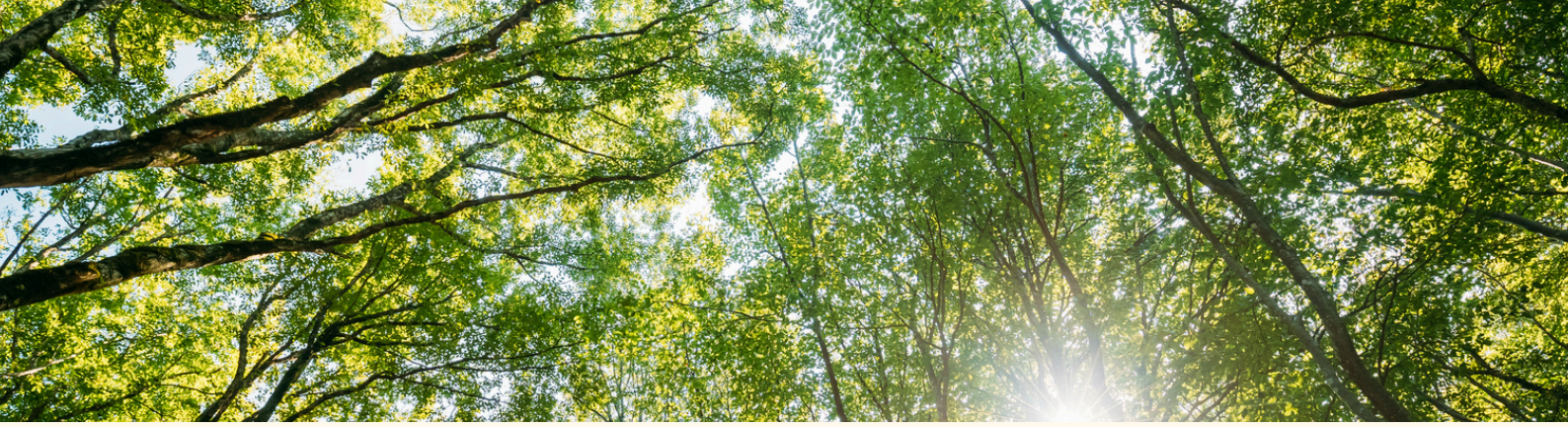


# COMMUNITY HEALTH EDUCATION

NEWSLETTER - MAY/JUNE 2024



## World No Tobacco Day 2024

Every year on May 31, World No Tobacco Day is observed – encouraging all persons worldwide who use commercial tobacco to quit for at least 24-hours. Created in 1987 by the World Health Organization (WHO), the observance seeks to draw global attention to the tobacco epidemic and the preventable deaths and illnesses it causes. Additionally, this annual celebration informs the public on the dangers of commercial tobacco use, the business practices of Big Tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to improve their health and protect future generations from addiction.

The theme of World No Tobacco Day 2024 is “Protecting children from tobacco industry interference” – emphasizing WHO’s dedication to safeguarding children from the influence of the tobacco industry. It calls on communities, parents, educators, and policymakers to come together against clever strategies used by Big Tobacco companies, specifically manipulative and targeted advertising through extensive social media and streaming platforms. These marketing campaigns used by the tobacco industry allure youth to dangerous tobacco products, which pose a significant threat to their health and well-being.

### In this Issue:

- World No Tobacco Day
- Sault High Teen Health Fair
- Ways to move
- Kinross Rec Center Community Walking Trail
- Community Health Hikes
- Balance Classes

“Protecting children from tobacco industry interference”



World No Tobacco Day 2024 provides a platform and voice for young people and empowers them with knowledge and the support for strict legislation to ensure commercial tobacco continues to decline – with the hope of creating a future free of commercial tobacco for the next generation.

For more information regarding World No Tobacco Day, please visit <https://www.who.int/campaigns/world-no-tobacco-day/2024>.



# Community Health Educators Attend Sault Highs Health Fair

On April 9th, Sault Tribe Health Education Team participated in the Sault Area High School Teen Health Fair. Over 700 students had the opportunity to browse and learn from 30 different booths. During a presentation on the effects of smoking, Health Educator Lexi Wrozek used a variety of visual aids, including a comparison of healthy pig lungs to pig lungs injected with carbon particles, the same chemical found in commercial tobacco products, to illustrate the detrimental impact of smoking on lung health. While Wrozek was educating and demonstrating the harms of tobacco use, Health Educators Eric Stallman and Tina Robinson were testing students' hand grip strength with use of a dynamometer.

