



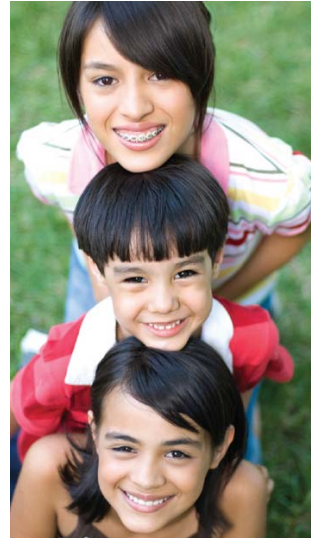
November is National Diabetes Awareness Month!

Teach your Students to be Active, Eat Well, and Lower Their Risk of Diabetes

Type 2 diabetes is a serious disease. It used to be that only adults got type 2 diabetes. Now some kids and teens who are inactive and weigh too much are also getting type 2 diabetes. It's a good idea to remind students that they cannot catch diabetes from others.

Diabetes means a person's blood glucose, also called blood sugar, is too high. In all of us, the food we eat turns into glucose and our bodies use it for energy. If someone has diabetes, their body cannot use glucose as it would normally, and their blood glucose rises. Young people with type 2 diabetes may need to take pills or insulin to help the body use the glucose in the blood for energy. If blood glucose stays too high for too long, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

Warning signs for diabetes include: urinating often, extreme thirst, fatigue, and having thick dark skin on the neck or under the arms. Not everyone has these warning signs. They find out they have diabetes when they go to the doctor for a check-up.



Kids are at risk if they:

- Have a mom, dad, sister or brother, or other close relative who has type 2 diabetes
- Weigh too much
- Do not get enough physical activity
- Are American Indian, Alaska Native, African American, Asian American, Hispanic/Latino, or Pacific Islander

What should kids do to keep healthy?

- Stay at a healthy weight.
- Be more physically active.
- Eat smaller portions of healthy foods.
- Limit time with the TV, computer, and video.

Being physically active can help students:

- Build muscle and use up body fat
- Grow strong bones
- Stay flexible
- Feel good and sleep better
- Focus in school
- Control weight

Share these tips to eat healthy with students:

- Drink water instead of regular soda or fruit drinks.
- When eating desserts, or candy, have only a small serving after a healthy meal, and not every day.
- Eat slowly. Do not take second helpings. If you are still hungry after a meal, fill up on veggies or a piece of fruit.



Source: National Diabetes Education Program. <http://www.ndep.nih.gov/media/kids-tips-lower-risk.pdf>



News You Can Use

Ohio Action for Healthy Kids Zone 8 Mini-Grants available!

Ohio Action for Healthy Kids, Zone 8 team is offering mini-grants to schools to support school wellness policies. Mini-Grants should target k-12 and address physical activity and nutrition through education, policy and/or environmental change. Enclosed in this month's Health and Nutrition Flash is a copy of the application. Five to six mini-grants will be offered up to \$700.00 each. At least one mini-grant will be awarded that supports the expansion of school breakfast. At least one mini-grant will be awarded that supports a PTA or parent group program/project. Other types of mini-grants may be used to improve the nutrition environment through the implementation of Snackwise® (www.snackwise.org), to provide opportunities for nutrition and physical activity for students using Game ON! The Ultimate Wellness Challenge (<http://www.actionforhealthykids.org/school-programs/our-programs/game-on/>), or to increase physical activity opportunities for students. Applications must be submitted by Tuesday, December 1, 2009.

2009 Healthier Kids Conference: Innovative School-Based/Linked Health and Wellness Strategies

Mark your calendars for Friday, December 4th. The Ohio Department of Education and partner sponsors will be hosting a school health conference at the Crown Plaza, Columbus North from 9:30am-3:30pm. Approximately five CEUs will be available for health professionals, including nursing, social work, counselor, family and marriage therapists, and health educators. The registration fee is \$75. A copy of the conference flier and registration form has been attached with this month's edition of Health and Nutrition Flash.

