



Welcome to the HENOD Update!

Inside this issue:

Lt. Governor's Challenge	1
Conference: Leading By Example	2
Opportunity for Free Consultants	2
AHA's Heart Walk	3
September HENOD Meeting	3

We are pleased to bring you the Summer Edition of our new quarterly electronic newsletter! We hope that this newsletter will be informative and beneficial to all of our members, providing the latest word on new health initiatives, health related events, conferences, and career building opportunities. However, we can't do it

alone! We need your help to share events and news items that you think may be of interest to the members of HENOD. If you would like to contribute to the newsletter, please send items to:

Linda Tholstrup : lmt@udel.edu

or

Linda Smith : lasmith@udel.edu

Deadlines for Submissions:

October Issue: Sept. 15, 2003

January Issue: Dec. 15, 2003

April Issue: March 15, 2003

July Issue: June 15, 2003

Let's get folks moving - help spread the word about the Challenge!

The office of the Lt. Governor has teamed up with the American Cancer Society, Christiana Care Health Systems, Division of Public Health, DE State Chamber of Commerce and the University of Delaware to create a fun and simple way to get people in the state moving. The result is "The Lt. Governor's Challenge", which is a free program to get folks started on a more physically active lifestyle.

Over a 12-week period, the participant chooses what activities to perform. Individuals receive a log to record activity, and earn points for every 30 minutes of movement. After 12 weeks,

participants may be eligible for a gold, silver or bronze medal, depending on how many points they have earned.

To date, over 4,000 participants have taken the Challenge. We'd love to see this number grow to 10,000. Individuals can register and receive a logbook, simply by calling the Lt. Governor's Office at 302-577-8787 or the Delaware Division of Public Health at 302-739-4724. Participants can also register online at www.state.de.us/litgov.

Several HENOD members are involved in the Challenge, including Marian Hay, Michael



Peterson, Fred Breukelman, and Jeanne Chiquoine.

Please help us spread the word amongst your clients, patients, etc. Brochures are available to distribute, if you need any for your worksite. Also, if you know of a group who might be interested in doing the Challenge – civic, faith-based, worksite, school, etc., contact Marianne Carter at 302-831-1109.

Do you have any news to share with fellow HENOD members?

If you know of an event, a new finding, a job opportunity, or any other piece of news that you would like to share in the HENOD newsletter, please send a brief description to Linda Tholstrup, communications committee, at lmt@udel.edu.

Interested in Work & Wellness?

Then don't miss **Leading By Example**, a Health, Work, & Wellness conference where our own Mike Peterson will be presenting his research on improving well-being in small businesses.

The aim of the conference

is to provide health professionals with "real-life examples of healthy workplace strategies."

Issues addressed at the conference will include convincing leaders to invest in a healthy future, work-life

balance, employer-employee responsibility for job stress, and more!

For more information, visit:
healthworkandwellness.com

Leading By Example

September 28-30, 2003

The Hilton Lac Leamy,
Gatineau, Canada

Need Help With An Upcoming Project?

Why not utilize the time and talents of UD graduate students? This semester, the graduate students in Health Promotion will be required to work for a community agency or coalition as part of **HLPR 803: Advanced Health Promotion Programming**. Student teams will address some "Unresolved Issue" that an agency or coalition is presently experiencing. The students will work as consultants for the agency client.

This is **NOT an internship**. The students will not be employed by, or work at, the particular agency site. Rather, they will use the "unresolved issue" that the agency client has to create an initiative, program, recommendation, etc. Students will be expected to work with an agency representative, but only as far as meeting with them and obtaining feedback or necessary information to successfully complete the project. The students will work independently, under the guidance of Dr. Michael Peterson.

Program Parameters

- The "unresolved issue" can be just about

anything in the field of health promotion.

- The issue must be able to be addressed within a 12 week period (a semester).
- The program should involve higher level skills and expertise (i.e., no grunt work).
- You are not responsible for the students. You are their client and they will act as consultants. This relationship creates an authentic learning activity that is beneficial for all parties involved.
- Students will select which agency or coalition they wish to work with from a list of interested parties.
- Dr. Michael Peterson will be the students'

consultant and will oversee all of their work.

Benefits to you:

- It's Free!** Take this opportunity to address an issue you don't currently have the time or resources to tackle!
- Get a Fresh Perspective!** This is a chance to gain access to the expertise of UD faculty and the talents of grad students .

Costs to you:

- A Little Time.** To meet with the student team and provide them with feedback for their work/recommendations. Estimated 5-10 hours maximum.
- Some information.** You should be prepared to provide students access to information as needed.
- Some feedback.** You will have to assess the quality of the final products and give feedback.



Examples of Projects:

Conducting surveys, analyzing results, presenting a report

Evaluating a program currently underway.

Creating a program or modifying one currently in existence.

Doing a capacity analysis.

If you are interested in this program please contact Dr. Michael Peterson at:

302-831-3672
pmpeter@udel.edu

Deadline is August 15, 2003.

Project will begin the second week of September and end the first week of December.

AHA's Annual Heart Walk

The American Heart Association hosts its annual Heart Walk on Sunday, September 14, 2003 at 9:00 a.m. at the Riverfront Walkway in Wilmington.

This 3.1 mile walk/run is a major fundraising event for the local chapter. The effort is primarily organized through worksites, however,

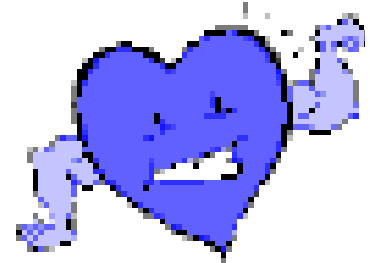
all are invited to participate.

This event provides health promoters an opportunity to engage clients in physical activity, educate them about the risks of heart disease and encourage them to support community efforts to improve health.

For more information, to sponsor a walker, or to

register as a walker or team captain, go online to:

www.heartwalk.kintera.org/wilmingtonde



Enhancing the health of Delawareans through health education and promotion.

Mark your calendar for the next HENOD meeting!

Where? Bayhealth Medical Center, Kent General Hospital, Dover

When? September 9, 2003, 9 a.m.

Topic to be addressed:

-Reducing Alcohol Abuse

Tracy Bachman, Director of the Building Responsibility Coalition, a campus-community partnership between the University of Delaware

and City of Newark, will speak about the efforts at UD and in the City of Newark to reduce alcohol abuse among college students and the negative impact it has on the community. Ms. Bachman will also talk about an initiative, the Delaware Partnership for Alcohol Responsibility, to involve colleges, organizations, and other agencies in Delaware to address high-risk drinking as a public health issue on a statewide level.

President

P. Michael Peterson, EdD
pmpeter@udel.edu

Vice President

Mel Anderson, BS
cander8862@aol.com

Secretary

Chris Oakes, BS
coakes@state.de.us

Treasurer

Fred Breukelman, CHES
fbreukelman@state.de.us

**Visit us online at:
www.henod.org**

HENOD
P.O. Box 1959
Dover, Delaware 19903-1959

Phone: 302-739-4724
Fax: 302-738-3839
Email: mail@henod.org