

Newsletter Mission

- Provide factual, informative, and interesting information.
- Promote healthy lifestyles.

TRENDS 2012

This Issue

Top 2012 Trends
OCDPHP
Assessment Grants
The Weight of the Nation
Health EDventure
More...

Top 2012 Nutrition & Physical Activity Trends

With one-fourth of the new year already behind us, see the list below to compare how you are matching up to some of the predicted nutrition and physical activity 'trends' for 2012.

- ✓ More focus on farm to table
- ✓ Calories count
- ✓ Family meals more in vogue
- ✓ Healthy eating
- ✓ Locally sourced meats and seafood and locally grown produce
- ✓ Healthy kids fare, better children's nutrition, and adding whole grains
- ✓ Gluten-free/food allergy conscious
- ✓ Corporate wellness, health promotion, and incentive programs
- ✓ Physician referrals and prescribed exercise
- ✓ Wellness coach
- ✓ Strength training
- ✓ Age-specific fitness programs
- ✓ Comprehensive programs
- ✓ Childhood obesity reduction
- ✓ Trendy exercises
- ✓ Functional fitness and core training
- ✓ Sport-specific training
- ✓ Reaching new markets
- ✓ Children and obesity prevention
- ✓ Certified and educated fitness professionals

For more descriptive information on each topic go to <http://www.healthysd.gov/Communities/>

Office of Chronic Disease Prevention and Health Promotion

The Office of Chronic Disease Prevention and Health Promotion (OCDPHP) in the South Dakota Department of Health offers a variety of resources to support the work of building healthy communities. Office programs work collaboratively to develop, implement and

evaluate a coordinated communication plan to inform and educate the public and stakeholders about the chronic disease burden, risk factors for those diseases, and interventions to reduce them.

Resources are available to promote healthy community environments through technical assistance, educational materials, funding (when available) and training.

“Community work is critical in reducing the burden of chronic disease and improving access to healthy options,” states Linda Ahrendt, Program Administrator. “We are ready to assist your community in this very important work.”

Visit the website at <http://doh.sd.gov/>

The mission of the OCDPHP is to improve the quality of life, health, and well-being through effective leadership, surveillance, education, advocacy and partnership development.

Areas of outreach within the Office of Chronic Disease Prevention and Health Promotion are:

- Nutrition & Physical Activity
- Fruits & Vegetables
- Healthy Communities
- Diabetes Prevention & Control
- Heart Disease & Stroke Prevention
- Tobacco Control
- Oral Health
- SD Cancer Registry
- Breast and Cervical Cancer
- Colorectal Cancer Control
- Comprehensive Cancer Control
- Coordinated School Health
- WISEWOMAN
- Worksite Wellness
- Epidemiology



Community Assessment & Planning Grants

The SDDOH Nutrition and Physical Activity Program is offering community assessment grants for those communities looking to assess their health and make changes to improve overall health. The purpose of the grant is to promote and enhance the ability of local communities to develop and implement policy, systems, and environmental change strategies to prevent, manage, or reduce the risk factors of chronic disease. Grants are available up to \$15,000 each for several communities. The RFP opened March 28, 2012 and will close **May 8, 2012**. Find the application form and guidance on the Healthy South Dakota website.

New contact information:

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HBO Tackles “The Weight of the Nation”

HBO has commissioned a major documentary series project on obesity, *The Weight of The Nation*, helping to launch one of the most far-reaching public health campaigns on this epidemic to date. The multi-part, multiplatform series debuts May 14-16 and HBO’s local affiliates are removing the subscription requirement for that week to give access to non-subscribers and will stream content free-of-charge on HBO.com to reach the widest possible audience.

Three years in the making, *The Weight of the Nation* is being developed in partnership with the Institute of Medicine (IOM), the CDC, Dell Foundation and Kaiser Permanente. It spotlights the facts and myths of this urgent public health issue and shows how obesity affects the health of the nation. Diabetes, cardiovascular disease, cancer and arthritis are just a few of the diseases directly linked to obesity and will dramatically increase if the status quo does not change.

The four-part documentary series features case studies and interviews with leading experts and with individuals and families struggling with obesity. The first film, “*Consequences*,” examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese. “*Choices*,” the second film, gives viewers the lowdown on scientific results of losing weight, maintaining weight loss and prevent weight gain.

The third film, “*Children in Crisis*,” documents the damage obesity is doing to the nation’s children, tackling subjects ranging from school lunches to the decline of physical education to the marketing of unhealthy food to children. The concluding “*Challenges*” examines the major forces behind the obesity epidemic, including agriculture, economics, evolutionary biology, food marketing, racial and socioeconomic disparities, physical inactivity, American food culture and the strong influence of the food and beverage industry.

HBO Family’s *The Weight of the Nation for Kids* looks at children who have taken action to prevent obesity in their own lives and communities and offers inspiring examples of kids who have made a difference.

Francis S. Collins, director of the National Institutes of Health (NIH) said: “If we don’t succeed in turning this epidemic around, we are going to face, for the first time in our history, a situation where our children are going to live shorter lives than we do.”

Visit the HBO web site to sign up for the “Take Action/Host a Screening” opportunity advertised at the bottom center of the page <http://theweightofthenation.hbo.com/#>

Community Health Status & Assessment Toolkit

The Nutrition & Physical Activity Program will be releasing a new toolkit for use in assessing the health of your community. This resource offers information on how to use the County Health Rankings and community assessment data to guide policy, systems and environmental change and more. It will be available for download from the Healthy South Dakota website in late April.

South Dakota Health EDventure A Free Resource for Families & Schools

South Dakota Health EDventure is an online K-12 health education resource that is free of charge to all families and schools in the state. Sponsored by Avera Health and the Education Resource Center of South Dakota, the website provides everything from online games, lesson plans, health fact sheets, wellness tools, videos, recipes, activity books to a personal health center that includes a calorie counter and exercise tracker. Currently over 50,000 users have registered and utilize the site. Newsletters for parents, teachers, and elementary and middle high schools students are sent out each month to subscribers. To access this resource go to www.healthedventure.org.

Stay tuned for these upcoming events:

- ⇒ Coalition Mega Meeting, Chamberlain, September 10-11
- ⇒ Worksite Wellness Summit, Sioux Falls, September 25

May is Older Americans Month



This year's theme **"Never Too Old to Play"** encourages older Americans to stay engaged, active and involved in their own lives and in their communities. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups, and are remaining physically and socially active through their 80s and beyond.

HPV-Related Cancers On The Rise

The incidence of HPV-related cancers is a growing concern in South Dakota. The SDDOH is pleased to share the HPV and Cancer Monograph. To view online, please see <http://getscreened.sd.gov/registry> under the Data & Publications tab. Two companion pieces, the HPV patient information card and the HPV vaccination magnet, were designed to be shared with parents and patients. To view and access the online ordering system, please see <http://doh.sd.gov/catalog.aspx>. All materials are available free of charge.

Seventh Annual Tour de Kota

The 2012 Argus Leader Tour de Kota™ will be held June 17–22, with the route covering 464 miles and beginning and ending in Dell Rapids, SD. There is a special one day ride (45 miles) that starts and finishes in Sioux Falls on June 10 to kick off the event. For more information call 605-331-2200 or go to tourdekota@argusleader.com