Frozen Pumpkin Mousse Pie

Heart Healthy Recipe of the Month

Source: <http://www.eatingwell.com>

Number of Servings: 10

Serving Size: 1 slice

Ingredients:

Crust

30 small ginger snap cookies
2 tsp. raisins
1 Tbsp. canola oil

Filling

1 C canned pumpkin puree
1/3 C packed brown sugar
1/2 tsp. ground cinnamon
1/4 tsp. ground ginger
1/4 tsp. freshly grated nutmeg
2 pints (4 C) frozen, low-fat vanilla ice cream softened

Directions

1. Preheat oven to 350 degrees. Coat 9" pie pan with cooking spray.
2. Combine ginger snaps, raisins in a food processor until finely chopped. Add oil and pulse until blended. Press evenly into pie pan. Bake for 10 minutes and set aside to cool completely.
3. Combine pumpkin, sugar, cinnamon, ginger, and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon mixture into pie crust. Freeze until firm, at least 2 hours. Let the pie soften in the fridge for 20 minutes before serving.

Nutrition Content:

Calories: 230
Total fat: 5g
Cholesterol: 4mg
Sodium: 179 mg
Total fiber: 4g
Protein: 2g
Carbohydrates: 42g



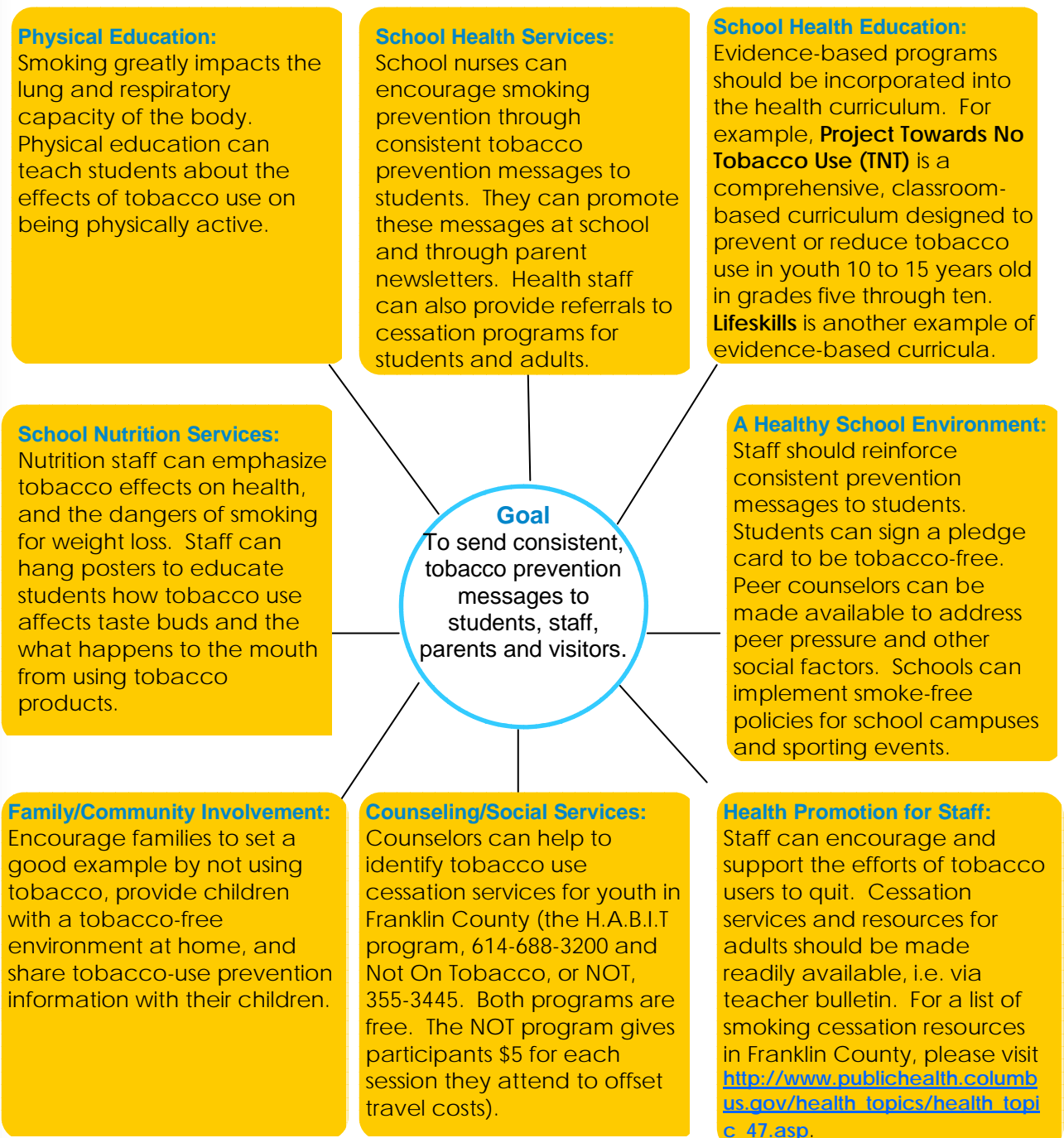
Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach.

