

Cindy Hannum  
**Authorized Signature**

**Number: SPD-IM-05-028**  
**Issue Date: 04/26/05**

**Topic:** Other

**Subject:** Possible partnering with local health for Healthy Active Oregon Institute

**Applies to (check all that apply):**

- |  |  |
|--|--|
| <input type="checkbox"/> All DHS employees                 | <input type="checkbox"/> County Mental Health Directors                  |
| <input checked="" type="checkbox"/> Area Agencies on Aging | <input type="checkbox"/> Health Services                                 |
| <input type="checkbox"/> Children, Adults and Families     | <input checked="" type="checkbox"/> Seniors and People with Disabilities |
| <input type="checkbox"/> County DD Program Managers        | <input type="checkbox"/> Other (please specify):                         |

**Message:**

This Information Memorandum provides information on a possible **partnership opportunity for AAAs/SPD offices and Senior & Disabled Advisory Councils to work with their local health department** in addressing **physical activity and nutrition**.

Local health departments are being invited by DHS-Health Services to develop and send a small team to a statewide Healthy Active Oregon Institute June 27-28, 2005 in Portland. The institute will provide information on current issues & strategies to address physical activity and nutrition, and will assist teams in starting to develop local plans.

AAAs/SPD offices are encouraged to contact their local health department administrator to see if the county plans to apply – and if so, to ask about including a representative on their team. For more information, see the attached memo and agenda which were recently sent to local health department administrators.

State physical activity and nutrition programs are increasingly looking at policies and environmental issues that affect people’s health. Possible senior- and disabled-related issues might include access to safe walking areas; participation in senior farmers market, food stamp and meal programs; and availability of senior- and disabled-appropriate exercise and walking programs. AAA/SPD representation in the county Healthy Active Oregon teams can help provide critical input into ensuring that county efforts include the senior and disabled needs and concerns.

*If you have any questions about this information, contact:*

<b>Contact(s):</b>	Jennifer Mead		
<b>Phone:</b>	503 945-6412/503 731-4918	<b>Fax:</b>	503 731-4082
<b>E-mail:</b>	Jennifer.mead@state.or.us		

# Memorandum

Oregon Department of Human Services

Health Promotion and Chronic Disease Prevention

April 14, 2005

**TO** Local county health departments

**FROM** John Chism  
Physical Activity and Nutrition (PAN) Program Manager  
(503) 731-4273

**RE** Healthy Active Oregon Summer Institute & Application

Greetings:

Enclosed is a promotional flyer and application for the upcoming Healthy Active Oregon Institute (June 27-28, 2005). This institute will build the foundation for comprehensive local nutrition and physical activity efforts or expand existing efforts to reduce obesity and chronic diseases. The PAN team has created a dynamic training session, including the confirmation of several excellent speakers/trainers.

I encourage health departments to form and lead a multi-disciplinary team to this year's training, particularly health departments that did not participate last year. If space is available, we may consider attendees from last year.

There is no cost for the training; DHS will reimburse travel and accommodations. Feel free to call me with questions. **Please remember to fax your application by the deadline: 5:00 PM, May 16, 2005 to Theresa Fogg (fax 503-731-4082).**

Looking forward to seeing you at the Institute!

# Healthy Active Oregon Training Institute

June 27 - June 28, 2005

Oregon Convention Center  
777 NE Martin Luther King, Jr. Blvd.  
Portland, Oregon 97232

## Training Institute Purpose

- This institute will build the foundation for comprehensive local nutrition and physical activity efforts or expand existing efforts to reduce obesity and chronic diseases.
- Interested counties/regions must bring multi-disciplinary teams, led by the county health department.

## Tentative Agenda

### Monday June 27

1:00 p.m. – 8:00 p.m.

### Tuesday June 28

8:30 a.m. – 3:30 p.m.

- Overview of Oregon's physical activity and nutrition plans
- Examples of program success and lessons learned in Oregon
- Team development meetings
- Worksite interventions
- Models for success in program planning at the local level
- Conducting a community walkability assessment
- National speakers: Mark Fenton (America's Walking) and Margo Wootan (Center for Science in the Public Interest)

**Cost of Training:** Free; Oregon DHS will reimburse travel/lodging expenses

**Lodging:** Holiday Inn Portland – Downtown Convention Center 1441 NE Second Avenue  
Portland, OR 97232 Telephone: (503) 233-2401  
Ask to make reservations for the "Healthy Active Oregon" block of rooms. This will insure that you receive the state rate.

**For more information:** Call John Chism, Physical Activity and Nutrition Program Manager @ (503) 731-4273