



build a healthier community!

A Community Project Sponsored by the
Central Michigan District Health Department
2012 East Preston Avenue
Mt. Pleasant, MI 48858
989-773-5921

May 2013: HIP News to Know!

A compilation of grants, websites, and resources related to improving the health of our community members



May is National Skin Cancer Awareness Month

Skin cancer is a lifestyle disease, affecting young women, older men and everyone in between. One in five Americans will develop skin cancer in the course of a lifetime; 13 million Americans are living with a history of non-melanoma skin cancer, and nearly 800,000 Americans are living with a history of melanoma, the most dangerous form of skin cancer. But there is good news: because skin cancer is chiefly lifestyle disease, it is also highly preventable. "About 90 percent of non-melanoma skin cancers and 65 percent of melanoma cases For more information visit www.skincancer.org

Grants/Prize Opportunities



W.K.
KELLOGG
FOUNDATION

The W.K. Kellogg Foundation supports children, families and Communities as they strengthen and create conditions that propel vulnerable children to achieve success as individuals and as contributors to the larger community and society. The Kellogg Foundation does not have any submission deadlines. Grant applications are accepted throughout the year. www.wkkf.org

Events/Trainings



St. Mary's of Michigan Bee Healthy for Life 5K and 10K
Saturday, June 22, 2013 @ 8:00 AM
Only \$20 to register!
<http://www.stmarysofmichigan.org>



5K registration TOGETHER WE CAN build a healthier community
2nd Annual TOGETHER WE CAN! TROT 5K WALK/RUN
Saturday, June 8, 2013 Race begins @ 8:15 a.m.
Island Park 331 N. Main St. Mt. Pleasant, MI
Registration is only \$25.00! <http://www.cmdhd.org/5kregistration/>

22nd Annual Women's Golf Scramble

When: Saturday June 15, 2013 8:00 a.m. Registration----9:00 a.m. Start

Where: Pleasant Hills Golf Course, Mt. Pleasant, MI

Benefitting: Central Michigan District Health Department's Together We Can

For more information contact Kim Schiavi (989)773-5921 @ Ext. 8440





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Websites/Resources/Announcements

Fresh Air Fit:

We're putting the "out" back into workout! The DNR is partnering with fitness instructors throughout the state to provide fitness-focused classes in the great outdoors; Pilates on the beach, yoga in the woods, and boot-camp fitness in an actual camp are just a few of the many ways you can use state parks for fun AND fitness this year. For more information (program launches in April, so available after April 1), visit www.michigan.gov/stateparks



Michigan is rolling out the "green" carpet to welcome everyone to the woods and waters! Recreation 101, or "Rec 101," is a series of intro-to format classes taught by DNR staff or expert volunteers from organizations, guide services, outfitters, and more. These volunteers offer their time and knowledge at no charge to the DNR or participants. The program began with state parks in 2011 with 87 events, grew to more than 500 events in 2012, and we hope to continue to grow again in 2013. We offer almost every recreational pursuit from archery to windsurfing and hope you'll try them all. For a complete list of events, visit www.michigan.gov/rec101

Free Passes to MI Big Green Gym (Press Release Coming Soon):

As you know, the DNR is partnering with MRPA and Blue Cross to promote state and local parks as affordable fitness destinations. To support this effort, we are partnering with more than 400 libraries statewide to let library card holders "check-out" free passes into Michigan State Parks. Passes can also be used at 20 participating community recreation agencies for family-friendly activities as well. Details are still coming in on the 20 communities, but the program will kick off May 23 and runs through Oct. 1. Passes are valid for seven days from check-out and are good for a free day in state parks.

First Time Campers:

For anyone who hasn't camped in a state park before but wants to give it a try, we have partnered with Gander Mountain to offer the First Time Campers program – all the gear, guides and good times included! Use of gear, two nights of camping, and instruction on how to pitch a tent, start a campfire and more is all available for just \$20. Here is more information on the program <http://www.michigan.gov/dnr/0,4570,7-153-10365-234646--,00.html>

News to Know



Going to work could be more harmful than smoking, a new study may show. That is if your job involves sitting around for long periods of time. Research carried out by the American College of Cardiology shows that prolonged sitting is linked to increased risk of heart disease, obesity, diabetes, cancer and even early death and could be just as dangerous as smoking. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer. For more information visit <http://www.mayoclinic.com/health/sitting/AN02082>

HIP News to Know is a monthly publication posted on the Central Michigan District Health Department's website at www.cmdhd.org under the Together We Can/County Health Rankings link under Hot Topics on the homepage. Information and submissions are encouraged. They should be sent to Sarah Kile at skile@cmdhd.org by the last Thursday of each calendar month.