This month's Health and Nutrition Flash features how to implement a district-wide tobacco prevention campaign among students, teachers, staff, parents and visitors.

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model





Staff Wellness

November 19th is the Great American Smokeout!

Seventy percent of Americans who smoke would like to quit (Centers for Disease Control and Prevention). Quitting smoking is not easy, but it can be done. What better time is there to quit than on November 19th, the Great American Smokeout?

After quitting smoking, your body starts to recover from that last cigarette within twenty minutes. Some benefits of quitting smoking over time include (*source: Surgeon General's 1990 Report on the Health Benefits of Smoking Cessation*)

- 20 minutes: Blood pressure and pulse rate decrease.
- 8 hours: Carbon monoxide and oxygen levels in the blood return to normal.
- 1 day: The likelihood of having a heart attack decreases.
- 2 days: Nerve endings regenerate and the sense of taste and smell are enhanced.
- 2 weeks: Circulation improves and lung function increases.
- 1-9 months: Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- 1 year: The likelihood of having a heart attack is cut in half.
- 5-15 years: Stroke risk and risk of coronary heart disease is the same as a non-smoker.

Nicotine (the addictive ingredient in cigarettes) is as addictive as heroin or cocaine (American Cancer Society). After quitting, your body reacts physically to the absence of nicotine, and you are also faced with the emotional challenge of giving up a habit.

The Ohio Tobacco Quit Line is also available to all Ohio residents. The Quit Line provides two weeks worth of free nicotine patches to all callers whose insurance companies do not cover nicotine replacement therapy, or if their employer is not an "employer NRT partner."

An "employer NRT partner" means that an employer has arranged for their employees (and sometimes spouses) to receive free nicotine patches for up to eight weeks. You can find out if your employers is an "employer NRT partner" by calling the Ohio Tobacco Quit Line (1-800-784-8669) and asking for more details. The Quit Line is open Monday-Friday from 9am—11pm and Saturday and Sunday from 10am—6:30pm. Callers can also leave a message 24hours a day and request a call-back time that is convenient for them.

For a list of all resources in Franklin County that can help you quit smoking, visit http://www.publichealth.columbus.gov/health_rss.aspx?id=20354.

For more information about quitting smoking or the Great American Smokeout, visit the American Cancer Society's web site at <http://www.cancer.org/docroot/subsite/greatamericans/>.



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



Ohio Action for Healthy Kids Zone 8 School Wellness Mini Grant Application

****For your convenience, this Mini Grant Application can be downloaded from the Zone 8 web page at http://www.ohioactionforhealthykids.org/zone_teams/zone8.htm**

General Information:

The Ohio Action for Healthy Kids, Zone 8 is offering mini-grants to schools to support projects that advance school wellness policies. The purpose of the mini-grants is to improve physical activity and nutrition through education, policy, and/or environmental changes. Mini-grants should target K-12 and may be used for activities to engage parents and staff as role models.

The project should address one or more goals of Ohio Action for Healthy Kids.

Schools must agree to:

- establish or have an established school health team and
- participate in at least one Ohio AFHK, Zone 8 meeting/workshop to present their project.

School health teams may choose one or more of the following goals to apply for a mini-grant. Each goal is required to have a separate application form.

- Expand participation and access to school breakfast.
- Improve the nutrition environment through policy, education and activities at school.
- Increase opportunities for students to be involved in physical activity at school.

Grants Available:

Based on available funds, **5 to 6 mini-grants** of up to \$700.00 each will be made available to the school health teams meeting the criteria, through a competitive process.

Project Time Frame:

Project activities must be completed between January 1, 2010 and May 30, 2010.

Due Date, Application Submission and Mailing Instructions:

Proposals must be postmarked by **Tuesday, December 1, 2009**

Please direct questions and submit mini-grant proposal by mail, FAX or email to:

Jan Ritter

Nationwide Children's Hospital

700 Children's Drive

Timken Hall—Room #118

Columbus, Ohio 43205

e-mail: jan.ritter@nationwidechildrens.org

Fax: 614.722.3099

Please type the information and complete and assemble the application in the following order:

1. Applicant Information Form
2. Signed Statement of Support from building administrator where project will be implemented.
3. Mini Grant Application
4. Activities Budget Form
5. Copy of the school's wellness policy.

