



Partners In the Know

Summer 2007

Thank you for your input at the April 2007 Summit. We would like to keep you informed and “in the know” through this newsletter.

Health Promotion Team

Mission:

To promote, plan and implement efforts to enhance healthful living in Meeker, McLeod and Sibley counties.

Vision:

To partner with communities in encouraging and supporting efforts to impact environmental change and enhance healthful living.

The problem.....

27% of adults are sedentary; 61% of adults are overweight; 1 in 4 adults is obese producing the outcome of Obesity, CVD, Cancer and Diabetes. Physical inactivity is a primary factor in over 250,000 deaths annually. Medical costs associated with physical inactivity and its consequences may exceed \$76 billion annually.



Working toward a solution....

Integrating additional physical activities such as walking and bicycling into a daily routine may be a better public health strategy than traditional structured and organized programs. Built environments that facilitate more active lifestyles and reduce barriers to physical activity are desirable because of the positive relationship between physical activity and health. Opportunities to increase physical activity levels exist in many settings: at home, at work, at school, in travel, and in leisure. The built environment could influence physical activity in each of these settings.



Strategic planning is in motion....

We have been very successful so far in working with the Minnesota Department of Health’s STEPS program coordinators to work on a logic model for a plan of action regarding our Healthy Communities Collaborative. A goal and objective has been set for the Health Promotion team to work towards reducing the burden of chronic disease by improving healthy eating and active living through policy, systems and environmental change. We created activities and identified short term and long term outcomes through our strategic planning process. We will work on strategies to improve the public’s health and transportation choices through partnerships, policies, and programs to increase the prevalence of physical activity. Our next step is to work with MN Department of Health’s Office of Health Statistics to choose a proper assessment tool to collect our data.

The finished product would be..

Environments that provide safe sidewalks and bikeways; foster the presence of people; link facilities to neighborhoods; support neighborhood schools and parks and in turn through increased physical activity, decrease cardiovascular disease rates; decrease the rate of increased in obesity prevalence and decrease the burden of Type 2 diabetes.

Communities will also benefit by having preserved green space; and will help give a sense of community, permanence and PLACE.



Websites to check out!

Active Living By Design Site:

<http://www.activelivingbydesign.org/>

Let's Walk Assessment Tool:

<http://www.health.state.mn.us/divs/hpcd/chp/opach/pdf/walk.pdf>

What's new for our Collaboration?

We are making changes to our website! On the home page is our photo of the April Summit commemorating our 10 years of collaboration. We are going to also work to have resources for our partners via the web as well as for the four sectors we are focusing on: School, Community, Worksite, and Healthcare. Look for this newsletter along with our workplan and future issues under the "About Us" section at www.mmshealthycommunities.org.

We are also researching to copyright our logo and will discuss this process in our next health promotion team meeting.

We have some great plans for our counties fairs. We are working with Nyland Designs out of Chanhassen to produce a quality display to promote our Healthy Communities Collaborative. The display, will also include the photo of the collaborative taken at the April Summit as well as a brochure that tells about our collaborative and our goals. We are considering recruiting community members to be part of a Community Consortia so we have local involvement in the activities we plan. Look for us at the County Fair Commercial Buildings!

Health Promotion Team Planning Sessions

April 2007:

April 13th: Healthy Communities Summit

May 2007:

May 16th: Healthy Communities Health Promotion Team Mtg

June 2007:

June 6th: Healthy Communities Health Promotion Team and Fair Subgroup mtgs

June 12th: Mtg with Minnesota Department of Health for Strategic Planning

July 2007:

July 9th: Mtg with MN Department of Health for Assessment tools

Community Events

August 2007:

August 1st-5th: Meeker and Sibley Counties Fair

August 15th-19th: McLeod County Fair