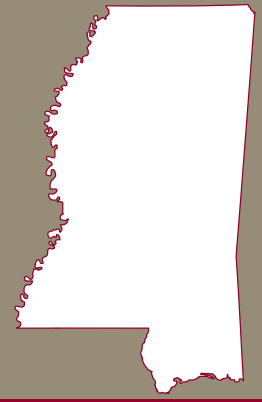


AWARENESS

A NEWSLETTER OF MS COMMUNITY HEALTH COALITIONS



Message from the Coordinator

January bring thoughts of new beginnings, whether it is making new resolutions, organizing new tax year records, or just remembering to write 2006 instead of 2005. In keeping with these new beginnings, two statewide health organizations are forging new paths for 2006. Both the Mississippi Chronic Illness Coalition and the Mississippi Cardio-Vascular Disease Task Force are highlighted in this issue.

New years often prompt us toward personal goal setting, also, such as adopting healthier life-style choices. Community members in 16 counties will soon be joining together to encourage each other toward these goals through Mississippi in Motion, a twelve-week education program promoting healthier lifestyles. Inside are the dates, locations, and contact information for the programs beginning in early 2006.

Finally, mark March 23rd on your calendar as a date you won't want to miss as state health organizations with resources and services to assist with community initiatives share their information with interested community partners in a day-long interactive video conference program. You will be able to access a wealth of resources and information without leaving your county borders.

"We must become the change we want to see."

—MAHATMA GANDHI

Rachel Welborn

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Mississippi State
UNIVERSITY
Extension
SERVICE

National Health Observances

JANUARY

- ✓ Cervical Cancer Awareness Month
- ✓ Birth Defects Prevention Month



FEBRUARY

- ✓ American Heart Month
- ✓ Child Passenger Safety
- ✓ Children's Dental Health Month



MARCH

- ✓ National Nutrition Month
- ✓ National Colorectal Cancer Awareness Month



MISSISSIPPI IN MOTION INCREASES MOMENTUM



If you are a regular reader of this newsletter, you have already heard about *Mississippi in Motion*. Yet the news for this issue continues to be exciting! Approximately 25 counties are planning to implement this 12-week education program during 2006. The first week's activities include a kick-off event for community members during which their weight, height, body mass index, and other measures are recorded. Over the following ten weeks, a different topic relating to nutrition, exercise, and healthy living will be presented. The final week is a weigh-out session with a celebration following to acknowledge the success of the participants.

Below is a list of counties implementing *Mississippi in Motion* during the first few months of 2006. Other counties are slated to begin later in the year. Contact the person listed in the right-hand column for more information for a county listed. If your county is not listed, contact your local County Extension Service Office to ask about bringing the program to your community.

COUNTY	KICK-OFF LOCATION	KICK-OFF DATE	CONTACT
Chickasaw	To be determined		Scott Cagle 662-456-4269
Covington	To be determined		Carolyn Conger 601-765-8252
Issaquena & Sharkey	To be determined	April 13	Robert Martin 662-873-4246
Itawamba	ICDC Building	January 19	Romona Edge 662-862-3201
Jones	To be determined		Chuck Grantham 601-428-5201
Kemper	Farmer's Market	January 9	Ruby Rankin 601-743-2837
Lee	NMMC Wellness Center	January 24	Liz Dawson 662-377-4013
Marshall	Multi-Purpose Center	January 30	Janet Jolley 662-252-3541
Neshoba	Neshoba Co. Extension Office	January 10	Harvin Hudson 601-656-4011
Neshoba MS Band of Choctaw Indians	Farmer's Market	January 12	Jim McAdory 601-656-2070
Newton	ECCC Allied Health Building Depot in Newton, MS	January 23 January 24	Victor Lee 601-635-2267
Noxubee	To be determined		Creighton Coleman 662-726-5723
Oktibbeha	Bost Building B, Mississippi State University	January 24	Ed Williams 662-323-5916
Pike	To be determined		RaShawn Davis 601-684-5593
Prentiss	Prentiss Co. Extension Service	January 17	Shelaine Wise 662-728-5631
Tate	Senatobia Community Center, 104 Southern Street, Senatobia, MS	March 2	Rosemary Tindle 662-563-4274

Mississippi Chronic Illness Coalition



The Mississippi Chronic Illness Coalition is a volunteer partnership with the mission of reducing chronic illness and associated health disparities to improve the health of all Mississippians through the facilitation of health promotion and disease prevention. The mission of the MCIC will be accomplished by working to achieve the following four goals: Goal 1) Identify, recruit and coordinate statewide partners and resources that will aid in accomplishing MCIC's mission. Goal 2) Identify and share resources to empower the general public to take ownership of their health through behavior change. Goal 3) Identify and share resources to empower people capable of effecting system-level change with knowledge and motivation needed to reduce the burden of chronic illness in Mississippi. Goal 4) Promote healthcare provider education relating to chronic illness throughout the state.

MCIC offers the educational program *Know Your Numbers* on the risk factors for chronic disease that affect the majority of Mississippians. MCIC can train healthcare personnel on using this program in their healthcare setting and/or community. The *Know Your Numbers* campaign also offers a colorful brochure focusing on the vital statistics of cholesterol, blood pressure, blood sugar, and body mass index. Know your numbers to become healthier.

For more information on MCIC or ordering Know Your Numbers brochures contact the MCIC co-chairs Mary Helen Conner ((601) 957-1575, mconner@iqh.org) or Margrett Davis ((601) 713-2851, mdavis6967@aol.com).

Task Force on Heart Disease & Stroke Prevention

House Bill 759, passed April 12, 2001, called for the creation of a Task Force on Heart Disease and Stroke Prevention. The mission of the Task Force is to 1.) Examine the incidence of and cause of heart disease and stroke; 2.) Develop a profile of the heart disease and stroke burden in Mississippi; 3.) Solicit input from a variety of individuals and organizations across the state to learn more about their contribution to the prevention of heart disease and stroke in Mississippi; 4.) Recommend to the Governor and Legislature changes needed in laws, regulations, programs, policies, and services to enhance the prevention of stroke and heart disease; 5.) Recommend to the Governor and Legislature the funding necessary to carry out these efforts; 6.) Study the effects of CVD on such health conditions as diabetes, hypertension, atherosclerosis, heart disease and stroke; and 7.) Utilize public testimony and scientific research to develop the recommendations required by the legislation.

In 2005, the *MS State Plan: Heart Disease and Stroke Prevention and Control* was published. This ten-year plan was developed with input from healthcare providers, community based organizations, policy makers and was guided by the Mississippi Task Force on Heart Disease and Stroke Prevention.

For more information on the Task Force you may contact the Task Force secretary, Lorrie Davis, (601) 321-1215 or by e-mail at Lorrie.davis@heart.org.

MISSISSIPPI
Task Force
on
Heart Disease
and
Stroke Prevention





Cooperative
Extension Service

U.S. Dept. of
Agriculture

Mississippi State
University

P.O. Box 5446
Mississippi State, MS
39762-5446

Building Bridges to Better Health

Thursday, March 23, 2006

RURAL COMMUNITIES

often have a great desire to improve the health of their residents. Yet limited resources make these efforts challenging.



STATE AGENCIES AND ORGANIZATIONS

often have resources, yet lack effective means of connecting to community leaders that have an interest.

This day of interactive video conferencing is designed to build a bridge between those in rural communities committed to health improvement and state agencies and organizations that have resources and services available to help. For further information, contact Rachel Welborn (see the front of this newsletter for contact information.)

Co-sponsored by:

**The Mississippi State University Extension Service &
The Mississippi Department of Health**