



# Prevention And Wellness

## SCDDSN PREVENTION AND WELLNESS COMMITTEE

Welcome to the Fall 2008 Prevention and Wellness newsletter developed by South Carolina Department of Disabilities and Special Needs Prevention and Wellness Committee. The mission of SCDDSN includes assistance to “minimize the occurrence and reduce the severity of disabilities through prevention”.

### Eat Smart, Move More Coalition of South Carolina

The SC Eat Smart, Move More Coalition (SCESMM) is a result of a merger of the SC Coalition for Obesity Prevention Efforts (SCCOPE) and the SC Coalition for Promoting Physical Activity (SCPPA). This new Partnership will coordinate obesity prevention efforts across the state and will lead the implementation of South Carolina’s Obesity Prevention Plan. The intent of this coalition is ongoing collaboration between state agencies, business and industry, health care organizations, schools, academia, community based groups and coalitions, and a broad range of other stakeholders to capitalize and leverage differing areas of expertise, skill, and resources to impact obesity in South Carolina. SCDDSN began a partnership with SCESMM in 2007.

During the past few years, the rising level of obesity in our country has become a well-known problem. Overweight and obese adults are at increased risk for diabetes, hypertension, stroke, certain cancers, heart disease, high cholesterol, gall bladder disease, sleep apnea, depression, osteoarthritis and asthma. Obesity rates in South Carolina have more than doubled since 1990, with almost two-thirds of our adult citizens considered overweight or obese. In addition, in 2007, South Carolina had the seventh worst overweight or obesity rate in the nation. The economic impact of obesity and overweight population in terms of illness, diseases, and lost productivity is significant. In 2003, obesity-related medical expenditures for adults in South Carolina total over \$1 billion, with over half of the costs being financed by Medicaid and Medicare. Nearly one third of middle school students in South Carolina are overweight or obese. Approximately one half of all African American children in rural areas of South Carolina are overweight or obese.

These statistics translate into monumental problems our state must confront and overcome in terms of serious health conditions, rising healthcare costs and a decline in the overall quality of life for affected citizens. SC Eat Smart, Move More brings together key players to create, implement, and evaluate appropriate strategies to create environments supportive of healthy eating and active living.



#### Contact Information

Amy Splittgerber, Partnership Coordinator, (803) 941-7050, [amy@EatSmartMoveMoreSC.org](mailto:amy@EatSmartMoveMoreSC.org),

[www.EatSmartMoveMoreSC.org](http://www.EatSmartMoveMoreSC.org)

### My “Y” Program at CHESCO Services

CHESCO Services (formally Chesterfield County DSNB) understands the benefits of regular physical activity are:

- 1) increased cardiac and pulmonary function
- 2) improved ability to perform activities of daily living
- 3) protection against development of chronic diseases
- 4) decreased anxiety and depression, better self-esteem
- 5) regulated cholesterol and blood pressure
- 6) weight control and improved flexibility

Through use of a SC Developmental Disabilities Council (SCDDC) grant, the My “Y” program was developed. The My “Y” program focuses on the promotion of physical activity. Over 160 service recipients from all areas of Chesterfield County have had the opportunity to participate in scheduled YMCA trips.

The My “Y” program gives people the opportunity to participate in aerobic activities, strength and weight-bearing activities, and

balancing and stretching activities. Community socialization is another component of the program. Activities such as arts and crafts, karaoke, billiards, ping-pong, foosball, and bingo help facilitate communication and socialization. Since the inception of the program, many participants have reported weight loss, better self-esteem, and increased confidence.

The SCDDC recently renewed the grant for another year which will allow participation to increase to over 175 people. CHESCO Services is committed to promoting wellness and offering options that promote physical activity. For more information about the My “Y” program, please call (843) 537-9937, extension 145.



*Treadmill Station*

## DDSN Injury Prevention Projects

DDSN recently issued (6) awards in the amount of \$2500 following a competitive selection process. The focus of the awards for FY-09 is to increase evidence based approaches to injury prevention in South Carolina using curriculums and supporting materials developed by ThinkFirst, the organization formally known as the National Head and Spinal Cord Injury Prevention Program.

