



CONSORTIUM EXCHANGE

TAKE A TRIP TO FITNESS

Aerobiquerque, Hartford, Cholesterol Springs, Las Veggies, and YoSafety National Park. These familiar-sounding cities and sites are part of HealthTrip, the Wellness Councils of America's (WELCOA) comprehensive new incentive-based health program. More than 50 pilot companies are taking their employees on this cross-country trip using "Suitcases" kits to help travelers learn how to make lifestyle changes that improve their health. Areas covered by this program include: exercise and fitness, low-fat cooking, reading food labels, back care, prenatal care, stress management, safety belts, sun safety, blood pressure, and immunizations. Healthy lifestyle choices and mileage earned through physical activity are recorded in personal passports. This program, which can stand alone or coordinate with other worksite health promotion programs, was developed with a grant from the Centers for Disease Control and Prevention as part of the National Physical Activity Program.

For more information or to order "Suitcases," write WELCOA at 7101 Newport Ave., Suite 311, Omaha, NE 68152, or call (402) 572-3590. Cost is \$89 for a complete kit (plus 8% shipping and handling).

BREATHING EASIER INDOORS

What do the National Association of Counties, the Association of State and Territorial Health Officials (ASTHO), the American Lung Association, the National Safety Council, the National Environmental Health Association, the National Coalition of Hispanic Health and Human Services Organizations (COSSMHO), and 10 other Healthy People Consortium members have in common? All are National Cooperative Partners with the U.S. Environmental Protection Agency's (EPA) Indoor Environments Division. In 1989, the then EPA Radon Division began to target national organizations with State and local affiliates to educate the public about the health effects of radon and to increase radon testing in homes, schools, and worksites. With the merger of the Radon Division and the Indoor Air Division in October 1995, these organizations expanded their efforts to educate the public on all indoor air hazards.

Examples of specific efforts include the **National Safety Council's** National Radon Hotline (800) SOS-RADON, a 24-hour automated consumer line, that offers \$9.95 short-term radon test kits as well as "The Consumer's Guide to Radon." Call Nyki Brandon Palermo at (202) 293-2270 for other program information.

Many of the **American Lung Association's** local affiliates are committed to using the *Open Airways* and the *Tools for Schools Indoor Air Quality Kit* in schools. They also collaborate with other Partners' local affiliates such as the National Education Association Health Information Network and the National Parent/Teacher Association. Call Katherine Pruitt at (202) 785-3355 for more information.

The **National Association of Counties (NACO)** coordinates the Indoor Air Model County Program assisting counties with financial and material resources and technical assistance to start or supplement indoor air quality programs. Currently NACO is working with 60 counties across the Nation. For more information call Lou Witt at (202) 942-4261.

ABOUT CONSORTIUM EXCHANGE

Healthy People 2000 CONSORTIUM EXCHANGE is an information resource for Healthy People 2000 Consortium members to share news about prevention activities related to achieving one or more of the Nation's health promotion and disease prevention objectives. Please send news about your programs and activities to Janet Samorodin, MPH, Office of Disease Prevention and Health Promotion, 200 Independence Avenue, S.W., Room 738G, Washington, D.C. 20201; (202) 260-2322; Fax (202) 205-9478; Jsamorodin@osophs.dhhs.gov

Healthy People 2000 is a national initiative to improve the health of all Americans through prevention. It is driven by 319 specific national health promotion and disease prevention objectives targeted for achievement by the year 2000. Healthy People 2000's overall goals are to: increase the span of healthy life for Americans, reduce health disparities among Americans, and achieve access to preventive services for all Americans.

WELCOME TO NEW CONSORTIUM MEMBERS

The Office of Disease Prevention and Health Promotion (ODPHP) is pleased to announce that the Assistant Secretary for Health has invited the State and Territorial Substance Abuse, Mental Health, and Environmental Agency Officials to join the Healthy People 2000 Consortium. The addition of these 171 State agencies increases the breadth of the Consortium and strengthens its focus on three key priority areas.

We welcome new members to join the 345 private and voluntary Healthy People 2000 Consortium member organizations. To qualify for membership, an organization must be a national membership organization committed to disease prevention and health promotion. Contact Janet Samorodin at (202) 260-2322 or Jsamorodin@osophs.dhhs.gov for more information.

AT THE STATE LEVEL...

The Iowa Department of Public Health recently released *Healthy Iowans 2000 Midcourse Revisions*. *Healthy Iowans 2000* was organized into the same 22 priority areas as *Healthy People 2000* and included 132 goals and 338 action steps. This report states that at mid-decade, most of the goals and action steps scheduled to be implemented by 1995 had been partially or fully completed. Some of the major mid-course changes include: the addition of goals to increase screening and treatment of sexually transmitted diseases in 15-24 year olds; developing injury registries for agriculture related and other unintentional injuries; increased data collection of occupational related death, disease, and injury; new goals and action steps to increase services for homeless and hearing-impaired persons who are mentally ill; and revised action steps for unannounced compliance checks of

tobacco retailers. For more information call: Ron Eckoff at (515) 281-5914.

The Healthy Rhode Islanders 2000 Mid-Course Review has also been released. This report found that of the 25 *Healthy Rhode Islanders 2000* objectives, seven had seen substantial improvement, eight showed some improvement, and three had no improvement. In addition, two objectives, alcohol and drug related problems and nutrition, moved in the negative direction. Five objectives had insufficient data; however, three of these will have data available by 1997. The report also states that African Americans in Rhode Island experienced worse health outcomes than white, non-Hispanics in 15 out of 17 health status indicators. Hispanic Rhode Islanders also fared worse than white, non-Hispanics as seen in nine of 15 health indicators. Call Patricia Nolan at (401) 277-2231 for more information.

GIRL SCOUTS WORK TO KEEP GIRLS FROM SMOKING


The Girl Scouts of America are working to keep girls from starting to smoke. With a grant from the U.S. Public Health Service's Office on Women's Health and an educational grant from the Robert Wood Johnson Foundation, the Girl Scouts of America have developed "Girl Scouts Against Smoking" — a campaign to educate girls about the harmful effects of smoking. A series of educational booklets has been developed for each Girl Scout level — Daisy and Brownie Girl Scouts (ages 5 to 8),

Junior Girl Scouts (ages 9-11), and Cadette and Senior Girl Scouts (ages 12-17). The girls complete activities in these booklets to earn Girl Scout badges. The activities are designed to teach the girls about the dangers of tobacco and how to make positive lifestyle choices. Examples of activities include: learning how to say no to trying cigarettes; thinking about ways to handle different situations involving tobacco; making a promise to their bodies not to smoke; and working on activities in their communities, such as the "Great American Smoke-Out." This campaign has the potential to reach the approximately 3.3 million Girl Scouts in the U.S. For more information call: Sharon Hussey at (212) 852-8150.

HEALTHY PEOPLE AT APHA CONFERENCE

If you are attending the American Public Health Association Conference, include these sessions on your calendar. Also remember to stop by the Office of Disease Prevention and Health Promotion's exhibit booth!

Session Name & No.	Date & Time
Healthy People 2000: Policy, Data, and Issues No. 1186	Monday November 18 4:00 to 5:00 pm
Planning Healthy People 2010: Experiences and Challenges No. 2092	Tuesday November 19 12:30 to 2:00 pm
Healthy People 2000 Progress Reviews No. 3122	Wednesday, November 20 2:00 to 3:30 pm



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