Helping Communities 2B Healthy
e~Newsletter

Newsletter from the Office of Chronic Disease Prevention & Health Promotion

Issue 11

January 2013

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

In this issue:

Feature Story
Community Health Improvement

Pg.2 Chronic Disease Corner
- Heart Disease and Stroke
- Assessment Resource

Pg.3 Healthy Highlights
- Scoop on Sugar
- Longevity 2012

Pg.4 Community Commons
- Hungry SD Children
- Upcoming Trainings
- Grant Opportunities

Community Health Improvement

You could read the words "Community Health Improvement" in two ways: (1) the improvement of the overall physical health of the individuals who make up a community; or (2) the improvement of the health of the community itself. Either way, where we live, learn, work, and play matters to our health.

Health is a product of many factors, and many areas, segments, or members of the community can contribute to and share responsibility for its protection and improvement. Changes in public policy, in public and private-sector roles in health and health care, and in public expectations are presenting both opportunities and challenges for communities addressing health issues. However, all of us – from public health leaders, health care providers, researchers, community leaders, elected officials, and business owners – play a role in improving the health of our individual communities.

A common barrier many communities face is how to get the financial support for new community health policies, programs, or systems changes that are identified during community discussions or planning efforts. The County Health Rankings offers the ***Guide to Funding Your Community Health Initiative*** to give your team tools for identifying and accessing funding resources for your community.
The guide has three sections:

- **Readiness Assessment** – A self-assessment to help determine readiness to apply for funding.
- **Developing Partnerships** – Tips for developing critical partnerships for your community health initiative.
- **Identifying and Accessing Funding Opportunities** – Where to look for funding opportunities and tips on accessing funding.

Copy and paste the following link to access the guide:

http://www.countyhealthrankings.org/roadmaps/opportunities/funding-guide

Stay tuned for information regarding the 2013 Good & Healthy Communities Summit, *Moving Communities into Action* scheduled for summer 2013, and the release of new community grants.

Chronic Disease Corner

Heart Disease and Stroke Program

The Heart Disease and Stroke Prevention Program focuses on prevention, detection, and monitoring of heart disease and stroke. It provides education to support individuals and communities to adopt healthy lifestyle behaviors and build skills to initiate policy change and environmental strategies.

Heart disease and stroke are at epidemic levels as the first and third leading causes of death in both South Dakota and the United States. These conditions are also leading causes of disability, preventing people from working and enjoying family activities. Many of the people who are at high risk for heart attack or stroke don't even know it.

Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes over five years. For more information go to **http://millionhearts.hhs.gov/index.html**

There is a helpful on-line *Heart Attack Risk Calculator* that provides your 10-year heart attack risk by calculating your health information. It is under the prevention tab on the right side of the page.

February is American Heart Month with *National Wear Red Day* on Friday, Feb 1. Support reducing cardiovascular disease and empower people to make heart-healthy choices.

Free Community Assessment Resource

Community Commons, a free resource available at **www.communitycommons.org**, "is an interactive mapping, networking, and learning utility for the broad-based healthy, sustainable, and livable communities' movement."

Community Commons is inspired by "Advancing the Movement", a network of leaders focused on policy, systems, and environmental changes for a better Unites States. Users of Community Commons have access to mapping tools and searchable profiles of place-based community initiatives working towards healthy communities, as well as CHNA.org.

CHNA.org is a free platform developed as a component of Community Commons to assist hospitals, non-profit organizations, state health departments, and other organizations in a community to better understand the needs and assets of communities. Support is offered on CHNA.org through 1)orientation and resources for the community health needs assessment process, 2)the ability to create a community health needs assessment report by identifying community health indicators specific to a county from various nationally based data sources, 3)connections to other resources to provide benchmarks for comparison to other counties and states, and 4)linkages to a range of support services to translate assessments into implementation strategies.

Use of Community Commons and CHNA.org is free to registered users. Simply register at **http://www.communitycommons.org/register/** to create an account and obtain access to these valuable resources.

Healthy Highlights

The Real *Scoop* on Sugar

The story on sugar is anything but sweet …

From the alarming *toxic* truth about sugar recently on 60 Minutes, to the American Heart Association's recommendation to reduce the current sugar intake by 70%, from an average of 22-30 teaspoons of added sugar (about 477 calories) to 5-9 teaspoons (100-150 calories) per day, things are turning sour on sugar.

While it's important to say that sugar is not evil, nor is it harmful when consumed in small amounts, most are eating too much of it. Reports say Americans now consume over 130 pounds of sugar a year or an average of 30 teaspoons of added sugars a day.

