

2010 Training Success: Over 700 People Prepped to Spread **We Can!** Messages

More than 800 participants attended 2010 **We Can!** regional trainings to learn the inside scoop on delivering the program most effectively.

2010's nine trainings were funded in part by **We Can!** partner SUBWAY® restaurants, and took place nationwide over the course of 12 months.

And when we say nationwide, we mean it.

The eighth training was held in Anchorage, Alaska, and was actually a first of sorts. It was the first **We Can!** training to be held in the nation's largest and most northern state, and was organized by the Alaska Native Health Consortium.

"We decided to host a **We Can!** training because there is a diabetes problem in our community, much of it tied to obesity," said Denise Ramp, MSN, CNM, NP-C, and Diabetes Program Community Educator at the Alaska Native Health Consortium, who served as the training coordinator. "Not only did our 91 participants praise the training as 'fun and interactive,' they were greatly appreciative of the series of networking breaks that we built in so they could exchange ideas."

And that's not all. Ramp wrote an op-ed about **We Can!** that ran in six Alaska newspapers, boosting local awareness of the event. In fact, two new Alaska sites signed up as a result of the training, bringing the total number of sites in Alaska to seven.

One month later and more than 3,000 miles further east, **We Can!** held its last training event of 2010 in Warwick, Rhode Island. Known as the site where the first shot of the American Revolution was fired (against the British schooner Gaspee), Warwick fired up local educators, urging them to attend the November 2010 training.

And it worked. Organizers' efforts drew a great number of professionals affiliated with Rhode Island's public schools: 24 of the 88 attendees were from the public-education arena.

Due to the excitement around this informative program, "We will be hosting a SPARK™ PE training in the spring and providing implementation grants to all the organizations that participated in the **We Can!** training this past November," said training organizer Katy Heneghan, Communications Specialist for Healthy Places by Design Initiative for a Healthy Weight at the Rhode Island Department of Health.

Stay tuned to the **We Can!** Web site for news of trainings in 2011.



Training attendees participate in an active teamwork exercise



Training attendees discuss the new material

A Flurry of *We Can!*-Related Events Closes Out 2010 with a Bang

Combustion—it's something you learn about in science class. But this October, parents and children visiting the Science and Engineering Fair on the National Mall (Washington, D.C.) learned about more than chemical compounds and combinations: they learned that a mix of eating right, moving more, and spending less time in front of the TV can help keep your waistline in check. This is an important lesson at all times of the year, but especially during and after high-calorie holidays.

These *We Can!* core messages—and corresponding strategies and tools—were brought to the attention of thousands of visitors to the fair by *We Can!* program staffers at the National Heart, Lung, and Blood Institute's (NHLBI) booth.

"Parent and kids really got into our Go, Slow, Whoa food and sugar-sweetened beverage activities. Many of them were surprised to find out how much sugar was really in some of their favorite drinks," said Melissa McGowan, MHS, CHES, and Public Health Advisor from the NHLBI of the National Institutes of Health.

Food—or rather the unveiling of a new NHLBI family cookbook—was the focus of an event at the Unity Health Care Upper Cardozo Health Clinic, a *We Can!* community site since April 2008, in the predominantly Latino Columbia Heights neighborhood of Washington, D.C.

As you may know, the Latino community is a high-risk group for obesity and related health problems such as diabetes. Because the clinic serves predominantly Spanish-speaking patients, it was seeking ways to adapt its *We Can!* program to speak to its community in a language that they would understand, both literally and figuratively.

That's why on Saturday, October 23, Unity Health Care invited its patients and their families to come learn about improved nutrition, offering them a sample of two NHLBI recipes in Spanish and then having Chef David Kamen (the author of the new cookbook, and an instructor at the Culinary Institute of America) demonstrate how they are made and hand out pre-prepared samples so that attendees could taste them.

That was just one aspect of the event—in another room of the clinic, the *We Can!* team worked with clinic staff to show children and parents how to get active.

"We were doing jumping jacks—even the parents joined in!" said Janet M. de Jesus, MS, RD, and Nutrition Education Specialist at the NHLBI. "The crowd was so enthusiastic that some of the children actually got winded."

You can order your own copy of the cookbook, and also check out our other Spanish-language materials on the *We Can!* Web site, at <http://wecan.nhlbi.nih.gov/espanol/index.htm>.



Chef David Kamen presents a healthy cooking demonstration to event attendees.

Last but not least, as you may have read a couple of updates ago, SPARK™ (a research-based physical activity program) became a *We Can!* partner in March 2010. In September, SPARK asked *We Can!* staff to discuss the research supporting involvement of parents in preventing childhood obesity, in the context of *We Can!*, on one of SPARK's webinars. All of the SPARK webinars are free and open to the public, and past webinars (including the September webinar on *We Can!* and parent involvement) are archived here: <http://www.sparkpe.org/physical-education-resources/webinars/>. In addition, SPARK materials are available at a discount for *We Can!* community sites through School Specialty.

If you are interested in running SPARK, you may wish to consider the Physical Education (K–12) or After School (ages 5–14) programs that dovetail with the *We Can!* target age range of 8–13.

Read more about our partnership with SPARK at <http://wecan.nhlbi.nih.gov/news-events/news60.htm>, or visit www.sparkpe.org/resources for resources, and light a *spark* for increased physical activity in 2011 by relying on both programs!

