

**MISSISSIPPI STATE
UNIVERSITY™
EXTENSION SERVICE**

Cooperative
Extension Service

U.S. Dept. of
Agriculture

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

**Mark Your
Calendar**

**Mississippi Health
Awareness Day**

January 21, 2010

**Capitol Day Event
State Capitol Building
Capitol Rotunda
Jackson, Mississippi**

For more information:

MCIC Public Relations Chair

Carole Kelly

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**Tobacco Free Coalitions
at Work**

Citizens are working together with the Mississippi Tobacco Free Coalition of Noxubee, Neshoba, and Kemper Counties to snuff out tobacco use in the area. Josephine Tate, Extension Area Health Agent, is working closely with the Project Director, Beverly Knox, and others to educate citizens --both young and old--about the dangers of tobacco use, reduce the number of tobacco users, and improve the health of area residents. The Coalition provides information regarding tobacco cessation at local health fairs, breast cancer awareness events, teacher/sponsor trainings and other community events. Knox has also worked to establish "Reject All Tobacco" and "FREE Generation" teams in elementary, middle, and high schools and in faith-based and social organizations in each county to educate youth on the dangers of tobacco use. The Mississippi State Department of Health funds the Mississippi Tobacco Quitline which provides cessation counseling for people who want to stop using tobacco. For more information about the coalition and to find out how you can get involved if living in one of the counties, call 601-553-0929 or 601-616-8124.



Pictured from left to right are members of the advisory board: Landis Mickens, Katherine Mickens, Teretha Conner, Josephine Tate and Larry Tate.

AWARENESS

A NEWSLETTER OF MS COMMUNITY HEALTH COALITIONS

Message from the Editor

Wow, another year has almost passed us by! Coalitions seem to be busier than ever working toward awareness, education, and prevention. They have addressed oral health, cancer, Alzheimer's disease, heart attacks, strokes, asthma, and diabetes in many communities across the state and have started regional coalitions or chapters. Coalitions play a significant part in building leadership capacity in communities. Partnerships are formed that bind communities together. Healthy communities help produce vibrant, thriving, growing communities. Some communities across the state are even competing for the healthiest community. A little competition may just be the incentive to a leaner, healthier Mississippi.

The Rural Medical Scholars program is back on track for the summer of 2010 and the staff is excited about its return to Mississippi State University. A new resource is available on the eXtension website for families with children. More detailed information is provided in this newsletter. Coalition news targeting cancer and tobacco outreach programs are highlighted as well.

We will be moving to an **e-newsletter** delivery format for future issues. They can be sent directly to your email address. Please send your contact information to me at the email address listed below if you would like to receive it in this manner. In the subject line, indicate "Awareness e-Newsletter". You may also view the newsletters on our website at: msucares.com/health/health04/partnerships/training.html

Happy Holidays,

Ann Sansing

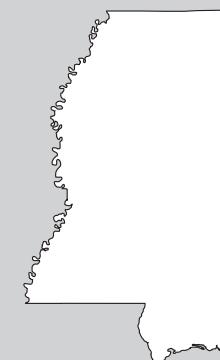
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Discrimination based upon race, color, religion, sex, national origin, age, disability, veteran's status, sexual orientation or group affiliation is a violation of federal and state law and MSU policy and will not be tolerated.



A Service of

**MISSISSIPPI STATE
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**National
Health
Observances**

December

International Aids
Awareness Month

Safe Toys and Gifts
Month

January

National Birth Defects
Prevention Month

Cervical Health
Awareness Month

National Glaucoma
Awareness Month

February

Heart Month

National Cancer
Prevention Month

National Children's
Dental Health Month

Rural Medical Scholars Is Back for 2010

The Rural Medical Scholars program is an exciting summer opportunity for academically talented students between their junior and senior years. Mississippi State University Extension Service introduced the program in 1998 to encourage and support high school students interested in pursuing a career as a family medicine physician. Talented students from across the state will be given the opportunity to attend MSU for five weeks this coming summer, take two pre-med courses, and observe doctors at practice throughout the program. Your help in identifying and recruiting applicants would be appreciated.

Other than a nominal \$60 registration fee after acceptance, and the cost of their food during the program, there are no charges to the Scholars. Tuition, room, and textbooks are all provided by the program. The summer program is an immediate \$2400 value (approximate cost of tuition, room, and textbooks) with the potential of making a major contribution to one's future.

Applicants must have a minimum composite ACT score of 25 (and a minimum 24 in the math section) to be considered for this academically challenging program. Completing seven college credits in summer school requires a serious effort on the part of the Scholars. The program will run for five weeks (May 30 – July 1, 2010) and allow us to offer a study skills workshop for gifted students in the beginning of the program as well as including some of the career oriented tours and lecture material prior to the start of classes.

Applications and a brochure for the 2010 summer program are available on line at www.RMS.msucare.com. Please call or e-mail the program director, Dr. Bonnie Carew, at 662-325-1321 or bcarew@ext.msstate.edu if you have any questions.

Almost half of all Mississippians do not have access to a primary care physician; fifty-six percent of the state's primary care physicians practice in only four counties. We need, and appreciate, your help in identifying Mississippi's future physicians. This is an exciting opportunity for the right student, please help launch her or him on their way to becoming a member of the Medical School Class of 2019!



