

Helping Communities Healthy e~Newsletter

Newsletter
from the
Office of
Chronic
Disease
Prevention
& Health
Promotion

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Newsletter Mission: Provide factual, informative, and interesting information to promote healthy lifestyles in South Dakota communities.

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State Arthritis Awareness Day

October 12, 2012 will be recognized as South Dakota State Arthritis Day, supported by an executive proclamation from the office of the Governor.

Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 21 million adults; 26.8% of South Dakotans suffer from some type of arthritis.

The Department of Health supports arthritis awareness and advocacy and works with communities and other partners to improve the quality of life for people with arthritis.

Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease pain, improve function, stay productive, and lower health care costs.

Key self-management activities include the following:

- **Learn Arthritis Management Strategies**—Techniques to reduce pain and limitations (learned through arthritis or chronic disease self management programs) can be beneficial.
- **Be Active**—Research has shown that physical activity decreases pain, improves function, and delays disability. Get at least 30 minutes of moderate physical activity at least five days a week.
- **Watch Your Weight**—Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression.
- **See Your Doctor**—Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important.
- **Protect Your Joints**—Joint injury and joint stress can lead to osteoarthritis.

For more information go to
<http://www.cdc.gov/arthritis/index.htm>



Chronic Disease Corner

Tobacco Program

The South Dakota Tobacco Control Program (SD-TCP) coordinates state efforts to prevent individuals from starting to use tobacco products, help current tobacco users quit (1-866 SD QUITs or 1-866-737-8487), and reduce nonsmokers' second-hand smoke exposure. The SD-TCP's efforts are based on those practices shown to be successful and recommended in Best Practices for Comprehensive Tobacco Control Programs compiled by the Centers for Disease Control and Prevention (CDC) and at the local level.

Funding for the third year of the Community/School Partnership Grants is now available through the SD-TCP. The purpose of the partnership grant program is to link school and community tobacco prevention and control efforts in order to achieve maximum impact. Partnership efforts are led by both community and school representatives and implement activities that impact both local school districts and the community at large.

Learn more about tobacco control at <http://doh.sd.gov/tobacco/>; for more information on the Partnership Grants, please visit <http://doh.sd.gov/Tobacco/PartnershipGrants.aspx>.

Active Transportation Advisory Team

The South Dakota Department of Health has recently convened an Active Transportation Advisory Team (ATAT) intended to help communities reduce chronic disease, promote healthier lifestyles, reduce health disparities, and control healthcare spending. The purpose of the ATAT is to provide direction, technical assistance and troubleshooting, training and resources, and support for SD communities interested in adopting comprehensive strategies for healthy community design to increase active transportation.

Active transportation is 'defined' as the integration of physical activity into daily routines such as walking or biking to destinations—such as work, grocery stores, or parks—and encouraging use of public transit where available. Incorporating physical activity into daily activities and routines is a key strategy towards improving health and reducing chronic disease.

The ATAT consists of representatives from many sectors including planning, transportation, public health, education, parks and recreation, and bicycling advocacy.

For those SD communities interested in assessments and strategies to increase active transportation or to register for the free online training go to: www.med.upenn.edu/beat

For questions contact Beth Davis, Physical Activity Coordinator, SD Department of Health, at (605) 280-2429 or beth2022@pie.midco.net.

Healthy Highlights

Stand Up Against Sitting Disease

The number of hours you spend sitting each day can affect how long you live as well as your quality of life.

A recent poll by the Institute for Medicine and Public Health showed that people spend a stunning 56 hours a week and over six hours a day planted like a geranium—staring at a computer screen, driving, or collapsed in a heap in front of the TV. This problem, known as *sitting disease*, has become rampant across the nation.

Research shows that **sitting less than three hours a day** would add two years to the average life expectancy. Studies indicate sedentary living plays a significant role in many of the health issues of our time—obesity, heart disease, diabetes, certain cancers, and depression.

The best way to fight sitting disease... **move more!** The solution may seem simple, but the effects may be profound. In addition to increasing your life expectancy, you may lose a few pounds and decrease your stress. For suggestions and more information, go to:

<http://www.rd.com/health/healthcare/rise-up-against-sitting-disease/>
<http://www.mayoclinic.com/health/sitting-disease/MY02177>
www.usatoday.com/news/health/story/.../sitting-disease.../1Share

Mental Illness Awareness Week October 7-13, 2012

Mental Illness Awareness Week (MIAW) is an opportunity to learn more about mental illnesses, promote awareness and put an end to the stigma, and advocate for support for treatment and recovery. MIAW's theme this year is ***Changing Attitudes, Changing Lives***.

Mental illnesses are medical illnesses. One in four adults experiences a mental health problem in any given year. One in 17 lives with serious, chronic illness, and many are directly affected by mental illness. The good news is that treatment does work and recovery is possible.

On average, people living with serious mental illness live 25 years less than the rest of the population. Research indicates that less than one-third of adults and less than one-half of children with a diagnosed illness receive treatment. The U.S. Surgeon General has reported that stigma is a major barrier to people seeking help when they need it. The more people know, the better they can understand mental illness and help themselves or their loved ones get the treatment, help, and support they need.

Is Stress Linked to Chronic Disease Risk?

Ongoing stress can increase your risk of many health problems, including heart disease, obesity, depression, and diabetes.

Everyone experiences stress from time to time, but if you feel constant stress and experience physical symptoms (such as headaches, back or neck pain, difficulty sleeping), it's probably time to take action. (USA.gov)

Community Commons

October Dates of Importance

October is **Breast Cancer Awareness Month**, and is dedicated to promoting breast cancer awareness, sharing information on the disease, and providing greater access to services.

October 24 is **Food Day**, a nationwide celebration and a movement for healthy, affordable, sustainable food. To be part of a movement that is changing the way America eats—for the better, go to www.foodday.org.

October 27th is **Make a Difference Day 2012**, America's largest annual day for community volunteering. Go to makeadifferenceday.com for ideas and tools.

Today's Tip...

Effective Coalition Building

1. Determine community interest and need.
2. Recruit the right people.
3. Decide preliminary goals, objectives, and activities.
4. Anticipate and obtain necessary resources.
5. Define the structure of a successful coalition to meet the community needs.
6. Maintain coalition vitality and commitment.
7. Evaluate progress and results.
8. Make improvements.



Be Healthy!!!

For questions or information, contact:

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Resources

Increased obesity is wiping out most health benefits of less smoking...

The American smoking rate is going down. The obesity rate is going up. And when it comes to women's life expectancy, those trends have just about canceled each other out. To read more go to:

www.washingtonpost.com/blogs/ezra-klein/wp/2012/09/25/increased-obesity-is-wiping-out-most-health-benefits-of-less-smoking/

Community program may help some obese kids...

Heavy kids who took part in a program hosted at community YMCAs were able to keep off some extra weight and improved their quality of life, including relationships with peers and functioning at school. The six-month program covered nutrition and diet, physical activity, and screen time to help obese kids lose weight but at a steep price. To read more go to:

articles.chicagotribune.com/2012-09-20/lifestyle/sns-rt-us-obese-kidsbre88j178-20120920_1_obese-kids-childhood-obesity-obese-child

More people walk to better health...

More than 6 in 10 people walk for relaxation, transportation, or exercise, or for activities such as walking the dog. The percentage of people who report walking at least once for 10 minutes or more in the previous week rose from 56% (2005) to 62% (2010). Improving spaces and having safe places to walk can help more people become physically active and reduce chronic disease.

www.cdc.gov/vitalsigns/Walking/index.html