

HP/DP Contacts,

Here are resources and funding opportunities for October. Thanks to all who have provided information and excuse any cross posting. Please share this information and forward information that can be included in the update next month.

If you have information to share on what is working locally, please consider emailing me a brief program description and photo. The information will included in future updates to help us network and promote success.

## Updates:

### 1. **Sharing what works** locally! **The Tule River Reservation, Drug and Alcohol Free Teen Youth Group.**

They meet three times a week for group and two days a week for strength training and aerobics activity. The prevention coordinator Shine Nieto, who leads by example and uses a curriculum that includes respect of tobacco, drugs prevention, and healthy living. The youth participants go on a number of trips throughout the year, and must have passing grades in school, good school attendance, regularly attend the group sessions, no issues at home with parents or at school. To learn more about their program please contact Frankie Williams at: <mailto:trapdirector@tulerivertribe-nsn.gov>



2. What is the Physical Activity Kit (PAK)? A physical activity resource based on best and promising practices, that can be used in schools, communities, worksites, Head Start programs, elderly centers, and youth programs. View short videos of the PAK booklets at: [http://www.ihs.gov/hpdp/index.cfm?module=dsp\\_hpdp\\_resources\\_physicalactivitykit](http://www.ihs.gov/hpdp/index.cfm?module=dsp_hpdp_resources_physicalactivitykit) and to find out how to receive a free PAK email, [beverly.calderon@ihs.gov](mailto:beverly.calderon@ihs.gov)



Articles and websites of interest:

- Enjoyable leisure activities are associated with psychosocial and physical measures relevant for health and well-being. Full article available at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2863117/>
- CDC's Physical Activity For Everyone website has the 2008 Activity Guidelines for Americans in age group at: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>. The complete guidelines are available at <http://www.health.gov/paguidelines/>
- Early Assessment of Programs and Policies to Prevent Childhood Obesity, Report. The report relates to school based programs, but the logic model on 26 may be useful to T/U based youth obesity prevention programs. To view the full report visit: [http://www.cdc.gov/obesity/downloads/CSPA\\_Synthesis\\_Brief.pdf](http://www.cdc.gov/obesity/downloads/CSPA_Synthesis_Brief.pdf)
- "No pill or nutritional supplement has the power of near-daily moderate activity in lowering the number of sick days people take,". Wall Street Journal 5/2610 at: <http://online.wsj.com/article/SB10001424052748704350304574638331243027174.html>

3. **Instant Recess: Building a Fit Nation 10 Minutes at a Time.** The Public Health Institute will host a **free Webinar, October 28, 2010**. For more details and to register visit: [https://publichealthinstitute.webex.com/mw0306lb/mywebex/default.do?nomenu=true&siteurl=publichealthinstitute&service=6&main\\_url=https%3A%2F%2Fpublichealthinstitute.webex.c](https://publichealthinstitute.webex.com/mw0306lb/mywebex/default.do?nomenu=true&siteurl=publichealthinstitute&service=6&main_url=https%3A%2F%2Fpublichealthinstitute.webex.c)

[om%2Fec0605lb%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26confViewID%3D406323771%26siteurl%3Dpublichealthinstitute%26%26%26](http://www.cdc.gov/od/ohrt/ohrtaction.do%3FtheAction%3Ddetail%26confViewID%3D406323771%26siteurl%3Dpublichealthinstitute%26%26%26)

4. The **Coordinated Approach To Child Health (CATCH)** has a **free resource guide** for children and families to help them make **healthy food chooses**. It promotes eating more “Go” foods, than “Slow” foods and limit the amount of “WHOA” foods, with the overall message all all foods can fit into a healthy diet. Available at:  
[http://www.catchinfo.org/Document\\_Content/PDF/GO-SLOW-WHOA%20List\\_Color.pdf](http://www.catchinfo.org/Document_Content/PDF/GO-SLOW-WHOA%20List_Color.pdf)
5. Research and evidence-based findings on maintaining healthy weight links children’s eating nutritious food, engaging in daily age-appropriate physical activities, and limited screen time. The **Preventing Childhood Obesity in Early Care and Education Programs**, seventy page report outlines standards that support key national campaigns for early development of healthy lifestyle habits. Available at:  
[http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf)
6. **IHS Injury Prevention Fellowship, application deadline** for the 2011 Epidemiology Fellowship training is **Nov 1, 2010**. Visit:  
<http://www.ihs.gov/MedicalPrograms/InjuryPrevention/Documents/2011%20Appln%20Packet%208-16-10.doc>  
Eligibility:
  - Completed two IHS Injury Prevention short courses ( level 1, 2, 3 or equivalent).
  - Have 3 years or more public health experience
  - Completed a college degree
7. **American Council on Exercise (ACE)** has the **NuVal™, Nutritional Scoring System** to help you and community cut through confusing nutrition information to make decisions about food quickly and easily. Available at: [http://www.acefitness.org/calculators/nuval-calculator.aspx?utm\\_source=Health%2BeTips&utm\\_medium=email&utm\\_term=October%2B2010&utm\\_campaign=Consumer%2BOutreach&CMP=EMC-HET\\_1010](http://www.acefitness.org/calculators/nuval-calculator.aspx?utm_source=Health%2BeTips&utm_medium=email&utm_term=October%2B2010&utm_campaign=Consumer%2BOutreach&CMP=EMC-HET_1010)
8. The CDC’s **Breastfeeding Report Card — United States, 2010**, brings together information to help tell the story of state breastfeeding practices. It provides state-by-state data that measure types of support in key community settings as well as the most current data on the breastfeeding goals outlined in *Healthy People 2010*. Available at:  
<http://www.cdc.gov/breastfeeding/pdf/BreastfeedingReportCard2010.pdf>
9. Reuters Health reports, a Pennsylvania study finds **Mothers who don't breastfeed their newborns for at least one month are more likely to develop type 2 diabetes** at some point in their lives as compared to than women who do. Previous research demonstrated health benefits to moms who breastfed as long as six months or a year. The Pennsylvania **study suggests that even a month of breastfeeding can have positive, lasting effects**. Article available on Medline Plus at:  
[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_103203.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_103203.html)
10. HHS/The Office of Disease Prevention and Health Promotion (ODPHP) is offering a free **Webinar** titled **Why Culture Makes a Difference on November 3, 11-12 PST**. To register visit: <https://www2.gotomeeting.com/register/774870554>
11. RWJF funded, University of Wisconsin Population Health Institute **County Health Ranking website**, has posted the **2010 California Health Outcomes** map at:  
<http://www.countyhealthrankings.org/california>