Families, Food and Fitness CoP



In August of 2009 the **Families, Food and Fitness Community of Practice (CoP)** was certified live by eXtension. The Families, Food and Fitness website is a resource for young families with children focusing on six behaviors which have been linked to overweight and obesity. Information on the six behaviors: Prepare More Meals at Home, Enjoy More Fruits and Vegetables, Rethink Your Drink, Right-Size Your Portions, Move More Everyday, and Tame the Tube, appears in Facts, Answers, and Questions, (FAQs), short articles, in-depth learning lessons, instructional videos, and interactive materials. In addition, the website offers a cooking glossary courtesy of Mississippi textbook author, Chef Sarah Labensky, and an extensive bank of healthy recipes.

To learn more about eXtension's Families, Food and Fitness CoP, visit www.extension.org. Under the category named, *Resource Areas* on the right side of the page, click **Families, Food and Fitness**.

Volunteering Promotes Health and Well-Being

Studies have proven that volunteering can offer a personal sense of accomplishment which leads to increased self-esteem and a greater sense of self-worth and trust. The fact is that volunteering offers opportunities for civic involvement and encourages socialization, thus allowing for higher functional physical ability, mental stimulation, and overall life satisfaction. So, your opportunity is ready and waiting for you! The Extension Service offers a Healthy Futures Volunteer program targeting volunteers with an interest in health issues. This program offers training for delivering health messages to the aging population in our rural communities, encourages participation in community events that promote health awareness, and promotes intergenerational relationships to foster healthy aging. For more information, contact Ann Sansing, Community Health Coordinator at 662-325-4043 or asansing@ext.msstate.edu. You may also visit the website at: <http://msucare.com/health/health04/mhev/index.html>.

Spotlight on Cancer Coalitions and Outreach

Mississippi Partnership for Comprehensive Cancer Control

A statewide coalition of Cancer survivors, friends and professionals, Mississippi Partnership for Comprehensive Cancer Control, MP3C, has banded together in the fight against cancer in our state. This coalition has been instrumental in coordinating Cancer Hope Conferences throughout the state along with last year's Webster County Cancer Roundtable Rallies and multiple church and community-based cancer prevention education events. Members of MP3C have placed cancer prevention information in the media and are currently working on college campuses to combat tobacco use. All individuals are welcome to join MP3C in the fight against cancer. Please consider working with your regional cancer coalition to develop and implement statewide comprehensive cancer control plans. The coalition is broken into 5 regions: Northeast Region, contact Julie Smith at 662-244-2908; Central Region, contact Fran Mobley 601-956-7447; Delta Region contact Tameka Walls 662- 451-9682; Southern Region contact Janet V. Gallaspy, 601-288-4462; and Coastal Region, contact Stacey Curry, 228-214-3314.



The "I Can Cope" Cancer Support Group Meeting

Mississippi State University has recently formed a cancer support group under the direction of Dr. Joyce Yates, Health and Wellness Director for the Longest Student Health Center and member of Mississippi Comprehensive Cancer Control Coalition. The meeting in November consisted of 12 participants, along with guest speaker, Julie Smith, LCSW from the Baptist Centers for Cancer Care. Each of the participants who have or had cancer was given the opportunity to explain their diagnosis and treatment phase as well as their feelings, trials, and revelations, during those times. After participants shared their concerns, Ms. Smith led a discussion about "Managing Your Cancer and Your Holiday Season", and read a poem about "What Cancer Can't Do" to conclude the meeting. The meetings are open to anyone with cancer or to friends and family members who have either gone through or are going through cancer and/or wants to learn more about cancer and ways to cope with it. The support group is still in its infancy, but much interest and value has already been expressed about the program.

Cancer Awareness Promoted by Area Health Agents

LC Industries' mission in Hazlehurst, Mississippi is to provide meaningful employment for people who are blind. Today, LC Industries is the largest employer of people who are blind in the United States. In an effort to educate their employees, a Lunch and Learn Program was implemented by Extension Area Health Agent, Latoya Selmon. Most of the employees at LC Industries are men, therefore prostate cancer awareness was the chosen topic. Thirty-eight men participated in the program learning about two types of screenings performed to check for prostate cancer. The format of the presentation consisted of information about signs and symptoms and early detection. The stages of prostate cancer were discussed by using prostate models. These models showed a normal prostate, an enlarged prostate, and a cancerous prostate. The models circulated throughout the room so the participants could feel each model as Ms. Selmon explained it. The program was a successful learning experience and increased awareness about prostate screenings.

Breast Cancer Awareness and Testicular Cancer Awareness facts were presented recently to Bolivar and Sunflower County teens by Extension Area Health Agent, Ann Twiner. Information on the importance of early detection was the main focus of the program.

Mississippi Health Awareness Day...January 21st!

The Coalition for a Healthier Mississippi, COHA, is coordinating events surrounding Health Awareness Day. A health fair with numerous health partners offering free screenings and health information will be conducted at the Jackson Medical Mall Thad Cochran Center. A list of sites holding events around the state can be obtained by contacting Zakiya Summers at 601-982-8467 ext. 26 or COHA at 601-376-2397. In addition, Health Awareness Day will be observed at Capitol Day, which is held each year at this time. Free screenings will be offered to senators, representatives, staff and visitors attending the event. Numerous coalitions will be present to educate and create awareness about various health issues.

You still have time, so get busy and plan something for your community. The overall goal is to get Mississippi healthy! We want healthy, active people from childhood to senior adults, but it will take everyone working together. Let's get moving toward healthier communities!

