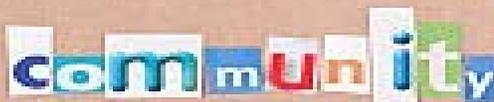


Helping Communities Healthy e~Newsletter

Newsletter Mission

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



This Issue

CAG

Resources

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Share Your Success

Tail on the Trail

Did You Know?

Community Assessment Grants (CAG)

The South Dakota Department of Health, Office of Health Promotion, Healthy South Dakota and Healthy Communities Programs are accepting applications from cities, towns, and communities for community assessment grants. The grant award money (up to \$15,000) must be obligated/spent by March 20, 2012 and used specifically for community assessment and planning purposes toward policy and environmental change to promote better health and decrease chronic disease. Any funds remaining should be used toward implementation.

Completing a community assessment enables implementation of healthy policy and also prepares communities for additional grant opportunities. The deadline for submitting proposals is Tuesday, September 20, 2011. The application is available at <http://www.healthysd.gov/Communities>.

Other Opportunities and Resources

ACHIEVE grants will be available around October 1 — stay tuned for more information.

Policy Interventions for Safer, Healthier People and Communities

<http://www.prevent.org/data/files/transportation/transportationandhealthpolicycomplete.pdf>

Healthier Food Retail: Beginning the Assessment Process in Your State or Community

This document provides an overview of steps state or local public health practitioners can take to assess their retail food environment. States and communities can use this tool to better understand their current food retail landscape and differences in accessibility to healthier foods. The fact sheet can be found at

<http://www.cdc.gov/obesity/childhood/solutions.html>.

The links at this site provide information and resources about chronic diseases and health risk factors addressed by CDC's Healthy Communities Program — <http://www.cdc.gov/healthycommunitiesprogram/overview/diseasesandrisks.htm>

Healthy Kids– Get Involved in Your Community

Every day, ordinary people are accomplishing extraordinary things by getting involved in their communities. When kids are healthy, they are on a path to a lifetime of improved health. Help kids in your community to learn to eat healthy and be more physically active. For more information and ideas to get started go to:

<http://liveunited.org/pages/kids-get-fit-cac>

Like us on Facebook! Get Your Tail on the Trail!

Keep active this summer with the "Get Your Tail on the Trail" program. In collaboration with several cities, we've marked walking, hiking and biking trails all over the state and challenge you to get out and explore. It's easier than you think, more fun than you imagine and just a skip, hop and jump from your front door.



Follow Get Your Tail on the Trail on Facebook. More than 1900 of you liked us last month, so go to www.facebook.com/HealthySDTrails to find out more!

DID YOU KNOW?

The Annual Municipal League Conference is scheduled for October 5-7 in Sioux Falls at the Ramkota. Stop at the Healthy Communities booth and tell us what's going on in your community!

September is *Fruit and Veggies– More Matters* month. Get those 5-9 servings in a day!

Here is the link to the most recent Safe Routes to Schools e-news:

<http://hosted.verticalresponse.com/957555/ca5973>

Featured Communities

Vitality HURON...

The Vitality Huron Strategic Plan was the creation of local individuals who have a passion for the health of their community and school. Thirteen subcommittees were formed to address neighborhoods, schools, faith communities, and public health and health care settings. The planning process has resulted in a strategic plan featuring community led initiatives to cultivate a culture of active healthy living.

Fighting Chronic Disease in Todd County

Obesity and lack of exercise are major risk factors for cancer, and the kids on the Rosebud Indian Reservation in Todd County are doing something about it. For the fourth year in a row they sponsored a



Relay For Life event. This is a family-friendly celebration with games, activities, music, dancing and walking the track. It honors cancer survivors and introduces

messages on health and wellness into schools and communities. The adults also got involved with *Rock-in' on the Rez*. To see a video go to:

<http://animoto.com/play/Cpqy3Z5DAwQ0V5nkiyADsA>

To read more go to:

<http://indiancountrytodaymedianetwork.com/2011/07/south-dakota-indian-schools-communities-promote-healthy-living-through-relay-for-life/>

Share Your Success Stories, Please!

We want to hear from you! What's going on in your community? Be proud and loud and healthy — you may be inspiration to fellow South Dakotans! Send your story to lori.oster@state.sd.us. Thank you for doing your part to make South Dakota a healthy place to live, work, play, pray, learn, and have fun!

