

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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Good & Healthy Community Summit

Plan to
attend...

The Good & Healthy Community Summit— *Community Assessment, Collaboration, and Collective Impact*

This conference—with workshop sessions conducted by local, regional, and national experts—is coming to the **Holiday Inn City Centre in Sioux Falls** on **September 9 and 10, 2013.**

The workshop will promote and support the facilitation of Community Health Needs Assessment (CHNA) in South Dakota communities to address chronic

disease management. There will be other sessions that support risk factor reduction, health promotion, and prevention efforts.

Some sessions include:

- Release of the Good & Healthy Community Toolkit
- The new CHNA Checklist
- Understanding Data
- Community and Hospital Benefit
- Community Readiness
- Writing SMART Objectives



Limited space is available, so make plans to attend. Registration will be available in early Summer. For more information or questions about the conference, please contact Lori at RN@osterconsulting.com or Sarah at s.quail@voa-dakotas.org.

Chronic Disease Corner

Chronic Disease Partners Meeting

The 2013 Chronic Disease Partners Meeting will be August 15 at Cedar Shores Resort. The event will offer presentations by both national and local speakers. Some sessions include:

- Chronic Disease Collaboration
- Health Home Model
- Chronic Disease Self-Management
- Updates on the Chronic Disease State Plan
- and more!

Registration information will be sent via email in May.

Save the Date
August 15, 2013

2013 Chronic Disease Partners Meeting

Where:
Cedar Shores Resort, Chamberlain

Time:
10:00 a.m.—4:30 p.m. CST

Who:
Health Systems, Health Advocacy Organizations, State and Tribal Agencies, and Community and Faith-based Organizations

The South Dakota Department of Health and its partners are pleased to announce the 2013 Chronic Disease Partners Meeting. Breakout sessions will focus on Epidemiology and Surveillance; Environmental Approaches; Health Systems Interventions; and Community-Clinical Linkages.



Keynote Speaker
Jeanne Alongi, MPH
National Association of Chronic Disease Directors

Jeanne is a public health consultant with experience in national-, state-, and local-level practice. Jeanne also served in the Public Health Prevention Service at the CDC before becoming the director of the arthritis and osteoporosis programs in the California Department of Health Services.



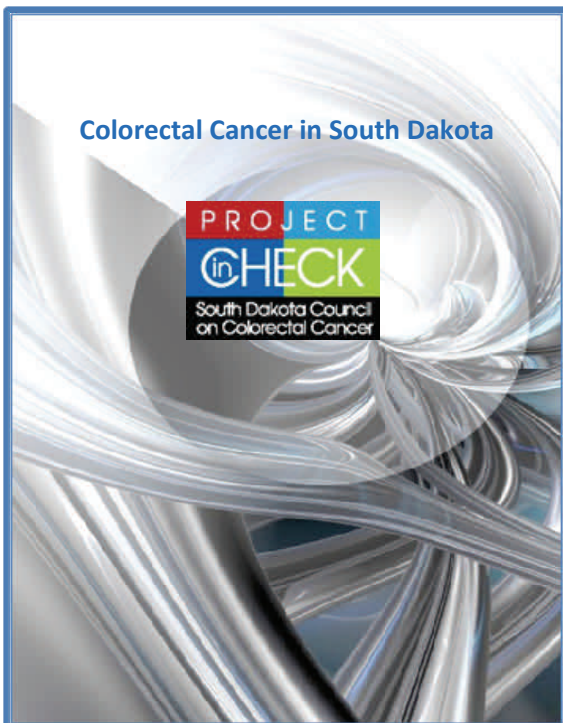
2013 Colorectal Cancer in South Dakota

The South Dakota Council on Colorectal Cancer and the South Dakota Cancer Registry have released the 2013 colorectal cancer monograph, *Colorectal Cancer in South Dakota*. To view the report, please see [http://](http://getscreened.sd.gov/registry/)

getscreened.sd.gov/registry/ under the Data & Publications tab.

Diet and physical activity are the most important environmental influences on colorectal cancer. Choices made every day can improve a person's general health. The following changes in diet and lifestyle can reduce the risk of developing colorectal cancer:

- Be physically active every day for 30 minutes or more.
- Limit alcohol to one drink per day for women and two drinks per day for men, if you drink at all.
- Limit red meat and avoid processed meat.
- Maintain a healthy weight throughout life and avoid weight gain—particularly fat around the midsection.
- Get regular screenings by a doctor beginning at age 50 since risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine at 1.866.SD-QUITS (1.866.737.8487) to enroll. For more information, go to the website at <http://www.SDQuitLine.com>.



