

# Wellness News to Watch

Georgia PTA Health & Wellness Committee  
July 28, 2010



## In this email – please distribute:

- Congratulations to 11 year-old, Major Dukes, from Greensboro, GA
- Can PTA's help in Childhood Obesity Battle? *by Sandi Porter*
- Updates from the Robert Woods Johnson Foundation
- New Health and Academic Achievement Resources from DASH
- Be sure to "Like" us on Facebook at <http://www.facebook.com/pages/Georgia-PTA/268201550432?ref=ts>

## Congratulations to Major Dukes from Greensboro, Georgia!

He now serves on the 2010-2011 Youth Advisory Board for the Alliance for a Healthier Generation. Youth leaders are raising their voices and inspiring their peers to live healthier lives! Twenty-five exceptional young people have been selected to serve on the 2010-2011 Youth Advisory Board for the Alliance for a Healthier Generation. The 2010-2011 Board members, ranging in age from 9-17 and representing 21 diverse states, will continue the leadership of past boards by creating social networking campaigns around healthy living, speaking at stakeholder conferences, engaging with government leaders and initiating healthy changes through service-learning and other projects at school and in their neighborhoods. Read more at the following link about how they are combating childhood obesity in their communities: [www.healthiergeneration.org](http://www.healthiergeneration.org)

## Can PTA's help in childhood obesity battle?

Yes, a resounding yes! With childhood obesity at the forefront this year, thanks to Michelle Obama and countless others, our local PTA's are finding a way to deal with the problem as well. Georgia PTA is a great resource and advocate in the childhood obesity battle. Read more at the following link: <http://www.examiner.com/examiner/x-45895-Atlanta-Weight-Loss-Examiner-y2010m7d20-Can-PTAs-help-in-childhood-obesity-battle>

## The Robert Wood Johnson Foundation Center to Prevent Childhood Obesity (RWJF Center)

The Robert Wood Johnson Foundation Center to Prevent Childhood Obesity (RWJF Center) has been busy keeping up on developments and changes happening within the childhood obesity prevention field. As an information hub for the movement, the center will share the latest news, resources, tools, and strategies as they emerge. You can follow them on Twitter: [www.twitter.com/RWJFCenter](http://www.twitter.com/RWJFCenter) and you can also connect with them on Facebook: [www.facebook.com/RWJFCenter](http://www.facebook.com/RWJFCenter).

## Keeping Kids Moving Explores Vital Connections Between Transportation Policy and Childhood Obesity

— The Washington, D.C. roundtable, "[Keeping Kids Moving: How Equitable Transportation Policy Can Reverse Childhood Obesity](http://www.keepingkidsmoving.org/roundtable)," took place on Thursday, July 15. The national roundtable – sponsored by The RWJF Center, Transportation for America, The Convergence Partnership, and PolicyLink – explored the vital connections between transportation policy and childhood obesity, especially for low-income children and children of color. Read more at the following link:

<http://us1.campaign-archive.com/?u=0dbac5f26ad18ac67959e871d&id=10601cd54c&e=bf39087379>

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## **New Health and Academic Achievement Resources from DASH**

CDC's Division of Adolescent and School Health (DASH) has just released new student health and academic achievement resources that are based on an analysis of the newly released 2009 National Youth Risk Behavior Survey (YRBS) data.

The fact sheets and PowerPoint slides highlight strong associations between the academic success of America's youth and their health. For example, students with higher grades are significantly less likely than their classmates with lower grades to have engaged in health-risk behaviors, and students with lower grades are significantly more likely than their classmates with higher grades to have engaged in health-risk behaviors such as:

- Carrying a weapon
- Current cigarette use
- Current alcohol use
- Being currently sexually active
- Watching television 3 or more hours per day

You can learn more about the relationship between [student health and academic achievement](#) and download the fact sheets and slides at [http://www.cdc.gov/healthyyouth/health\\_and\\_academics/index.htm](http://www.cdc.gov/healthyyouth/health_and_academics/index.htm). The slides can be copied into presentations and the fact sheets can be used as handouts.

Note: For tips on keeping the original source formatting when copying and inserting the slides into a new PowerPoint presentation, go to <http://www.powerpointninja.com/templates/keep-the-formatting-of-an-inserted-slide-in-powerpoint>.

More information on the 2009 Youth Risk Behavior Survey data at the national, state, and local level is available at <http://www.cdc.gov/yrbs>.