

December 9, 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. Items may be submitted to wiemer@iastate.edu. Archived editions: www.extension.iastate.edu/allamakee/info/enews.htm

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Regional Team Sets Core Values

On November 28-29, the FFI Regional Team members and Organizational Partners gathered to attend an Organizational Learning and System's Thinking training provided by the W.K. Kellogg Foundation. The facilitators were so impressed with commitment, time and energy given toward planning for the NE Iowa Food and Fitness Initiative. They shared with the WKKF Food & Fitness Program Leaders how inspired and impressed they were by talent, skill and diversity we have as part of our partnership! They are very excited about the work we have started and the learning that is occurring. The notes from our Organizational Learning and Systems Thinking training, as well as the minutes to our brief Regional F&F Leadership Team meeting on Nov. 28th are posted at: www.iowafoodandfitness.org - click on Regional Planning Team.

Area Schools to Receive Assistance with Wellness Policies

Five area school districts have been selected to receive assistance with the school wellness policies as part of the NE IA Food & Fitness Initiative. Schools were nominated at their County Planning Team meetings in November and approved by the Regional Planning Team on November 28.

The school wellness committees will work with Ann Mansfield, Luther College Health Liaison and Cindy Baumgartner, ISU Extension Nutrition & Health Specialist to have a site visit and wellness policy review with additional assistance to follow. The schools nominated have agreed to share their experiences and lessons learned with other area schools at a Food & Fitness Conference scheduled for June 2008.

The schools selected are Allamakee Community Schools, Starmont Community Schools, Howard-Winn Community Schools, Clayton Ridge Schools and North Winneshiek school. Congratulations!

January County Planning Meetings: Local Food Systems

The County Planning Teams will start looking at the local food system over the next few months. The first month, we will talk about "What is a local food system?" and learn how the NE IA Food & Farm Coalition (NIFF) has started to tackle that issue. The next month, we will look at what the NIFF Coalition has learned about our area related to local foods. Finally in March, we will look at the opportunities for local foods in our area and start tying the concept to fitness and community health.

Food System Articles

Farm Bill Debates -- [WEED IT AND REAP](#) -- Michael Pollan, NYT, November 4, 2007

For Americans who have been looking to Congress to reform the food system, these past few weeks have been, well, the best of times and the worst of times. A new politics has sprouted up around the farm bill, traditionally a parochial piece of legislation thrashed out in private between the various agricultural interests (wheat growers versus corn growers; meatpackers versus ranchers) without a whole lot of input or attention from mere eaters.

Do food miles make a difference in global warming?

That's what Reuters News Service environmental correspondent Deborah Zabarenko wanted to find out, and one of her first stops for information was the Leopold Center's 2001 report, "Food, Fuel and Freeways" about food miles. Zabarenko's interview with Associate Director Rich Pirog (author of the study) was featured prominently in the October 17 report posted on hundreds of news web sites. Pirog gets food miles queries from all over the world. You can read the [study](#) and the [Reuters News Service account](#).

Wellness Policy Articles

Obesity Among Adults in the United States ([link to the report](#))

Data from the National Health and Nutrition Examination Survey (November 2007) shows that more than one-third of U.S. adults were obese in 2005–2006. This includes 33.3% of men and 35.3% of women. Obesity rates have increased since the 1976–1980 survey period. There was no significant change in obesity prevalence, however, between 2003–2004 and 2005–2006 for either men or women. Recent data show racial and ethnic obesity disparities for women but not for men. Non-Hispanic black and Mexican-American women were more likely to be obese than non-Hispanic white women. Among obese adults, approximately two-thirds have been told by a health care provider that they are overweight.

Two-thirds of State Get Poor Grades on [School Food Report Card](#)

Wednesday, Nov 28th, CSPI is releasing a report that analyzes each state's school foods policy for foods sold out of vending machines, school stores, a la carte and other venues outside of meals. It shows that while there has been progress in a number of states, two-thirds of states have weak or no school nutrition standards, mostly relying on USDA's outdated national standards for school foods sold outside of meals. The modest progress in states shows why stronger national standards are needed to address soda and junk food in schools. See below for our press release, the school foods report card, a map with each state's grade, and summary of each state's policy.

Gift-Giving Ideas (from the Zonya November E-Newsletter)

Looking for the ideal gifts for your loved ones this holiday season? Instead of giving restaurant gift certificates, boxes of candy or boring sweaters and ties, consider Fitness Kits and "Healthy Gift Baskets." (Note to self: Put these on MY OWN wish list!)

Fitness Kit Ideas:

- Exercise band, yoga mat or fitness ball with a favorite video/DVD or book.
- Basket full of golf balls and tees or tennis balls with some fun socks (great encouragement for your loved one to stay active)
- Gift certificate to a batting cage, YMCA, fitness class or session with a personal trainer
- Day pass to an indoor water park for the entire family

Healthy AND Delicious Gift Baskets:

- Gift Baskets with healthier choices. “Snack Pack Basket,” “Popcorn Basket” and “Mug and Teas.”
- A copy of your favorite local food recipe with the ingredients -- all hand selected by you.
- A gift certificate from your local food coop or farmer.

Upcoming Events: [Click here for more](#)

- Jan 3: NE IA Food & Farm Coalition meeting, noon-1:30 pm, Winneshiek County Extension.
- Jan 9: Regional Team meeting, 11 am-2 pm, Baker Village Commons, Luther College
- Jan 10: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension office.
- Jan 16: Allamakee County Food & Fitness Planning Team, 4-6 pm, Allamakee Extension office.
- Jan 16: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Hovde Lounge, Preus Library, Luther College.
- Jan 17: Howard County Food & Fitness Planning Team, 6 pm, Location TBD.
- Jan 17: Fayette County Food & Fitness Planning Team, 4-6 pm, Fayette County Extension office.
- Jan 30: Regional Team meeting, 11 am-2 pm, Baker Village Commons, Luther College