Healthy Highlights

National 'Walkability' Expert Mark Fenton Coming to South Dakota

The South Dakota Department of Health and the South Dakota Parks and Recreation Association (SDPRA) are collaborating to bring one of the most recognized national experts and leaders in creating healthier, more livable cities to South Dakota. Mark Fenton, a public health, planning, and transportation consultant who works tirelessly to help America find its way to more active and more livable cities, towns and neighborhoods, is coming to **Pierre October 1-2, 2013**. Mark will be the featured keynote and workshop presenter at both the **HealthySD Stakeholders meeting on October 1st**, and the **SDPRA Annual Conference on October 2nd**.

To learn more about Mark Fenton's message, check out his website at www.markfenton.com. For more information on his October visit to SD, contact Beth Davis, Physical Activity Coordinator, SD Department of Health at (605) 280-2429 or beth2022@pie.midco.net or Lynn Spomer, SDPRA, at (605) 773-3930 or lynn.spomer@state.sd.us.

Active Transportation – A Better Way to Get Around Town

The South Dakota Department of Health and the statewide Active Transportation Advisory Team (ATAT) are seeking SD communities who are interested in learning more about implementing policies and strategies to increase community walkability, bikeability and active transportation resulting in more livable, healthy, and vibrant communities. Technical assistance is available as well as opportunities for trainings. Contact Beth Davis, Physical Activity Coordinator, SD Department of Health at (605) 280-2429 or beth2022@pie.midco.net.

May is National Physical Fitness and Sports Month

Everyone can benefit by getting regular physical activity. Get moving and encourage others to participate in National Physical Fitness and Sports Month. Here are a few ideas from Healthfinder.gov:

- Encourage families to make small changes, like taking a walk after dinner.
- Motivate teachers and administrators to make schools healthier by making sure physical activity is a part of every student's day.
- Identify youth leaders in the community who can talk to their peers about the importance of being active.

View the toolkit from the U.S. Department of Health and Human Services sponsored by the President's Council on Fitness, Sports, & Nutrition at <http://healthfinder.gov/NHO/PDFs/MayNHOToolkit.pdf>

Community Commons

2013 County Health Rankings

The latest County Health Rankings were released in March. According to the report, U.S. rates of premature deaths are at the lowest level in 20 years. The 2013 County Health Rankings rely on a robust set of data and analysis that allows counties to see what it is that is making residents sick or healthy, and how they compare to other counties in the same state. This data helps lay the groundwork for health improvement efforts by community leaders and citizens motivated to work together to create a culture of health in their community. For more information go to www.countyhealthrankings.org.

Upcoming Events

South Dakota Workwell Summit, Tuesday May 7 in Rapid City at the Rushmore Plaza Holiday Inn

Chronic Disease Self Management Retreat, Monday May 13th at Cedar Shores in Oacoma.

HealthySD Stakeholders Meeting, May 15th at the AmericInn in Chamberlain



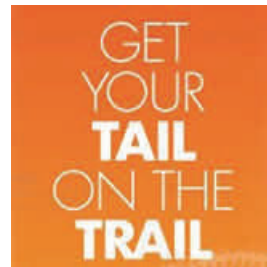
Be Healthy!!!

For questions or information, contact:

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Other News

Get Your Tail on the Trail



Check out the HealthySD Trails Facebook page and learn where you can get your 'tail on the trail' and be more active.

South Dakotans need 150 minutes per week of physical activity – so get yours while venturing outside. Visit <http://www.facebook.com/HealthySDTrails> and be sure to 'like' us to receive new posts about places and spaces in South Dakota to explore.

Kids on the Move

Sunday school class at West Nidaros Lutheran Church near Crooks infuses exercise with lessons as part of its health ministry. Reading how South Dakota ranks low in health activity spurred organizer Mary Brendtro to help children and families see the importance of healthy choices. Read the full story at <http://www.argusleader.com/article/20130429/VOICES/304290008/Kids-on-the-move>.

Tobacco Update

The Sioux Falls Parks and Recreation and Health Department announced a new tobacco policy for all Sioux Falls parks, which will prohibit tobacco use on playgrounds and at city parks during youth (under age 18) recreation activities.