper Learning". Saturday June 7, 2014 – 8:30 a.m. to 4:30 p.m. Gates Performing Arts Center Auditorium – Hawaii Preparatory Academy. Our Keynote Speaker will be Dr. Carla Hannaford on "The Physiological Basis of Learning: Connecting Head, Heart, and Hands".

Registration information is available online at: http://schoolgardens14.eventbrite.com

March of Dimes March for Babies

Join in on the March of Dimes March for Babies!

The walks in Hawaii have helped raise funds for the March of Dimes. Click this link for 2014 times and locations.

Healthy Mothers Healthy Babies Free Online Statewide Directory

Find and List Local Health & Nutrition Services

If your health and nutrition-oriented resources and services are available to the public, please make sure they are included in Healthy Mothers Healthy Babies' **free** online statewide directory. Topics range from Nutrition Programs to Prenatal Yoga and are all designed to help women and families become healthy for pregnancy – and life! Check to ensure your organization is listed, or add your resources, FREE! Visit: http://hmhb-hawaii.org/index.php/directory

Mayor-A-Thon, Kauai

Sixth Annual Mayor-A-Thon

Mayor Bernard Carvalho, Get Fit Kauai, the Department of Health, and HMSA are collaborating on the sixth annual Mayor-A-Thon. The Saturday, June 21 event will bring together about a thousand Kauai bicyclists, runners, joggers, fast walkers, walkers, strollers, and dog walkers for a fun morning of camaraderie on the coastal path in Kapaa. Zumba, a wholesome free breakfast, and exercising in the company of friends are the main attractions at this high-energy event. Details at: www.getfitkauai.com.

Mayor Carvalho greets walkers while biking the beautiful Ke Ala Hele Makalae coastal path in Kapaa.

Tropic Care Kauai providing dental care and eye exams, glasses

Tropic Care Kauai 2014

Tropic Care Kauai will provide free dental care, eye exams, and eye glasses for two weeks, June 16-27, said Army Colonel Susan Fitzgerald, officer in charge of this military training exercise.

Conducting free eye exams and making eyeglasses will be a main part of Tropic Care Kauai 2014.

"With clinics at Eleele Elementary School, Kauai Community College, and Kapaa Middle School, this mission is for all Kauai's people. Anybody needing free dental or optometric services is welcome."

TCK-14 involves deploying some 250 mainland military medical professionals to Kauai in collaboration with the Department of Health and many other partners.

Let's Move Hawai`i for School Aged Children

Let's Move Hawai`i: Health, Fitness, Nutrition, and Me

UNIVERSITY OF HAWAI'I AT MĀNOA, COLLEGE OF EDUCATION
CURRICULUM RESEARCH & DEVELOPMENT GROUP
SUMMER PROGRAMS

Let's Move Hawai`i is offered by the Curriculum Research & Development Group (CRDG) Summer Programs in the College of Education at the University of Hawai`i at Mānoa. The class is designed to promote physical activity, proper nutrition, and healthy lifestyle choices for young people from all backgrounds, because it is never too early to "get fit." The program is modeled after the President's Council on Fitness, Sports and Nutrition to encourage long-term health benefits that reduce fat, control weight, and build overall strength and endurance. Students will be grouped by age for projects and exercise activities. The instructor for this class has earned national certifications and awards for fitness and nutrition:

- *Sports Physical Activity Recreation for Kids (SPARK) certification*
- *National Academy of Sports Medicine (NASM) Certifications in Youth Exercise Training, Fitness Nutrition Training, Weight Loss Training, Personal and Group Trainings, Corrective Exercise Training, Women's Fitness Training, Senior Fitness Training, Mixed Martial Arts Conditioning Training, and Performance Enhancement Training*
- *President's Council on Fitness, Sports, and Nutrition Award*

"Let's Move Hawai`i: Health, Fitness, Nutrition, and Me" is structured for Grades 3 to 12 and it is scheduled from June 16-20, 2014 from 8:00 a.m. to 3:15 p.m. at the Curriculum Research & Development Group in the College of Education at the University of Hawai`i at Mānoa campus. For more information, please visit CRDG Summer Programs website at: www.hawaii.edu/crdg/sp