Review Criteria:

Ohio Action for Healthy Kids will make the final determination of grants funded. Applications will be reviewed using the application guidelines and the instructions for completing the mini-grant proposal. The application review process is competitive and will be based on the following criteria:

- ✓ Compliance with application guidelines and requirements.
- ✓ The extent to which the program addresses breakfast, nutrition and/or physical activity to advance the school wellness policy.
- ✓ The establishment of an active school health team.
- ✓ Appropriateness of the proposed budget.
- ✓ Measurable and appropriate objectives and strategies.
- ✓ New programs or expansion of current program and/or activities.
- ✓ Application is typed and neat.

Notification:

If funding is received, applicants will be notified by Email no later than **December 7, 2009**.

Reporting Requirements:

Funded applicants are required to submit to Ohio Action for Healthy Kids a program evaluation summary by **June 15, 2010**. **Action for Healthy Kids will supply evaluation report form to funded projects.**

IMPORTANT:

- ✓ **Please type the information requested.**
- ✓ **Funds cannot be used to support existing activities.**
- ✓ **It is also recommended that you keep a copy of the application for your records.**

Timeline:

Date	Activity
December 1, 2009	Mini-Grant Applications Due – Post-Marked
December 7, 2009	Grant Award Announcement
January 1, 2010 through May 30, 2010	Implementation of Activities
June 15, 2010	Final Evaluation Report Due



Applicant Information:

Name of School District: _____

County: _____

Contact Person: _____

School Building: _____

Address: _____

City: _____ Zip code: _____

Phone: _____ E-Mail: _____

Principal's Name: _____

School Health Team or Wellness Committee Information:

Does your school have an active school health/wellness committee? Yes ___ *No* ___

1. How often does the team meet? _____

2. Identify the members of your current or newly established team and their positions:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Signature of the school

Principal: _____

(Signature indicates that the Principal approves this application and will fully support the grant activities and requirements, if funded.)

CURRENT WELLNESS ACTIVITIES: Provide a description of your school/district's wellness activities (*physical activity, nutrition, buckeye best awards, and school health index*) and established policies for the past two years. Please use a separate sheet to describe activities.

Please attach a copy of your school's wellness policy.

Abstract of Project:

Describe who, what, where and when of the project. List the proposed activities that will be accomplished through this grant. Please specify the number of students involved and their grade levels. Be sure to include the length of the program—one-time activities will not be funded.

Activities must involve one or more of the following:

- ✓ School breakfast promotion to increase participation or expand breakfast
- ✓ Improved nutrition environment through the implementation of Snackwise® or other nutrition education projects
- ✓ Increase physical activity opportunities

Purpose/Need:

Describe why the need exists. Provide information/data if available from assessments, statistics, surveys or other sources.

PROPOSED ACTIVITIES: Describe what will be accomplished through this grant. Provide a goal, measurable objective and evaluation technique.

Goal:

Measurable Objective/s:

1.

2.

Action Steps: (Provide up to three action steps to accomplish the goal).

1. _____

2. _____

3. _____

Evaluation:

TIMELINE: Provide an estimated timeline of activities related to the proposed project. Continue on a separate sheet if necessary.

BUDGET: Please itemize below how you plan to use the grant funds to achieve the objective of this mini grant. Be specific. Continue on a separate sheet if necessary.

Unallowable Costs:

- Indirect and Administrative Costs
- Health Screening Costs

Allowable Costs:

Budget Item (Please explain)	Cost
Equipment	
Food (for Game ON! tasting challenges, etc)	
Educational Supplies (videos, books, food models, display or signage materials)	
Misc. Supplies (t-shirts, incentives)	
Printing or postage	
Honorarium, fees	
Other (please specify) _____	
Total:	

Register Today! Space is Limited!



2009 Healthier Kids Conference: Innovative School Based/Linked Health and Wellness Strategies

When: Friday, December 4, 2009
Where: Crowne Plaza Columbus North
6500 Doubletree Avenue
Columbus, Ohio 43229

Time: 9:30 AM-3:30 PM
Cost: \$75
CEUs: Approx. 5 CEUs will be applied for

Who Should Attend?

