

Wellness News to Watch

Georgia PTA Health & Wellness Committee

February 22, 2009



In this email – please distribute:

- Groups urge NBA to ban courtside booze ads
- Browns Mill Elementary – success story for academic achievement and student health – watch video
- Six Flags walk for Kids Cure Cancer
- New study shows more negative effects from fructose-sweetened drinks
- View Wellness Watch email archives at www.georgiapta.org (see button on left panel – Wellness Watch)
- Visit new GA PTA webpage for Health & Wellness Committee Chairs <http://www.georgiapta.org/leadership-health.html>

Groups Urge the NBA to Ban Courtside Booze Ads

Ads promote consumption, send harmful message to underage sports fans, says CSPI
WASHINGTON—The nonprofit Center for Science in the Public Interest and dozens of health, youth advocacy, and other organizations are urging the National Basketball Association to reverse its decision to allow courtside hard-liquor advertisements and other alcohol promotions on team web sites, retail locations, and inside arenas. Read more at the following link: <http://www.cspinet.org/new/200902092.html>

Browns Mill Elementary School – Lithonia continues to see improvements in academic achievement and overall student health after 10 years as sugar-free school. See video at the following link:

<http://cosmos.bcst.yahoo.com/up/player/popup/?rn=3906861&cl=11781550&ch=4226723&src=news>

Be a part of "A Walk In The Park" for Cure Kids Cancer

Every 30 minutes, a family learns their child has cancer. And you have the power to do something about it. Cure Kids Cancer helps kids receive the very best cancer treatment while staying close to their homes and families. By joining "A Walk In The Park," you can raise much needed funds for Cure Kids Cancer.

Six Flags Friends, the philanthropic arm of Six Flags, and Cure Kids Cancer have teamed up once again to raise awareness and funding for pediatric cancers through the annual "A Walk In The Park" program. This unique walk-a-thon event will take place at all domestic Six Flags properties beginning April 26, 2009 through July 26, 2009. This year's walk at Six Flags Over Georgia will take place on April 26th and all proceeds will benefit Children's Healthcare Atlanta.

This is a unique opportunity for friends, families, students and organizations to unite and make a difference, as it will be a day filled with the smiles and thrills of being at an amusement park coupled with a worthy cause. Registration is \$10 for teams and \$15 to join as an individual. All registered participants who raise \$50 or more will receive a free ticket to Six Flags.

Each day, more than four dozen children are diagnosed with cancer. These children cannot fight this battle alone – they need our help! Please join us in hope that one day all children will know a life as carefree and refreshing as "A Walk In The Park".

Visit www.walkintheparks.org for more information on how you can participate and a complete listing of walk dates. Please feel free to call Jessica King, Director Six Flags Friends at 212-652-9361 with additional questions or visit www.walkintheparks.org

From the Monell Chemical Sciences Center

February 12, 2009: Fructose-Sweetened Drinks Increase Nonfasting Triglycerides in Obese Adults

Obese people who drink fructose-sweetened beverages with their meals have an increased rise of triglycerides following the meal, according to new research from the Monell Center. This effect was especially pronounced in insulin-resistant subjects, worsening their already adverse metabolic profiles and potentially increasing their risk for heart disease and other metabolic disorders. Click on the following link to read more; http://www.monell.org/files/news/Teff_TGs_final.pdf