

Story Ideas

Check this area regularly for updates on GetUp partner activities, pending legislation, related community-based updates, meetings and other information of interest that may spark a new or follow-up story idea.

GetUp Montgomery County is happy to assist you in connecting to Public Health experts, GetUp partners or others involved in the GetUp movement. Contact Bill Wharton at bwharton@phdmc.org , (937) 225-4403 or (937) 266-0150.

- During the summer of 2009, the YMCA of Greater Dayton tracked body mass index (BMI) levels of 575 children ages 5-12 attending summer camp. Of these, 38 percent were found to be overweight or obese, exceeding the norms for the state of Ohio. The YMCA focused its activity and meal plans around the 5-2-1-Almost None healthy lifestyles prescription, encouraging kids and counselors alike to each better and engage in activities that enhanced individual fitness. In fact, over 600 meals were served each day with increased efforts to include fresh fruit and vegetables. At summer's end, at least 72 percent of YMCA summer day camp kids increased their aerobic and strength abilities. A total of 33 percent who were pre- and post-tested showed a decrease in their waist circumference, suggesting an improvement in body composition. The YMCA hopes to expand this effort to its after-school programs as part of its GetUp partnership. For information, contact [Jenny Warner](#) or [Steve Gill](#) at (937) 223-5201.
- It was also a busy and informative summer for the Diabetes Association of Dayton. Twenty-four local children attended the first year of Camp Tiponi, a residential camp developed specifically for those with Insulin Resistance or who have type 2 diabetes. Camp Tiponi was a huge success with the kids and their parents alike. Children were taught how to maintain a healthy life style through a balance of proper nutrition and exercise while enjoying a fun camping experience. The program also included a component of working with the parents to further reinforce what the youth learned while at camp and encouraging lifestyle changes that the whole family can adopt and work on together. Parents so marveled at their kids new eating habits that they were frequently requesting the recipes from camp! The camp was staffed with doctors, nurses and registered dieticians from Dayton Children's Medical Center. For information, contact [Susan McGovern](#) at 937-220-6611.
- Centerville City Schools is very excited to continue its commitment to healthy nutrition and physical activity as a GetUp Gold Star Partner. The entire Board of Education endorsed their Partner2Partner handshake document! Contact Superintendent [Tom Henderson](#) at (937) 937 433-8841.
- Frank Perez, president and CEO of Kettering Health Network (KHN), signed the GetUp Partner2Partner handshake document on the spot when first presented by Health Commissioner Jim Gross in a meeting with the KHN executive team. KHN is developing plans to share and encourage the 5-2-1-Almost None healthy lifestyles

prescription with employees and family members covered under Kettering's self-insured health care plan. Contact [James Lewis](#) for more information.

- The Junior League of Dayton has a dedicated team of local volunteers working on expanding local use of the national Junior League "Kids in the Kitchen" program. The goal is to bring more nutritional information and expertise to local parents by encouraging cooking together with children. Kathy Barenbrugge chairs the local Community Council driving this effort. You can reach [Kathy](#) at her Dayton Marriott office, (937) 449-5588.