



**Alaska Native
Tribal Health Consortium**

Administration · 4000 Ambassador Drive · Anchorage, Alaska 99508 · Phone: (907) 729-1900 · Fax: (907) 729-1901 · www.anthc.org

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Media Contact:

Fiona Brosnan, cell/text 907-350-8495, fbrosnan@anthc.org

Youth Overweight and Obesity Prevention Program Training Planned Oct. 7-8 in Anchorage

ANCHORAGE – The Alaska Native Tribal Health Consortium Diabetes Program (ANTHC Diabetes) is hosting an **Alaska *We Can!*[®] Regional Training** on Oct. 7-8 at the Millennium Hotel in Anchorage.

We Can! (*Ways to Enhance Children’s Activity & Nutrition*), developed by the National Institutes of Health, is a science-based education program designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old maintain a healthy weight. The program focuses on three important behaviors: improving food choices, increasing physical activity, and reducing screen time. The program offers parents, caregivers and communities a wide range of tips, tools, resources and strategies, including curricula for parents and for youth, which are all designed to help families and communities lead healthier lives.

More than 70 people, including representatives from 15 tribally-affiliated organizations or agencies serving primarily an Alaska Native population, have registered to attend. Other attendees include individuals who work or volunteer with schools, after-school programs, Boys and Girls Club, Campfire, and other youth-serving organizations; public health programs; nutrition education programs; hospitals/clinics/health care systems; faith-based organizations; work-site wellness programs; university researchers; health insurers; and cooperative extension and parks and recreation departments.

The training, to be held at the Millennium Hotel at 4800 Spenard Rd., starts at 8:00 a.m. on Thursday, Oct. 7. Participants will learn about the ***We Can!*** program, receive hands-on training on ***We Can!*** curricula for parents and youth, hear innovative ideas to help launch and strengthen ***We Can!*** programming, and network with others working to prevent childhood overweight and obesity throughout Alaska. The training is sponsored by ANTHC Diabetes and in part by SUBWAY[®] restaurants and the State of Alaska Department of Health and Human Services.

According to the 2007 Alaska Youth Risk Behavior Survey, 27 percent of Alaskan youth are above normal weight, with 11 percent being obese. And research has shown that children who are overweight are at a higher risk of becoming overweight or obese as adults.

“We know that obesity is on the rise in Alaska, and people who are overweight or obese have a greater risk of developing diabetes,” says Denise Ramp, CNM, NP-C, a community educator in the Alaska Native Medical Center Diabetes Program. “And we know that people can make certain lifestyle changes that can help lower their risk of developing diabetes. The goal of the ***We Can!*** training is to encourage groups across the state to implement ***We Can!*** programming, so consistent, healthy messages reach all residents in Alaska.”



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We Can! takes research into the community to help our nation's children develop lifelong habits and skills to maintain a healthy weight," says Karen Donato, S.M., team lead for ***We Can!*** and coordinator of Overweight and Obesity Research Applications for the National Heart, Lung, and Blood Institute at the National Institutes of Health. "We've taken tested strategies for preventing overweight and turned them into tools for parents and caregivers to promote healthy eating, increase physical activity and reduce sedentary time within their families, and we are delighted to have the opportunity to bring a ***We Can!*** training to Alaska."

For more information about the training, visit www.wecantrainings.org, and for more information about ***We Can!***, visit <http://nhlbi.nih.gov>.

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About the Alaska Native Tribal Health Consortium

The Alaska Native Tribal Health Consortium is a not-for-profit health organization owned and managed by Alaska Native tribal governments and their regional health organizations. We provide statewide services in specialty medical care; construction of water, sanitation and health facilities; community health and research; information technology and professional recruiting. For more information, please visit www.anthc.org.