

# February 2001

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## IN THIS ISSUE:

- \*PRESIDENTS CHALLENGE CERTIFICATE UPDATE
- \*IN THE NEWS
- \*PCPFS DIGEST
- \*RUN FOR A HEALTHY BODY AND MIND
- \*WANT AN ALTERNATIVE?
- \*UP-COMING CONVENTIONS
- \*SEND US YOUR PHOTOS!
- \*APPAREL REMINDER

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## PRESIDENT'S CHALLENGE CERTIFICATE UPDATE

The new Presidential Physical Fitness Award certificates bearing the signature of President George W. Bush are currently in print production. After a long wait, all certificates should be arriving in our office very soon. We will begin the process of sending out all orders that have been waiting during this process, along with those awaiting the exchange of older certificates. New orders for awards continue to be taken and we will again begin our 18-day guarantee of orders as soon as the certificates arrive. Check our website for an immediate update of when all certificates have arrived. We appreciate your patience during this time and thank you for your support. Good luck in meeting the President's Challenge!

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## IN THE NEWS:

Prevalence of Overweight and Obesity Among Adults: United States, 1999  
This brief overview of the initial results from the 1999 National Health and Nutrition Examination Survey (NHANES) indicates that an estimated 61% of U.S. adults are either overweight or obese. Most of this increase was attributable to increases in the obese category (from approximately 15% to an estimated 27%), whereas only minor increases occurred in the prevalence of persons who are overweight but not obese (an increase of 2%).

<http://www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm>

## National Public Health Week 2001

Healthy People in Healthy Communities is the 2001 theme for National Public Health Week, which will be celebrated April 2-8, 2001. This national celebration provides us with an opportunity to recognize the contributions of public health to the nations well-being as well as help focus public attention on major health issues in our communities. On this site you can read and/or download the National Public Health Planners Guide (PDF File). Web site of the American Public Health Association- <http://www.apha.org/news/press/nphw.htm>

The Physical Education for Progress (PEP) Act, originally introduced by Senator Ted Stevens (R-Alaska) and actively supported by the Womens Sports Foundation, is now an authorized program of Title X of the Elementary and Secondary Education Act. The \$400 million issued over the next five years will allow the Secretary of Education to award grants to initiate and expand physical education programs in U.S. schools.

The FREE Girl Power! Assignment book for 2001 is now available online at <http://www.health.org/gpower/girlarea/assignment>. The assignment book was released in celebration of the Girl Power! campaign's 4th anniversary in Health Services Administrations (SAMHSAs) Center for Substance Abuse Prevention (CSAP). The Girl Power! assignment book features:

- A place to keep track of homework and assignments
- Homework tips
- Fun games
- Health facts
- Monthly features of an inspiring Girl Power! guest

The National Heart, Lung, and Blood Institute (NHLBI) has launched a new electronic information resource for health professionals-the NHLBI Health Information Network. The Institute designed the Network to promote quick, convenient access to trustworthy information applicable to everyday practice. NHLBI is offering you the opportunity to be among the first to join. As the Institute's digital link to health professionals, the Health Information Network gives members information and educational opportunities related to NHLBI's key research findings, clinical guidelines and advisories, programs, and services. Members receive regular email notices that include:

- Health Action E-Bulletins: Summaries of NHLBI research findings and publications and their practical application to clinical care.
- HeartMemo and AsthmaMemo: Electronic newsletters featuring updates about NHLBI education programs, professional and patient education materials, highlights of workshops and conferences, data for program planning, and other information.
- Online Continuing Education: Access to high-quality professional education resources with the convenience of computer access (many include free Continuing Medical Education and Certified Health Education Specialist credits).
- Webcasts: Opportunities to participate in major scientific conferences without leaving the office. There is no cost to join the Health Information Network. To sign up, simply point your Internet browser to <http://hin.nhlbi.nih.gov> and click on Join the Network at the bottom of the page.

