

## 4-H Healthy Living Update

January 5, 2012

### January is National Radon Action Month

EPA has designated January as [National Radon Action Month](#).

Radon [activities and events](#), event [planning kits](#), and resources and materials [are](#) available online.

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### Professional Development and Training Resources

#### Webinar: Harm Reduction for Youth

The United States Interagency Council on Homelessness (USICH) will hold a webinar on January 12, from 3:30–4:30 p.m. (EST), to discuss the harm reduction model for youth facing homelessness. The panel will include representatives from Lighthouse Youth Services in Cincinnati, OH, and Preble Street in Portland, ME.

[Learn more and register.](#)

#### Registration Deadline for the CDC's Inaugural Conference: Weight of the Nation

The Centers for Disease Control and Prevention presents Weight of the Nation™ 2012, its national conference on obesity prevention and control, May 7-9. The theme for the conference is "Moving Forward, Reversing the Trend." Conference organizers will illustrate this theme through presentations—concurrent, plenary, poster, or video—that emphasize how communities; early care and education facilities; medical care facilities; workplaces; states, territories, and tribes; and schools can change nutrition and physical activity environments to prevent and control obesity.

**Deadline:** March 15, 2012

**To learn more and for registration information, visit:** [Weight of the Nation](#).

#### U.S. ED Releases an Analysis of State Bullying Laws and Policies

The U.S. Department of Education (U.S. ED) recently released an [Analysis of State Bullying Laws and Policies](#), a report summarizing current approaches in the 46 states with anti-bullying laws and the 41 states that have created anti-bullying policies as models for schools.

#### Tools for Evaluating an Expanded Learning Program

[Afterschool Evaluation 101](#) is designed to help out-of-school time program directors—with little or no evaluation experience—develop an evaluation strategy, which can help identify ways to improve programs and serve funders' reporting requirements. The guide can also help staff recognize evaluation as a beneficial process, rather than as an added burden imposed by funders.

#### Stop the Silence: Stop Child Sexual Abuse

Child sexual abuse (CSA) is a silent epidemic throughout the United States and the world, creating social havoc for the children, adult survivors, and society. It can be prevented and it can be treated with a conscious and sustained effort; Stop the Silence helps provide that effort. Recognizing and reporting CSA can make a world of a difference. Use the following resources to join the cause and end CSA.

- [Protecting Children from Abuse and Neglect](#)
- [Reporting Child Abuse and Neglect](#)

- [Understanding Child Abuse and Neglect](#)

For more information about Stop the Silence, click [Here](#).

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### **Funding Opportunities**

#### **Corporation for National and Community Service (CNCS): AmeriCorps State and National Grant Competitions**

**Purpose:** AmeriCorps awards grants to organizations to implement programs that utilize AmeriCorps members to engage in evidence-based interventions to strengthen communities.

**Requirements:** The CNCS breaks up its focus areas into seven focuses:

- [Disaster Services](#)
- [Education](#)
- [Capacity Building](#)
- [Economic Opportunity](#)
- [Environmental Stewardship](#)
- [Healthy Futures](#)
- [Veterans and Military Families](#).
- Private institutions of higher education

**If Accepted:** Exact amount will be determined according to needs.

**Deadline:** January 18, 2012

**For Applications and more information, visit:** [AmeriCorps Grant Info/App](#).

#### **The Viola W. Bernard Foundation Youth Mental Health Grants Program**

The Viola W. Bernard Foundation was established to provide seed money for innovative mental health programs with an emphasis on families and children. The program supports innovative programs that address the interplay between social conditions and the psychological health of children and families. Past recipients include the New Alternatives for Youth and The Animation Project. Award amounts vary. Eligible applicants include projects or programs for youth that involve a mental health component and preference is given to programs in New York, New Jersey, Connecticut, Vermont, Massachusetts, and Pennsylvania.

**Deadline:** January 31, 2012

Contact the [Viola W. Bernard Foundation](#) for more information and to apply for this funding.

#### **Families USA Healthcare Fellowships**

Families USA is a national nonprofit organization dedicated to the achievement of high-quality, affordable healthcare for all Americans. The Wellstone Fellowship for Social Justice fosters advancement of social justice through participation in healthcare advocacy work that focuses on the challenges facing many communities of color. The Villers Fellowship for Health Care Justice was created to inspire and develop the next generation of healthcare justice leaders. Each fellowship is for 1 year. Each fellowship includes a compensatory package including a salary and benefits. Eligible applicants must be authorized to work in the United States and have a college degree or plan to receive a degree by August 2012.

**Deadline:** April 27, 2012

Contact [Families USA](#) for more information and to apply for this funding.

#### **Program Participation Update on SNAP (food stamps) Grants**

USDA's [Supplemental Nutrition Assistance Program](#) (SNAP) is the federal food stamp program; state programs may have different names. The [SNAP website](#) is for state and county personnel

who work to improve the effectiveness and efficiency of their procedures and forms. It also has useful information for those interested in working with families receiving SNAP benefits.

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### Interesting Links

#### **Michelle Obama Helps Break World Record for Jumping Jacks**

Michelle Obama has earned her family another place in history. This time, Mrs. Obama will share the honor with more than 300,000 other participants on Sunday who [set the record for most people doing jumping jacks in a 24-hour period](#).

#### **Fast-Food-Outlet Density Drives Obesity Rates of Nations: Critical Public Health**

Important evidence of the holistic solutions needed for extension to address the obesity epidemic.

[Fast-food-outlet density drives obesity rates of nations: Critical Public Health](#)

#### **National Programs of Distinction Recognition Status During 2011**

- Navigating Difference – Washington
- Regional Challenge Camps – Louisiana

Full [descriptions of the programs](#) are available online.

For those interested in learning more about programs of distinction or want to submit a program for recognition, complete information can be found [online](#). Questions can be addressed to the [National Institute of Food and Agriculture](#).