Health & the Built Environment Event

Health & the Built Environment

On March 13, 2014, the Urban Land Institute Hawaii District Council hosted a panel discussion, *Health & the Built Environment*. Panelists included Dr. James Moore, Principal, HDR, Inc.; Dr. Jay Maddock, Professor & Director, Office of Public Health Studies, University of Hawaii at Manoa; Mr. Kimo Steinwascher, Alexander & Baldwin, Kailua; and Mr. Breene Harimoto, Councilmember, City and County of Honolulu. We were privileged to have participation from the health, development, and planning and design sectors. Presentations and information are available at: http://hawaii.uli.org/healthy-places/.

ULI Urban Land Institute Building Healthy Places Initiative

Health & the Built Environment was recorded by `Olelo Community Media and was broadcast four times on Channel 54. The recording is now available online at: http://olelo.granicus.com/MediaPlayer.php?view_id=20&clip_id=40628

Sea Grant University of Hawai'i

UNIVERSITY OF HAWAI'I CENTER FOR SMART BUILDING AND COMMUNITY DESIGN

The He'eia Stream Restoration Project

He'eia Stream Restoration

The He'eia Stream Restoration Project aims to restore native vegetation along about 4,000 feet of riparian habitat in upper He'eia Stream. This project is a partnership between Hui o Ko'olaupoko, Hui Ku Maoli Ola and Papahana Kuaola. Hawai'i Pacific University professors and students are participating to implement water quality and project effectiveness monitoring.

Project funders and partners include Environmental Protection Agency, Hawai'i Department of Health, Papahana Kuaola, Hui Ku Maoli Ola, and Ke Kula o Samuel M. Kamakau. For more information, go to: http://www.huihawaii.org/heeia-stream-restoration.html

Hawaii Highlighted Programs, Projects, and Initiatives

Hawaii Highlighted Programs, Projects, and Initiatives

Community

Got Germ-free Re-Useable Bags?

"Paper or plastic?" You don't hear this often these days. Hawai'i residents are now using reusable bags when out shopping because of county law and because it's good for our environment. Starting July 2015, residents on Oahu will join the rest of the state in living with a ban on all non-biodegradable, plastic bags.

What's good for the environment may not necessarily be good for us. Did you know that reusing bags creates an opportunity for our food to become contaminated and not safe to eat? Cross contamination occurs when disease-causing microorganisms (germs and bacteria) are transferred from one food to another. Raw meat products are often contaminated with foodborne bacteria such as Salmonella and Campylobacter, which can be transferred to other foods by cutting boards, kitchen counters, hands, and reusable bags. Cooking foods usually destroys these bacteria, but what about foods we eat raw? And what about the bags in which we carry our groceries?

When you go grocery shopping or to the farmers market, make sure the bags you're using are clean. Researchers at the University of Arizona and Loma Linda University collected reusable bags at random from consumers in California and Arizona. Large numbers of bacteria were detected in almost all the reusable bags, with the greatest numbers of bacteria found in the LA area. Bacteria thrive in warm temperatures and humidity. (We're not the only ones who love Hawai'i weather.) Many of the bacteria found could potentially make us really sick. (See report: http://www.llu.edu/public-health/news/news-grocery-bags-bacteria.page)

The study also tested the growth of bacteria in bags stored in a car trunk. (Remember warmth and humidity?) Within 2 hours of storage, the number of bacteria increased 10-fold. Warm temperatures and the presence of food in the bags can encourage rapid growth of bacteria.

So what's shopper to do? Here are some helpful hints. Place meats and seafood in produce bags to keep any juices from going onto other foods. Use separate bags for meats, seafood, and produce (fruits and veggies). Label your bags so you know which is which, and tell the person bagging your groceries. Follow care instructions on the label, and launder your bags regularly. (Hand or machine washing reduces bacteria by 99%.) Make sure bags are dry before storing. Wipe your insulated bags with disinfecting wipes, particularly along the inside seams. Don't store your bags in your car trunk. Use separate bags for food and for non-food purposes like gym clothes, books, diapers, and household supplies. Throw away worn and dirty bags.

I know some store cashiers who have cringed over the bags that people bring for their groceries. Don't make your cashier cringe. Keep your bags clean, and keep your food safe to eat.

