

Helping Communities → Healthy e~Newsletter

Newsletter Mission

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



This Issue Includes

- ACHIEVE Funding
- Free Trail Markers
- Featured Activity
- Dates To Remember
- Make a Difference Day
- Oral Cancer Monograph
- Did You Know?

ACHIEVE Funding Applications Available Now

Communities are encouraged to apply for ACHIEVE funding opportunities. For information please go to <http://www.achievecommunities.org/Pages/default.aspx>. These are national grant awards. Some are directly funded to communities while others are released through the Department of Health.

ACHIEVE [Action Communities for Health, Innovation, and EnVironmental changE], sponsored by the Centers for Disease Control and Prevention (CDC), partners with national organizations to provide funding and technical assistance to help local communities develop and implement policy, systems, and environmental change strategies that will help prevent or manage health-risk factors of chronic disease. Communities of all sizes are encouraged to apply; it is beneficial to have one of the * organizations listed in the box below within your community. Applications will be due mid November with funding announcements anticipated in February 2011. In January 2008, 10 communities were selected to pilot the ACHIEVE model in its first year. In March 2009, 43 communities were added including Pierre, which received a \$35,000 National Recreation and Park Association grant.

The purpose of ACHIEVE is to bring together local leaders and stakeholders to collaborate and build healthy communities by developing and implementing policy, systems, and environmental change strategies that focus on physical activity, nutrition, and tobacco cessation.

* **The National Recreation and Park Association** invites local park and recreation agencies to submit applications. mcooper@nrpa.org
* **Y-USA** will select community YMCAs participating in Active America capacity building. Tracy.Wiedt@ymca.net
The National Association of Chronic Disease Directors, in collaboration with state health departments, seek applications from local community coalitions, local or regional organizations. jking@chronicdisease.org
The National Association of County and City Health Officials invites local health departments to submit applications to become ACHIEVE communities. egreen@naccho.org
Society for Public Health Education EAuld@sophe.org

In February 2010, 41 more communities were added, bringing the current total to 94. Forty additional communities are expected to be funded in 2011. By spring 2013, at least 200 communities are anticipated to be participating in ACHIEVE.

For more information contact:
Lori Oster, Healthy Communities
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lori.oster@state.sd.us

Apply for Trailhead Markers and Signs for City Trails

The SD DOH and its HealthySD program are offering a second round of applications to provide free trailhead markers and signs for communities. The funding is provided by a Communities Putting Prevention to Work (ARRA) grant. The goal is to increase physical activity throughout the state by helping cities and communities identify and promote the use of local trails. Signs will be provided to local cities, counties, or organizations that have existing, useable, non-motorized trails. Application information will be available at www.HealthySD.gov and also sent to community leaders across the state in the next few weeks. Applications will open November 15 and close December 31, 2010. For more information contact lori.oster@state.sd.us.

Dates to Remember!

October 1-31	Breast Cancer Awareness Month
October 1-31	National Dental Hygiene Month
October 10-15	National School Lunch Week
October 28	Make a Difference Day
November 1-30	Diabetes Awareness Month
November 15	Great American SmokeOut!

Make A Difference Day on October 23, 2010 is a chance to give back to your community. In 2009, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns across the United States. Your project can be as large or as small as you wish! Look around your community and see what needs to be done. You CAN make a difference.

DID YOU KNOW?

Water is an essential nutrient for life. But beyond that, you just plain feel better when you're well hydrated. More energy, brighter eyes, healthy skin and a decreased chance of headaches are just a few of the benefits you'll glean from drinking up!

Featured Activity

Exercise for the Cubicle-y Bound!

Here are 6 ways to include a bit of exercise in your work environment.

1. **Keep [and use] a weight at your desk.** A 3 or 5 pound hand weight works well. Try doing biceps curls, 10 on each side, 2 or 3 times a day.
2. **Take the stairs.** Who doesn't know that... but 40 steps up and 40 steps down, several times a day, do add up.
3. **Do triceps dips while the copier prints.** Stand with your back to the desk, grab the desk top, bend your elbows and slowly dip until your thighs are parallel to the ground.
4. **Think [and do!] squats.** They are easy, quick, and good for your legs. Every few hours, stand at your desk, extend your arms, and bend those knees. Up, down, up, down...
5. **Stretch.** Reach for the ceiling or the floor; grab your ankle and pull up from behind to work your quads; stand up and put your leg on your desk and pull your toes toward you for your hamstrings. Do in the morning and afternoon – it gets the blood flowing and prevents stiffness.
6. **Walk whenever and wherever you can.** Around the cubes, the building, the block...it clears your mind and your thoughts, sparks your energy level, and keeps you away from the treats you were craving!

The Oral Health Program and the South Dakota Cancer Registry recently released the first South Dakota oral cancer monograph. The following modifiable factors increase your risk of oral cancer: tobacco use, unhealthy diet, alcohol consumption, harmful environmental agents, ultraviolet radiation, or exposure to the human papillomavirus. Tobacco use is implicated in more than 75% of all oral cancers. When found early, oral cancers have an 80 to 90% survival rate. Unfortunately, over 40% of those diagnosed with oral cancer will die within 5 years. Click on the following link to view the report doh.sd.gov/OralHealth/PDF/OralCancer2010.pdf. For additional cancer information go to <http://doh.sd.gov/SDCR>.

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