

Helping Communities Healthy e~Newsletter

Newsletter Mission

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



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Let's Move~ America's Move to Raise a Healthier Generation of Kids

The White House has announced an ambitious national goal of solving the challenge of childhood obesity within a generation, so children born today will reach adulthood at a healthy weight. A nationwide campaign – *Let's Move* – was unveiled to help achieve it. To support *Let's Move* and facilitate and coordinate partnerships with states, communities, and the non-profit and for-profit private sectors, the nation's leading children's health foundations have come together to create a new independent foundation – the Partnership for a Healthier America – which will boost existing efforts addressing childhood obesity.

First Lady Michelle Obama is calling on the country's governors to help with this battle against childhood obesity. "*Let's act. Let's move. Let's give our kids the future they deserve,*" she said in a speech, kicking off the annual winter meeting of the National Governors Association. "There's no place for politics when it comes to fighting childhood obesity." The *Let's Move* campaign will combat the epidemic of childhood obesity through a comprehensive approach that builds on effective strategies and mobilizes public and private sector resources. *Let's Move* will engage every sector impacting the health of children to achieve the national goal and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy. It will:



- help parents be more informed and give them the support they need;
- improve the quality of and provide for healthier foods in schools;
- help kids to be more physically active with more focus on physical education at school; and
- make healthy, accessible, and affordable food available in every part of our country.

Community News

SAVE the DATE!!! **EMS WORKFORCE SUMMIT:** **Delivering Care into the Future**

Saturday July 31, 2010 9:00am—4:00pm
Ramkota Hotel, Pierre, SD

This summit will focus on issues related to increasing and stabilizing SD's EMS workforce. For information contact Josie Peterson at 605-773-3517 or josie.peterson@state.sd.us

Dates to Remember!

April 19-25 – National Turn-Off-Your-TV Week, you can do it!

April 2010 – Launch of new [Walking Toolkit](#) and [Strides for a Healthy Community 2010](#) and 2010 updated strategic [State Plan for Nutrition and Physical Activity](#) at www.HealthySD.gov!

May 21-23 – Open House & Free Fishing Weekend

To kick off summer, the Department of Game, Fish and Parks is encouraging families to spend the weekend outside on May 21-23.

During the annual three-day event, anglers can fish without a license anywhere in the state and entrance fees are waived for all visitors to South Dakota's state parks and recreation areas. Camping fees and fishing regulations and limits still apply.

The weekend also marks the first weekend that campsites can be reserved in South Dakota state parks this year, and officials say many campsites are currently available. Camping reservations can be made up to the day you arrive; call 1-800-710-CAMP (2267) or go online at www.CampSD.com to make reservations.

South Dakota state parks offer a wide variety of outdoor fun, including camping, picnicking and boating. Many parks also offer trails for hiking, mountain biking and horseback riding.

For more information on fishing visit the GFP website at www.sdgfp.info.

For more information on the South Dakota state park system, visit www.SDparks.info or call 605-773-

Sunday June 6 – [Tour de Kota™ 2010](#) begins. Check this website for route updates, registration and services: www.tourdekota.com/

Featured Community

The Thunder Valley Community Development Corporation in Porcupine, SD started the *Thunder Valley Youth Basketball Initiative* to help stem the rise of chronic disease on the Pine Ridge Indian Reservation. Increasing and encouraging physical activity through basketball, eating healthy, and being tobacco free, are the goals of the initiative. By making these changes within the youth population, they hope to lessen the impact that disease has on the young and create a stronger and healthier generation. The basketball project



is 100% volunteer by parents, youth, and others in the community.



DID YOU KNOW?

- Obesity rates have tripled in the past 30 years, a trend that means for the first time in history, American children may face a shorter expected lifespan than their parents.
- This epidemic also impacts the nation's security, as obesity is now one of the most common disqualifiers for military service.
- A recent study indicated that people who watched TV or used a computer more than three hours per evening were more likely to report insufficient sleep at night.

Informational Websites

www.LetsMove.gov

www.HealthySD.gov

Healthy

