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What are Complete Streets?

Complete streets are roadways designed and operated to enable safe, attractive, comfortable access to travel for all users. Pedestrians, bicyclists, motorists and public transit users of all ages and abilities are able to safely and comfortably move along and across a complete street. Advocates maintain that complete streets also create a sense of community and improve social interaction, while generally improving nearby property values.

Complete streets can offer many benefits in all communities, regardless of size or location. They provide safe, accessible and efficient connections between residences, schools, parks, public transportation, offices, and retail destinations. In addition, a balanced and sustainable transportation system that includes complete streets design elements can bolster economic growth and stability.

Public health experts are encouraging walking and bicycling as a response to the obesity epidemic. One study found that 43% of people with safe places to walk within 10 minutes of home met recommended daily activity levels, while just 27% of those without safe places to walk met recommended daily activity levels.



Local streets that provide room for bicycling and walking help children engage in physical activity and gain independence. More children walk to school where there are sidewalks, and children who have and use safe walking and bicycling routes have a more positive view of their neighborhood. "Safe Routes to School" programs are gaining in popularity and the benefits of complete streets design can guide the planning for school routes into safe routes.

Washington County takes into consideration integrating sidewalks, trails, bike lanes, transit amenities, and safe crossings into the design of the roadways. Based on the type of roadway and where the route is located, elements of complete streets design provide direction for integrating these sustainable principles.

What are Complete Streets - (cont'd)

For more information on Complete Streets and Safe Routes to School, go to:

Minnesota Complete Streets Coalition: <http://www.mncompletestreets.org/> (Includes overview of the new Minnesota Complete Streets Law.)

National Complete Streets Coalition: <http://www.completestreets.org/>

Minnesota Department of Transportation: <http://www.dot.state.mn.us/saferoutes/>

National Center for Safe Routes to School: <http://www.saferoutesinfo.org/>

Sources:

Ritter, John (2007-07-29). "Complete streets' program gives more room for pedestrians, cyclists". USA Today http://www.usatoday.com/news/nation/2007-07-29-complete-streets_N.htm. Retrieved 2008-08-23.

4-H Does Better than Food on a Stick!

Who said fair food has to be highly processed, frozen and then deep fried before it is served? The Washington County's Hooley Hall has a new menu this summer. Instead of traditional fair foods, fairgoers will find healthier menu items made from scratch and featuring products from local producers whenever possible. For example, there will be freshly prepared fruit smoothies, grilled kabobs, salads, daily sandwich and supper specials, and grilled pizzas made to order. Local chef and caterer Kathleen Schubert and the Land Stewardship Project are teaming up with University of Minnesota Extension 4-H to develop menu items and make connections with local food producers. "We are constantly hearing about eating healthier, less processed foods, and this project is one way to practice what we preach," states Hooley Hall coordinator Pam Johnson. "Foodies" and fairgoers can sample the new menu items and attend demonstrations at Hooley Hall during the County Fair this August.



Fair Dates
August 4-8
Hooley Hall
Hours:
7:00 AM-9:00 PM

Enjoy Seasonal Produce



Summer is a great time to enjoy locally grown fruits and vegetables. The chart below approximates ideal harvest times for produce commonly grown in this area. Actual harvest times are affected by weather and growing season. For more information and locations of farmer's markets, go to www.minnesotagrown.org or http://www.landstewardshipproject.org/pdf/st_croix_farmers_markets.pdf.

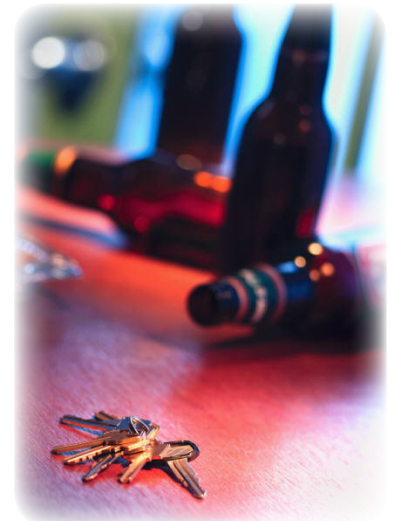
Fresh Fruits & Vegetables	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
APPLES							
ASPARAGUS							
BEANS							
BLUEBERRIES							
BROCCOLI							
CABBAGE							
CARROTS							
CAULIFLOWER							
CUCUMBERS							
GRAPES							
GREENS/LETTUCE							
MELONS							
ONIONS							
PEAS							
PEPPERS							
POTATOES							
RASPBERRIES							
RHUBARB							
STRAWBERRIES							
SQUASH							
SWEET CORN							
TOMATOES							
Normal Peak Season	SPRING		SUMMER			FALL	

Social Host Ordinance (SHO) Passes in Cottage Grove

Cottage Grove was the first city in Washington County and the 45th city in the state to recently pass a Social Host Ordinance (SHO).

What a Social Host Ordinance IS:

- Makes individuals criminally responsible if they organize or allow a gathering where underage alcohol drinking is taking place.
- The social host can be charged with a misdemeanor which can result in 90 days in jail and a \$1,000 fine.
- The social host does not have to be present at the gathering to be criminally responsible.



