



Your **HEALTH** is our **FOUNDATION**

Dakota Medical Foundation Healthy Dose Newsletter November 2010



DMF Lend A Hand Helping Families In Medical Crisis



The Lend A Hand program is an initiative to support and improve volunteer efforts to raise funds for people experiencing medical crisis in Cass County, North Dakota, and Clay County, Minnesota. Since the program's launch in 2008, Lend A Hand has provided support to 100 individuals and/or families experiencing medical crisis. In total, these fundraising efforts have raised over \$2.6 million, including more than \$500,000 in matching dollars from DMF and the Cullen Children's Foundation.

The need for fundraising assistance to help families in medical crisis continues to grow. To encourage donors and businesses to contribute to Lend A Hand so that we can help more families, DMF is matching contributions made to Lend A Hand up to \$50,000. In addition, there are many opportunities for corporate partners to help support more families in the upcoming year.

To learn more about the Lend A Hand program, we encourage you to attend the "Thanks for Giving" banquet on Monday, November 22nd at 5:00 p.m. at the Hilton Garden Inn, Fargo. For more information, please contact Jeana Peinovich, Lend A Hand Director at 701-356-2661, jeanapeinovich@dakmed.org.

Impact Foundation Hosting Veteran's Day Fundraiser

On Veteran's Day, Impact Foundation and the North Dakota Department of Veterans Affairs are holding a fundraiser for the recently established Support Our Veterans Fund. The purpose of this Fund is to provide emergency assistance to North Dakota veterans and their eligible dependents for needs such as dental care, vision, hearing, transportation for medical treatment, and other critical needs. With the advent of advancements in medical care and better physical protection technology, unlike never before, soldiers are returning from war with significant medical and mental health issues. Treatment and rehabilitation is extensive and takes months or even years. This charitable fund will help these veterans when other programs are not available.

On November 11, you can show your support for our veterans by making a contribution to the Fund to help us provide emergency assistance to North Dakota veterans and their dependents in need of critical services, who do not qualify for help through Federal and State programs. Additionally, DMF is matching the first \$5,000 contributed to the fund.

All donations are tax deductible and can be made online at www.impactgiveback.org, or by check made payable to: Support Our Veterans Fund, 4152 30th Ave S, Suite 102, Fargo, ND 58104. If you have any questions about this event, please contact Jennifer Thompson at 701-356-2655; jenniferthompson@dakmed.org.

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VETERAN'S DAY
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Help us support our North Dakota veterans!

Donate to the *Support Our Veteran's Fund*, to provide emergency assistance to local veterans. All donations are tax deductible.

[Donate >>](#)

DMF Sponsors 2010 Streets Alive

On August 29 and September 19, 2010, the streets were alive in Fargo and Moorhead when more than five miles of streets closed to automobiles to allow any other forms of human-powered transportation. During the two events, more than 6,000 bicyclists, walkers, runners, skateboarders, inline skaters, roller skiers, and unicyclists took to the streets for some fun and exercise. The family-friendly events featured DJs playing dance music, roller derby girls (and guys) skating the route, a healthy food fair, exercise classes hosted by ten local fitness centers, a bicycle rodeo and more.

One Streets Alive participant, Karla Wiegref, shared her experience stating, "Streets Alive gave my family the push we needed to get all our bikes up and running and do something that everyone in our family truly enjoyed." This was the response DMF's Healthy People Initiative, which spearheaded the event, was hoping for. The event captured regional attention with Blue Cross Blue Shield of Minnesota's Active Living Minnesota attending the August Streets Alive event and a contingent from Lincoln, NE attending in September as they prepare their first such event in May 2011.



