



December 1, 2015

*A collaboration of the Morrison, Todd, and
Wadena Public Health Agencies*

Freedom From Smoking Facilitator Training

Tri-County Health Care had a Freedom from Smoking Facilitator Training on November 17.

Facilitators are responsible for conducting the smoking clinic, coordinating activities and introducing techniques and facilitating group interactions.

Freedom from Smoking is about helping smokers develop a plan of action to the quit day and providing the support participants need to remain smoke-free. The program is designed to maximize the chances of success and utilizes a scientific-behavior based methodology. The freedom from smoking program is based on the latest addiction and behavior change models, and the program addresses the difficulties of quitting.

The program is delivered in eight sessions and is a community-based group that is designed to help participants take control and overcome their tobacco addiction. The clinic format encourages participants to work on the process and problems of quitting, individually and as part of a group.

If you would like more information on Freedom from Smoking or information on how to quit:

<http://www.lung.org/stop-smoking/>

Holiday Tips

It's that time of year again, where all the scrumptious food is around and before you know it you find yourself going for a second or third plate. Whether you are on a diet or not, this time of year it's difficult to hide from the temptations that can ultimately lead us to those extra holiday pounds. According to the Calorie Control Council, the average American

consumes more than 4,500 calories and 229 grams of fat during a typical holiday gathering; this is including the traditional meal with the addition of snacks and appetizers.

This holiday does not have to add extra inches to your waistline. It doesn't have to be a time of feeling guilty and bloated. There are many healthy things you can do and still enjoy the season! Health4life has some tips to share with you this holiday season to stay healthy:

Whether you are doing the cooking or bringing a dish to share, you can utilize a healthy alternative to your favorite recipes (see attachment for alternative recipes for traditional holiday favorites) or substitute better ingredients where you can. Find some new recipe ideas to try [here](#).

Staying on track is not about deprivation and preparing yourself for a splurge on food and being around temptations can help you stay in control. Be sure to eat a healthy breakfast with lean proteins to keep you satisfied.

Prior to, and during the holiday, increase your exercise routine. It can be as simple as beginning the day with a walk, or inviting your friends and family to join you in activities.

Try inviting other guests to participate in an active game such as football, kickball or basketball. If there's snow spend some time sledding... the kids around will enjoy it! Find some other fun ideas to get your friends and family moving [here](#).

Stay hydrated; being well hydrated helps you feel full and will decrease how much you eat. Even sipping on something warm such as tea or water with lemon can help keep your stomach feeling satisfied.

Limit your alcohol consumption. There is no nutritional value in alcohol and ultimately you are filling yourself with empty calories that add up very quickly. Try replacing alcohol with sparkling water with a hint of mint or citrus flavor; it can help you still feel festive while cutting the calories down and keeping you well hydrated.

Eat slowly and savor each flavor. Once you've finished your plate, think of how you feel, are you satisfied? If so tell yourself "I'm satisfied and I've had enough to eat."

Take a break between your dinner and dessert, this will give your body some time to feel full.

There are typically more options at holiday dinners, it is okay to try small portions of everything. Using smaller plates will also help keep serving sizes in check.

If you are hosting, invite guests to take left-overs to help remove the temptations from your home.

Most importantly, change the focus from food to friends and family. Enjoy yourself and the time you have with family and friends because that is what the holiday is ultimately about!

HAPPY HOLIDAYS!

Moving into SHIP 4

Health4life, the collaboration of Morrison, Todd, and Wadena Counties, is excited to be continuing into the 4th round of SHIP! There are a few new changes in strategies in this next grant cycle that we wanted to share with our supporters along with new and existing community partners. We will still be focusing on making the healthy choice the easy choice where we live, learn, work, and play.

In schools we will work to establish wellness committees, or continue work with committees that have been previously established. Our work will focus heavily on healthy eating and physical activity. Healthy eating in schools is divided into several categories of focus: healthier concession and vending models, school stores, school snacks (before, after and during school day), healthy celebrations, healthy fundraising opportunities, and smarter lunchroom techniques. Physical activity in school is incredibly important and is also divided into different categories of focus including: active classrooms, safe routes to school, and before and after school physical activity.

This year, Todd and Morrison County will each be starting up a worksite wellness collaborative in their respective counties. They will gather any and all interested businesses to create healthy policy and environment changes within the workplace setting. Along with technical support to make the changes, Health4Life will provide additional educational opportunities on each area of focus over the next year. Worksite wellness will focus on healthy eating activities, physical activity activities, tobacco and breastfeeding support.

Tobacco is a hot topic today more than ever. In SHIP 4.0 we will have a "Point of Sale" focus. We will engage community partners to assess current tobacco

retail environments, identify changes that will no longer target youth, and update policies on compliance and licensing.

In SHIP 4.0, we hope to expand the relationship with our healthcare providers throughout the three counties with community-clinical linkages and evidence based programming. Linkages include partnering to provide resources for tobacco cessation and obesity prevention. Policies change examples and resources will be provided throughout the next few years of SHIP. Evidence based programming will also have a special activity because it too builds on the prevention and cessation focuses. We will continue to offer classes such as "Matter of Balance" and "I Can Prevent Diabetes" so all citizens that have a need in our communities have access to tools to make them successful and healthy.

Finally, community nutrition work will be continued as an optional activity. We will expand and build upon our work previously done with the local food hub, community kitchens, gardens, food insecurity programs, and creating a sustainable and lucrative regional food policy council.

As your SHIP coordinators, we look forward to working closely with you on these activities and any ideas you may have to make our communities the most healthy places to live, learn, work, and play!

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