



THE UNITED STATES CONFERENCE OF MAYORS
Healthy Cities E-Newsletter



Mayors' Healthy Cities Campaign

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Local News

[This City Is Going on a Diet, Oklahoma City 8 months In](#) (8/27/08)

Mayor Mick Cornett is quoted in *The Oklahoman*, "What I sense is [that] we're in the midst of a cultural change" in Oklahoma City. Cornett said he has lost about 40 pounds and is now at a healthy weight. To date, 23,000 people have signed up to participate in the challenge on the Web site (www.thiscityisgoingonadiet.com). Collectively, participants have lost 139,000 pounds.

[Mayor Boyd Dunn of Chandler, AZ, Kicks Off Fitness Challenge](#) (8/26/08)

The Arizona Republic reports that Chandler, Ariz., Mayor Boyd Dunn has launched the "Get Fit Chandler! Mayor's Wellness Challenge".

[Fall River: Giving Kids a Fighting Chance](#) (8/21/08)

Tufts University's "Children In Balance" program will replicate its successful Shape Up Somerville childhood obesity prevention project in a two-year study targeting first- through third-graders and their families in Fall River beginning this fall. According to the *Herald News*, the program is targeted to all children and does not single out overweight children.

[Funding For Sidewalk Expansion](#) (8/18/08)

In Lavaca, Ark., the dream of add thousands of feet of sidewalk for pedestrians and bicyclists will become a reality thanks to grant funding, Mayor Hugh Hardgrave told the *Times Record*.

[Answers About New York's Greenmarkets](#) (8/15/08)

In a "Q & A" in *The New York Times* with Michael Hurwitz, the director of New York City's Greenmarket program, Hurwitz answers readers' questions about farmers' markets and community-supported agriculture in the city.

[Singapore Officials Visit Somerville, MA, to Learn about Childhood Obesity Prevention Initiatives](#) (8/10/08)

Shape Up Somerville received its first international acclaim when seven senior officials from the Singapore Institute for Clinical Sciences, the Singapore Ministry of Health, and the Health Promotion Board of Singapore met with Mayor Joseph A. Curtatone to learn about the program. The visit was highlighted in *The Somerville News*.

National News

[Prescriptions for Children Surge to Treat Chronic Conditions Related to Obesity](#) (8/25/08)

A growing number of American children are taking drugs for a wide range of chronic conditions related to childhood obesity, according to prescription data from three organizations reports the *Columbus Dispatch*.

[Schoolyards Become Boston's Newest Classrooms](#) (8/20/08)

The Boston Schoolyard Initiative started with parents and teachers clamoring for safe places where they could tell kids to "go outside and play." As it has evolved, its new motto could be: "Go outside and learn" reports The *Christian Science Monitor*. The effort to renovate school sites and add "outdoor classrooms" has become a national model as cities struggle to address both childhood obesity and academic gaps.

[Study Predicts 90 Percent of Americans Could be Fat by 2030](#) (8/12/08)

The *St Petersburg Times* reports of recent research that predicts that almost nine out of every 10 American adults will be overweight or obese in less than 25 years.

[43 Schools Honored at 3rd Annual Healthy Schools Forum](#) (8/11/08)

Former President Clinton is honoring 43 schools for their anti-obesity efforts, including one that banished candy from its building and another that offers a student fitness club reported the Associated Press.

In a ceremony Wednesday at his presidential library in Little Rock, the former president planned to recognize the schools from a dozen states for their participation in the Healthy Schools Program, a joint initiative of the William J. Clinton Foundation and the American Heart Association.

Reports and Studies

[Time Out: Is Recess in Danger?](#)

The Center for Public Education has released a mini research review of school recess indicating that recess is in better shape than many advocates believe, but pointing to several areas for concern.

[F as in Fat: How Obesity Policies Are Failing in America](#) (PDF)

Adult obesity rates increased in 37 states in the past year, according to the fifth annual *F as in Fat* report from the Trust for America's Health and the Robert Wood Johnson Foundation.

Among other things, the report provides an annual review of state and federal policies aimed at reducing or preventing obesity in children and adults.

[National Poll on Children's Health](#) (PDF)

Childhood obesity tops the 2008 list of the biggest health problems for children in an annual public survey, conducted by the C.S. Mott Children's Hospital's National Poll on Children's Health.

[Federal Trade Commission Report: Marketing Food to Children and Adolescents](#) (PDF)

"Marketing Food to Children and Adolescents: A Review of Industry Expenditures, Activities and Self-Regulation," was undertaken by the FTC at the direction of Congress. The report finds that that 44 major food and beverage marketers spent \$1.6 billion to promote their products to children under 12 and adolescents ages 12 to 17 in the United States in 2006.

[Interactive Food & Beverage Marketing: Targeting Children and Youth in the Digital Age](#) (PDF)

A new report, commissioned by the Berkeley Media Studies Group, part of the Public Health Institute in Berkeley, Calif., focuses on methods of advertising food to kids that have become particularly popular during the past two years, such as spreading messages through social networks, and urges lawmakers to restrict junk food advertising to kids online.

[The State of School Wellness](#) (PDF)

This publication is an important overview of the current state of school wellness in America. Assessing the progress thus far and the hurdles to be surmounted, the report features the result of original field research, and key contributions from voices of authority in children's health, education and school wellness.

[Kids Meals: Obesity on the Menu](#) (PDF)

A national study of children's menus at some of the nation's leading restaurants and fast-food outlets finds many of the meals directed at youngsters exceed recommended levels.

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.

[Funding Sources for Healthy Food Retail](#)

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

Funding Opportunities

[2009 Youth Garden Grants Program](#)

Youth Garden Grants 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

[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 Mayors' Healthy City Summit

In their role as community leaders, Mayors can support and implement policies and programs capable of creating vibrant and healthy communities. The level of physical activity and healthy eating in communities is determined, in part, by:

- the strength of public education efforts tailored to inform citizens about healthy lifestyles
- the availability of healthy food, and
- access to safe open spaces for physical activity.

This conference will provide Mayors with important public health information and a menu of action-oriented tools and policy options that support the creation of healthy cities.

**Registration is open to Mayors only, at this time.

Mayors may register for this meeting at:

<http://usmayors.org/registration/other/healthycities08/regform.asp>

Upcoming Health Observation Dates

[Family Health & Fitness Day USA](#) September 27, 2008

[America on the Move: Month of Action](#) September 2008

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