Download Got GRUB? (Germ-free Re-Useable Bags)
http://www.ctahr.hawaii.edu/NEW/resources/GRUB_flyer.pdf
Share this with your family, friends, and co-workers.

The Nutrition Education for Wellness Program (NEW) of the University of Hawai'i at Manoa's Cooperative Extension Service offers programs and training statewide in consumer foods and nutrition education. We promote healthy food choices, skills building, and access to a healthy diet, and provide training and technical assistance for all of our programs. Visit our website: www.ctahr.hawaii.edu/NEW.

Celebrate 100 Years of Extending Knowledge and Changing Lives
visit: www.Extension100Years.net

Julia Zee, MPH, RDN, is an Extension Educator in Nutrition and Health for the Cooperative Extension Service, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa.

National Highlighted Programs, Projects, and Initiatives

National Highlighted Programs, Projects, and Initiatives

Events

National Public Health Week – April 7-13, 2014

The American Public Health Association celebrated National Public Health Week April 7-13. The annual event is aimed at raising awareness of public health and prevention, highlighting important issues with each day focusing on a different theme. The theme for Monday, April 7, "Be healthy from the start," emphasized the crucial role of breastfeeding in supporting lifelong health. More information on events: http://www.nphw.org/events

National Women's Health Week - May 11-17, 2014 is an observance led by the U.S. Department of Health and Human Services, Office on Women's Health to empower women to make their health a priority. Celebrate by organizing or attending women's health Meetups, pledging to be a well woman, and sharing National Women's Health Week resources. More information at: http://womenshealth.gov/nwhw/

Built Environment

WalkBoston makes walking safer and easier in Massachusetts to encourage better health, a cleaner environment and vibrant communities. Their publications page includes pamphlets and toolkits, including: *Good Walking is Good Business*, *Walking for Health & the Environment Curriculum*, and *Making Streets Safe*. View these resources and more at: http://www.walkboston.org/resources/publications-products

Healthy Community Design News

CDC's Healthy Places Web site has a new look. We aim to help you find the information you need faster and to keep you updated on the latest additions to the Web site. Healthy community design integrates evidence-based health strategies into community planning, transportation, and land-use decisions. Check it out at: http://www.cdc.gov/healthyplaces/default.htm

Schools and Childcare Facilities

To reduce waste, schools should focus on improving quality, not rolling back standards

New federal standards launched in 2012 that require schools to offer healthier meals have led to increased fruit and vegetable consumption, according to a new study from Harvard School of Public Health researchers. The study, the first to examine school food consumption both before and after the standards went into effect, contradicts criticisms that the new standards have increased food waste.

Read more at: http://www.hsph.harvard.edu/news/press-releases/school-meal-standards-increase-fruit-and-vegetable-consumption/

Worksites

National Alliance for Nutrition and Activity

NANA has developed the Healthy Meeting Toolkit to help institutions make this goal a reality. The toolkit contains helpful tips on how to serve healthier foods, work with hotels to contract for a healthy conference, talk to a caterer or chef about serving healthier options, integrate physical activity into meetings, and more.

All organizations, institutions, government agencies, or businesses that pledge to have healthy meetings can be recognized on our healthy meeting webpage at www.healthymeeting.org. You also may be able to use the healthy meeting logo on your website or in your meeting/conference agenda if you meet the NANA guidelines for nutrition and physical activity.

Helping Employees Stay Healthy Is a Good Investment (excerpts)
See full article at: http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/Dee-Edington.aspx
By Dee Edington
2/10/2014

Health care costs in the United States are astronomically high and, though the increase has slowed, are continuing to rise. What's worse, Americans are sick and getting sicker, meaning more people are using health care, which drives costs up still further.

Some of this is inevitable: All of us will have to receive care at some point in our lives; yet many of the most prevalent chronic conditions are preventable.
As employers begin to reassess their health plans in light of the Affordable Care Act (ACA), it's important that they consider what proactive steps to take to improve employee health and wellness while focusing on disease prevention.

