

# Administration launches free Every Kid in a Park pass for fourth-graders

WASHINGTON – As part of President Obama’s commitment to protect our nation’s unique outdoor spaces and ensure that every American has the opportunity to visit and enjoy them, the Obama administration on Sept. 1 formally launched the new Every Kid in a Park program.

Fourth-graders nationwide now can visit the new Every Kid in a Park website to obtain a pass that provides free access to students and their families to all federally managed lands and waters – including national parks, forests, wildlife refuges and marine sanctuaries.

The pass is valid for the 2015-2016 school year and grants free entry for fourth-graders and three accompanying adults (or an entire car for drive-in parks) at more than 2,000 federally managed sites.

“Every Kid in a Park is a chance for fourth-graders from every background to be outside and get to know the lands and waters that belong to them, whether it’s a national forest, a wildlife refuge, a marine sanctuary or a historic site in the center of a city,” said Christy Goldfuss, managing director at the White House Council on Environmental Quality. “By expanding their horizons and learning all the ways the outdoors can enrich their lives, this innovative program hopes to create greater awareness of the many benefits of our nation’s public lands and waters.”

Leading up to the 100<sup>th</sup> birthday of the National Park Service in 2016, President Obama announced the Every Kid in a Park initiative earlier this year as a call to action to get all children to experience America’s unparalleled outdoors, rich history and culture.

Today, more than 80 percent of American families live in urban areas and many lack easy access to safe outdoor spaces. At the same time, youth spend more hours than ever in front of screens instead of outside.

By introducing fourth-graders to public lands in their backyards and beyond at an early age, Every Kid in a Park is part of a multi-pronged approach to inspire the next generation to discover all that our nation’s public lands and waters have to offer, including opportunities to be active, spend time with friends and family, and serve as living classrooms to build critical skills.

“America is blessed with the great outdoors and through Every Kid in a Park, we’re inviting every fourth grader and their families to enjoy our nation’s unrivaled public lands and waters,” said U.S. Secretary of the Interior Sally Jewell. “We want to make sure that every American has the opportunity to develop a lifelong connection to our nation’s land, water and wildlife.”

Fourth-graders can log onto everykidinapark.gov and complete a fun educational activity in order to obtain and print

their paper pass. Students also can trade in their paper pass for a more durable pass at participating federal sites nationwide.

Educators and community leaders can access educational activities, field trip options and the ability to print passes for their classrooms. Parents visiting the new website can find additional links for more information on planning trips to nearby public lands.

As an integral component of this effort, the National Park Foundation – the congressionally chartered foundation of the National Park Service – will award Every Kid in a Park transportation grants, focusing on removing barriers for youth from underserved communities to get to their parks, public lands and waters. For more information, visit nationalparks.org.

The Every Kid in a Park program is designed to continue each year with the then-current group of fourth-graders. After 12 years, every school-age child in America will have had an opportunity to visit their public lands and waters for free, inspiring the next generation to be stewards of our nation’s shared natural and cultural heritage.

To further support getting youth outdoors, the president’s 2016 budget includes a total increased investment of \$45 million for youth engagement programs throughout the Department of

the Interior, with \$20 million specifically provided to the National Park Service for youth activities, including bringing one million fourth-grade children from low-income areas to national parks.

This increase also will fund dedicated youth coordinators to help enrich children and family learning experiences at parks and online.

The Every Kid in a Park program is an administration-wide effort administered in partnership with the Department of the Interior, the Department of Agriculture, the Department of Education, U.S. Army Corps of Engineers and the National Oceanic and Atmospheric Administration.

The program is part of an overall strategy by the Obama administration to engage young people of all ages and backgrounds with the great outdoors. This includes the 21<sup>st</sup> Century Conservation Service Corps, a national effort to put thousands of young people and veterans to work protecting, restoring and enhancing America’s public lands and waters.

In addition, First Lady Michelle Obama’s Let’s Move! Outside initiative is committed to getting millions of young people to play, learn, serve and work in America’s great outdoors.

For more information, visit everykidinapark.gov, and follow the program on Twitter #everykidinapark, and on Facebook, Instagram and Youtube.

**CTSI Jobs**  
Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: “Open Until Filled” vacancies may close at any time. The Tribe’s Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

## SMOKING AND DIABETES




**This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.**

**WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES**

The 2014 Surgeon General’s Report has found that smoking is a cause of type 2 diabetes, which is also known as adult-onset diabetes. Smokers have a greater risk of developing type 2 diabetes than do nonsmokers. The risk of developing diabetes increases with the number of cigarettes smoked per day.

Diabetes is a disease that causes blood sugar levels in the body to be too high and puts the body at risk for many serious health conditions. More than 25 million adults suffer from diabetes in the United States, where the disease is the seventh leading cause of death. It is also a growing health crisis around the world.

**HOW SMOKING CAUSES TYPE 2 DIABETES**

Smoking increases inflammation in the body. Inflammation occurs when chemicals in cigarette smoke injure cells, causing swelling and interfering with proper cell function. Smoking also causes oxidative stress, a condition that occurs as chemicals from cigarette smoke combine with oxygen in the body. This causes damage to cells. Evidence strongly suggests that both inflammation and oxidative stress may be related to an increased risk of diabetes.

The evidence also shows that smoking is associated with a higher risk of abdominal obesity, or belly fat. Abdominal obesity is a known risk factor for diabetes because it encourages the production of cortisol, a hormone that increases blood sugar. Smokers tend to have higher concentrations of cortisol than nonsmokers.

**WHAT SMOKING MEANS TO PEOPLE WITH DIABETES**

Studies have confirmed that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective. People with diabetes who smoke need larger doses of insulin to control their blood sugar.

Smokers who have diabetes are more likely to have serious health problems, including:

- heart and kidney disease;
- poor blood flow in the legs and feet that can lead to foot infections, ulcers, and possible amputation of toes or feet;
- retinopathy (an eye disease that can cause blindness); and
- peripheral neuropathy (damaged nerves to the arms and legs that cause numbness, pain, weakness, and poor coordination).



Even though we don’t know exactly which smokers will develop type 2 diabetes, we do know that all diabetic smokers should quit smoking or using any type of tobacco product immediately. The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Studies have shown that insulin can start to become more effective at lowering blood sugar levels eight weeks after a smoker quits.

People who want to quit smoking can get help from their doctors. Free help is also available at 1-800-QUIT-NOW and at [smokefree.gov](http://smokefree.gov) and [cdc.gov/tips](http://cdc.gov/tips).



**RESOURCES FOR QUITTING**

- Call 1-800-QUIT-NOW.
- [www.smokefree.gov](http://www.smokefree.gov)
- [www.cdc.gov/tips](http://www.cdc.gov/tips)

Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.

