

September 10, 2007

This electronic newsletter about the NE IA Food & Fitness Initiative will be sent to team members and other interested parties. It is intended to provide current information to its readers. Let us know of topics you would like addressed. Items may be submitted to wiemer@iastate.edu.

Archived editions: www.extension.iastate.edu/allamakee/info/enews.htm

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TAP Team Photos

Photos from the WK Kellogg TAP Team Visit are posted on the website:

<http://www.extension.iastate.edu/NR/rdonlyres/85345146-8FOE-476E-B1EE-A3877A8563E6/62826/TAPphotoalbum.pdf>

September Meeting Information Available

The information for the County Planning Team meeting is available on the website (click County Planning Teams).

This month we will be listening to Mark Fenton talk about walkable communities. Mark is a nationally recognized expert on pedestrian initiatives that create more livable, sustainable and successful cities and towns. In a second webcast, we will learn about different assessments that communities can use to map sidewalks, trails or barriers to physical activity.

The webcasts can be viewed at any time. If you are unable to attend your county meeting, there is a short survey that can be completed so your feedback can be considered.

The County Planning Teams will be determining which communities in your county would be interested in doing any of these assessments with funding from the initiative.

Grant Writing Conference Information Posted

In response to a community need for grant writing education identified by the NE IA Food & Fitness Initiative Partners, the Winneshiek County Community Foundation, The Wellmark Foundation and the Iowa Department of Public Health; Offices of Rural Health and Healthy Communities will be hosting a Grant Writing Workshop featuring Ron Mirr on **October 4 at The Oaks Steakhouse**. The brochure and registration are posted online under [Upcoming Events](#). Anyone is invited to attend. Registrations are due October 1.

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Farm to ISU

Some of the meat served in the ISU Memorial Union and at various ISU Dining centers is coming from Iowa family farms, thanks to a new project at ISU. ISU Dining is working to bring more local, sustainable and organic foods to the campus community. The Farm to ISU program began last spring when a Leopold Center grant was used to hire ISU graduate student Sue DeBlieck. More at: http://www.dining.iastate.edu/farm_to_isu/. Be sure to check out the 5 year plan.

Study Confirms The Ads Promote Foods High in Sugar, Fat or Sodium

Researchers at RWJF national research program *Bridging the Gap* found that 97.8 percent and 89.4 percent of all food advertisements viewed by children ages 2 to 11 and adolescents ages 12 to 17, respectively, were for products high in sugar, fat or sodium. The study is the first to use TV ratings data to measure the nutritional content of food ads seen by kids on more than 170 top-rated programs.

[Read the news release.](#)

American Trails Website

<http://americantrails.org/> This site has lots of resources for schools and communities.

From the site: American Trails is the only national, nonprofit organization working on behalf of *all* trail interests, including hiking, bicycling, mountain biking, horseback riding, water trails, snowshoeing, cross-country skiing, trail motorcycling, ATVs, snowmobiling and four-wheeling. American Trails members want to create and protect America's network of interconnected trails. We support local, regional, and long-distance trails and greenways, whether they be in backcountry, rural or urban areas. Our goal is to support America's trails by finding common ground and promoting cooperation among all trail interests. We're involved in everything from training trails advocates to increasing accessible trail opportunities for persons with disabilities.

Upcoming Events: <http://www.extension.iastate.edu/allamakee/info/events.htm>

Sept 12: Allamakee County Food & Fitness Planning Team, 4-6 pm, Allamakee Extension office.

Sept 13: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension office.

Sept 19: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Hovdee Lounge, Luther College Library (parking available behind the Luther library)

Sept 19: Howard Food & Fitness Planning Team, 6:30-8:30 pm, Riceville Library, RSVP to 563-547-3001, Free Local Meal will be served at 6:30 pm.

Sept 20: Fayette Food & Fitness Planning Team, 4:00-6:00 pm, Fayette Extension office.

Sept 26: Regional Food & Fitness Leadership Team, 12-2 pm, Hovdee Lounge, Luther College Library (parking available behind the Luther library)