Chronic Conditions and Lifestyle Issues
Perhaps the most controllable and prevalent factor in our rising health care costs is unhealthy lifestyles. More sick people mean higher costs, and too many Americans are sick. In fact, according to the Centers for Disease Control and Prevention (CDC), 50 percent of Americans suffer from at least one chronic illness, such as heart disease, obesity or diabetes. Nearly one in four Americans has multiple chronic conditions.

Screenings and Coaching
As the ACA is fully implemented, employers are doing what they can to manage costs, care for their employees and run their businesses effectively. Many are looking to offer new health plans and exploring new coverage for their employees. Prevention and wellness should be key to any health care plans they adopt or changes they implement.

Healthy Workplace Cultures
Good health can be fostered or maintained only in a healthy environment and culture. This means employers and communities should offer prevention and wellness programs and create work environments and cultures that encourage people to live healthy lifestyles. Organizational and community health assessments are essential to identifying strengths and weaknesses in the environment and to promoting positive social, emotional and financial health. Negative environments can often cause the stress and anxiety that lead to individuals' health problems in the first place.

A healthy culture is better not only for employees but also for businesses, as it enables them to reduce their health care costs and maintain a high level of energy, engagement and happiness among workers. What's more, it is good for the economy as a whole.

We are not helpless in the face of rising health care costs:

- **Companies must make smart choices** when adopting health care plans, develop employee wellness and prevention programs, and cultivate positive, health-promoting environments.
- **Individuals have to take responsibility,** get yearly screenings, and make the necessary lifestyle changes to get and stay healthy.

In the end a healthy population is the best guarantee against skyrocketing health care costs, and employers can take steps that will help us get there as a nation.

Dee Edington, Ph.D., is the founder of the *University of Michigan's Health Management Research Center and chairman of Edington Associates LLC. Dr. Edington is the author or co-*

author of more than 500 articles and presentations and has written/co-written several books, including Zero Trends: Health as a Serious Economic Strategy.

Related Resources:

- Dee Edington's Online Videos, University of Michigan's Health Management Research Center

Quick Links:

- *SHRM Online* Benefits Topics & Strategy
- *SHRM Online* Health Care Reform Resource Page

Compensation & Benefits e-Newsletter:

To subscribe to SHRM's weekly Compensation & Benefits e-newsletter, click below.

Sign Up Now

Hawaii Featured Resources and Research

Featured Resources and Research

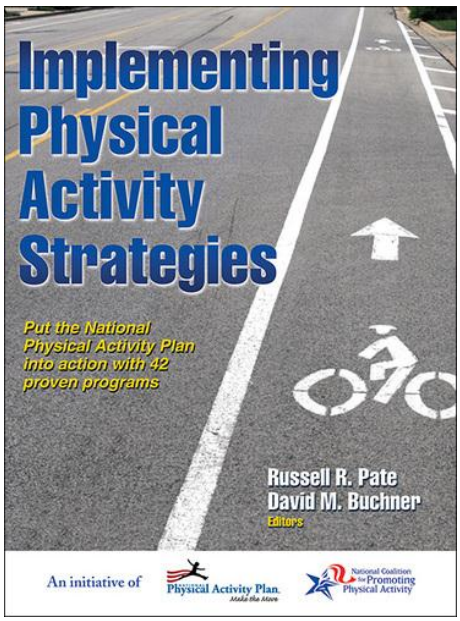
Hawaii

- Resources

New Book Examines Programs that Work to Improve Physical Activity

Developed through a partnership with the National Physical Activity Plan Alliance and the National Coalition for Promoting Physical Activity (NCPPA), *Implementing Physical Activity Strategies* profiles 42 physical activity programs that are helping people adopt more active and healthy lifestyles based on the U.S. National Physical Activity Plan (NPAP). This resource combines the expertise of editors Russell Pate and David Buchner as well as a host of respected researchers and practitioners well known for their long-term advocacy for a more physically active society.

Implementing Physical Activity Strategies highlights innovative and proven physical activity programs under way in eight sectors: education; mass media; health care; parks, recreation, fitness, and sports; business and industry; public health; transportation, land use, and community design; and volunteer and nonprofit organizations. For each, readers will find an explanation of how the physical activity program was executed, how it aligns with the NPAP, the target population of the program, cross-sector collaborations and their benefits, and assessments of program effectiveness.



