



Policies to Promote the Community Use of Schools: A Review of State Recreational User Statutes

American Journal of Preventative Medicine (July 2010)- Concern over liability is a barrier to allowing community use of school property for the purpose of engaging in active sport and recreational activities. Recreational user statutes have the potential to limit liability for public schools when use occurs outside of regular school hours, reduce the fear of liability among school administrators, and increase opportunities for access to school facilities for recreation and physical activity by community members. The purpose of this study was to examine the applicability of recreational user statutes to public schools when the use of school facilities for recreational purposes would occur outside of regular school hours.

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Early Consumption of Soda Indicator of Unhealthy Diet, Study Finds

ScienceDaily (June 9, 2010) — Young girls who drink soda have less healthy diets through adolescence than their peers who do not drink soda, according to a Penn State study.

The ten-year study showed that girls who drank soda at age five had diets that were less likely to meet nutritional standards for the duration of the study, which ended at age 15. Girls who did not drink soda at age five did not meet certain nutritional requirements, but their diets were healthier.

The difference between the two groups in nutrient intake is "not just because of what they are consuming, but because of what they are not consuming," said Laura Fiorito, postdoctoral fellow in Penn State's Center for Child Obesity Research.

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Beauty Salon Health Intervention Increases Fruit and Vegetable Consumption in African-American Women

Journal of the American Dietetic Association (June 2010)- African Americans, especially women, have low fruit and vegetable consumption, which is related to higher rates of obesity, morbidity, and mortality in comparison to whites. Community-based approaches are recommended to address this problem, including beauty salons, which are conducive environments for health information dissemination. The purpose of this pilot study, conducted in 2007, was to determine the effectiveness of a 6-week beauty salon-based health intervention, Steps for a New You, in improving diet, physical activity, and water consumption behaviors in African-American women using a quasiexperimental design.

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Physical Activity and Electronic Media Use in the SEARCH for Diabetes in Youth Case-Control Study

Pediatrics (May 2010)- The aim of this study was to characterize the physical activity (PA) and electronic media (EM) use habits of a population-based, ascertained sample of youths with diabetes mellitus (DM).

Male subjects with type 2 DM reported lower levels of vigorous PA than did control subjects (1.1 vs 2.3 blocks; $P < .05$). Compliance with the moderate/vigorous PA recommendation among youths with type 2 DM was lower (68.3%), compared with youths with type 1 DM (81.7%; odds ratio: 0.51 [95% confidence interval: 0.26–1.00]; $P = .047$) and control subjects (80.4%; odds ratio: 0.48 [95% confidence interval: 0.23–1.02]; $P = .05$). Rates of compliance with EM use recommendations ranged from 29.5% to 49.1%.

In this study, large proportions of youths with DM, especially type 2 DM, failed to meet PA and EM use recommendations.

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Health claims: Should the First Amendment protect bad science?

Food Politics (June 11, 2010)- I keep complaining about the health claims on Enfagrow toddler formula, a sugary product aimed at children from ages one to three:

These claims, for the uninitiated, are a special kind called structure-function. Congress authorized such claims when it passed the Dietary Supplement Health and Education Act (DSHEA) in 1994.

When Congress passed DSHEA, it meant the claims to apply to dietary supplements, not foods. Enfagrow is marketed as a food, not a supplement. It displays a Nutrition Facts label, not a Supplement Facts label.

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Bunge helps plant produce in Alton Park

Chattanooga Times Free Press (June 14, 2010)- Alton Park includes nearly 4,700 people, but no grocery store.

"We have equal food access issues," said Falice Haire, community liaison for the Alton Park Development Corp. "Community members have to travel distances by bus, by taxi or by foot to get to the grocery store."

To help with the issue, neighborhood residents and Bunge Edible Oils planted an Alton Park community garden last week to improve residents' access to produce. Even if the squash, tomatoes, greens, peppers and strawberries planted don't to fill all the need, it's a start, Mrs. Haire said.

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