

Healthy Kids, Healthy Communities

Healthykidshealthycommunities.org- Healthy Kids, Healthy Communities is a national program of the Robert Wood Johnson Foundation (RWJF) whose primary goal is to implement healthy eating and active living policy- and environmental-change initiatives that can support healthier communities for children and families across the United States.

Healthy Kids, Healthy Communities places special emphasis on reaching children who are at highest risk for obesity on the basis of race/ethnicity, income and/or geographic location. Through the program, RWJF seeks to catalyze and support communities' efforts to address the root causes of childhood obesity through integrated changes in policies, norms, practices, social supports and the physical environment. Healthy Kids, Healthy Communities:

**Healthy Kids,
Healthy Communities**
Supporting Community Action to
Prevent Childhood Obesity

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A place to play

Chattanooga Times Free Press- In the neighborhood playgrounds in the Southside of Chattanooga, William Nicholson doesn't see places for his three children to play. He sees broken glass and vandalism, unstable equipment and police car tire tracks in the grass.



"There's a lot of negative atmosphere," said the 29-year-old resident of Emma Wheeler Homes, a housing project in the Piney Woods neighborhood. "You don't want your child going to a playground with profanity spray-painted on it."

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Knox gets grant to fight obesity Foundation works to transform neighborhoods

Knoxnews.com- Huddled in the greenhouse at Beardsley Community Farm on Tuesday, with snow falling outside, the Knox County Health Department announced the seeds of a new initiative.



The Health Department has received a \$360,000 grant from the Robert Wood Johnson Foundation to fight childhood obesity by changing neighborhoods - starting with Lonsdale, Inskip and Mascot and expanding to others in the next year.

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Negative Phys Ed Teacher Can Cause a Lifetime of Inactivity

ScienceDaily (Jan. 7, 2010) — Humiliation in physical education class as a child can turn people off fitness for good, according to a University of Alberta researcher.



Billy Strean, a professor in the U of A's Faculty of Physical Education and Recreation, says a negative lifelong attitude towards physical activity can be determined by either a good or a bad experience, based on the personal characteristics of the coach or instructor. For example, negative experiences may come from a teacher who has low energy, is unfair and/or someone who embarrasses students.

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Sticking to Diets Is About More Than Willpower -- Complexity Matters

ScienceDaily (Jan. 12, 2010) — Many people think the success of dieting, seemingly a national obsession following the excesses and resolutions of the holiday season, depends mostly on how hard one tries -- on willpower and dedication. While this does matter, new research has found that a much more subtle aspect of the diets themselves can also have a big influence on the pounds shed -- namely, the perceived complexity of a diet plan's rules and requirements.



Cognitive scientists from Indiana University and the Max Planck Institute for Human Development in Berlin compared the dieting behavior of women following two radically different diet plans and found that the more complicated people thought their diet plan was, the sooner they were likely to drop it.

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Friendship May Help Stem Rise of Obesity in Children, Study Finds

ScienceDaily (Jan. 11, 2010) — Parents are acutely aware of the influence of friends on their children's behavior -- how they dress, how they wear their hair, whether they drink or smoke.



A new laboratory-based study has shown that friends also may influence how much adolescents eat.

"Consider a person who usually comes home alone after school and eats out of boredom," says Sarah-Jeanne Salvy, PhD, assistant professor of pediatrics in the University at Buffalo's Division of Behavioral Medicine and first author on the study.

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