Helping Communities 2B Healthy e~Newsletter

Newsletter from the Office of Chronic Disease Prevention & Health Promotion

Issue 09

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

A part of South Dakota State University, SDSU Extension provides educational resources to communities and individuals across the entire state. There are eight Regional Offices located in Aberdeen, Lemmon, Mitchell, Pierre, Rapid City, Sioux Falls, Watertown and Winner.

In these offices are 65 Master's educated Field Specialists that offer expertise in specialized areas of work, including livestock, crops, ag economics, small acreages, food safety, nutrition, family resource management, horticulture, 4-H youth development, aging, Native American programming and community development.

An area of strong interest for communities might be Community Development (http://www.sdstate.edu/sdces/cd/index.cfm). Vibrant communities have strong leaders, are interested in growing human capacity, and lowering poverty. SDSU Extension has worked with communities to energize the economy and establish a promising future for the next generation. Together with communities and their citizens, SDSU Extension helps to identify and build on the skills, assets, and opportunities available to communities to strengthen their sustainability. The program provides research-based knowledge and skills using processes, tools, and techniques within seven core areas:

- Business Development - Entrepreneurship
- Stronger Economies Together (SET)
- The Great Community Book Read
- Sustainable Local Foods
- Youth Initiatives
- Horizons IV
- Leadership

iGrow is the teaching platform used by SDSU Extension to assure state of the art program delivery. It allows individual users to access Extension information and resources. http://igrow.org/about/

For more information contact: Dr. David Olson, Community Development Program Director David.Olson@sdstate.edu or (605) 688-5614

Chronic Disease Corner

The Office of Chronic Disease Prevention and Health Promotion, along with a diverse group of committed individuals, met to discuss priority areas and objectives working toward a healthier South Dakota. The end result of this work will be the first chronic disease state plan.

The four priority areas in the plan are:

- Healthy and Safe Community Environments
- Clinical and Community Preventive Services
- Empower People
- Eliminate Health Disparities

Additional planning and communication will take place at the annual chronic disease partners meeting on September 10 in Oacoma.

SOUTH DAKOTA DEPARTMENT OF HEALTH

Save these dates! Please Plan to Attend!!!

South Dakota Chronic Disease Prevention and Health Promotion Annual Partners Meeting *Monday September 10th*, 1-4 p.m. at Cedar Shore Resort in Oacoma featuring national keynote speaker Marice Ashe, executive director of Public Health Law and Policy (PHLP). Ms. Ashe's presentation, ***Creating Strong Communities,*** will focus on strategies to establish and enhance healthy community systems and environmental change.

The **Healthy South Dakota Stakeholders** fall meeting will be Tuesday September 11, from 9am-3pm, at Cedar Shores Resort in Oacoma.

Outreach Spotlight: Coordinated School Health

Coordinated School Health (CSH) is a collaborative effort between the Department of Education and the Department of Health. Through funding from the Centers for Disease Control and Prevention (CDC), CSH develops partnerships and programming to improve the health, education, and well-being of the young people of South Dakota. Emphasis is placed on the following priority areas: nutrition, physical activity promotion, tobacco prevention and HIV prevention. CSH partners with many programs to provide schools with training and information on health and PE standards, nutrition information, model school policy, data collection for the School Height and Weight, YRBS and Profiles Reports, incentives for the Walk and Roll to School program, Harvest of the Month resources and training, Teens as Teachers Program, and Building Healthy Schools Program.
For more information contact DeEtta.Dugstad@state.sd.us.

Coordinated School Health
South Dakota Departments of Education and Health
healthyschools.sd.gov

Skin Cancer: Are You at Risk?

Melanoma is the most serious form of skin cancer. According to the American Academy of Dermatology, tanning beds and sun lamps increase the risk of developing melanoma by a staggering 75%. The increase in diagnosis is growing faster than any other cancer in the U.S. It was the number one cause of cancer death in white women age 25 to 29 in South Dakota for years 2005-2009. For more information, the South Dakota Cancer Registry released a melanoma monograph. To view the report, please see http://getscreened.sd.gov/registry/ under the Data and Publications tab.

Healthy Highlights

Have you Heard the Phrase *'YOU ARE WHAT YOU EAT'* ?

You are what you eat… we have all used or at least heard that phrase at some point. The origin of the phrase came from Anthelme Brillat -Savarin in 1826 who wrote: "Dis-moi ce que tu manges, je te dirai ce que tu es." [Translation: ***Tell me what you eat and I will tell you what you are***].