Now, in addition to its long standing reputation for providing empty calories and promoting tooth decay, there is compelling evidence that eating too much sugar can also increase the risk for obesity, cholesterol issues, type II diabetes, hypertension, and heart disease.

For more information go to **http://www.lifestyleprime.com/2012/11/the-real-scoop-on-sugar.html**

Top Seven Things Learned About Longevity in 2012

In years past, we may have chalked our future up to genetics and a dose of good luck. Research now suggests we have more of a hand in our destiny than previously believed. In fact, a number of straight-forward nutrition, fitness, sleep, and other health tips can help assure you maximize the life in your years. Here are the top suggestions:

- **Its Never Too Late to Adopt a Healthy Lifestyle** ~ a 2012 study showed that exercise, eating right, and avoiding harmful habits like smoking helped people 75 or older live 5.4 years longer than their less healthy-intentioned peers.
- **Exercise Really Works** ~ nothing new about exercise helping us live longer.
- **Cook At Home** ~ in a study, researchers found that simply cooking at home more frequently can extend life by four years.
- **Laugh More** ~ researchers found that laughing was associated with a longer life.
- **Look At The Bright Side** ~ in the same study , optimism was linked to living longer.
- **Supplements Can Help** ~ adults over 60 were 9 percent less likely to die over a three-year period when they took vitamin D supplements with calcium, compared to those who went without either supplement.
- **We Know What To Do, But We Rarely Do It All** ~ The most important behaviors for a long and healthy life aren't secrets ~ like not smoking, exercising, maintaining a healthy weight, and keeping blood pressure and cholesterol levels in check. But just a little more than 1 percent of American adults actually abide by these guidelines, according to a 2012 study. People who do meet all the criteria? Well, they enjoy a *51 percent decreased risk of death from any cause.*
  http://www.huffingtonpost.com/2012/12/16/longevity-habits-studies-live-longer-2012_n_2295626.html

Community Commons

1 in 5 S.D. Children Don't Know Where Next Meal Will Come From

A panel's discussion of hunger feels problem has roots in societal issues...

Among those who are food insecure, you won't usually find extremely thin people… in fact, you might find some that are obese because of lack of nutritious food, said panel member Kerri DeGraff, development director for Feeding South Dakota(SD).

Feeding SD provides 10 million meals a year... 16 million more meals are needed each year to fill the hunger gap, DeGraff said.

http://www.argusleader.com/article/20121214/VOICES/312140022/1-5

Upcoming Trainings / Workshops

The South Dakota Tobacco Control Program will be hosting a K-12 Toolkit Training on the afternoon of March 5th, followed by the Spring Tobacco Prevention Institute on March 6th at the Kings Inn in Pierre.

For more information, please contact, Roshal Rossman, NE Region Tobacco Prevention Coordinator, at **roshalf@humanserviceagency.org**

SOUTH DAKOTA DEPARTMENT OF HEALTH

Be Healthy!!!

For questions or information, contact:

Lori Oster, RN
Chronic Disease Nurse Consultant / Good & Healthy Communities
SD Department of Health
RN@osterconsulting.com
605.627.3061

Grant Opportunities

WorkWell Mini Grants

The SD Department of Health is soliciting proposals for 10 grants of up to $2000 each to start or enhance workplace wellness programming. Businesses in SD are eligible to apply for the funding and promote healthy lifestyles by preventing, reducing, and managing chronic disease through workplace environment and/or policy change. Deadline is Friday, March 15, 2013. The application and supplemental forms are available at **www.healthysd.gov.**

Tobacco Capacity Building Grants

The SD Department of Health Tobacco Control Program is offering a funding opportunity for those working to create healthier communities through improving local tobacco prevention and control efforts and strengthening community leadership. This new mini grant is up to $5,000 with applications due January 18th. It includes training and technical assistance on practical tools designed to strengthen partnerships and enhance collaboration. For more information go to **http://doh.sd.gov/Tobacco/MiniGrant.aspx** or contact **s.quail@voa-dakotas.org**

Go Red for Women
Community Action Grants

The American Heart Association Midwest Affiliate is offering community action grants of up to $5,000 for projects aligned with one of the components of Life's Simple 7 (healthy eating, physical activity, blood pressure, cholesterol, tobacco cessation, etc.) or general priority areas. For more information go to **http://www.heart.org/HEARTORG/Affiliate/Midwest-Affiliate-Community-Action-Grants_UCM_322851_Article.jsp**