The *Step It Up, Hawaii* mass media campaign a collaboration between the Hawaii Department of Health and the Office of Public Health Studies at the University of Hawaii at Manoa is one of the featured programs.

A consistent presentation of information on each program makes this comprehensive reference easy to use. The text maintains a focus on topics such as cross-sector collaboration, tactics and troubleshooting tips, and how each program aligns with the NPAP. This ensures readers will find tools and information to bring success to their own initiatives. Many of the program profiles include sample press releases, ads, screen shots, photos, surveys, follow-up forms, and other hands-on materials to help readers more readily translate the ideas and materials of these programs into new physical activity initiatives. By sharing examples and case studies of proven programs, *Implementing Physical Activity Strategies* supports those seeking ways to bring the benefits of increased physical activity to their constituents:

- Officials and managers in public health and health care
- Volunteer and nonprofit organizations
- Recreation, fitness, and sport leaders
- Physical education teachers
- Worksite health promotion advocates
- Transportation, urban policy, and design workers

Implementing Physical Activity Strategies offers a detailed look into exemplary programs that have brought about an increase in regular physical activity for individuals where they live, work, and play. Stimulate new ideas, inspire creativity and innovation, and set in motion new results-oriented physical activity initiatives with *Implementing Physical Activity Strategies.* More information can be found at: http://www.humankinetics.com/products/all-products/implementing-physical-activity-strategies

Hawaii Journal of Medicine & Public Healt – April 2004 Edition

Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine (JABSOM).
To view the full edition, please click on the hyperlink in the title above while pressing the Ctrl key, or visit the website at www.hjmph.org.

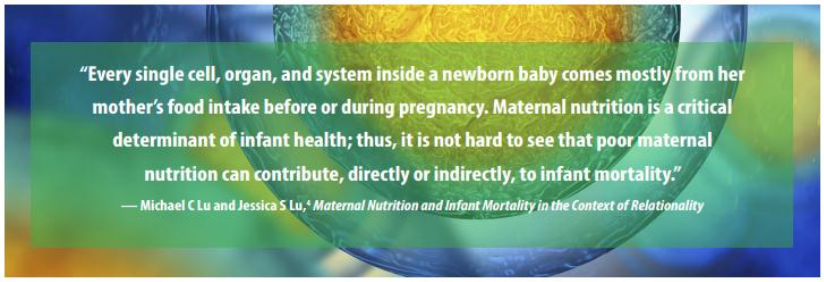
National Featured Resources and Research

National

- Resources

Wholesome Wave's Food Hub Business Assessment Toolkit
Access the toolkit and accompanying resources at: http://wholesomewave.org/hfcibusinessassessmenttoolkit/.
When sharing the toolkit, please refer others to http://wholesomewave.org/hfci/.
Feedback is requested: info@wholesomewave.org

The Role of Nutrition in Infant Mortality — A Public Health Perspective. This brief from the Association of State Public Health Nutritionists summarizes the impact of nutrition on infant mortality and identifies areas where nutrition interventions can make a difference in reducing infant mortality. It also describes the critical role that public health nutritionists play in preventing infant mortality. Available at: http://www.asphn.org/resource_files/577/577_resource_file1.pdf



- Physical Activity and Nutrition Research

Why Vitamins May Be Bad for Your Workout

Vitamin C and E supplements may blunt the improvement of muscular endurance — by disrupting cellular adaptions in exercised muscles — suggests a new study published Feb. 3 in The Journal of Physiology.
More information:
http://well.blogs.nytimes.com/2014/02/12/why-vitamins-may-be-bad-for-your-workout/
Original abstract:
http://jp.physoc.org/content/early/2014/01/31/jphysiol.2013.267419.abstract

Positive memories of exercise spur future workouts

Getting motivated to exercise can be a challenge, but new research from the University of New Hampshire shows that simply remembering a positive memory about exercise may be just what it takes to get on the treadmill. This is the first study to explore how positive memories can influence future workouts. Summary: http://www.eurekalert.org/pub_releases/2014-03/uonh-urp031714.php

