



OBESITY INITIATIVE NEWSLETTER | FALL 2013

Wow, a lot has been happening in regard to obesity both locally and nationally since our summer newsletter! Below are the highlights from the past few months.

Obesity is now a disease

In June, the American Medical Association (AMA) declared obesity as a disease. This was a hotly debated subject at the AMA annual meeting. To hear more about this decision, [click here](#) to watch a short video.

Michigan is showing some improvement in its obesity rates, but it is still the 10th heaviest in the nation

Recently a detailed report came out regarding obesity rates across the nation. Michigan is now ranked number ten. To read the report and see the state by state graphical comparison, please [click here](#).

Exciting news regarding the Traverse City Area Public Schools (TCAPS)

In August the TCAPS Board of Education accepted the proposed Nutrition & Wellness policy and guideline 8510, which focuses on wellness. [Click here](#) to see the policy and guideline.

Decreases in childhood obesity rates are being seen

Good news...in August the Michigan Department of Community Health reported that Michigan is one of 19 states to show a slight decline in obesity rates in low-income pre-schoolers from 2008 to 2011. To read the press release, please [click here](#).

Youth WOW program

The YMCA's Youth WOW (Working on Wellness) program for youth grades 9th-12th has a new look! This 17-week program incorporates nutrition and physical activity education through its group training classes and group and individual nutrition sessions. There is also a 6 week long Junior Youth WOW program for grades 6th-8th. The winter session begins January 8th. For more information call Rebecca at 933-9622 or visit www.gtbayymca.org. Scholarship assistance may be available.

Local Leader commitment updates

At the ShapeMichigan event last November, a handful of community leaders made personal and organizational commitments to become healthier. We recently caught up with those leaders to see where they are at now. [Click here](#) to see where they're at.

Robert Wood Johnson Foundation resources

The Robert Wood Johnson Foundation has many great resources to offer! We especially enjoy receiving their weekly digest of happenings in the area of childhood obesity. If you are interested in receiving these free updates in your inbox [click here](#) to subscribe.

Please contact Diane Butler, Munson Medical Center's Community Health Manager, for more information (231) 935-9256 or dbutler@mhc.net.