The phrase was introduced into the English language in the 1920s by nutritionist Victor Lindlahr. This exact phrase was used in an advertisement for beef in a 1923 edition of the Bridgeport Telegraph. It said, "*Ninety per cent of the diseases known to man are caused by cheap foodstuffs. You are what you eat."*
In 1942, Lindlahr published the book, ***You Are What You Eat: How to Win and Keep Health with Diet***, spotlighting the phrase into public consciousness.

Today it may be used to say people who eat lots of fats or an unhealthy diet will become fat, or that to be fit and healthy you need to eat good food.

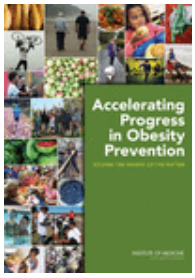
On May 7, 2012 from the U.S. Department of Health and Human Services HealthBeat:
Think about *what* you eat. Think about *how much* of it you eat, and *how often*.

This is good advice. Apparently as early as 1826 we have heard that what and how we eat affects our health. What will make a difference? How will what and how much we eat change? Maybe start by asking ourselves if we ***are*** that double cheeseburger and fries we just ate!

Source: Martin, G. (n.d.). http://www.phrases.org.uk/meanings/you%20are%20what%20you%20eat.html

Obesity: Complex But Conquerable

Two-thirds of adults and one-third of children are overweight or obese. The staggering human and economic costs, along with the difficulties of treating obesity and reversing the national obesity trends, underscore the need to step-up obesity prevention. http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention



There is a very interesting infographic, created by the Institute of Medicine, that illustrates obesity prevention strategies and recommendations. http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention/Infographic

Healthy Eating in the Community

According to the Alliance for a Healthier Generation, whether they are overweight or not, children in the U.S. are often overfed, but still undernourished.

- Portion sizes are growing and kids are eating more than they need and getting extra calories. Adolescents today are eating on average eight percent more than they were thirty years ago.
- Children consume nearly 20 percent of their total daily calories from nutrient-empty, high-calorie foods, while fewer than two percent meet the USDA recommendations for the five food groups.
- The average teen eats fast food twice a week. Over a 15 year study, adults who ate fast food more than twice a week gained 10 pounds more than those who ate fast food less than once a week.

HEALTHYSD.GOV
Live Better. Grow Stronger.

Community Commons

Community Grant Recipients

The SDDOH Nutrition and Physical Activity Program recently awarded assessment and planning grants to the communities of **Timber Lake, Vermillion, and Newell**. These grants will promote and support the development and implementation of policy, systems, and environmental change strategies to prevent, manage, or reduce the risk factors of chronic disease. Congratulations!

Trainings / Workshops

How Safe Routes to School and Active Transportation Can Improve the Economies of Local Communities

Webinar- Thursday, July 26, 2012 1-2pm CDT
To register, https://saferoutespartnership.ilinc.com/register/thtkvfr

Strengthening Community Leadership Webinar: Community Needs Assessment

Tuesday, July 31st, 10:00am CT, by TTAC

To join the online meeting, go to:
https://www.livemeeting.com/cc/ttac/join?id=48TNTQ&role=attend&pw=XMw3-dr
For audio, call in by phone: 1 (888) 450-5996
Participant code: 829748

Creating a Culture of Well-Being and Maximizing the Return on Investment

South Dakota's 1st Workplace Wellness Summit
September, 25th 2012
Sioux Falls, South Dakota
Sheraton Hotel
For registration, please go to:
http://www.healthysd.gov/Workplace

Resources

Community Health Profile and Assessment Toolkit

This toolkit includes information and resources on how to use the County Health Rankings and community assessment data to guide policy, systems and environmental change and more. It is available on the HealthySD website, www.HealthySD.gov communities tab.

Rural Community Collaboration at Its Best!

A SDDOH community grant allowed four little towns in the southeastern part of the state to work together to improve the health of their communities.
To read more about it, go to http://healthysd.gov/Communities/PDF/SuccessStory6-12.pdf

New Grant Opportunities

The 2012 Wellmark Foundation's funding efforts will focus on improving the health of communities in Iowa and South Dakota through prevention efforts by targeting childhood obesity prevention initiatives and community-based wellness and prevention.

The Request For Proposal outlines the application process and Letter of Intent—due August 14, 2012- for the Healthy Communities Grant Program.
http://www.wellmark.com/foundation/apply/2012RFP.pdf

For questions or information, contact:

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