12. The **Students Taking Charge** website may provide those working with youth project ideas, and a place to share success stories. Visit: <http://www.studentstakingcharge.org/>
13. 2007, **Public service advertisements (PSAs) to help address childhood obesity** are available online. This DHHS, Ad Council and DreamWorks partnership produced PSAs featuring Shrek characters urging kids to "Be a Player. Get up and play an hour a day." The PSAs are an extension of HHS' ongoing "Small Step" Childhood Obesity Prevention campaign, which encourages children and families to lead healthy lifestyles. For more visit: <http://www.smallstep.gov/> and <http://multivu.prnewswire.com/mnr/adCouncil/26472/> to view more PSAs from the Ad Council visit: <http://psacentral.adCouncil.org/psacentral/signon.do>

## Funding Opportunities:

A new website was launched that is dedicated to providing funding information on a wide range of Native American and tribal projects. Visit: [www.tribalgrants.info](http://www.tribalgrants.info)

1. **Active Living Research currently has one open call for proposals.** The Active Living Research rapid-response grants are to accelerate progress toward policy and environmental strategies to prevent and reduce childhood obesity, to reach local, state or national decision-makers in time to help inform key policy decisions. The maximum award for a single grant is \$150,000, with a funding period not to exceed 18 months. Funding for approved studies may be initiated as early as four months after submission of invited full proposals. For more information visit: <http://www.activelivingresearch.org/grantsearch/grantopportunities/current>
2. CDC & NIH, **Community-Based Partnerships for Childhood Obesity Prevention and Control: Research to Inform Policy (R03) (PA-09-140).** The this funding opportunity is to enhance childhood obesity research by fostering the formation of local, state, or regional teams consisting of researchers, policymakers, and other relevant stakeholders to identify research questions and hypotheses, design and implement the relevant research, and translate the research into evidence relevant to potential policy efforts in this area. It supports different types of projects including pilot and feasibility studies; secondary analysis of existing data; small, self-contained research projects; development of research methodology; and development of new research technology and intended to support small research projects that can be carried out in a short period of time with limited resources. Cycle Due Dates (new submission): Feb. 16, June 16, Oct. 16 and expires: May 8, 2012 For more information visit: <http://grants.nih.gov/grants/guide/pa-files/PA-09-140.html>
3. CDC & NIH, **Community-Based Partnerships for Childhood Obesity Prevention and Control: Research to Inform Policy (R21) (PA-09-141).** This funding opportunity is also to enhance childhood obesity research by fostering the formation of local, state, or regional teams consisting of researchers, policymakers, and other relevant stakeholders in order to identify research questions and hypotheses, design and implement the relevant research, and translate the research into evidence relevant to potential policy efforts in this area. Cycle Due Dates (new submission): Feb. 16, June 16, Oct. 16 and expires: May 8, 2012 For more information visit: <http://grants.nih.gov/grants/guide/pa-files/PA-09-141.html>
4. NIH, NHLBI, NINR, NICHD and OBSSR, **Geographic and Contextual Influences on Energy Balance-Related Health Behaviors (R01) (PA-08-192).** This funding opportunity is for applications that propose hypothesis-driven projects exploring associations between the built environment, other contextual features of where people of all ages live and work and health behaviors related to energy balance. The projects should use population level data from health surveys and other large health studies. Cycle Due Dates (new submission): Feb. 5, June 5, Oct. 5 Expires: Sept. 8, 2011 For more information visit: <http://grants.nih.gov/grants/guide/pa-files/PA-08-192.html#SectionIII>

