

OCTOBER 2011

You're Invited:

All Coalition Meeting:
December 8 (8-10:30 AM)
LGH—BURLE

Action Team Meetings:

No meetings this month

Upcoming:

Well Workplace Award

Recognizing efforts of local businesses to encourage healthy weight management among their employees.

Application available [online](#).
Submission deadline-11/30

Have an event?

Send us information!

Ongoing:

- The Farm Cart continues at SACA until 10/30

Our Goal:

To increase the number of individuals in Lancaster County who are at a healthy weight, are physically active, and make healthy food choices. We do this through community volunteers who work together to advocate, educate, and participate in activities they enjoy that also support our goal.

Why should you join?

As with other social groups, you'll meet others who are interested in the same things you are. You choose how much time to give; every person can bring ideas and suggestions that move us towards our goal.

How do you join? Email us:
coalition@lightenuplancaster.org

Centers for Disease Control and Prevention Community Transformation Grant Comes to Lancaster County

Lancaster General Health's Community Health and Wellness department, in collaboration with many community partners including LULC, has been awarded a \$233,000 Community Transformation Grant by the U.S. Department of Health and Human Services to support its efforts to reduce chronic disease such as heart disease, cancer, stroke and diabetes.

Of the two types of grants awarded, "capacity building" and "implementation," LG Health received the "capacity building" grant in which to lay a solid foundation for community prevention efforts to ensure long-term success. LG Health and the Philadelphia Department of Public Health were the only two organizations in Pennsylvania awarded these grants.

The grant funds will help LG Health focus on three priority

areas: tobacco-free living; active living and healthy eating; and evidence-based quality clinical and other preventive services, specifically prevention and control of high blood pressure and high cholesterol.

"While chronic diseases are the most common and costly health problems, they are also among the most preventable. This grant will help us further advance the good work already being accomplished in collaboration with our many partners who share our commitment in improving the health status of our communities."

-LG Health President & CEO
Thomas E. Beeman, Ph.D., FACHE

Overall, HHS awarded approximately \$103 million in prevention grants to 61 states and communities, reaching more than 120 million Americans. Funding awards are distributed among state and local government agencies, tribes and territories, and state and local non-profit organizations.

To learn more about **Lancaster General Health's** prevention and wellness programs, visit www.lghealth.org or contact Alice Yoder, LG Health director for Community Health, at 717-544-3283.

LULC members:

This is a great opportunity to advance our mission! Stay tuned for more details...

Workplace Action Team: Ready for Business

The Workplace Action Team is for people who are responsible for wellness activities in their workplace or work with other companies on their wellness programs.

Leslie Wireback is the Team Facilitator. She is Human Resources/Insurance Manager at Lancaster County Solid Waste Management Authority (LCSWMA) where one of her responsibilities is wellness in the workplace. She has been an active member of Lighten Up Lancaster for three years.

Action team members work primarily in human resources, insurance companies, or insurance brokers; however, anyone is welcome to join. The focus of the group is to provide employers with ready-to-use resources to help make "being healthy" easier for employees.

The team is currently planning the next year's activities. Events include the Workplace Award Recognition Event and guest speakers for team meetings. They are also creating and compiling educational resources and activities to use in the work

place. Team meetings are held at LCSWMA.



Contact Leslie Wireback, at LWireback@lcswma.org for more information about helping out with this group.

Lighten Up Lancaster Coalition is a volunteer group of concerned individuals, organizations, and employers, in partnership with Lancaster General Health, who want to increase the number of children and adults in Lancaster County who are at a healthy weight.



F as in Fat

Click [here](#) or go to our website for the full report and a PowerPoint presentation that you can use to present the obesity trends in our country.

An estimated 26.7 percent of adults in the United States reported being obese in 2009, up 1.1 percentage points since 2007.

- Behavioral Risk Factor Surveillance System (CDC)

Approximately 300,000 deaths per year may be attributable to obesity.

- Office of the Surgeon General

"Crunch" is available for your wellness event! Contact the Coalition for details.



Eric Cruz

We Need You!

We all know that many hands make light work, and there certainly is a lot of work to do! Time is scarce, but our success depends on everyone's support of a special area of interest.

Communications & Engagement Action Team: Would you like to help spread the word about the Coalition? Please contact Denyse Kling, Team Facilitator, at dkling2@lqhealth.org

Advocacy: The Manheim Township Board of Commissioners meets the second and fourth Mondays of each month (except December). Are you willing to attend and promote LULC? Talking points and materials are



David Fraile at Eastern Market.

Buddy Up: It's not too early to create a Buddy Up team for the Jingle Bell Run! You'll get training tips, a race day goodie bag, and a chance to win prizes! Register your team at: www.lancasteronthemove.com

available. Contact [Beth Schwartz](#), Advocacy & Policy Team Facilitator, at 544-3808.

Calling all bicyclists: Mayor Gray has requested LULC's help in identifying key people who are interested in becoming a resource for city cycling. Contact [Beth Schwartz](#), 544-3808.

Our Mobile Market farmers are finished except for the SACA location, which continues until October 30.

Walking School Bus: Lighten Up is partnering with elementary PTOs to explore the opportunity of initiating walking school buses throughout the county. Contact [Sue Lackmann](#), Education Team Facilitator, at 544-3284 to get involved.

Step It Up! Corporate and Community Walk Update

The Step It Up! Corporate and Community Walk was held Saturday, September 17, 2011 from 8 to 10 a.m. at the Farmingdale Trail, located off of Good Drive, in Lancaster.

Volunteers from the Workplace Action Team represented Lighten Up Lancaster with an information table at the trailhead. Some workplaces used the event as an item for their em-

ployees to earn points toward a wellness incentive.

Everyone who participated in the walk was educated on the Coalition's mission and had the opportunity to walk one of three multi-use trails. These trails, which vary in length from 0.5 miles to 1.3 miles, treat visitors to close-up views of native wetlands and rustic wooded areas in a charming park-like setting.



Special thanks to our team of volunteers: Charissa Gift, Jess Klinkner, Alyssa Landen, Jenni Simmons, and Stephanie Sodak for representing Lighten Up Lancaster and encouraging participants to eat wise and exercise!

Apple Cartwheels: Healthy Fall Snack for Kids of all Ages

Ingredients:
1/4 c. peanut butter
1 1/2 tsp. honey
1/2 c. miniature semisweet chocolate chips
2 T. raisins
4 medium unpeeled Red Delicious apples, cored

Directions:
In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins.

Fill centers of apples with peanut butter mixture; refrigerate for at least one hour.

Cut into 1/4-in. rings. Yield: about 2 dozen.

Nutrition facts:
1 apple ring equals 50 calories, 3 g fat (1 g. saturated fat), 0 cholesterol, 13 mg sodium, 7 g carbohydrates, 1 g fiber, 1 g protein

For a PDF, go to: www.lightenuplancaster.org

Complements of Cindy Freeman, Health, Physical Education & Wellness Network Leader, School District of Lancaster from www.tasteofhome.com/Recipes/Apple-Cartwheels

Send us your recipes! coalition@lightenuplancaster.org

Link of the month:

[Health, Wellness, and Employee Assistance: A Holistic Approach to Employee Benefits](#)

Brought to you by the U.S. Department of Labor, Bureau of Labor Statistics