Whether you lose or gain weight depends on weekdays

There are sleep cycles and there are also weight loss cycles. Almost everyone loses weight on weekdays and gains weight on weekends. What separates the slim from the heavy isn't how much more they gain on weekends. It's how much they lose during the weekdays. Summary: http://www.eurekalert.org/pub_releases/2014-02/cfb-wyl013114.php

Shorter sleepers are overeaters

Young children who sleep less eat more, which can lead to obesity and related health problems later in life, reports a new study by UCL researchers. The study found that 16 month-old children who slept for less than 10 hours each day consumed on average 105 kcal more per day than children who slept for more than 13 hours. Summary: http://www.eurekalert.org/pub_releases/2014-03/ucl-ssa032414.php

- Social Media and Social Marketing Research

  The potential for social media use in K-12 physical and health education
  Computers in Human Behavior
  View abstract at:
  http://www.sciencedirect.com/science/article/pii/S0747563214000958

  EFNEP Graduates' Perspectives on Social Media to Supplement Nutrition Education: Focus Group Findings From Active Users
  Journal of Nutrition Education and Behavior
  Tashara M. Leak et al.
  View abstract at:
  http://www.sciencedirect.com/science/article/pii/S1499404614000542

  Social Media and Nutrition Education: The Food Hero Experience
  Journal of Nutrition Education and Behavior
  Lauren N. Tobey, Melinda M. Manore
  View abstract at:
  http://www.sciencedirect.com/science/article/pii/S1499404613006799

- Other Recommended Reading
  - **Advancing Health Equity**
    http://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf

Grants and Awards

Grants and Awards

Childhood Obesity Prevention - Agriculture and Food Research Initiative - USDA-NIFA-AFRI-004492
A Letter of Intent (LOI) must be received by 5:00 p.m. Eastern Time (ET) on April 17, 2014. A LOI is a prerequisite to submission of an application. The closing date for applications is June 17, 2014.
http://www.nifa.usda.gov/fo/childhoodobesityafri.cfm

Health Impact Assessment for Improved Community Design (CDC-DHHS)
Current Closing Date for Applications: Apr 28, 2014.
http://www.grants.gov/view-opportunity.html?oppId=251873

National Collaborative on Childhood Obesity Research
This page summarizes multiple funding opportunities generated by NCCOR members and others http://nccor.org/blog/?page_id=97

ING Run For Something Better® (ING RFSB), in partnership with the American Alliance for Health, Physical Education, recreation and Dance (AAHPERD), seeks to increase physical activity in students and help fight

childhood obesity nationwide through the creation of school-based running programs. Research shows that physical activity improves self-esteem, school performance and overall well-being. The ING RFSB School Awards Program will provide a minimum of sixty (60) of $3,500 grants to schools that desire to establish a school-based running program or expand an existing one. Submission Deadline 11:59pm: Thursday, May 15, 2014
www.aahperd.org/naspe/grants/grants/ING/index.cfm

Hawaii Community Foundation Calendar (Grant Deadlines)
As one of the oldest community foundations in the country, established in 1916, HCF manages a repository of more than 600 charitable funds that have been set up by generous individuals, families, and businesses across the state to benefit the people of Hawaii. These funds reflect the charitable grant making interests of their donors, and can vary from unrestricted grants to those for very specific areas such as scholarships or a geographical region.
Deadlines:
http://hawaiicommunityfoundation.org/sites/default/files/submissiondeadlines_2014_01.pdf

Conferences, Trainings, and Professional Development

Hawaii Conferences, Workshops, and Professional Development

Hawaii

Hawai'i Dietetic Association Annual Conference
Kūlia I Ka Nu'u – Strive to reach YOUR highest!

