



Good Habits Cross Generations

BASICS has reached people of all ages, I teach nutrition education to many classes of lively children in our community.

A grandmother stopped me in the grocery store recently to tell me about how BASICS education had affected her family. The grandmother was at the grocery store to buy grapes to freeze for her granddaughter's after-

school snacks. She insisted that her granddaughter preferred the frozen grapes to other sweet snacks!

She was so pleased to offer a healthy alternative to her granddaughter with the confidence that the fruit would not go to waste.

It is so wonderful to hear how BASICS education is shaping the foods children prefer

and how they communicate those preferences to the adults in their life who influence their meals and snacks.

Story by:
Donna Morgan
BASICS Educator
Appanoose County



INSIDE THIS ISSUE:

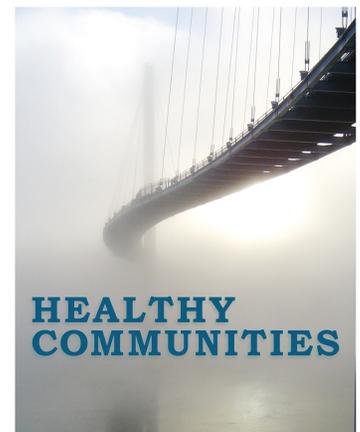
A story from Appanoose County	1
Healthy Communities Magazine	1
School Employee Wellness Programs	2
Congregate Meal Participants in Iowa	3
Iowa Food Bank Association	3
Live Healthy Iowa	4
President's Active Lifestyle Award	5
Training Follow-up	5

Healthy Communities Magazine

The new issue of Healthy Communities Magazine is now available. Read Iowa community success stories and learn strategies to make your school and your community a healthier place.

If you would like to order copies, please contact the IDPH Office for Healthy Communities.

Call: 515-281-6650



School Employee Wellness – from Dream to Reality

By Amy Liechti, Iowans Fit for Life

Worksite wellness has become a hot topic in the world of health promotion in recent years. Many organizations are realizing the importance and impact of having healthy employees. One setting in which this is particularly true and vital is in our schools.

Have you considered a school employee wellness program for your schools or the schools you serve, but thought it seemed like a daunting task?

The Iowa Department of Public Health and other partners have created a tool which will help with the process of transforming the school employee wellness dream into a reality. The *Healthy Iowa Worksites* toolkit was developed in 2009/2010 for the purpose of assisting employers design, implement and evaluate a worksite wellness program.

Why is this important for schools?

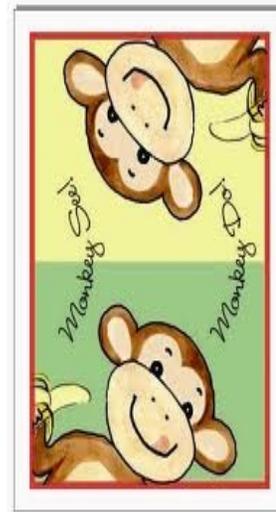
School personnel, parents, and other adults that students come in contact with regularly are powerful role models when it comes to nutrition, physical activity, and other healthy behaviors.

A 2009 study conducted by IDPH revealed that approximately 2/3 of Iowa's schools have no wellness program in place for school staff.

So what can you do to help create a healthy worksite environment in your school or the schools you serve?

Here are a few suggestions to help get started:

1. Use in-service time to learn about wellness from guest speakers or show the *Healthy Eating for Healthy Living* DVD series and visit the healthy eating for healthy living [web site](#).
2. Make sure your local wellness policy includes staff wellness as a priority.
3. Ensure foods and beverages in the teachers' lounge and offered at meetings promote healthy choices.
4. Use the *Healthy Iowa Worksites* toolkit to assist in planning a comprehensive worksite wellness program. The toolkit can be found at this [web site](#).



Congregate Meal Program - The Big Picture

By Carlene Russell

The Iowa Department on Aging with the assistance of 13 area agencies on aging provided congregate and home delivered meals to 55,272 older adults across Iowa this past year. There are 453 congregate meal sites.

Here are some facts about the congregate meal participants:

- *64% were 75 years and older
- *67% were female
- *21% were at high nutrition risk

*45% live alone

*4% were minority race and/or ethnicity

Using the questions from the DETERMINE Checklist (completed on enrollment in congregate meals), 25 percent of the high nutrition risk congregate meal participants improved their responses over one year to “I eat few fruits or vegetables, or milk products”. Fifteen percent of those at high nutrition risk at the beginning assessment also had improvement in responses for “I don’t always have enough money to buy the food I need”.

These changes in nutrition risk scores help demonstrate that providing meals and nutrition education do make a difference for participating older adults.



Iowa Food Bank Association

By Jordan Vernoy

The Iowa Food Bank Association (IFBA) is a collaboration of the eight Feeding America food banks that serve Iowa’s 99 counties. Together, the food banks provide over 1,000 non-profit organizations serving ill, infant or needy individuals with more than 16 million pounds of grocery products. These organizations include food pantries, emergency meal sites, congregate meal sites,

emergency shelters, and other sites that provide food to clients. As an association, the organization is coordinating efforts to alleviate hunger by supporting Feeding America food banks that serve Iowa.

IFBA will work in three focus areas: Food and Fund Raising, Public Policy/Advocacy, and Disaster Relief. The Association is working on building relationships with statewide agencies and hunger advocates

to collaboratively work towards alleviating hunger in Iowa. If you would like to partner with the Iowa Food Bank Association or learn more about the organization, check out www.iowaFBA.org.



Live Healthy Iowa

Live Healthy Iowa Kids Challenge

January 18-April 27, 2011

Registration opens December 2010

Live Healthy Iowa Kids inspires youth to explore healthy nutrition and activity in a fun and positive way.

- Kindergarten-12th grade
- Teams of 5-30 with adult team captain
- **FREE**
- Chance to win team prizes
- Opportunity to win cash prizes for your school



Go The Distance Day

May 6, 2011

Registration opens December 2010

These FREE 1-day events promote the importance of physical activity to Iowa students. All registered schools reporting 100% participation are eligible for cash prizes!

Live Healthy Iowa - 100 Day Wellness Challenge

January 20-April 29, 2011

Registration opens December 2010



Live Healthy Iowa brings together friends, families, businesses and communities in team-based wellness challenges. The 100 day challenge is a physical activity, nutrition and weight loss program encouraging positive lifestyle change for adults age 18 and over.

For more information contact Nicole Bruce at Nicole@livehealthyiowa.org.

“The Live Healthy Iowa program is an excellent way for our employees to develop habits that can make a meaningful impact on their health and well-being for the rest of their lives.”

-Phil Miller,
HR Generalist
Linn-Mar CSD

BASICS Training Presentations Available Online

All presentations delivered at the fall training will be available online soon. Keep your eye out for an email letting you know they've been posted. If you have remaining questions or feedback about the training contact us anytime.



President's Active Lifestyle Award

How excited would your students be if they could receive an award from President Obama? The President's Active Lifestyle Award (PALA) is a great source of motivation for kids and adults to be active. This challenge is for anyone, from students to seniors. To learn more visit this [site](#).

Recipes and Book Titles Needed

Please let Christine know what recipes and books you use in your BASICS lessons. In order to create a common format for sharing, templates for submitting book titles and recipes will be coming out through email this week.

Contact Christine with questions about items in this issue of the Banter or if you have stories to share in the next Banter.

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