

Columbia Co. awarded health grant

The Department of Human Services, Health Promotion and Chronic Disease Prevention (HPCDP) Section has awarded the Columbia Health District-Public Health a Phase I grant for \$32,500 to address the prevention, early detection and management of chronic disease, including those related to tobacco use. The grant award is for ten months, beginning March 1, and ending Dec. 30.

The purpose of the funding is to support planning a population-based approach to reduce the burden of chronic diseases most closely linked to physical inactivity, poor nutrition and tobacco use. Such chronic diseases include arthritis, asthma, cancer, diabetes, heart disease, obesity and stroke.

Tobacco use is the single most preventable cause of death and disease in Oregon, according to the Department of Human Services. Poor nutrition and physical inactivity together are the second leading cause of preventable death and disease.

Grant funding will be used to assemble the "Columbia County Chronic Disease Training Team," according to Program Coordinator Ederlinda Ortiz Clawson, made up of members from each of Columbia County's communities. This team will participate in a nine-month Chronic Disease Training Institute which will provide training and technical assistance on community assessment and planning for local chronic disease prevention and health promotion programs.

During the institute a work plan specific to Columbia County will be developed. Curriculum in the Training Institute will be based on Center for Disease Control and Prevention's best and promising practices in tobacco control, physical activity, nutrition, arthritis, asthma, cancer, diabetes, heart disease, obesity, and stroke.

Any interested in participating in the project can contact call Ortiz-Clawson at Public Health, 503-397-4651 ext. 215.

Eye care information available online

Interested in learning more about eye-related health conditions such as cataracts, dry eye or macular degeneration? Are you in need of information on procedures such as corneal transplants or LASIK? If you're looking for accurate and up-to-date eye care information, your search may be just a click away.

EyeCare America, a national non-profit organization that works to preserve eye sight by raising awareness about eye disease and providing access to medical eye care at no cost to the patient, now offers a variety of free eye health

brochures to groups, organizations and individuals. Those interested can visit www.eyecareamerica.org and click on the "Get Some Brochures" link to view and request the available materials.

The new offering is part of EyeCare America's educational mission to provide reliable eye health information to consumers. The public now has access to dozens of eye topics reviewed by ophthalmologists (Eye M.D.s). Many of the leading causes of blindness are preventable. The brochures offer valuable, sight-saving information such as risk factors and

treatment options.

Founded in 1985, EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. Their mission is to reduce avoidable blindness and severe visual impairment by raising awareness about eye disease and care, providing free eye health educational materials and facilitating access to medical eye care. Since its inception, the program has helped nearly 1 million people. To learn more about EyeCare America and get the information you need, visit www.eyecareamerica.org.

12th Vancouver Discovery Walk Festival

The Discovery Walk Festival, in Vancouver, Washington, April 25-27, welcomes local walkers and walkers from around to the world for three days of walks, bikes, and swims. The Discovery Walk Festival is held at the Vancouver Hilton Hotel, 301 West 6th

Street, Vancouver, Washington.

The Discovery Walk Festival has distances for beginners each day, challenging half marathon and marathon distances for seasoned walkers, and the chance to earn a "Try-Athlon" patch by adding a bike

and swim on Sunday.

The Family Fun Walk 6K on Saturday welcomes families to start at 10:00 a.m. with Fun Stations each mile and a celebration at the finish. Children age 12 and under are free at all Discovery Walk events and receive the award medal and IVV credit at no cost.

Group discounts are available. Every walker, biker, or swimmer receives an award. Teams of 10 or more people receive a team award.

The Discovery Walk Festival is sanctioned by the International Volkssport Federation (IVV) and the IML Walking Association.

The Discovery Walk Festival is open to all. Registration is available by mail, online, or at the event. For more information, visit <http://www.discoverywalk.org> or call toll free 877-269-2009.

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