

If you are contemplating starting or enhancing a worksite wellness program, school wellness program or just trying to learn more about programs that are available to help you improve your health, this website can help you.

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**Woodbury County/Siouxland District Health Department Awarded \$120,458 to Drive Down Chronic Diseases in Woodbury County, Iowa**

*New program will help create healthier communities in the U.S.*

Today Woodbury County/Siouxland District Health Department (SDHD) was awarded a grant of \$120,458 to increase the number of people with access to healthy food and beverage options, and physical activity opportunities in Woodbury County, Iowa.

The Partnerships to Improve Community Health (PICH) awards are part of a U.S. Department of Health and Human Services (HHS) initiative to support public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and control health care spending. The Centers for Disease Control and Prevention (CDC) will administer the grants, which will run for 3 years, subject to availability of funds.

Overall, HHS awarded \$50.3 million in new grant awards to 39 local health agencies. PICH is the newest generation in CDC's long history of community efforts to create and strengthen healthy environments that make it easier for people to make healthy choices and take charge of their health.

Governmental agencies and nongovernmental organizations will work through multi-sector community coalitions to reduce tobacco use and exposure to secondhand smoke, improve nutrition, increase physical activity, and improve access to programs for preventing and managing chronic diseases. Projects will serve large cities and urban counties, small cities and counties, and American Indian tribes.

"We are very excited to have this opportunity to work with residents throughout Woodbury County on improving their health and wellbeing, through a variety of different health initiatives," said Michelle Lewis, SDHD Health Planner and PICH Project Director.

Specifically, the work that SDHD will be doing includes working with worksites, childcare centers, physician offices, and rural communities to implement a variety of policy, system, and environmental changes to improve the health of Woodbury County residents. On-site gardens

and Community Supported Agriculture drop sites will be developed, along with improvements in cafeteria and vending machine options will occur at worksites. Childcare centers will improve physical activity and nutrition programming by completing the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program, and physician offices will be contacted about adopting a program similar to the Fruits and Vegetable Prescription™ model, with having on-site produce available. Finally rural communities will be provided assistance in developing Safe Routes to School routes and implementing Complete Streets principals throughout their towns.

“The cost of managing chronic diseases in Woodbury County continues to grow,” said Kevin Grieme, SDHD Director and PICH Project Investigator. “In this country, chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death, disability, and health care costs, accounting for 7 of 10 deaths among Americans each year, and more than 80 percent of the \$2.7 trillion our nation spends annually on medical care.”

To learn more about Siouxland District Health Department’s prevention and wellness projects, visit [www.livehealthsiouxland.org](http://www.livehealthsiouxland.org) .