What a Social Host Ordinance IS NOT:

- Does not apply to parents or property owners who are not present, if they didn't know underage drinking was going to occur.
- Does not apply to parents that allow their own son or daughter to drink alcohol in their own home while they are present.
- Does not change state underage drinking laws.
- Does not mean a social host will forfeit property if convicted of the offense.

How to Be a Responsible Host:

Hosts who want to protect their guests, themselves and others and reduce exposure to alcohol-related liability can follow these guidelines when hosting a party where persons under 21 years of age will be present:

1. Verify the age of guests and ensure that alcohol is not served to those under age 21
2. Control access to alcohol
3. Control the quantity of alcohol served to adults
4. Supervise persons under the age of 21
5. Refuse entrance to uninvited people, especially individuals who arrive at the door with alcohol or are already intoxicated
6. Call the police for assistance with uninvited people

Alcohol is youth's number one drug of choice and underage drinkers are more likely to be victims of crime, including sexual assault. Underage drinking is a factor in nearly half of all teen automobile crashes.

To report parties or gatherings where minors have access to alcohol, call 9-1-1. Your call may prevent motor vehicle crashes, sexual assault, unintentional injuries or alcohol poisoning.

For more information on Cottage Grove's new Social Host Ordinance call Cottage Grove Police at (651) 248-5445.

National Alliance on Mental Illness-Minnesota 5k Walk

The National Alliance on Mental Illness-Minnesota (NAMI-Minnesota) will host a 5K walk on Saturday, September 25, 2010 at Minnehaha Park, Minneapolis. Check in time begins at 11:30 am and start time is 1:00 pm. Washington county residents and Century College students are invited to join “Team



Washington County” for the 5K walk to support the mission of NAMI-Minnesota. The walk is suitable for families and will be held rain or shine.

NAMI-Minnesota is the state affiliate of the National Alliance on Mental Illness. NAMI is the nation’s largest grassroots mental health organization dedicated to improving the lives of children and adults living with mental illness and their families.

People of all backgrounds come together each year in growing numbers for the 5K walk to raise the public’s awareness of mental illness and to help break down the stigma surrounding it.

For more information on the walk or to join “Team Washington County” go to www.nami.org/namiwalks/mn/ and select “join an existing team.”

For more information on mental health, NAMI or NAMI-Minnesota: www.nami.org or www.namihelps.org

Washington County Mental Wellness Initiative Update

Community Education in Woodbury

Mental health and youth-serving professionals have been meeting over the summer in Woodbury to explore how to support youth and families and provide community education including social media to promote mental health for youth.

Teen Health Fund

Teen Health Fund committees have been operating since 2001 in five communities in Washington County. The goal of the Teen Health Fund is to help promote mental health and positive youth development among 12 to 18 year olds through youth mental health and healthy youth development activities. To learn more about Teen Health Fund or find a committee near you, call Washington County Department of Public Health and Environment at 651-430-6655.

Teen Suicide Prevention National Public Service Campaign

The teen suicide prevention national public service campaign, [We Can Help Us](http://www.wecanhelpus.org), was developed out of the acquired insight that, although many teens encounter similar difficulties, many also develop positive solutions to help overcome them. The campaign empowers teens by reminding them that there are ways to get through problems they face and invites them to hear stories from others who successfully conquered their struggles.

Source: Reach Out, <http://us.reachout.com>

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**NOTE FROM THE
EDITOR:**

You are receiving
Washington County's
HealthWave Newsletter by
request.

If you have any questions
regarding your subscription,
please e-mail:

PHE@co.washington.mn.us

Include "Healthwave" in the
subject line.

Equal Employment Opportunity
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Fall Prevention Awareness Day

National Fall Prevention Awareness Day is September 22, a day which also marks the first day of the fall season - a fitting time to spotlight falls as a public health concern.

According to the Centers for Disease Control and Prevention (CDC), more than one third of adults age 65 and older fall each year in the United States. Locally, Minnesota ranks third among states in fall related deaths, and fall-related injuries continue to rise.

The CDC highlights four things older adults can do to help prevent falls:

- 1. Begin a regular exercise program.** Exercise helps improve muscle strength, balance and coordination.
- 2. Have a health care provider review all medications.** Some medications and combinations of medicines can cause sleepiness or dizziness.
- 3. Have vision checked.** Certain eye conditions or wearing the wrong glasses can cause poor vision which can lead to falling.
- 4. Make home safer.** About half of all falls happen at home. See the following link for a comprehensive home fall prevention checklist from the CDC: http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet_Eng_desktop-a.pdf.



Increasing public awareness on the important issue of Fall Prevention can help make our community healthier and safer. For more resources on Fall Prevention and ideas on promoting Fall Prevention in the community, go to:

Centers for Disease Control and Prevention:

<http://www.cdc.gov/homeandrecreationalafety/falls/index.html>

Minnesota Falls Prevention: <http://www.mnfallsprevention.org/index.html>

Minnesota Safety Council:

<http://www.mnsafetycouncil.org/seniorsafe/falls/index.cfm>

National Council on Aging:

<http://healthyagingprograms.org/content.asp?sectionid=149>