#### New After-School Grant Round Announced

The U.S. Department of Education announced on January 3 a new competition round for the 21st Century Community Learning Centers program. The Congress passed an omnibus appropriation bill on December 19 that included \$846 million for the 21st Century Community Learning Centers program for fiscal year 2001. The President signed this legislation into law on December 22. This is a \$396 million increase from FY 2000 and \$246 million more than the original recommendations from both the House and Senate, allowing for approximately \$205 million for new awards.

Grant applications must be postmarked by March 30, 2001. Applications can be downloaded from the 21st Century Community Learning Centers website at <http://www.ed.gov/21stcclc/apps.html>. The department projects awarding 400 new grants this year and anticipates announcing the new grant awards by May 31, 2001.

The 21st Century Community Learning Centers Program was first authorized by Congress [Part I, Title X (20 USC 8241) of the Elementary and Secondary Education Act] to award grants to rural and inner-city public schools, or consortia of such schools, to plan, implement, or expand projects that address the education, health, social services, cultural and recreational needs of the community. School-based community learning centers can provide a safe, after-school, weekend or summer haven for children, youth and their families. Successful applications must address at least four of the following program activities:

- Literacy education programs
- Senior citizen programs
- Childrens day care services
- Integrated education, health, social service, recreational, or cultural programs
- Nutrition and health programs
- Expanded library service hours to serve community needs
- Telecommunications and technology education programs for individuals of all ages
- Parenting skills education programs
- Support and training for child day care providers
- Employment counseling, training, and placement
- Services for individuals who leave school before graduating from secondary school, regardless of the age of such individual
- Services for individuals with disabilities

Recreational programs were included in 89 percent of the grants awarded last year.

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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 pcpfstdigest

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RUN FOR A HEALTHY BODY AND MIND

Researchers at Duke University have found that jogging for 30 minutes, 3 times a week significantly improves memory as well as such abilities as planning, organizing tasks, and working on more than one intellectual ability at the same time. The study of 156 individuals between the ages of 50 and 77 began as research into the effects of exercise on depression, and the preliminary results noted that exercise was as effective as medication on depression. The new results, showing the effects of exercise on the "executive functions" of the brain, are published in the January issue of the Journal of Aging and Physical Activity. (from Runner's World)

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WANT AN ALTERNATIVE?

Clubs have been organized in 30 American communities to promote skipping as an alternative to running. Skipping comes from child-like happiness and joy, say enthusiasts. For a switch-up of activities, don't skip the workout, make the workout skipping! (see Wall Street Journal, Dec. 5)

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UP-COMING CONVENTIONS

EXHIBITING THE PRESIDENT'S CHALLENGE:

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

Visit: [www.aahperd.org](http://www.aahperd.org)

Cincinnati, OH 27-31 March

National Association of Elementary School Principals (NAESP)

Visit: [www.naesp.org/](http://www.naesp.org/)

San Diego, CA 07-10 April

National Catholic Educational Association (NCEA)

Visit: [www.ncea.org/](http://www.ncea.org/)

Milwaukee, WI 17-20 April

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SEND US YOUR PHOTOS!

The President's Challenge will occasionally be featuring schools on our website. If you would like to have your school featured you can email your photograph to [preschal@indiana.edu](mailto:preschal@indiana.edu), along with a brief explanation of the photograph. Or, you can send your picture to our office. Some ideas for photos might include pictures of your students performing the events, group shots of students holding their awards, students proudly wearing their award t-shirts, or any fitness related activity. Please make sure to get parents' permission first. Photos will not be returned.

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APPAREL REMINDER

Do not forget that the order form for t-shirts has changed since last year. You may now conveniently send your t-shirt order in simultaneously with your order for emblems, certificates, and other President's Challenge awards. If you have any questions, do not hesitate to contact us by calling 800.258.8146 or by e-mailing us at [preschal@indiana.edu](mailto:preschal@indiana.edu).

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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).