GoFar Childcare Kicks-Off Year Two

GoFar Childcare, a partnership with DMF and Child Care Resource and Referral, kicked off year two of its education and incentive program for childcare providers on September 23-25, 2010. National childcare physical activity expert, Rae Pica presented "Wiggle, Giggle, and Shake" to childcare consultants, parents and providers. There are approximately 600 providers in Cass and Clay counties, serving about 9,000 children. Highlights from Year 1 include:

- 21.6% were overweight or obese prior to GoFar Childcare; 20.6% afterwards. The national trend is toward a continued increase.
- The average BMI percentile ranking decreased by 5.33%.
- Providing more than 60 minutes of daily outdoor active play time for all toddlers increased from 37.5 to 66.6%.
- 92% of childcare providers are more aware of the importance of physical activity in childcare and how to incorporate it into the daily routine.
- 68% of childcare providers are more knowledgeable about healthy food choices and have made changes to the food served.
- 92% of childcare providers are more aware of how outdoor experiences can positively impact children and have increased the amount of time spent outdoors.
- 53% of parents noticed a change in their child's/children's food choices in reference to eating healthier snacks, meals or drink choices.
- 60% of parents reported that they noticed a change in their child's/children's behavior towards or increased interest in being more physically active.
- 81% of parents reported an increase in the amount of outdoor time.
- According to parents, "We usually eat 5 or more fruits and vegetables daily" increased from 35 to 50%.

DMF Hosts School Wellness Policy Summit

DMF, North Dakota's Southeast Education Cooperative, and the Minnesota Statewide Health Improvement Program (Counties of Becker, Clay, Ottertail and Wilkin) held the School Wellness Policy Summit on October 26, 2010 at the Holiday Inn, Fargo. The summit focused on what local schools are doing to improve the nutrition of their classroom celebrations and snacks, vending, concessions, and how to weave physical activity into the school day.

Attendees heard from West Fargo's Westside Elementary about their experience in implementing nutrition standards for snacks and changing the way they celebrate in the classrooms. Other presenters included fundraising professional, Scott Holdman who introduced a new paradigm in fundraising utilizing healthy options; Julie Skowl from MN SHIP shared her experiences on establishing healthy, profitable vending; and Valley City Food Services Director, Sue Milender discussed how their program ensures their fundraising and concessions reinforce the messages taught in health class.

DMF Children's Mental Health Initiative Update

Since 2006, Dakota Medical Foundation has funded the Children's Mental Health Initiative, which facilitates collaboration among providers and referral sources, and delivers mental health education across the entire community. The initiative also assesses, monitors and evaluates current children's mental health services in Cass County, ND and Clay County, MN and makes recommendations for system improvements.

In the fall of 2009, DMF received a \$400,000 grant from The Robert Wood Johnson Foundation to expand the Children's Mental Health Initiative. Specifically, the grant supported a pilot project utilizing an electronic hand-held assessment tool to assess development in children ages 6-60 months and identify potential mental health issues. Essentia Health (formerly Innovis Health) has served as the local clinic site for the project. At a glance, here are the project's statistics since November 1, 2009:

1673 Number of ASQ: SE screenings completed (ages 0-5)

51 Number of Pediatric Symptom Checklist screenings completed (ages 6-16)

54 Number of children referred for consultation services (ages 0-5)

28 Number of children and families receiving/received consultation services

100% of those re-screened by the ASQ: SE had improved scores after consultation services

100% of follow-up surveys collected indicated improved functioning of child, improved relationship between caregiver and child, and a better understanding of child's development/behavior

100% of parents/caregivers surveyed indicated they would recommend this service to others



Online Applications for Healthy Steps Now Available



The North Dakota Department of Human Services is now accepting online applications for assistance programs such as Medicaid, Healthy Steps, Temporary Assistance for Needy Families, the Supplemental Nutrition Assistance Program (food stamps), Child Care Assistance, and other programs.

Online application functionality provides individuals and families more flexibility in how they apply for help. Previously, people applied by calling, corresponding, or going into their county social service office. Often this was a hardship for some applicants who are elderly, have disabilities, or have young children.

North Dakotans can now complete assistance applications at their convenience at <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>. Completed online applications are routed electronically to the appropriate local county social service office, where their employees review the information and follow-up with people to determine if they qualify for programs.

Since July 2009, DMF has been the contracted outreach manager for the Healthy Steps program. As of September 2010, there are 36,151 children enrolled in Medicaid, 3,694 enrolled in Healthy Steps, and 498 in Caring for Children.