



THE UNITED STATES CONFERENCE OF MAYORS

Healthy Cities E-Newsletter



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Local News

[Feasibility Study for Trails Approved](#) (10/23/09)

The Desert Sun, Aldrich M. Tan

Palm Springs has long-term goals to build more than 90 miles of hiking, biking and earthen trails through Indio, but it could take years before all the trails become a reality. The City Council approved 5-0 the Indio Trails Feasibility Study and its recommendations. Mayor Melanie Fesmire said the proposed trails will encourage more residents to exercise and reduce overall obesity and car pollution.

[Hernando Mayor Chip Johnson Leads Fight Against Childhood Obesity](#) (10/11/09)

The Commercial Appeal, Mark Crum

Mississippi ranks 50th in the nation in the battle against childhood obesity, but the City of Hernando and Mayor Chip Johnson have become a leading force in helping reverse that trend. What started as the appointment by the Northwest Mississippi Community Foundation of "a token public official" to a regional health committee has become a passionate pursuit by Johnson.

National News

[Federal Voucher Program Includes Fruits, Vegetables](#) (10/22/09)

The Press-Enterprise, Janet Zimmerman

In a swipe at childhood obesity, the federal food voucher program for low-income women and children is permitting -- for the first time in more than 35 years -- fresh produce, whole grains and low-fat sources of protein, while cutting back on juices and dairy products.

[The First Lady's Hoops](#) (10/21/09)

New York Times, Rachel L. Swarns

First Lady Michelle Obama and Agriculture Secretary Tom Vilsack have challenged the nation's middle schools and high schools on Wednesday to provide healthier meals and more time for exercise and physical activity for their students. "When we're working hard to give our kids healthy food at home, if they go to school and eat a lunch that's loaded with calories and fat, then all the efforts that we try to instill at home, it gets knocked off a little bit," said Mrs. Obama, who spoke to children and parents on the lawn outside the White House. "That's why the Department of Agriculture has started this wonderful challenge called Healthier U.S. School Challenge. A toolkit on how to become a Healthier U.S. School can be found at www.fns.usda.gov.

[Recommendations for New School Meal Nutrition Standards](#) (10/20/09)

Los Angeles Times

The nutrition standards behind the [National School Lunch Program](#) and the School Breakfast Program have not been updated since 1995. The federal [Institute of Medicine](#) has issued a [report](#) recommending new standards, calling for more produce, more whole grains. And for the first time, a limit to calories.

Reports and Studies

[Adolescent Obesity: Towards Evidence-Based Policy and Environmental Solutions](#)

This supplement of the *Journal of Adolescent Health* presents research documenting trends

wide range of factors influence obesity's development, but policy and environment solutions may be the key to reversing the childhood obesity trend.

[Snacking in Children: The Role of Urban Corner Stores](#)

WHAT'S KNOWN ON THIS SUBJECT: Childhood obesity is higher among ethnic minorities. The disparate prevalence of urban corner stores in low-income and high-minority communities could affect the quantity and quality of energy intake among youth at highest risk for obesity. WHAT THIS STUDY ADDS: Purchases made in corner stores contribute significantly to energy intake among urban school children. Children shop at corner stores frequently and purchase energy-dense, low-nutritive foods and beverages that average more than 1497.7 kJ (356.6 kcal) per purchase.

Tools You Can Use

[Transportation & Health 101 Toolkit](#)

Crafted by researchers and national experts, this toolkit presents an overview of transportation policy and planning, the connections between transportation, health and equity as well as policy opportunities to create healthy communities of opportunity.

[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. The action steps included are in three areas: the community food environment, the physical environment and the school and out-of-school environment.

Funding Resources

[Safe Routes to School](#)

The Safe Routes to School National Partnership is soliciting applications from states that would like to participate in the Safe Routes to School State Network Project during 2010 and 2011. Approximately 15 to 20 states will be selected to build or enhance State Networks that will focus on statewide implementation of the Safe Routes to School program, as well as policy changes. This project includes a focus on implementing policies that will serve the most vulnerable low-income communities in the state. Applications are due Friday, November 20, 2009 at 5 p.m. E.T. Please see the [call for applications](#) and [application form](#) for specific instructions.

[Health Impact Project Call for Proposals](#)

The Health Impact Project, a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts, encourages the use of the health impact assessment (HIA) approach to identify the health consequences of public policies, programs and projects, and help decision-makers make better-informed choices that avoid unintended harm and unexpected costs. This call for proposals is intended to demonstrate the effectiveness of HIAs and promote their incorporation into local, state, tribal and federal decision-making. [Click here](#) for more details and how to apply. To learn more about the project, visit [Health Impact Project](#).

This E-Newsletter is distributed monthly via email to members of USCM's Mayors' Healthy Cities Campaign and others by request. Funding for the newsletter has been provided by Leadership for Healthy Communities--a national program of the Robert Wood Johnson Foundation. To submit a question, comment, or local best practice or to subscribe or unsubscribe, please contact pcarter@usmayors.org.

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