Stallman and Robinson were explaining the correlation between grip strength and overall health, highlighting its potential as an indicator of early mortality, disability risk, and chronic disease development, per a study conducted by Central Michigan University. Overall, the Sault Tribes Community Health Booth was well-received by students, and the Health Education Team enjoyed interacting with local youth while promoting healthy lifestyle options.

For more information about Grip strength and over all health, please visit <https://radio.wcmu.org/health-science-and-environment/2018-09-13/muscle-weakness-associated-with-early-death-according-to-new-study>.



## Ways To Get Moving During Spring

Spring brings the best weather to enjoy time outside. The sun is shining, the wind is blowing – it's the perfect environment to get active! Whether you're doing some spring cleaning around the house or going for a nature walk, take time for these spring-centric activities to help keep your body moving and stay in shape this season. And you may be surprised at the calories you burn from these activities!

On average, here's what you might expect to burn per hour:

- Walking (moderate pace): 200 to 350 calories per hour
- Spring Cleaning:
  - Rearranging a room, turning mattresses, washing windows: 175-250 calories per hour
  - Laundry, scrubbing cabinets and walls, organizing and decluttering, mopping and sweeping, vacuuming: 150-200 calories per hour
  - Dusting, tidying up, taking out the trash, dishes: 120-170 calories per hour
- Landscaping, moving rocks, hauling dirt: 400-600 calories per hour
- Raking and bagging leaves: 350-450 calories per hour
- Gardening (pulling weeds, planting, watering): 200-400 calories per hour
- Mowing the lawn: 250-350 calories per hour
- Cleaning Your Car: 200-300 calories per hour

# Sault Tribe Community Health Hikes

Each year, the first Saturday in June is National Trails Day. It's a perfect opportunity to set off on a local trail with others in your community. Join the nationwide movement to leave the trails and the outdoor community better than you found them and create an environment where everyone feels welcome and has access to enjoy the great outdoors.

The Sault Tribe's Medical Fitness Program is inviting you to join them for a leisurely walk on one of our local trails.

**Sault Tribe Community Health Summer Hikes**  
 Brought to you by the Medical Fitness Program. Come and let us guide you through one of our local trails.

- JUNE 5** SSM Downtown lunch loop (1 mile) - Meet up on the corner of Pine and Nolte behind the hospital.
- JUNE 19** Ashmun Creek Trail in SSM (1.2 miles) - Meet up behind Buffalo Wild Wings Restaurant.
- JULY 3** Big Bear Trail in SSM (1.4 miles) - Meet up at the Big Bear Arena parking lot next to the playground.
- JULY 17** Kinross Recreation Center Trail (1.2 miles) - Meet up at the Kinross Rec. Center parking lot.
- JULY 31** Round Island Trail in Brimley (1.2 miles) - Off of 6 Mile Rd. take E. Birch Point Loop then a right on West Winding Ridge. Parking is at the end of the road.
- AUG 14** Algonquin Trail in SSM (approx. 2 miles) - Parking is off of West 16th Ave., just past Tanglewood golf course.
- AUG 28** Lynn Trail in SSM (approx. 1 mile) - Parking is at Sault Seal Recreation Center at the end of Minneapolis Park Drive.

Call Sault Tribe Community Health at 632-5210 to register. Please arrive 10 mins early, all hikes begin at 2pm. Weather permitting, will cancel due to rain storms. Reminder calls will be made 2 days prior to scheduled date.

- June 5th: Lynn Trail
- June 19th: Ashmun Creek Trail
- July 3rd: Big Bear Trail
- July 17th: Kinross Recreation Center
- July 31st: SSM Power Canal Story Walk Trail
- Aug 14th: Algonquin Trail
- Aug 28th: SSM Downtown Lunch Loop

Call Community Health at 632-5210 to reserve your spot!

# Kinross Rec Center Walking Trail

The Kinross Building a Healthier Community Coalition has teamed up with the Kinross Recreation Center to revamp the walking trail that encircles the facility. As you walk the trail, you'll encounter new signs showcasing native plants and animals in both English and Ojibwe languages. Each sign displays an animal-themed physical activity, interesting tidbits about the native plants and animals, and a guide for recognizing animal footprints you may find near the trail. Additionally, animal footprints will be painted on the trail, along with a dragonfly-themed hopscotch, an alphabet tree, and other Ojibwe language.



