

Schools engage in obesity reduction effort

Add fitness training to regular lessons

BY ANDY KENNEY
STAFF WRITER

Fitness education isn't just for gym class anymore. Teachers in Chapel Hill and Carrboro schools, along with other schools across the state, are being given the tools to bring physical activity into their everyday curriculum.

Nearly 100 percent of the Chapel Hill-Carrboro City Schools district's kindergarten through fifth-grade teachers and 50 percent of the district's middle school teachers received Fit Kids training.

It was funded by the N.C. Health

& Wellness Trust Fund, which was created by the N.C. General Assembly as one of three groups to receive the state's tobacco settlement funds.

The system has reached the 70 percent mark and will receive a certificate and a \$1,000 stipend.

The N.C. school board now requires 30 minutes of in-class physical activity each day.

Stephanie Willis, the Chapel Hill-Carrboro City Schools health services and healthful living coordinator, said training for teachers is provided to help reinforce the mandate.

"They figured they needed to put some funding into training teachers how to implement physical activities into other areas," she said.

Willis gave the example of an online resource for Fit Kids that has log-in sites for teachers to learn how to integrate physical activity into their curriculum.

Teachers also receive an "Energizer Booklet," which contains active lesson plans that correspond with curricular goals.

BlueCross BlueShield held training for people who could then train teachers during summer 2006, and training within the schools began early in 2007.

"The training has been invaluable to us," Stephanie Knott, the

district assistant to the superintendent for community relations, stated in a press release.

"It's made it much easier for us to focus on these new guidelines. And from all indications, our students and teachers alike are enjoying the results."

The program comes at a time when awareness of the nation's and the state's obesity rates is increasing.

A report from Trust for America's Health shows that 19.3 percent of North Carolina's youth weigh in as obese, making it the fifth-highest rate of child obesity in the nation.

Willis said the rate of obesity among the district's students par-

"They needed to put some funding into training teachers how to implement physical activities into other areas."

STEPHANIE WILLIS, CHCCS HEALTH SERVICES AND HEALTHFUL LIVING COORDINATOR

allels the increasing trend in the nation during the past 20 years.

She added that besides the Fit Kids training, teachers and school staff utilize other means to ensure their students are learning to live healthfully.

Willis said the district has a nutrition policy, which includes nutritional education in the classroom and cooking classes for students.

"We have different programs in different schools that combine physical activities and programs and opportunities for kids," she said.

"I think it's important for students to have increased opportunities. It benefits them both physically and mentally."

Contact the City Editor at citydesk@unc.edu.

Funds help inhalant technology UNC study warns of sugary drinks

Moves to clinical trial after UNC start

BY SETH WRIGHT
STAFF WRITER

A new powder-based inhalant technology invented at UNC now can move into full clinical trials thanks to a \$26.5 million investment.

Invented by UNC School of Pharmacy professor Anthony Hickey and UNC alumnus Timothy Crowder, the technology helps those with airway disease — such as bronchitis, asthma and chronic obstructive pulmonary disease.

"The problem is getting the pow-

ders to disperse such that patients are not aware of them," said Dr. Sam Weir, Family Medicine Center director at UNC Hospitals, noting that the powders can cause irritation or get stuck on the patient's tongue.

But unlike similar products already on the market, the new technology puts energy into the powder using small vibrations that allow the medicine to move more easily into the patient's lungs.

Hickey, who spent years studying powders' reactions to these vibrations, designed the device in a

"If this device helps improve the dispersion of the powder, then it would be a big advance."

DR. SAM WEIR, FAMILY MEDICINE CENTER DIRECTOR AT UNC HOSPITALS

way that the patient will be able to inhale the medicine more easily.

"If this device helps improve the dispersion of the powder, then it would be a big advance," Weir said.

As a result of the easy dispersion, the new inhalant technology will reduce the production time needed for preparing the powders and will help drug companies quickly meet regulatory requirements.

The invention has spawned Oriol Therapeutics Inc., a company based in Research Triangle Park that will commercialize products of the technology.

New Leaf Venture Partners, a health care technology investor in New York, announced the multi-million-dollar investment to Oriol earlier this month.

Although Oriol started as a company based off the inhaler technology, it now also develops its own drug for the inhalers.

Paul Atkins, CEO of Oriol, said that there is a clear plan of action on how to spend the investment and that he hopes the company will finish development of its device and then move to human testing.

Eventually the company aims to

commercialize its product.

But Hickey said the amount of testing and regulatory consideration the company will have to go through before bringing its products to the market is extensive.

"Things take time, but if in five to 10 years somebody is using this inhaler — that, from my perspective, is a huge step," Hickey said.

The technology is in high demand, as about 10 percent of the U.S. population has an airway disease.

Powder-based inhalers have been on the market since GlaxoSmithKline Inc.'s invention of Advair in response to the phasing out of chlorofluorocarbons — which are harmful to the environment — beginning in 1987. A Food and Drug Administration ban on the production, marketing and sale of chlorofluorocarbons is effective beginning 2009.

