

February 11, 2011

## January Action Period Calls

Thank you to Lauren Niemes for presenting this month's topic on healthy eating on a budget!  
Please see the references from January's Action Period Call below.

Nutrition Council of Greater Cincinnati	<a href="http://www.nutritioncouncil.org">www.nutritioncouncil.org</a>
ABC's of Healthy Eating: <ul style="list-style-type: none"> <li>◇ Availability – make healthy choices available</li> <li>◇ Behavior – parents are important role models</li> <li>◇ Control – Ellen Satter's Division of Responsibility – Parent's job to decide what and when, a child's job to decide if and how much</li> </ul>	
Family Nutrition Plan (OSU)	<a href="http://www.osu.extension.edu">www.osu.extension.edu</a>
United States Department of Agriculture My Pyramid	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>
Supplemental Nutrition Assistance Program (SNAP)	<a href="http://www.fns.usda.gov/snap">www.fns.usda.gov/snap</a>
Registered Dietitians	<a href="http://www.eatright.org">www.eatright.org</a>
WIC Food Package brochures:	<ul style="list-style-type: none"> <li>• <a href="http://www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/OHWICfoods-brochure.pdf">Ohio WIC Foods Brochure - www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/OHWICfoods-brochure.pdf</a></li> <li>• <a href="http://www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/OHWICjuices-brochure.pdf">Ohio WIC Juices Brochure - www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/OHWICjuices-brochure.pdf</a></li> </ul>
Chop Chop Magazines are free to physicians	<a href="http://www.aap.org/obesity/chopchop.html">www.aap.org/obesity/chopchop.html</a>
CDC Weight for Length Graphs:	<p>Overweight is defined as weight-for-length &gt;95th percentile based on the CDC gender-specific weight-for-length reference for children less than 2 years of age and Body Mass Index (BMI)-for-age &gt;95th percentile for children 2 to 20 years of age based on the CDC gender-specific BMI-for-age reference (CDC, 2000). BMI-for-age is not recommended for use in the United States before 2 years of age to assess growth - <a href="http://www.cdc.gov/pednss/what_is/pednss_health_indicators.htm">www.cdc.gov/pednss/what_is/pednss_health_indicators.htm</a></p> <ul style="list-style-type: none"> <li>• <a href="http://www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/Weight%20for%20Length%20Chart%20Boy.pdf">For Boys - www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/Weight%20for%20Length%20Chart%20Boy.pdf</a></li> <li>• <a href="http://www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/Weight%20for%20Length%20Chart%20Girl.pdf">For Girls - www.healthykidsohio.org/health-kids-ohio-and-the-ounce-of-prevention/resources-1/Weight%20for%20Length%20Chart%20Girl.pdf</a></li> </ul>
Spanish version of the Ounce of Prevention Toolkit is posted on their website:	<a href="http://www.healthyohioprogram.org/healthylife/nutri2/nutrikids2/spanish_ounce.aspx">www.healthyohioprogram.org/healthylife/nutri2/nutrikids2/spanish_ounce.aspx</a>
Ways to Enhance Children's Activity & Nutrition (We Can)	<a href="http://www.WeCan.org">www.WeCan.org</a>

## Important Dates

Please send your completed PDSA sheet to [Sang.Sam@cchmc.org](mailto:Sang.Sam@cchmc.org) or fax to: 513-636-0171

**Our next Action Period Call** will be on February 15 and February 17 (information on next page)

**Time:** 12:15-1:00

**Conference number:** 800-882-3610 passcode: 9699454#

February 15th Webinar Information:

<https://www1.gotomeeting.com/join/352117768>

Meeting ID: 352-117-768

February 17th Webinar information:

<https://www1.gotomeeting.com/join/447723736>

Meeting ID: 447-723-736

- The **agenda** will be the same for both days
- Anyone from your practice can attend this session

## Key Things to Remember

- Data is due on the 5th day of the month
- Please complete February's Monthly Progress Report (one per practice):  
[www.surveymonkey.com/s/WLMZ7L6](http://www.surveymonkey.com/s/WLMZ7L6)
- Maintenance of Certification is available for this project for anyone on your team who completes the requirements



*TIPS TO HELP YOU*  
*STAY ACTIVE THIS WINTER*



**BUILD A SNOWMAN**

**GO SLEDDING**

**BUILD A SNOW FORT**

**HAVE A SNOWBALL FIGHT**



**WALK AT YOUR AREA MALL**



**GO ICE SKATING**



**SWIM AT YOUR TOWN POOL**



**Be A  
Healthy  
Hero**

[www.BeAHealthyHero.Org](http://www.BeAHealthyHero.Org)