



School Wellness Teams Shine at Grantee Workshop

The K-12 Tobacco Prevention grant program is off to a great start. This year's program includes five Alaska school districts (Juneau, Kashunamiut, Lake & Peninsula, Sitka, and Yukon-Koyukuk) in seven locations across the state (Chevak, Juneau, Nondalton, Chignik Lake, Sitka, Allakaket, and Nulatto). There is also a 6th rural school demonstration project in Nome involving a collaboration between Nome Public Schools and Nome Community Center.

Wellness team representatives from all six districts met for a grantee workshop April 23rd and 24th in Anchorage. Brief physical activity breaks and energizers led by different coordinators kept the energy high throughout two packed days. Objectives of the meeting were to:

- Reconnect with other grantees and share updates and successes;
- Review grant requirements for documentation and reporting;
- Construct next steps for updating school tobacco policy content or improving policy implementation;
- Identify strategies to incorporate cessation resources from the Alaska Native Tribal Health Consortium;
- Practice prioritizing School Health Index results with your district wellness teams; and
- Develop strategies for communicating program successes with others.

The meeting was very productive and everyone was impressed with the progress these districts have made in their first year funded. While definitely not all inclusive, a variety of highlights include:

Kashunamuit School District's Positive Action Tobacco Prevention Project in Chevak implemented the *Life Skills Training* prevention curriculum in 2nd-12th grades. This spring they were invited to teach a parenting *Life Skills* module at the Chevak Headstart, and are excited to strengthen their parent and family involvement in the program.

Juneau School District has one of Alaska's only Teen Health Centers. Health Center counselors were able to lead twice weekly tobacco cessation support groups at the high school, as well as implementing the *Project Alert* prevention

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School Wellness Teams, from pg. 1 curriculum in the middle school.

Lake and Peninsula School District's Tobacco Free for Life program coordinator worked hard to communicate program goals to their 14 village school sites. Program updates were published in their district newsletter. She also linked modules of the prevention curriculum to their district's required teaching standards and posted them on the Lake & Pen 'wiki' to encourage other teaching staff to incorporate health education into their lessons.

Sitka School District's KICK IT program strengthened their district tobacco policy so that no student, staff member, or school visitor is permitted to use tobacco at any time (including non-school hours) in any building or facility; on school grounds, athletic grounds, or parking lots; in any vehicle owned or otherwise used by the school; or at any school-sponsored event on or off campus. They also began a *Tobacco Free Fun* class at the alternative school which successfully linked students to local cessation services at SEARHC.

Wellness team members of Yukon-Koyukuk School District's Partners for Safe Communities program in Allakaket and Nulatto held weekly prevention activities. These school sites were chosen for having the highest tobacco use in their district. Over half the student population in Allakaket attended a tobacco-prevention *lock-in* last month, and eight community volunteers were involved. Yukon-Koyukuk's project coordinator identified it

as a major success in engaging the community.

The goal of the first year Nome Public Schools and Nome Community Center's collaborative "Rural Tobacco Prevention Natural Helpers" program was to build the relationships necessary to participate in a comprehensive school based tobacco prevention program. Nome Public Schools worked to develop a school wellness committee, train teachers in prevention curricula, and assess their school policies to develop an action plan for year two.

These school districts are doing amazing work to aid the Tobacco Prevention Program in our goals to prevent the initiation of tobacco use among youth and promote quitting among those who are already tobacco users. The program is funded for three years, so we know we'll be sharing great successes in years to come.

New Resources from CDPHP

Alaska Worksite Health Collaborative, *CDPHP Chronicle* February 2008; 1(2): <http://www.hss.state.ak.us/dph/chronic/pubs/assets/ChroniclesV1-2.pdf>

Medicaid Disease Management, *CDPHP Chronicle* April 2008; 1(3): <http://www.hss.state.ak.us/dph/chronic/pubs/assets/ChroniclesV1-3.pdf>

Coming very soon:

- "Matters of the Heart," is the new quarterly e-newsletter for the Take Heart Alaska Coalition. The first edition will be released by the end of May. For further information, contact: Lee Peterson, 465-8670 or lee.peterson@alaska.gov.
- Maps of diabetes prevalence by Alaska borough or census area. For more information, contact Gail Stolz, 269-8034 or gail.stolz@alaska.gov.

Anchorage 2008 Bike to Work Day

Participation in Anchorage's 4th Annual *Bike to Work Day* set new records for both number of teams signed up and total number of people participating. In 2008, over 100 businesses entered a *Bike to Work Day* team via the Municipality of Anchorage website, almost doubling the 2007 registration. Observed *Bike to Work Day* ridership increased 34% from 2007 to 1,884 riders. Helmet use on *Bike to Work Day* was 85%.

Since *Bike to Work Day's* inception, riders have completed an on-line survey of their biking experience. As an incentive, survey respondents are eligible to win prizes in a drawing. There has been a three fold increase in participation in the survey since 2005. Highlights of the *Bike to Work Day* survey through 2007 (2008 results were not available at the time this was written):

- The number of riders responding to survey has increase over 300% since 2005
- 18% of riders in 2007 rode to work for the first time on *Bike to Work Day*
- 2007 reported helmet use was 90% compared to 83% of riders observed on *Bike to Work Day* wearing helmets
- 9,350 miles were biked to work on *Bike to Work Day* 2007
- The average round trip commuter rode 13 miles
- In 2005, most *Bike to Work Day* riders said they were advanced riders (61%), but by 2007 more intermediate and beginner riders combined participated than advanced riders (54% to 46% respectively)

Bike to Work Day was established in 2005 by the Municipality of Anchorage in partnership with staff from the Division of Public Health's Obesity Prevention and Control Program and community agencies. The 2007 *Bike to Work Day* was sponsored by the Municipality of Anchorage, in collaboration with 24 local businesses and agencies who have donated prizes, organized bike clinics, and have supported the efforts to plan and spread the message about the benefits of biking to work or to school.