# Medical Fitness Balance Classes

The Sault Tribe Community Health Medical Fitness Program is offering a Balance Class to elders ages 55 and up, at the Big Bear starting on May 15. This program will last for 6 weeks and is designed to help improve individual's balance and make them feel less fearful of falling.

The Program will be held upstairs in the Hospitality Room and will run from 10 a.m. - 11 a.m. Participants are encouraged to wear comfortable clothing, so that they can move freely, and athletic shoes, for comfort and stability. All equipment will be provided.

Sign-up by contacting Community Health at (906) 632-5210. The class size is limited to 10 participants.



**Bineshiinh**  
(Bird)



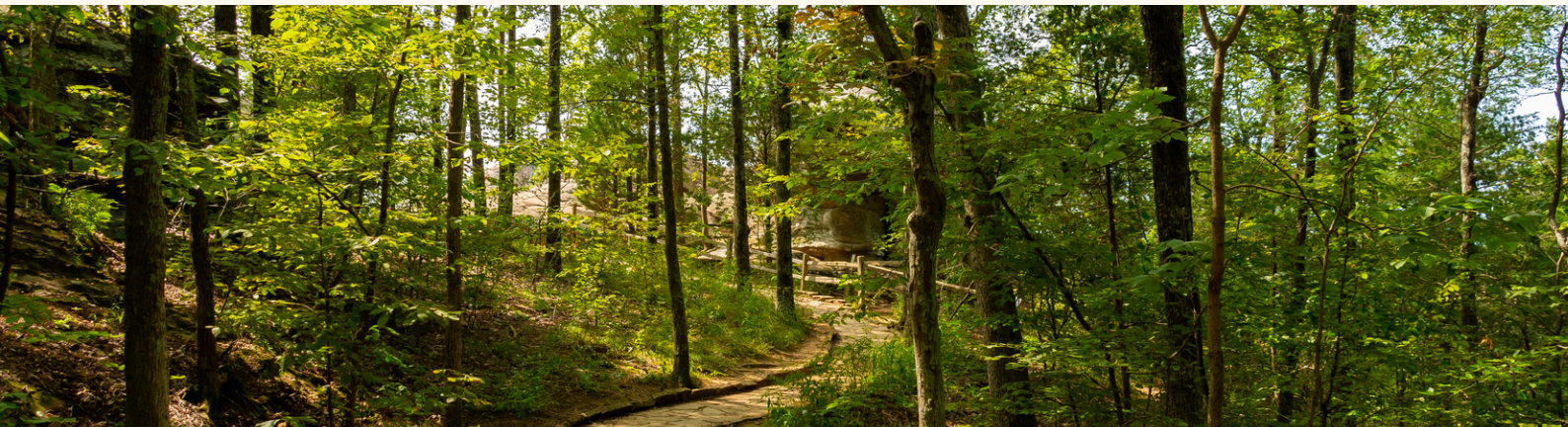
## Upcoming Events

- May 15th:** Balance Class
- June 5th:** Community Hikes
- June 14th:** Beading Workshop

## National Days

- June 1st:** Black Bear Day
- June 5th:** Running Day
- June 11th:** Call your Doctor Day
- June 13th:** Weed your Garden Day
- June 17th:** Eat your Vegetables Day
- June 21st:** Smoothie Day





## HEALTH EDUCATION TEAM

### **Lisa Myers, MS**

Health and Wellness Manager  
lmyers@saultribe.net  
(906) 632-5210 ext. 45255

### **Josh Firack, BS, ACSM EP-C**

Health Educator - Big Bear  
jfirack1@saultribe.net  
(906) 635-4991 ext. 54991

### **Tina Robinson, BS, ACSM-CEP**

Health Educator - Big Bear  
trobinson@saultribe.net  
(906) 632-5001 ext. 54678

### **Alexis Wrozek, BS**

Health Educator - St. Ignace  
awrozek@saultribe.net  
(906) 643-8689 ext. 34532

### **Julia Jarvis, MPH**

Health Educator - Gladstone, Munising, Manistique  
jjarvis@saultribe.net  
(906) 341-1836 ext. 60007

### **Eric Stallmann, BS, ACSM-CPT**

Diabetes Fitness Trainer  
estallmann@saultribe.net  
(906) 635-4994 ext. 54994

### **Madison Lamma, BS, ACSM EP-C**

Health Educator - SSM  
mlamma@saultribe.net  
(906) 632-5200 ext. 41111

### **Lyndee Zeigler, TTS, ACSM EP-C, EIM2**

Health Educator - St. Ignace  
lzeigler@saultribe.net  
(906) 450-7329

