

Upcoming Events and Observances

December 2005

Gettysburg Area High School Holiday Market

December 10, 9 a.m.-2 p.m.

Gettysburg Area High School

Featuring a number of vendors including

Adams Coalition to Prevent Teen

Pregnancy. The Coalition will have gift baskets for sale as part of their annual

fundraiser. Call Laura at 339-2018.

January 2006

Freedom from Smoking

Tuesdays starting January 3, 6:30-8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

See sidebar on page 1 for additional details and contact information.

Smoking Cessation Support Group

First Thursday of the month, starting

January 5, 6:30 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

See sidebar on page 1 for details.

Adams County School Nurse In-Service

January 16, 8:30 a.m. -4 p.m.

Location: TBD

Children's Health Task Force

A workshop for school nurses including various sessions on mental and physical health

relating to children and adolescents. Call

Holly at 337-4264, #3.

9th Annual DAY ON

Community service project held in honor of

the life and works of Dr. Martin Luther

King, Jr.

January 16, 9 a.m.-12 p.m.

YWCA of Gettysburg & Adams County

Help sort thousands of items donated to nonprofit agencies and the families they serve. Call the Adams County Volunteer Center at UWAC at 334-5809.

Task Force Leader Quarterly Meeting (Social)

January 25, 4:30-6:30 p.m.

Gettysburg College "Attic"

Social for the Task Force Leaders of Healthy

Adams County. Call Jen at 337-4137.

February 2006

Shape Up PA

February 8 - June 28

Physical Fitness Task Force

Go to www.keystonegames.com and click on

Shape Up PA to register (beginning

December 2005). Call Holly at 337-4264,

#3.

HEALTHY COMMUNITIES

THE OFFICIAL NEWSLETTER OF HEALTHY ADAMS COUNTY

December 2005/January 2006

Tobacco master settlement monies fund Adams County's comprehensive tobacco control program

Recent budget decreases threaten the progress being made by local efforts

Between May, 2005 and June, 2007, \$517,530 in tobacco master settlement dollars was awarded to Healthy Adams County to fund their Comprehensive Tobacco Control Program.

Tobacco use is the leading cause of preventable death and disease in the United States. The cost to the Commonwealth of Pennsylvania for tobacco-related illnesses last year was \$4.78 billion. During the same time, over 20,000 Pennsylvanians lost their lives to tobacco-related diseases.

Last year, the 12 service providers partnering with Adams County's Comprehensive Tobacco Control Program reached over 1,000 area men, women, and children with tobacco cessation classes and prevention programs.

Unfortunately, fewer residents will be served in the future as the result of recent budget decreases that threaten the progress being made by Adams County's Comprehensive Tobacco Control Program. Like all other Pennsylvania counties, Adams County is scheduled to lose 28.5% of their previously allocated funding. This amounts to a \$68,075 reduction per year for Adams County.

Strong, well-funded, on-going state and local tobacco programs working together are essential to the health of all Pennsylvanians. Tobacco programs decrease the use of tobacco by youth and adults, prevent youth from starting a lifetime addiction to tobacco, protect Pennsylvanians from being exposed to tobacco smoke pollution (second hand smoke), reduce tobacco related healthcare costs, and ultimately save lives.

The two main weapons for this battle to save lives are money and the time spent by people with passionate convictions opposing

tobacco use. The major U.S. tobacco manufacturers collectively spend over \$1,000,000 per hour in advertising that entices our youth and former smokers to light up.

Excise taxes and other revenues from tobacco generate in excess of a billion dollars a year to our Pennsylvania government alone. We are struggling to impact a population, 25% of who have dependencies on tobacco, while our governments and businesses struggle with their own relationships to tobacco money.

Quitting the use of nicotine is often very uncomfortable for tobacco users and those around them for awhile. Continuing to smoke is potentially even more devastating to the tobacco user and their family for much longer.

Economically, cigarette smoking is calculated to cost more than \$7.50 a pack in health care

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VISION STATEMENT:

Healthy Adams County seeks

to create a higher quality of

life throughout our community

by improving physical, mental,

and social well-being.

MISSION STATEMENT:

Healthy Adams County is a

collaborative partnership of

community members dedicated

to continuing assessment,

development and promotion

of efforts toward improving

physical, mental and social

well-being.

424 S. Washington Street

Gettysburg, PA 17325

Office: 717-337-4137

Fax: 717-337-3817

www.healthyladamscounty.org



Message from the executive director

The rush of activity around the holiday season can often cause us to lose sight of the real purpose for our anticipation and excitement. This may be the case for our families and ourselves, but often also applies to concerns, or lack of them about the greater community that we live, work, and play in.

It may be helpful to take a moment to pause, and reflect on those things that we are grateful for, and to also think about the conditions affecting the health and well-being of some local citizens who may not be as fortunate or as well informed.

