



# CITY OF MANCHESTER HEALTH DEPARTMENT MONTHLY BULLETIN – MARCH 2009



## Chronic Disease Prevention & Neighborhood Health Division

### GET MOVING MANCHESTER 2009: FAMILY MATTERS

The 7<sup>th</sup> annual Get Moving Manchester event, a program sponsored by the Manchester Health Department and Manchester School District that focuses on healthy behaviors such as healthy eating and physical activity, will begin March 23, 2009 and run through April 17, 2009. This year's theme, *Get Moving Manchester 2009: Family Matters*, encourages parents and guardians to be role models for their children by demonstrating healthy lifestyle habits. Parents and guardians play a major role in shaping the overall health of their children. Trying new foods, eating meals together, grocery shopping as a family and preparing or cooking meals with their children will trigger conversations about why it is important to make healthy choices.



*The Get Moving Manchester 2009: Family Matters* theme will reach parents through school newsletters, the Manchester School District web site, an MCTV "Our Public Health" show, a local radio station talk show, and school PTO/PTA meetings. Manchester students will participate in the program through journal logging that will track their eating habits and physical activity. It is recommended that youth eat 5 fruits and vegetables per day, get less than 2 hours of screen time each day (TV, video games, computer use not related to school work), participate in 1 hour of daily physical activity, and drink zero sweetened beverages (soda and sports drinks). For more information on the program, visit the Manchester School District web site at [www.mansd.org](http://www.mansd.org).

## Community Health Division

### UPDATE ON INFLUENZA ACTIVITY WITHIN THE STATE OF NEW HAMPSHIRE

The New Hampshire Department of Health and Human Services is currently reporting "widespread" flu activity within the State. This recent announcement serves as a sound reminder of the importance of administering flu vaccine throughout the winter and spring months. Individuals who have not yet received an annual flu shot may consider doing so during the month of March. A limited supply of flu vaccine is still available at the Manchester Health Department. Clients are encouraged to visit the Department at any time during regular business hours for a flu shot. The fee is \$15.00.

#### MISSION STATEMENT

*To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.*

## UPCOMING EMERGENCY PREPAREDNESS EXERCISE

During the month of May the state of New Hampshire will be conducting a two-day, multiple site exercise designed to assess and improve the state's response to an anthrax attack. The response efforts include: activation of POD (points of dispensing) sites, communications, delivery of supplies and patient flow. This exercise is funded by the Centers for Disease Control and Prevention's Cities Readiness Initiative (CRI).

During this exercise, the Town of Goffstown will be charged with the set up and staffing of their Point of Dispensing site. The Manchester Health Department and Manchester Fire Department will provide support to Goffstown as outlined in on our Regional Public Health Emergency Preparedness and Response Plan.

The region is working on the development of a Medical Reserve Corps, which would provide a workforce of trained medical practitioners, as well as trained non-medical volunteers such as CERT (Community Emergency Response Team). Stay tuned to future bulletins for more information about how you might become involved in MRC and CERT.

## School Health Division

### SCHOOL WELLNESS POLICY

Within New Hampshire, each School District is directed by state law to have a Wellness Policy. Through the work of School Health Advisory Council (SHAC), the Manchester School District's current policy has been enhanced to comply with the federal Competitive Food Policy. The new Wellness Policy was recently adopted by the School Board and for implementation City-wide.



## Monthly Spotlight

### SARAH NORMAND NAMED ONE OF NEW HAMPSHIRE'S 40 UNDER FORTY



Congratulations to Sarah Normand, Manchester's AmeriCorps VISTA Project Manager for being named one of New Hampshire's 40 Under Forty for 2009. In addition to running the AmeriCorps VISTA Program, Sarah is the founder and Board President of the Manchester Marathon Association.

#### FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-6466