

WINTER WELLBEING

December 15, 2017

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Becker County Energize Annual Health Summit

Feb 20th, 2017 7:45am—4pm
First Lutheran Church, Detroit Lakes

You won't want to miss our third annual! Last year we laughed together while we learned the importance of servant leadership. This year we'll inspire you with "Planning From the Future". Yes, from the future! Bemidji State President Emeritus Jim Bensen, a renowned expert on visionary and innovative thinking, will energize us to move our communities forward. You'll also:

- Get results of the 2017 Becker County Health Needs Assessment
- Learn what is currently happening to improve health and wellbeing
- Engage in discussion about how you can help build a better community

Don't be SAD it's only winter

Winter can significantly affect the way we feel outside and in. Minnesotans are more likely to be impacted by Seasonal Affective Disorder (SAD) and on average 60% suffer from low vitamin D levels. Some side effects of SAD include general discontent, mood swings, changes in sleep, and irritability. What can you do to avoid being SAD?

- ◆ **Get your daily sun: Invest in a light box**
- ◆ **Keep active: Exercise releases happy hormones**
- ◆ **Bulk up: Take Vitamin D supplements**
- ◆ **Talk about it: Try Cognitive Behavioral Therapy— call a therapist. It helps!**



Comprehensive Planning in Detroit Lakes

As communities are always growing, it's important to plan! Detroit Lakes is developing a comprehensive plan that includes land use, housing, transportation, parks, community facilities and more. Let the planning commission and city council know that you care about a healthy and sustainable community design. To learn more about healthy planning check out: <https://www.cdc.gov/healthyplaces/>

Becker County Health Map? Yes!

With support from West Central Initiative, BCE is working with the community to develop a GIS health map of Becker County. This map will provide a visual representation of health resources in Becker County. It will include parks, trails, health food stations, water bottle filly stations, and more to help navigate the rich resources in our community. Not only will this map be a resource for finding these great initiatives it will illustrate where more health initiatives can be located to continue keeping Becker County health! Stay tuned for more details!

Trauma Sensitive Training: A best practice in schools

"Well done, Informative and needed."

"Finally, a staff development [that's] worthwhile"

Adverse Childhood Experiences (ACES) like drug use in the home, witnessing assault, or even a parents divorce have the most impact on a child's lifelong health and opportunity. This year a training including the ACES curriculum and approaches to help children improve their ability to learn and overall well-being was provided to Becker County School Districts. The training is offered through the BCE initiative and sponsored by Essentia Health, Stomp the Stigma, and Partnership 4 Health.

People in our community are healthy, safe, active, supported and engaged.

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Tobacco Companies Run Court-Ordered Ads

After nearly 20 years of litigation, tobacco companies are being forced to run ads highlighting information they long fought to keep from the public about the dangers of smoking and secondhand smoke and how they manipulate their products to create and sustain addiction. Philip Morris USA, R.J. Reynolds Tobacco, Lorillard and Altria were found to have committed civil fraud and to have violated the federal Racketeer Influenced and Corrupt Organizations (RICO) Act in 2006. Earlier this year, they exhausted all legal appeals when the U.S. Supreme Court declined to hear their case.

The tobacco companies were ordered to pay for the ads, which will run on primetime network television for a year and in select newspapers until March 2018. Most Americans do not know that cigarette makers lied for decades about the dangers they knew about their products, according to a recent national survey from the Oklahoma Tobacco Research Center.

Tobacco companies spend more than \$115 million annually on advertising and marketing in Minnesota, and tobacco use is responsible for the deaths of 6,312 Minnesotans every year. The economic toll is also high: tobacco use costs Minnesotans an estimated \$7 billion every year: \$3.19 billion in excess health care costs and \$4.3 billion in lost productivity. The tobacco industry heavily targets youth, knowing that nearly 95% of currently addicted adult smokers started before age 21.

Tobacco is the leading cause of preventable death over obesity, suicide, drug overdose and vehicular accidents. **In Becker County tobacco costs over \$10 million to taxpayers alone (Minnesota Department of Health).**

No one wants today's kids to become tomorrow's tobacco statistics. For more on what we can do to prevent young people from getting hooked on tobacco products and suffering the health consequences, please visit smokefreegenmn.org

For more information regarding the Minnesota Master Settlement Lawsuit click [here](#).

Click [here](#) to view the new tobacco ads with commentary from Minnesotans for a Smoke-Free Generation!

Want more information about Becker County Energize?

Like us on Facebook at: <https://www.facebook.com/BeckerCountyEnergize/>

Or contact Karen Crabtree for more information

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