ThinkFirst programs help children, youth, and teens learn about personal vulnerability and the importance of making safe choices. Through use of Voices for Injury Preventions (VIP) speakers, children hear powerful personal testimonies from people who have sustained a traumatic brain or spinal cord injury. This component of the program is very effective.

DDSN is very appreciative of its community partners in injury prevention. This year, the awards went to Florence County DSNB, Tri-Development Center of Aiken County, Safe Kids Upstate, South Carolina Spinal Cord Injury Association, Low Country ThinkFirst Chapter, and the State ThinkFirst Program.

Both Florence and Aiken counties are establishing new ThinkFirst County Chapters and will recruit VIP speakers before implementing several local prevention programs in schools, recreation departments, church youth groups, Boys and Girls Clubs, and in other community areas.

Safe Kids Upstate will partner with the existing ThinkFirst Chapter in Greenville County. This organization plans to give prevention presentations at high-risk middle and/or high schools.

The Low Country ThinkFirst chapter is using the funding to expand their existing program.

The money received will allow this chapter to set up mock crashes

before prom night, recruit and train more VIP speakers, conduct prevention presentations, and to train parenting and babysitting classes about the devastating effects of shaking an infant.

The South Carolina Spinal Cord Injury Association (SCSCSIA) will use the funding to market their existing Midlands ThinkFirst Chapter and schedule presentations, recruit VIP speakers, and conduct assemblies for youth and teens that focus on injury prevention.

Finally, the State ThinkFirst program was awarded funding to train and strengthen new and existing ThinkFirst chapters in South Carolina. A statewide training will be offered to new and existing chapters and (2) regional VIP trainings will also be offered.

For additional information, please contact Trish Rhodes at the Head and Spinal Cord Injury Division, (803) 898-9422 or via email, [trhodes@ddsn.sc.gov](mailto:trhodes@ddsn.sc.gov).



[www.thinkfirst.org](http://www.thinkfirst.org)

## USC Center for Disability Resources Library

The USC Center for Disability Resources Library is a collaborative effort between BabyNet/SCDHEC, the Center for Disability Resources, SCDDSN, and the USC School of Medicine Library. The CDR Library consists of books, videos, brochures, and videotapes covering a variety of disability-related topics. The library is located within the USC School of Medicine Library on Garners Ferry Road in Columbia. It is not necessary to travel to the library to check out materials. They can be delivered to your home or office and postage-paid return mailers are available for materials sent to South Carolina families. Residents of states other than South Carolina may check out one item at a time, and are responsible for return postage. Requests are accepted by mail, by email to [steve.wilson@uscm.edu](mailto:steve.wilson@uscm.edu), or phone, (803) 733-1501.

You may browse topics and materials available at the library on the CDR Library website, [www.uscm.med.sc.edu/CDR/index.htm](http://www.uscm.med.sc.edu/CDR/index.htm). The following is the subject list of library materials:

|                 |                             |
|-----------------|-----------------------------|
| Abuse Resources | Asperger Syndrome Resources |
| Aging Resources | Autism Resources            |
| ADHD Resources  | Blindness and Low Vision    |

|                              |                                  |
|------------------------------|----------------------------------|
| Books for Kids               | Mood Disorders                   |
| Brain Injury Resources       | Mental Retardation Resources     |
| Cerebral Palsy Resources     | Natural Supports Resources       |
| Deafness/Hearing Impairments | Person-Centered Planning         |
| Disability Awareness         | Play Resources                   |
| Down Syndrome Resources      | Recreation Resources             |
| Early Intervention Resources | Self-Advocacy & Determination    |
| Epilepsy Resources           | Sensory Integration              |
| Father Resources             | Sexual Education                 |
| Food Resources               | Social Skills Resources          |
| Grief and Coping             | Supported Employment             |
| IEP Resources                | Tourette Syndrome                |
| Inclusion Resources          | Transition Clearinghouse Catalog |
| Independent Living Skills    |                                  |

For more information, contact Steve Wilson at (803) 733-1501.