5. **NIH, Home- and Family-Based Approaches for the Prevention or Management of Overweight or Obesity in Early Childhood (R21) (PA-10-128).** This funding opportunity is for exploratory pilot/feasibility studies and small clinical trial (R21) applications from institutions/organizations that propose to test novel home- or family-based interventions for the prevention or management of overweight in infancy and early childhood. The overarching goal is to identify interventions that influence parent and child behaviors that contribute to inappropriate weight gain, and thereby improve subsequent health status in childhood, adolescence, and adulthood for which overweight is a known risk factor. Cycle Due Dates (new submission): Feb. 16, June 16, Oct. 16 and expires: May 8, 2013
6. **Melinda Gray Ardia Environmental Foundation Grants** support curricula that empower and encourage students to become involved in solving environmental and social problems as informed decision makers through the emphasis and application of basic ecological principles with awards up to \$1500. **Deadline for Applications:** September 20, 2010. For more information visit: <http://www.mgaef.org/> and <http://www.mgaef.org/grants.html>
7. **Bayer USA Foundation – Community Health and Development Grants** support programs that enhance the quality of life, provide unique and enriching opportunities that connect diverse groups, and ensure preparedness for tomorrow's leaders. Proposals focused on health and human services, education and workforce development, environment and sustainability, and/or arts and culture are welcomed. **Deadline** varies. For more information visit: <http://www.bayerus.com/Foundation/giving.aspx>
8. **Blue Shield of CA Foundation, Domestic Violence Prevention.** This funding opportunity supports coordination of networks of domestic violence service providers. Awarded amounts and time periods vary widely and depend on the scope and significance of the project. Most grants are one to two years, and the average award amount is around \$90,000. Unsolicited Letter of Inquiry (LOIs) for projects that improve collaboration and coordination between domestic violence organizations or with other agencies, to help build a stronger domestic violence field that is more sustainable, innovative, and collaborative being accepted. LOIs submitted by mid-November by lead to mid-December full proposal invitation. For more information visit: <http://www.blueshieldcafoundation.org/grants/what-we-fund> Blue Shield Against Violence, and <http://blueshieldcafoundation.org/grants/application-process>
9. **The CA Wellness Foundation, supports** project-driven initiatives and nonprofit organizations ability to meet basic organizational needs. Core operating support can be used to help underwrite the regular, ongoing health promotion and disease prevention activities of your organization and strengthen organizational infrastructure. For more information visit: [http://www.calwellness.org/how\\_to\\_apply/](http://www.calwellness.org/how_to_apply/)
10. James Irvine Foundation, Information on the Special Initiatives funding is available at: <http://www.irvine.org/grantmaking/our-programs/specialinitiatives>
11. **DHHS NIH - Community-Based Partnerships for Childhood Obesity Prevention and Control: Research to Inform Policy (R21).** The funding opportunity is to enhance childhood obesity research by fostering the formation of local, state, or regional teams consisting of researchers, policymakers, and other relevant stakeholders (e.g., community representatives, public health practitioners or officials, educators) in order to identify research questions and hypotheses, design and implement the relevant research, and translate the research into evidence relevant to potential policy efforts in this area. **This is Exploratory/ Developmental (R21) grant runs in parallel with the above RO3 announcement. Funding is limited to \$275,000 over a two-year period, no more than**

\$200,000 in direct costs allowed a year. The R21 is not renewable. **Deadline for Applications: Feb. 16, June 16, Oct. 16** (Expires: May 8, 2012)

- 12. Operation Green Plant**, of The America the Beautiful Fund, is offering free vegetable, flower, and herb seeds to outdoor community projects. Deadline for Applications: **Rolling**. For more information visit: [http://www.america-the-beautiful.org/free\\_seeds/index.php](http://www.america-the-beautiful.org/free_seeds/index.php)
- 13. Michael and Susan Dell Foundation - Helping Children in Urban Poverty Grants** funds projects that directly serve or impact children living in urban poverty, particularly in the areas of education, childhood health and family economic stability. Funding amount varies, generally not funding more than 25% of a project's budget or more than 10% of an organization's total annual operating expenses. **Deadline: rolling**. For more information visit: <http://www.msdf.org/Grants/default.aspx>
- 14. USDA, Community Food Projects: Competitive Grant Program** requests applications for the Community Food Projects Competitive Grants Program (CFPCGP) for fiscal year (FY) 2011 to support: (1) the development of Community Food Projects with a one-time infusion of federal dollars to make such projects self-sustaining; and (2) Planning Projects to assess the food security needs and plan long-term solutions to help ensure food security in communities. In FY 2011 approximately \$5,000,000 will support projects and no single grant for a Community Food Project will exceed \$125,000 in any year or more than \$300,000 over three years. **Deadline for Applications:** November 17, 2010  
For more information visit: [http://www.csrees.usda.gov/funding/rfas/community\\_food.html](http://www.csrees.usda.gov/funding/rfas/community_food.html)

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