

Columbia Health Coalition kicks off new program at county fair

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The Coalition started with support from state and national funding for Public Health. CHC is comprised of representatives from partner agencies including Columbia Community Mental Health (Leeann Grasset), Clatskanie Together Coalition (Breanne Mares), Vernonia Prevention Coalition (DeAnna Pearl), Vernonia Health Board (Heather Lewis), The Public Health Foundation of Columbia County (Sherrie Ford and Ashley Swanson), Scappoose Farmer's Market (Bill Blank), The Vault (Meredith Reading), OSU Extension (Jenny

Rudolph), school districts (Brenda Rafferty, Tish Hora), and the community at-large (Gary Heide). The mission is to empower the community to increase opportunities for healthy lifestyles through initiatives for policy, systems, and environmental change. The Coalition aims to change "community norms" of less healthy behaviors and create a community that supports more active forms of transportation, healthier eating and less tobacco use.

Why is this important? Physical inactivity, poor nutrition, and tobacco use/exposure are

the leading factors for increased chronic conditions. According to the Oregon Healthy Teen survey 2007-08: 17.5% of eighth graders are overweight, and 16% are obese. 18.9% of eleventh graders are overweight and 9.6% are obese. The adults in Columbia County are also struggling with health issues: 36% of are overweight and 31% are obese according to the Behavior Risk Surveillance Survey 2004-07.

The passport was created as a project of the coalition, with generous support from the following businesses: KOHI,

Columbia County Rider, Scappoose Farmers Market, Vernonia Open Air Market, Eisen-schmidt Pool, Rainier Briarcliff

Pool, The Clatskanie Recreation Center, Barlow Bikes, Clatskanie Anytime Fitness, and The Vault.

Health laws will change services

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small business will have access to quality, affordable health care through a central marketplace. It will put the power into the hands of consumers and business owners by creating a local exchange that offers more choice, competition, value and transparency.

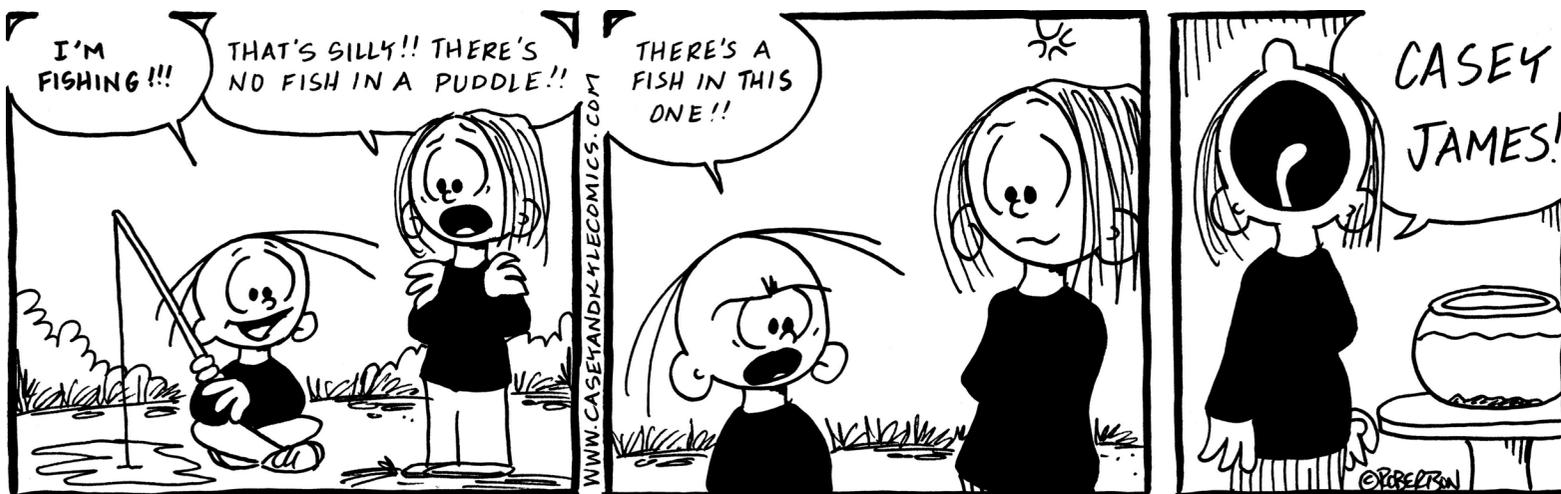
Nominations are now open

for the Oregon Health Insurance Exchange Board of Directors and for four work groups established to provide input on the plans for Coordinated Care Organizations. To learn how to apply, go to www.health.oregon.gov

Deadline for nominations is July 15.

Just for Fun

Casey and Kyle by Will Robertson

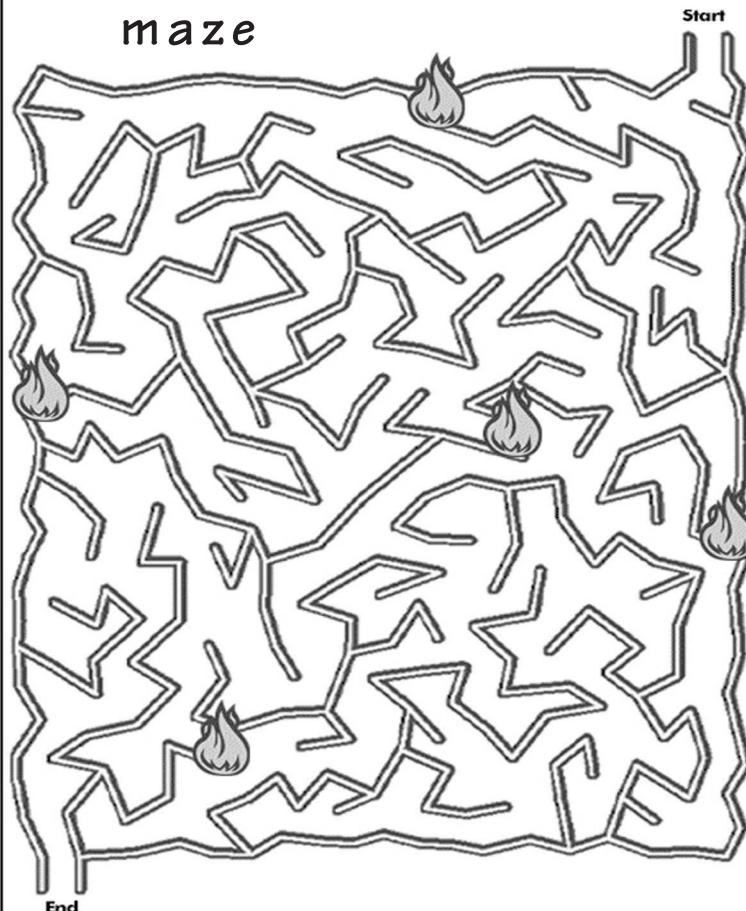


Solve this Sudoku

	8	5			9			1
	3			5				
			7					3
	7		8			9		
	6		9		7		3	
		2			3		6	
2					1			
				4			2	
5			6			8	1	

Answer to June 16 Sudoku is on page 20

Don't get burned in this maze



He that will not apply new remedies must expect new evils; for time is the greatest innovator.

FRANCIS BACON
English philosopher
(1561-1626)