May 2, 2014
7:15 am – 4:00 pm
Harbor View Center (above Nico's), Pier 38 Waterfront, Honolulu, HI
Register at: http://eatrighthawaii.org Phone: (808) 263-5357

- **2014 Maui Volunteer Expo**
  Sponsor agencies include: Maui Food Bank, American Red Cross, Hali'imaile Community Garden
  April 5, 2014
  Queen Kaahumanu Center, Kahului, HI 96793
  More information:
  http://www.handsonmaui.com/volunteer/events/display/volunteer-expo-2014/?event_id=7789

- **2014 Hawaii Psychological Association Cultural Diversity Conference**
  Diversity and Disabilities
  April 12, 2014, 8 a.m. to 1 p.m.
  University of Hawaii at Manoa, Campus Center, Executive Dining Room
  More information:
  http://www.hawaiipsychology.org/diversity/2014/index.html

- **Micronesian Cultural Awareness**
  May 9, 2014 12:00 PM - 1:30 PM
  Queens Conference Center
  510 South Beretania Street, Honolulu, Hawaii 96813
  More information:
  https://www.regonline.com/builder/site/Default.aspx?EventID=1380825

- **HAHPERD Statewide Health & Physical Education Conference - "SHAPE for Success"**
  May 10, 2014, 8:00 am-3:00 pm (7:30 am Registration)
  University of Hawaii at Manoa - Lower Campus (KRS Department)
  Keynote: Sandy "Spin" Slade (Skillastics President/Founder)
  For more information, contact: Shelley Fey (sfey@punahou.edu)

- **7th Annual Hawai'i Conference on Language Access**
  Ike ʻ Āina—Language Access and Cultural Literacy
  August 6-7, 2014—Conference (Neal Blaisdell Center)
  August 8, 2014—Workshop on Cultural Competency (TBD)
  Free, But Registration Required
  Sponsored by: Office of Language Access, Hawaii Department of Health, and City and County of Honolulu
  For information, call 1-808-586-8730

- **Native Hawaiian and Indigenous Health**
  August 08, 2014 12:00 PM - 1:30 PM
  Queens Conference Center, 510 South Beretania Street, Honolulu, 96813
  More information:
  https://www.regonline.com/builder/site/Default.aspx?EventID=1474169

Selected National and International Conferences

National and International

Society for Public Health Education
Discovery 2014: New Health Education Strategies, Connections & Ideas
Was held March 19-21, 2014
Baltimore, MD
To see the final program, click here.

- **AAHPERD National Convention and Expo – "Gateway to Success"**
  American Alliance for Health, Physical Education, Recreation & Dance
  April 1-5, 2014
  St. Louis, MO
  www.aahperd.org/whatwedo/convention/

- **UC Berkeley Center for Health Leadership Association (CHLA) Annual Conference**
  April 11th, 12:00pm - 4:00pm
  Berkeley, CA
  http://chl.berkeley.edu/programs/chl-association/committees/chla-conference-2014.html

- **Experimental Biology 2014**
  April 26-30, 2014
  San Diego, CA
  http://experimentalbiology.org

- **American Telemedicine Association Annual Meeting and Exposition**
  May 17-20, 2014
  Baltimore, MD
  www.americantelemed.org/ata-2014

- **Southwest District Convention – "Takes a Village to Move a Child in School"**
  June 9-12, 2014
  Las Vegas, NV
  www.aahperd.org/about/districts/southwest/convention.cfm

- **39th Annual National Wellness Conference**
  June 23-26, 2014
  Location: Minneapolis, MN
  http://www.nationalwellness.org/?page=NWC2014

- **91st Canadian Pediatric Society Annual Conference**
  June 26-29, 2014
  Montreal, Canada
  http://www.annualconference.cps.ca/

Online Trainings

Online Trainings

Supporting and Promoting Breastfeeding in Health Care Settings

The Center for Public Health Continuing Education at the School of Public Health at University of Albany is excited to announce four new opportunities for online, on-demand training.

This four-part series focuses on supporting and promoting breastfeeding throughout health care settings, including prenatal care, hospital care, and early postpartum/postnatal care.

Module 1: Prenatal Care
Module 2: Hospital Care, Part 1
Module 3: Hospital Care, Part 2
Module 4: Early Postpartum/Postnatal Care

To start the training now, visit our **website**.
Continuing Education Credits, including L-CERPs are available for each module.
(Please note L-CERPs are only available until December 18, 2014.)
For more information visit our **website** or view the **informational flyer**.

http://www.albany.edu/sph/cphce/preventionagenda_breastfeeding.shtml

Selected Conference Highlights

Selected Conference Highlights

(from http://www.physiciansbriefing.com/)

International Stroke Conference, Feb. 12-14
http://www.physiciansbriefing.com/Article.asp?AID=685007

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