New Leaf Venture Partners' one-time investment in Oriol should last about two years, depending on how quickly the company spends the money, Atkins said.

"I think that we'll be setting a new standard as far as a powder system."

Contact the University Editor at udesk@unc.edu.

BY ALICE MILLER
STAFF WRITER

The saying "You are what you eat" could soon change to "You are what you drink."

Researchers from UNC's School of Public Health found that people are drinking almost twice the number of calories now than they were 37 years ago.

The study, which ran from 1965 to 2002, concluded that the increased caloric intake from beverages could be linked to diabetes and obesity.

"It is important that people recognize that beverages do contain calories," said Kiyah Duffey, a doctoral candidate in the Department of Nutrition.

The department's study found that most adults' daily consumption of beverages — other than water — has increased by 94 percent from 1965 to 2002, resulting in an additional 222 calories each day. If people continued drinking at this rate for a year, they could gain 22 pounds, Duffey said.

And dieters shouldn't forget about potential calories drinks contain.

This study focused on the effects of beverages such as sodas, fruit juices, energy drinks and alcohol on adults around the country.

Today whether at a sporting event or driving in the car, large-size drinks with no nutritional value are constantly available.

"People should limit any kind of beverage that provides calories and no nutritional value to help reduce the amount of calories consumed," Duffey said.

Becoming more aware of the number of calories in drinks could be helpful for N.C. residents, who rank high nationally when it comes to obesity, said Alice Ammerman, nutrition professor in the School of Public Health.

According to the Centers for Disease Control and Prevention, more than 25 percent of North Carolinians are obese.

Ammerman suggests drinking seltzer water mixed with fruit juice as a healthier alternative to regular sodas. This drink is a better choice, but water, which contains zero calories, is the best option.

"One way people are working on changing is to get the beverage industry to change the size of the beverages they offer," she said.

On college campuses calorie-laden drinks are popular.

"People buy lots of coffee and lots of juices," said sophomore Matt Hinson, who works at Student Stores. He also sells a lot of Red Bull and sodas.

"People need to be mindful of what they drink," Duffey said.

Contact the University Editor at udesk@unc.edu.

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CCAC advisers will serve within two high schools, and will perform the following primary functions:

- Provide one-on-one admissions and financial aid advice to any student or family seeking assistance.
- Organize group events that encourage students and their families to consider, plan for, and apply to colleges.
- Establish productive working relationships with principals, counselors, and teachers in each assigned high school.
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Office of Undergraduate Admissions

To learn more, contact:
Wendy Jebens
CCAC Project Coordinator
Office of Undergraduate Admissions
wjebens@unc.edu
843-6155

Sudoku

By The Mephom Group

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Level: 1 2 3 4

5					9			
6			3	4				8
	1	6		8	4			
7			2					4
	8				7			
4			6					5
	9	2		3	6			
2		7	8					1
1					8			

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Tuesday's puzzle

6	8	2	3	5	7	9	1	4
1	7	3	4	6	9	8	5	2
4	9	5	2	8	1	7	6	3
5	4	1	9	2	6	3	7	8
9	2	7	8	3	5	6	4	1
8	3	6	7	1	4	5	2	9
2	5	9	6	4	8	1	3	7
7	1	4	5	9	3	2	8	6
3	6	8	1	7	2	4	9	5

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THE Daily Crossword

Edited by Wayne Robert Williams

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ACROSS

- Mineral springs resorts
- Nights before
- Loses color
- Float on the wind
- Slug or song ending?
- Corpulent
- Farm measure
- Lady of the haus
- Stop
- Partner of 53A in comedy
- de plume
- New Jersey team
- Automaton of Jewish legend
- Childish
- Union soldiers
- Fragrant resin
- Blackthorn
- Solid surface
- Titled Brit
- Purify
- Clothe
- Spelling or Amos
- Song and dance, e.g.
- Regretting
- Phonograph needles
- Animation mogul
- Actress Sophia
- Bad habit
- Barbary denizen
- Partner of 20A in comedy
- Use a diving rod

DOWN

- Booty
- Wait nervously
- Bushy do
- Breastbone
- Decadent
- Parts of speech
- Son of Isaac
- Caviar producers
- Ship area, to a bo's'n
- Burrows or Fortas
- Partner of 29D in comedy
- Exxon, formerly

ACROSS

- Appear to be
- Photo finish?
- Centering points
- Period of note
- Playful pranks
- Author of "Silas Marner"
- Partner of 11D in comedy
- Deflated tires
- Sierra
- Drooping
- Ship love songs
- Coherent light

DOWN

- Author Jong
- Worldwide workers' grp.
- Futile
- Pressing
- Scale watcher
- Small greenish bird
- Hebrew month
- Gdansk resident
- Guitarist's gadget
- Hilo feast
- Ashtabula's lake
- Head signals
- Comprehend

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20				21				22			23	
24				24				25			26	
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41								42			43	44
45								45			46	47
48								48			49	50
51	52							53			54	55
56								56			57	58
59								59			60	61
62								62			63	64
65								65			66	67