May is nationally recognized as *Bike to Work Month* and the national *Bike to Work Day* is traditionally the third Friday of May. Anchorage's *Bike to Work Day* coalition decided to promote the third Thursday of the month instead because many employees do not work on Fridays due to the flexible work schedules of many agencies.

Join an email discussion group (listserv) designed to provide discussion and exchange of information among professionals involved in health education and health promotion in Alaska. Unfortunately, the AHELP Listserv has been a little under the weather recently. Hopefully, members will be able to receive and send messages again soon. If you are not already a member, subscribe by sending an email message to ahelp-request@lib.uaa.alaska.edu; leave the subject line blank but in the body of the message type: subscribe

Introducing Gail Schiemann, new Tobacco Program Manager

Gail Schiemann has been the Community Prevention Grants Manager for the State of Alaska Tobacco Prevention and Control Program for the past year,



where she was managing 20 grantees statewide working on tobacco policy initiatives. She is also an active stakeholder with the National Network on Tobacco Prevention and Poverty. Before working for the State of Alaska, Gail worked for four years as the Wellness Education Coordinator for the Rural Alaska Community Action Program, Inc. (RurAL CAP) in Anchorage, Alaska.

As the Fetal Alcohol Spectrum Disorders (FASD) Project Coordinator in the Division of Community Development, she managed the Early Decisions FASD education/prevention project. She also managed the Community Wellness Circles tobacco cessation project that was funded by the American Legacy Foundation, as well as coordinating many other tobacco education and prevention trainings and events for the AmeriCorps Building Initiatives in Rural Community Health (BIRCH) program.

Before moving to Anchorage in 1999, Gail was employed by the University of California, San Francisco (UCSF), in the Department of Obstetrics, Gynecology, and Reproductive Health as a Research Associate and Project Manager for the Medical Effectiveness Research Center for Diverse Populations. She has also worked on projects for the UCSF Center of Excellence in Women's Health.

Gail holds a Master's degree in Public Health Practice.

(Lisa Aquino left the Tobacco Program in early April to pursue her dream of working in international public health. You will soon be able to find her in South Africa.)

Walking the Talk...REALLY!

To encourage employees to take care of ourselves as we strive to care for others, the Division of Public Health has launched a new website @

www.LiveWell.alaska.gov/employees

The website currently focuses on four areas and invites employees to:

Eat Smart – Cooking heart healthy Alaska Seafood recipes compliments of Alaskan dieticians

Get Active – Joining the Billion Calorie Burn through the Stand Up (more) and Eat (better) interactive website by the Cooper Institute

Work Well – Taking the stairs and hanging posters to encourage your co-workers

Go Play – Checking the calendar of activities, including Trails Day in June

Tell us what you think of the site and what you would like to see! Send comments to Paula.Recchia@alaska.gov.

Events

Sunday, **June 1**, Juneau - *Survivors Day* Walk at 11 o'clock with lunch at noon. Sponsored by Cancer Connections. For more information, call 796-2273

Wednesday – Friday, **June 4-6**, Anchorage, BP Energy Center - *Promoting Best Practices in Aging and Healthy Communities Conference*. For more information, contact Geri Heiner, 264-6256 or 1-800-243-2199

Thursday, **June 5**, Anchorage, Providence Cancer Center Media Room.

Presentations by Musa Mayer, nationally known breast cancer speaker, author and consumer advocate.

- For health care providers: reception 5:30–6:30, presentation 6:30–8:30 - Health Policy issues, related to evidence based medicine and treatment approaches: The need for a new paradigm of individualized or personalized oncology.
- For Patients, Survivors, Friends and Family: reception 5:30–6:30, presentation 6:30–8:30 - Emerging breast cancer therapies and where drug development is headed: Needs assessment for survivors for Living Beyond Breast Cancer.

For more information, contact 212-6870.

Monday, **June 23**, 10:00-noon, Mat-Su Hospice Board Room (950 E Bogard Road, Suite 132) - *Mat-Su Regional Comprehensive Cancer Partners Meeting*. For more information contact Julia Thorsness at 269-8092.

Saturday-Sunday, **July 19 – 20**, Seward Highway - *Ride for Life*. Bike ride to Seward to raise money to support colorectal cancer screening. For more information, Contact Larry Holman at 248-6276.

Monday-Tuesday, **July 21 – 22**, Anchorage, Alaska Native Medical Center - *Mayo Clinic Cancer Conference*. For more information, contact Judith Muller at 729-4497.

Monday-Tuesday, **August 18-19**, Nome, Kawerak Head Start - *Physical Activity and Nutrition Training for Childcare Providers*. For more information, go to <http://www.hss.state.ak.us/dph/chronic/obesity/PAN.htm>.

CDPHP Directory

Section Chief — Kathy Allely 269-8032

Arthritis — Diane Peck, 269-8447

Cancer Registry — Lynn Upton. 269-8037

Comprehensive Cancer Control — Julia Thorsness, 269-8092

Diabetes — Barbara Stillwater, 269-8035

Health Promotion — Jayne Andreen, 465-5729

Health Survey Lab — Rebecca Wells, 465-8540

Heart Disease and Stroke — Lee Peterson, 465-8670

Obesity — Karol Fink, 269-3457

School Health — Patty Owen, 465-2768

Social Marketing and Media — Paula Recchia, 465-5663

Tobacco — Gail Schiemann, 269-8895

or go to the CDPHP website: www.hss.state.ak.us/dph/chronic/