- School based/linked health center staff, administrators & managers
- School health professionals
- Public health departments
- School administrators, teachers & district leaders
- Community behavioral, physical & dental health professionals
- Universities
- Foundations

Agenda

9:30 AM: **Registration Opens**

10:00 AM: **Welcome and Introductions**

10:15 AM: **Plenary: Federal Implications for School Health and School Based/Linked Services**
Linda Juszczak, DNSc, MPH, CPNP, Executive Director, National Assembly on School Based Health Care

11:00 AM: **Morning Concurrent Breakout Sessions (please choose one):**

Successful Statewide Delivery of Mental Health Services in Schools

Bill Donnelly, PhD, Clinical Director, Children's Resource Center
Teresa Lampl, LISW-S, Associate Director, the Ohio Council of Behavioral Health & Family Services Providers

Medicaid Administrative Claiming for Public Health Departments: Cincinnati Successes

Marilyn Crumpton, MD, MPH, Medical Director, School and Adolescent Health for Cincinnati Health Department
Ken Grace, Medicaid Administrative Claiming Unit, Ohio Department of Health

Successful Statewide Parent and Community Engagement

Mary Chase, Consultant, Ohio Action for Healthy Kids
Susan Patton, RD, LD, Nutrition Consultant, Ohio Department of Education

Sustainable State Billing Practices for School Health Clinical Providers

Technical Assistance Team, Ohio Department of Jobs and Family Services

12:00 PM: **Lunch Plenary: National Innovations for School Health and Wellness: State Approaches to Building Consensus for School Nutrition Standards**
Elizabeth M. Walker, MS, Project Director, National Association of State Boards of Education

Agenda, cont.

1:15 PM: **Afternoon Concurrent Breakout Sessions (please choose one):**

Tele-health: The Next Frontier in Ohio and Across the Country

Jenny Kattlove, MS, Director of Strategic Health Initiatives, The Children's Partnership
Susan Blakemore, LSW, LICDC, Project Coordinator, Tele-health Kids, Akron Children's Hospital

Diane Langkamp, MD, MPH, Developmental Pediatrics, Akron Children's Hospital

Statewide Sustainable Dental: Innovation in Dental Health Delivery

Larry Hill, DDS, MPH, Executive Director, CincySmiles Foundation

Emerging Recess Research from Ohio & Successful Programs

The Ohio Academy of Family Physicians

Lois Carnes, MEd, Solon City Schools (retired)

Statewide School Health Service Providers Survey Data Results

Nancy Mosca, PhD, RN, School Nurse Program Coordinator, Youngstown State University

2:00 PM **Break**

2:15 PM **Regional Networking Break**

3:00 PM **Wrap Up**

3:30 PM **Contract hours and Evaluation (conclusion)**

Sponsored By:



The Ohio School Based Health Care Association



Center for School-Based Mental Health, Miami University



To register via credit card, visit www.osbhca.org and click on Events. For check and P.O. registration, please fill out the attached form. For questions, call 614-222-8502.



2009 Healthier Kids Conference: Innovative School Based/Linked Health and Wellness Strategies

DIRECTIONS TO THE COLUMBUS CROWNE PLAZA NORTH

Follow signs leading you to I-270 (Columbus Outerbelt). Take I-270 north (this will eventually curve to the west) to exit 27, Cleveland Ave. Turn right (north) on Cleveland Ave. and immediately get into the left turning lanes. The very first red light Schrock Rd. Turn left (west) on Schrock Rd. and go 6 traffic lights (2.5 miles) to Doubletree Ave. Turn left (south) on Doubletree Ave. and the hotel will be on your left 1/4 mile down the road.

In relation to the Port Columbus International Airport (CMH):

- Distance: 14 miles Northwest to hotel
- Complimentary Airport Shuttle
- Taxi Charge (one way): \$35.00 ([USD](#))
- Time by taxi: 20 MINUTES
- Hotel shuttle is available from 6:00 AM - 10:00 PM. I-270 to exit 27, turn right on Cleveland Ave., make a left on Schrock Rd. and a left on Doubletree.
- Complimentary Local Area Shuttle with radius 3.0 MI

Crowne Plaza Hotel-COLUMBUS NORTH

6500 DOUBLETREE AVENUE

COLUMBUS, OH 43229 UNITED STATES

Hotel Front Desk: 1-614-885-1885 | Hotel Fax: 1-614-885-7222