

## December 2000 / January 2001

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Please visit our web sites for up-to-date information on physical activity, fitness and sports.

PCPFS: [www.fitness.gov](http://www.fitness.gov)

PC: [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)

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### PEP PASSES CONGRESS!!!!

The PEP bill authorizes \$370 million for years 2002-05. The legislation guarantees \$5 million to be spent this year as soon as the Department of Education can formalize the procedures of the program (criteria for selection, process of application, etc...). For additional information, contact Anne Flannery, PE4LIFE at [flans@aol.com](mailto:flans@aol.com).

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### A REPORT TO THE PRESIDENT: PROMOTING BETTER HEALTH FOR YOUNG PEOPLE THROUGH PHYSICAL ACTIVITY AND SPORTS

Health and Human Services (HHS) Secretary Donna E. Shalala and Education Secretary Richard Riley delivered a report on physical activity and young people to President Clinton on November 29, 2000. Promoting Health for Young People through Physical Activity and Sports identifies ten strategies to promote better health among young people through increased participation in physical activity and sports. A major emphasis of the report is the importance for all children, from pre-Kindergarten through grade 12, to participate in quality physical education classes every school day. For the full report, please visit the PCPFS web site: [www.fitness.gov](http://www.fitness.gov).

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### A WEALTH OF INFORMATION: HEALTHY PEOPLE 2010 PUBLICATIONS

As you know, the final edition of HEALTHY PEOPLE 2010 is now available in numerous formats:

All of these documents are available on the web at [www.health.gov/healthypeople](http://www.health.gov/healthypeople) in multiple electronic formats so that readers can cut and paste to make specific substitutions. Hard copies are available as follows:

\*\* Understanding & Improving Health (second edition; 76 pages; color)

- This short volume explains the history of Healthy People 2010 and the overall Healthy People initiative. This publication is available for sale from the Government Printing Office (GPO) (202) 512-1800. Stock number 017-001-00550-9, cost \$10.

\*\* Healthy People 2010 (second edition; Volume I, 608 pages; Volume II, 664 pages) Presents the 467 national health objectives that cover twenty-eight priority issues. Includes data on major population groups. Also includes Understanding and Improving Health

- This two-volume set is available for sale from the Government Printing Office. (202) 512-1800. Stock number 017-001-00547-9, cost \$70/set.

\*\* Tracking Healthy People 2010 - (966 pages)

- This statistical compendium provides information on measuring the objectives, technical notes, and operational definitions. This publication will be available for sale from the Government Printing Office. Stock number 017-001-00548-7, cost \$66/copy. Available on the Web at the above site and at [www.cdc.gov/nchs/hphome.htm](http://www.cdc.gov/nchs/hphome.htm)

\*\* Healthy People 2010 CD-ROM

- This CD-ROM will contain electronic files (Microsoft Word, HTML, PDF, and RTF) of the second edition of Understanding & Improving Health, Healthy People 2010 (second edition, in two volumes), and Tracking Healthy People 2010. This CD-ROM is available for sale from the Government Printing Office (202) 512-1800. Stock number 017-001-00549-5, cost \$19 each.

\*\* A new version of DATA2010 has been released. It now includes the updated data available in the second edition of Healthy People 2010: Objectives for Improving Health.

[www.cdc.gov/nchs/hphome.htm](http://www.cdc.gov/nchs/hphome.htm).

\*\*Coming out from NCHS in Healthy People 2000 Statistical Notes: Healthy People 2000: An Assessment Based on the Health Status Indicators for the United States and Each State.

[www.cdc.gov/nchs/products/pubs/pubd/hp2k/statnt/20-11.htm](http://www.cdc.gov/nchs/products/pubs/pubd/hp2k/statnt/20-11.htm).

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WASHINGTON UPDATE:

1. On Dec. 7-8, 2000, a Surgeon Generals Listening Session occurred to begin formulating a national action plan to combat overweight and obesity. You have an opportunity to present your comments in the development of this plan. Comments will be most useful if they include the following information:

- (1) What you consider to be the three to five most important priorities for addressing overweight and obesity in the United States.
- (2) How, as a nation, we should pursue these strategies.
- (3) Your views on the most effective ways to address disparities among different segments of the population.
- (4) (If applicable) A short summary of activities that your organization is engaged in or plans to engage in to address overweight and obesity. This information may become part of a publicly accessible website information center.

Comments should be sent to Paul Ambrose, M.D., M.P.H.  
HHS Office of Disease Prevention and Health Promotion Office of Public Health and Science, Room 738-G  
200 Independence Ave., SW.  
Washington, DC 20201  
(202) 205-4872 (telephone), 202-205-9478 (fax)  
Comments also may be submitted electronically at <http://www.sgobesity.niddk.nih.gov/>

Comments will be accepted through 5 p.m., E.S.T. on December 31, 2000.

Additional information can be obtained at:  
<http://www.surgeongeneral.gov>

2. The Department of Agriculture is holding an open meeting on January 11, 2001 to solicit comments on Health and Nutrition Effects of Popular Weight-Loss Diets. Written comments can be submitted by mail or fax and must be received on or before January 15, 2001. For further information contact:  
Shanthy Bowman, 301/504-0619.  
Online information is available from the federal Register Online via Access [wais.access.gpo.gov][DOCID:fr11de00-28]

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RECOMMENDATION ON FITNESS AND ACTIVITY IN SCHOOLS:

The Committee on Sports Medicine and Fitness and the Committee on School Health of the American Academy of Pediatrics released recommendations on Physical Fitness and Activity in Schools, in the May 2000 issue of Pediatrics. The policy statement reaffirms the Academy's support for schools to increase physical activity in the curriculum, suggests ways to implement this goal, and encourages pediatricians to offer their assistance to schools. Pediatrics, May 2000, 105(5): 1156-1157.

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PCPFS DIGEST:

The PCPFS Research Digest is a quarterly publication that discusses current research in the field of physical activity and fitness. The

Digest is currently offered in a printed version and is downloadable from the President's Challenge website at:

<http://www.indiana.edu/~preschal/digests/digest.html>

The March 2001 issue of the PCPFS Digest will be the last printed version. It will still be made available on the website for viewing and download. If you would like to be added to the email list that will notify you when each issue of the Digest is available follow these directions.

To subscribe:  
Send an email to [majordomo@indiana.edu](mailto:majordomo@indiana.edu)  
Leave the subject line blank  
In the text of the message type the following:  
subscribe pcpfsdigest

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#### UP-COMING CONVENTIONS

##### EXHIBITING THE PRESIDENT'S CHALLENGE:

Sporting Goods Manufacturers Association (The Supershow)  
Visit [www.supershow.com](http://www.supershow.com)  
Las Vegas, NV 21-24 January  
Booth #: Upper Level Lobby B, Sands Expo Center

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)  
Visit: [www.aahperd.org](http://www.aahperd.org)  
Cincinnati, OH 27-31 March

##### OTHER:

The 12th Annual Art and Science of Health Promotion Conference will be held February 12 -16, 2001 in Washington, DC. For information visit <http://www.healthpromotionconference.org> or call 248-682-0707.

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##### FEEDBACK

We would love to hear from you. If you have any topics that you would like to see addressed in fitnessisfun or any comments on this list please let us know. You can provide them by emailing us at [preschal@indiana.edu](mailto:preschal@indiana.edu).