



“E very Little Bit Counts”

HealthierUS Initiative

In June 2002, President George Bush introduced the HealthierUS Initiative to improve the health of all Americans. President Bush signed an Executive Order in which he asked Federal agencies to review past health related policies and programs. Bush wants to gain information about how to improve the well being of children and adolescents and up-date policies and programs to help improve the nation's health. The basis behind the HealthierUS Initiative is simple and self explanatory, “every little bit counts.” The HealthierUS Initiative concentrates on four areas:

Be Physically Active Every Day (encourages people to use the outdoors i.e. public lakes, national parks and land)

Eat a Nutritious Diet (improve nutrition and curriculum education in schools)

Get Preventative Screenings (e.g. improves diabetes screening awareness, etc.)

Make Healthy Choices (introduces a tobacco control kit, and bicycle safety initiatives)



Another dimension of the HealthierUS Initiative is updating the President's web site <http://www.fitness.gov>. The updated web-site includes a monthly newsletter about health, activity and nutrition.

To find out more information about HealthierUS: The Presidents Health and Fitness Initiative in English and in Spanish please go to

<http://www.whitehouse.gov/news/releases/2002/06>

10 Tips for healthy eating and activity:

1. Eat breakfast
2. Get moving
3. Snack smart
4. Work up a sweat
5. Balance food choices
6. Eat grains
7. Work out with friends and family
8. Get active in school
9. Eat in moderation
10. **Make healthy activities fun!**

Go to <http://www.fitness.gov/kidstips.pdf> for the full version of 10 Tips.



Bright Futures in Practice: Physical Activity

Bright Futures publications provide up-to-date information and guidelines for children's health. The goals of *Bright Futures in Practice: Physical Activity*, one of the newer publications, are to: 1) improve the health and physical activity of all children; 2) establish health supervision guidelines for physical activity; 3) identify desired health and physical outcomes from regular physical activity; 4) encourage partnerships to improve health and physical status of children; and 5) increase family knowledge, skills and participation in physical activities

Children with special needs, like all children, have varying levels of abilities and functioning that are discussed in this Bright Futures publication. *Bright Futures: Physical Activity* focuses on the positive aspects of physical activity and how it can help all children with special needs no matter what their disability or functioning level.

Three benefits to physical activity are highlighted:

- * helps reduce side effects of certain disabilities and slows down decreases in level of functioning associated with chronic disabilities.

- * improves general health and functioning ability.

- * helps lower negative social and psychological differences children may experience and ease the integration process.

For more information on Bright Futures materials please go to <http://www.brightfutures.org>.

Also see Family Voices' Bright Futures materials at: <http://www.brightfuturesforfamilies.org>

Información en Español

To obtain information concerning physical fitness, nutrition and obesity in Spanish please go to:

<http://www.surgeongeneral.gov/beinghealthy/> and <http://www.cdc.gov/> and

<http://www.whitehouse.gov/news/releases/2002/06>

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices is working to encourage partnerships between families and professionals for children's good health.

PICture This is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health (mch) community. We hope to encourage flourishing partnerships! ■



Partners...

CityMatCH is a national membership organization of city and county health departments' maternal and child health (MCH) programs and leaders representing urban communities. Their mission is *to improve the health and well-being of urban women, children and families by strengthening the public health organizations and leaders in their communities.* **CityMatCH** believes that all children and families deserve to be healthy and that families in urban areas have unique needs and deserve special attention. Local public health agencies are a critical component of the collaborative effort. There is a **CityMatCH** in every city with a population of 100,000+.

Three key resources can be accessed through the **CityMatCH** website at <http://www.citymatch.org>.

- **CityLights**, a quarterly newsletter, covers issues such as racial and ethnic disparities, infant mortality and current MCH- related tools and initiatives etc. Current and previous issues are available online in PDF format.
 - **NewsBriefs**, a bi- weekly electronic newsletter, showcases current opportunities, news of interest and links readers to up-to-date research and resources. See the web site to sign up and receive your own copy.
 - **Lessons Learned**, annually showcases promising local public health department projects and initiatives in MCH. It promotes communication across urban communities about what works, what doesn't and why and highlights most successful efforts. Offered in a "profile" format, this compendium is now available online as a searchable database.
- * **CityMatCH** at the University of Nebraska Medical Center, 982170 Nebraska Medical Center, Omaha, NE 681 Contact Maureen Fitzgerald at 402-561-7500 *



Family Resource Corner

* **Covering Kids**, a national program of the Robert Wood Johnson Foundation, and 100 other national organizations began their Back-to-School enrollment drive for the State Children's Health Insurance Program (SCHIP) August 1. The campaign wants to reach out to the 5 million children in the United States who lack health insurance. State statistics are available on their <http://www.coveringkids.org> web site and on the *Family Voices* web site in the SCHIP state profiles at <http://www.familyvoices.org>.

* **BAM** (Body and Mind) is a new web-site created by the Centers for Disease Control. For children ages 9-13, BAM provides children with advice on how to take care of their bodies and minds. This is a good source of information for teachers as well; there are teaching ideas and interactive activities. Go to <http://www.bam.gov> to check it out.

What's new in research?



Increase in hospital admission of children with obesity-associated diseases

From 1979-1981, and 1997-1999, the rates of children and adolescents 6-17 years old with obesity plus an associated disease, like gallbladder disease or sleep apnea, increased significantly. The increasing frequency of hospital discharges of obesity-related diagnoses indicates a mounting disease burden for these children. Wang, G. & Dietz, W.H. (2002). Economic burden of obesity in youths aged 6 to 17 years: 1979-1999. *Pediatrics*, 109(5). 81-91.



Tidbits for the Month

* Healthy Vision 2010 Community

Awards Program invites community- based organizations to apply for a **\$10,000/ year award!** Awards will be given to help fund projects either health or educationally based that support the Healthy People 2010 vision objectives. The 2010 objectives are to recognize the needs, and address the issues associated with loss of vision or vision impairment. Social and Health Services, Ltd., is providing this award for the National Eye Institute and the National Institutes of Health. All applications must be submitted by *August 30, 2002*. Applications are available on- line at <http://www.healthyvision2010.org/funding> or contact Renee Primack at Social and Health Services at (301) 770-5800 x 5496.

* National Immunization Awareness Month (NIAM):

The month of August is National Immunization Awareness Month to inform individuals about the importance of immunizations especially in preparation for the new school year. To get online information go to <http://www.partnersforimmunization.org/niam.html>

NIAM has created a 2002 Promotional Kit that includes information, recommendations and activities for every audience. To get a free kit e-mail npi@nfid.org



Highlights for the next **PICture This...**

****Child Health Awareness****

Share your news with others!

We're always looking for news and activities about family organizations and programs to post. Share exciting events and activities about your organization that will be interesting to others. E-mail Lindsey Pope at lpope@fcsn.org or fax at (617) 572-2094. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 ■

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