



Making Health Our Own NEWSLETTER

FALL 2008



Sponsored by Whatcom County Health Department

In collaboration with the Whatcom Coalition for Healthy Communities

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FEATURED NON-PROFIT:

Whatcom Coalition for Healthy Communities

The Whatcom Coalition for Healthy Communities is a non-profit organization created in 1996 by local community members wanting to make a positive difference in the health and happiness of our community.

MISSION: "We improve the health and quality of life in Whatcom County by connecting people and information and fostering collaborative leadership and community action."

Visit WhatcomCounts.org for local reports, plans, statistics, solutions, and local resources to learn more and take action to improve the health of Whatcom County.



2009 FUTURE SEARCH CONFERENCE ANNOUNCED

In March of 2009, a three-day FUTURE SEARCH Conference will be held at the Squalicum Boat House in Bellingham. The draft title for the conference is:

Creating Partnerships for Action: Improving the Health of Whatcom County

A Planning Committee for the event is currently being formed and invitations are expected to go out to conference participants in January. The conference is the next phase of the Comprehensive Health Planning (CHP) effort to engage community members in determining and implementing actions to improve the health of Whatcom County residents. The conference will produce concrete action plans along with voluntary commitments from conference participants to implement those plans. These action plans will serve as the basis for the written CHP plan.

EAT HEALTHY & BE ACTIVE: October 6 is Child Health Day

On October 6, the 80th annual Child Health Day, the Federal Health Resources and Services Administration challenges parents, caregivers, teachers, school nurses and all adults who care about kids to grapple with a serious health issue: childhood overweight and obesity.

Recent studies suggest that 1 in 6 U.S. children between 2 and 19 is overweight. In less than 30 years,

obesity has more than doubled among children ages 2-5 and more than tripled among youth ages 6-11 and adolescents ages 12-19.

Overweight kids are at risk for asthma, diabetes, heart disease and other chronic conditions.

Fortunately, many times overweight can be reversed or prevented by helping children and adolescents:

- * Stay active
- * Develop healthy eating habits
- * Make healthy choices

TO FIND OUT WHAT YOU CAN DO, visit:

[http://
www.mchb.hrsa.gov/
childhealthday/](http://www.mchb.hrsa.gov/childhealthday/)



HEALTH ISSUE OF THE MONTH: Asthma Prevention

Free Video about Controlling Asthma Triggers at Home



Please pass this DVD on to others
 DVD
 June 2008

VIDEUM
 digital video production
 videum@videum.com
 360.738.1964

- 1) **Attack Asthma at Home**
(Ataque el Asma en su Hogar)
 - 2) **Mold in Your Home**
(El Moho en su Hogar)
- English and Spanish versions

The Northwest Clean Air Agency has produced a new video called **“Attack Asthma at Home: A Practical Approach to Asthma ‘Trigger’ Control and Prevention”**. The video is downloadable from the agency’s website at www.nwcleanair.org.

Hard copies of this video in DVD format are typically available at no charge off the front counter of your local health department and include our popular **“Mold in Your Home: Causes, Prevention, Cleanup”** video in both English and Spanish, all on one DVD.

The asthma trigger DVD is designed to help families make lifestyle changes to benefit asthma sufferers at home. The DVD details strategies for limiting exposure to typical asthma “triggers” in the home that can worsen asthma symptoms or

cause a new onset of the disease. Practical methods of limiting exposure to dust mites, cockroaches, pet dander, mold, volatile organic compounds (VOC), smoke, and other “triggers” are discussed and additional resources provided.

You may also request a free copy of the DVD by calling the Northwest Clean Air Agency at 360.428.1617 (Skagit County) or 800.622.4627 (Island and Whatcom counties) or by emailing Dave Blake at dave@nwcleanair.org.
 Author: Northwest Clean Air

24-Hour Mental Health Crisis Line

- * Are you feeling depressed?
- * Do you need someone to talk to?
- * Are you concerned about a friend?
- * Is worry keeping you up at night?
- * Do you want help with your problem?

CARE CRISIS RESPONSE SERVICES:
 (425) 258-4357
 (800) 584-3578
 TTY (800) 846-8517

...always here and ready to listen.

THE ORIGAMI CRANE PROJECT Reminder of October 5 Event

On March 31st, St. Joseph Hospital and NAMI of Whatcom County launched a countywide fun and inspirational service project— *14,000 Cranes for Whatcom County: Hope and Support for People with Mental Illness*. Community groups from across the county are creating origami cranes as symbols of hope and support for the estimated 14,000 families living with men-

tal health conditions in Whatcom County. The cranes will fly from the Rotunda of the County Courthouse on October 5, 2008, the first day of Mental Illness Awareness Week. The celebration is from 4:00-6:00 PM and will include many visiting dignitaries—such as First Gentleman Mike Gregoire. Co-chairs of this initiative are Senator Dale Brandland and

State Representative Kelli Linville. Contact the NAMI office at 671-4950 for more information. A special thank-you to Pete Kremen, our County Executive, for his wonderful ongoing support for this event. THANKS PETE!
 Author: Betty Scott