For those many volunteers who lead and serve in one or more of the many task forces affiliated with **Healthy Adams County**, these thoughts never cease. Whether we want to admit it or not, certain conditions do exist in our community which affect the health status and quality of life of those who live here.

Among these are a range of issues which affect the ability of some of our citizens to gain access to services. Some of these access issues are around health and dental care (for those who are uninsured or otherwise unable to pay), affordable housing, lack of awareness and understanding of health and human resources available locally, information regarding prevention of diseases – such as screenings, education and assistance toward reduction of risky behaviors, and language and cultural barriers.

As mentioned in our last newsletter, the recently updated **Community Health Assessment of Adams County** has been utilized as a centerpiece for review by Healthy Adams County for our current **strategic planning** exercise.

In addition to looking at health status and human service issues of the day in Adams County, we have also examined the internal structure and programs of our community health partnership, and tried to determine ways to position ourselves to better address identified problems. The result of this process has produced several proposed goal themes:

- Address current and emerging community health priorities.
- Establish measures to identify and pursue sustainability options.
- Consolidate task forces dealing with children and youth issues.
- Establish/strengthen alliances with local collaborative partner organizations.
- Centrally coordinate partnership and task force efforts to address continuing major issue themes in our community.

Our Board of Directors will soon consider recommendations based upon these themes, and provide strategic direction to help all of us in our efforts to positively impact the lives of local community members, not just during the holidays, but all year long!!

Bill Taft

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expenses and lost productivity to businesses. While tobacco smokers on average attempt quitting seven times before they are able to “quit for good,” half eventually make it. Because the nicotine in tobacco is an amazing drug that numbs emotional pain and reduces some anxieties through its release of chemical mediators in the brain, it will always be powerfully addicting.

This “benefit” is not lost on our over-stressed youth. According to the American Lung Association, each day 4,000 young people will start smoking cigarettes, 1/3 of these will die prematurely from tobacco related diseases. It is imperative that communities stand firm in their efforts to oppose the abuse of tobacco and support those who are striving to free themselves from its addiction.

At the hop

Poodle skirts reigned at the Adams County Breast Cancer Coalition's Color Your Night Pink Sock Hop Dinner Dance on October 8, 2005. Jean LeGros, Gettysburg College (center) is flanked by Kaye Weiss, Pennsylvania Department of Health (left) and Stephanie Maitland, Gettysburg Health & Fitness, all 50s fashion plates. Pink was the color of choice for the nearly 150 people who enjoyed the frolicking music and humor of the Leatherettes and twisted the night away to the tunes of DJ Breeze Mon.

A silent auction also featured numerous items, many with a tie to breast cancer awareness. The event raised just over \$7,000 for the coalition and will be used to advance breast cancer awareness education and fund free mammograms for qualifying women in the community.



Community recognition award presented

The Honorable Michael A. George was presented with the Domestic Violence Task Force Community Recognition Award at its annual Domestic Violence Awareness Night on October 18. George was recognized for his longstanding commitment and continued support in strengthening the legal justice response to domestic violence. Shown above are Chief Jim Holler, Liberty Township Police Department and emcee for the evening's event; Kathy Gaskin, executive director for Survivors, Inc. and co-chair of the Domestic Violence Task Force, an affiliate of Healthy Adams County; the Honorable Michael A. George; and Shawn Wagner, Adams County district attorney and keynote speaker.

Informative booth takes home award

Healthy Adams County was one of 47 exhibitors at the 15th annual Gettysburg Adams Chamber of Commerce Business Fair, held on November 10, 2005 at the Gettysburg Area High School. The partnership received the Committee Award for the most informative exhibit. Materials provided in the exhibit included brochures related to the work of affiliated task forces, directories for citizens with disabilities and a display summarizing highlights of the 2005 Community Health Assessment of Adams County. The yearly business fair provides a networking opportunity for businesses and local organizations, as well as members of the community. Pictured right is Bill Taft, executive director, Healthy Adams County, at the winning booth with two of the 300 participants who attended the event.

National grant awarded to local anti-drug coalition

Community anti-drug coalitions harness the power of multiple sectors to work toward using various methods for preventing drug abuse. The coalitions involve youth, parents, business, schools, law enforcement and others to carry out such activities as youth summits, drug use surveys, beverage server training, and social marketing on prevention strategies.

Collaborating For Youth, an affiliate of Healthy Adams County, has been awarded a Drug-Free Community Grant to support a local community anti-drug coalition.

The five-year \$100,000 grant's purpose is to reduce substance abuse, including alcohol, tobacco and drugs among youth and to strengthen collaboration among various sectors in a community.

Four strategies will be developed to implement the grant:

- develop a county-wide youth risk prevention plan;
- establish a culturally competent social marketing program;
- strengthen the capacity of coalitions and providers; and
- increase sustainability of the coalitions.

Adams County received one of 176 new grants awarded on September 30th by the Office of National Drug Control Policy at the Department of Health & Human Services.

