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## NH Celebrates Healthy Schools Day at UNH July 9

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UNH News Bureau

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DURHAM, N.H. -- Jogging kids will join education, health and community leaders to focus attention on a healthier school environment at the New Hampshire Healthy Schools Conference to be held at the University of New Hampshire Wednesday, July 9.

The conference takes place from 8:30 a.m. to 4:30 p.m. in UNH's Memorial Union Building (MUB) and is open to the public. Preregistration is required by calling Tamara Martin at 603-862-3653 or Evelyn Hart at 603-625-1677.

The New Hampshire Healthy Schools Coalition, which is sponsoring the conference, was launched in October 2002 as an outgrowth of the Healthy Schools Summit in Washington, D.C., to address childhood obesity. Part of Action for Healthy Kids, a nationwide initiative, the coalition is bringing national leaders to the state to discuss strategies for incorporating physical activity and better nutrition into the schools.

"The conference demonstrates that schools can work with families to address the rapidly increasing number of overweight, undernourished, sedentary children throughout the state," says Tamara Martin, research assistant professor in UNH's Department of Health Management and Policy and chairman of the N.H. Healthy Schools Coalition. "Center for Disease Control data indicates that 26 percent of American children and 40 percent of teens are overweight. Studies show that well nourished, active children perform better academically."

Scheduled speakers include Patrick Cooper, superintendent of schools in McComb, Miss.; William Potts-Datema, of the Harvard School of Public Health; Julie Straus, a nutritionist for the U.S. Department of Agriculture Child Nutrition Division; Amanda Purcell, of California Project Lean; and Alicia Moag-Stahlberg, executive director of Action for Healthy Kids, the national initiative launched at the 2002 Healthy Schools Summit.

Additional activities include two kid's fun runs and a 5K race at 11 a.m. in front of Thompson Hall, an American Heart Association children's activity area at 11:30 a.m. in the MUB Food Court, and a book signing by Rae Pica, author of "Your Active Child," from 11:30 a.m. to 1 p.m. in the MUB Food Court.

New Hampshire Celebrates Healthy Schools Day is made possible by the financial support of the following organizations and businesses: New England Dairy & Food Council; New Hampshire Charitable Foundation; N.H. Association of Health, Physical Education, Recreation and Dance; Cabot Creamery, Cabot, Vermont; Lilac City Pediatrics, Rochester; American Heart Association, New England Affiliate; Bureau of Nutrition and Health Promotion; N.H. Department of Health and Human Services; Northern N.H. Area Health Education Center; and Southern N.H. Area Health Education Center.

Parking is available in A Lot, Section 3, on Main Street of the Durham campus. A free shuttle will run from the parking lot to the MUB.

**New Hampshire Celebrates Healthy Schools Day  
July 9, 2003  
Memorial Union Building, UNH, Durham**

**Agenda:**

**8:30** - Registration opens - Granite State Room

**8:45 - 10:15** - "Food On the Run" - MUB Theatre II  
***Amanda Purcell, MPH***  
*California Project Lean*

**10:30 - 11:00** - "USDA's Changing the Scene Kit" - MUB Theatre II  
***Julie Stauss, MS, RD***  
*USDA Child Nutrition Division*

**11:00 - 12:00** - "Fit Kids Run/Walk" - Main St., Durham  
*Representative Invited: President's Council on Physical Fitness and Sports*

**11:00 - 11:30** - "Creating Healthy Schools for High MUB Theatre II Performing Kids"  
***William Potts-Datema, MS***  
Harvard School of Public Health

**11:30 - 1:00** - Educational Exhibits open - Food Court/  
Children's Activity Center Opens - Granite State Room

*Book Signing, Rae Pica "Your Active Child"*

**12:00 -1:00-** Luncheon - Granite State Room

**1:15 -2:45** - "Action for Healthy Kids: A Call to Action" - Granite State Room

***David Satcher, MD, PhD*** *Invited:*

*Chairman, Healthy Schools Summit/Action for Healthy Kids*

***Alicia Moag-Stahlberg, MS, RD***

*Executive Director, Action For Healthy Kids*

**3:00 - 4:15** - "The Community-Critical Partner's in Granite State Room

Making Change"

***Patrick Cooper, Ph.D.***

*Superintendent of Schools, McComb, MS*

**3:00** - Educational Exhibits close - Food Court  
Children's Activity Center Closes Strafford Room

**4:30** - *Close of day*

[Back to UNH News Bureau](#)