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Healthy Living Practice Highlight: Dining with Diabetes

Dining with Diabetes is an evidence-based community education program for people with or at risk for type 2 diabetes. The program empowers participants to prevent or manage their disease by providing practical knowledge and strategies to make the necessary lifestyle changes that will lead to healthier living and reduction in the risk of complications. The program is designed to meet four consecutive weeks with a three month follow-up class. Participants' A1C and blood pressure are taken at the first and follow-up classes. Classes consist of a nutrition lesson, physical activity, cooking demonstration and food tasting. Penn State Extension offers the Dining with Diabetes program in local communities to help individuals overcome travel concerns. The program is also offered at different times during the year to accommodate a variety of scheduling issues. For more information visit the [Dining with Diabetes Healthy Living Practice](#) submission on LiveHealthyPA.

Make A Choice Momentum

The Make A Choice initiative reached an energizing peak with Wellness Challenge events, featuring Fitness and Transformation Motivator Shaun T, during National Diabetes Awareness Month in November. The initiative is a collaborative effort between the Health Promotion Council and the Pennsylvania Department of Health to promote healthy living, physical activity and weight management to prevent and manage prediabetes, Type 2 diabetes and obesity. Though the live events culminated paid media, the campaign was designed to live on through health partners.

Makeachoice.org is an online resource connecting Pennsylvanians to personal success stories, diabetes education programs and information to help encourage and inspire Pennsylvanians to prioritize their health and make a choice to live a healthier life. The website also features campaign posters and video clips that health partners can download and use to harness the momentum to keep this message going through social marketing. Please consider how your organization may use these materials to support this important message.



Allegheny Quit for Life

[Live Well Allegheny](#), [Tobacco Free Allegheny](#) and supporting partners joined together for the third annual [Allegheny Quits for Life](#) week in Allegheny County, Pa. from November 12-18.

Allegheny Quits for Life, a week-long series of events designed to support residents' efforts to quit smoking, held its kickoff event, "[Merengue Monday](#)," in partnership with the Pittsburgh Cultural Trust. Local students from [Dancing Classrooms Pittsburgh](#) were on hand to teach adults how to exercise their lungs by dancing to stay healthy!



All of the events during Allegheny Quits for Life were aimed at helping individuals stop tobacco use and to learn to live healthier lives.

"Smoking rates have been on the decline in Allegheny County; however, 19% of county residents smoke, and that number is still far too high," said Dr. Karen Hacker, Director of the Allegheny County Health Department. "Decreasing smoking is a primary objective of our *Live Well Allegheny* campaign, and we strive to achieve that goal. For those who smoke, consider quitting. There are lots of options for smoking cessation that can make all the difference for you and your loved ones."

Your Neighborhood Store. Healthier.



PENNSYLVANIA
HEALTHYCORNER
STORE NETWORK

Eating Healthier with PA Healthy Corner Store Initiative

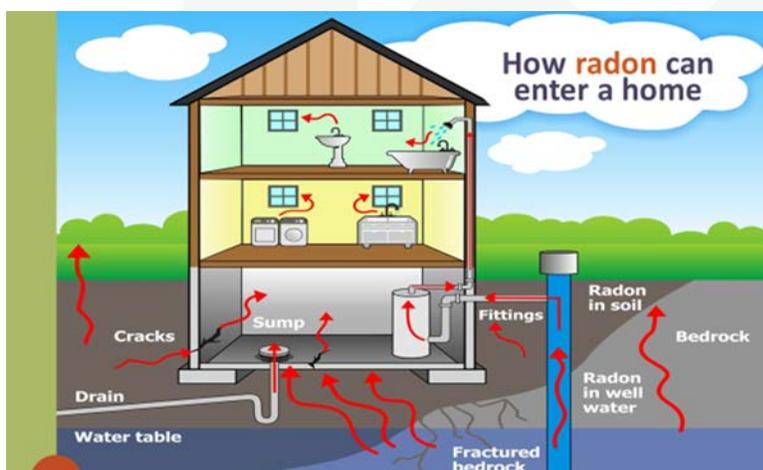
the food we choose to eat everyday is influenced by many factors. The benefits of eating healthy are substantial yet many of us fall short of a healthy diet. The Pennsylvania Healthy Corner Store Initiative (PA HCSI) engages store owners in 10 cities throughout PA to stock healthier retail. Having the healthier options available to communities is just one piece of the healthy-eating puzzle; another is education. PA HCSI has partnered with [SNAP-Ed](#) to teach nutrition lessons in corner stores. Shoppers learn about a nutrition topic, see healthy options available in the store and taste test healthy food. Along with the lessons, interested shoppers are directed to free health screenings including blood pressure and BMI checks, provided by community health partners. Being educated about good nutrition, having healthy options available and making the connection with their own health makes it easier for PA residents to choose to eat healthy. For more information visit the [PA HCSI](#) page on LiveHealthyPA.

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Radon Awareness Month

January is National Radon Action Month. According to the U.S. Environmental Protection Agency (EPA), radon is the second leading cause of lung cancer in the United States. Each year radon is estimated to cause about 21,000 lung cancer deaths nationally. Pennsylvania has some of the highest radon levels in the country due to its geology, with approximately 40% of radon test results being greater than the EPA action level of 4 picocuries/liter (pCi/L).

Radon is an odorless, colorless and tasteless gas that can enter homes through cracks in walls and foundations. When radon is inhaled, it damages the structure of the lung, which can result in lung cancer. Smoking and daily exposure to high levels of radon has a significantly increases an individual's risk for lung cancer.



The only way to determine a home's radon level is through testing. Home radon testing is simple and inexpensive. The Pennsylvania Department of Environmental Protection's [Radon Division](#) can provide expert information to homeowners, builders and institutions for testing and mitigation.

For more information visit the [Radon Toolkit](#) on LiveHealthyPA.

Workplace Wellness: Developing a Plan

In October 2016, the Pennsylvania Department of Health and the Centers for Disease Prevention and Control (CDC) conducted a webinar, "Introduction to the CDC Worksite Health ScoreCard (HSC)". The webinar provided information on the HSC and how it can be used, an overview of the online HSC system and how it works, review of existing data and future directions. A recording of the webinar is available in the ["Assessing the Need"](#) tab of LiveHealthyPA.

On January 10, 2018, we invite you to join us for a second webinar, "Introduction to Program Planning". CDC will discuss the importance of program planning using comprehensive approaches to worksite health as examples, but relevant to any type of program planning activity. This webinar focuses on practical skill-building, including determining program goals and objectives, developing detailed work plans, and putting assessment and planning into practice. Registration is available in [here](#).

For additional information on "Developing a Plan" for worksite wellness, please visit [LiveHealthyPA](#).

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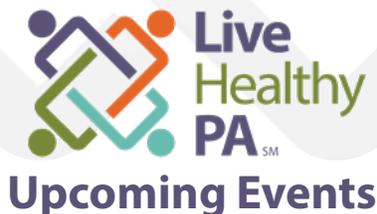
Policy, Systems, and Environmental (PSE) Approaches Educational Videos

Policy, systems, and environmental (PSE) approaches are laws, rules, and/or related actions that impact behavior. In the past, health programs focused on changing individual behavior whereas PSE approaches have a far-reaching impact by changing laws and creating sustainable, comprehensive measures to improve health. Focus is on the reduction of shared risk factors by supporting and advocating for changes in state and local policies that build an environment to help Pennsylvanians develop and maintain healthy behaviors.

Interested in learning more about PSE approaches? LiveHealthyPA now hosts a series of videos to teach you about PSE approaches and how to implement them. To view the videos visit www.livehealthypa.com/pse.

Injury/Fall Prevention

The Violence and Injury Prevention Program at the Department of Health administers programs for older adults, one of which is A Matter of Balance (MOB): Managing Concerns about Falls program. This is a program designed to reduce the fear of falling and increase physical activity levels among older adults. A MOB program includes eight two-hour sessions for a small group, which is led by a trained facilitator. Participants in the sessions learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Visit MaineHealth for more information on the MOB programs, fall risks, and a listing of all Master Trainers in Pennsylvania along with their contact information.



- [“Introduction to Program Planning” worksite wellness webinar](#)
Date: January 10, 2018
- [Data You Can Use-Topics in Cancer Control and Prevention webinar](#)
Date: March 30, 2018

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