

MISSION STATEMENT:

To support current and innovative programs that improve the health of our Panhandle Communities.

BOARD OF DIRECTORS:

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Pedalin' for Public Health covers 5 states and 4 time zones

The second annual Pedalin' for Public Health bike ride took off on one of the hottest days of the year, August 16, 2008. Always a challenge and this year's main challenge happened to be the Trail of the Coeur d'Alenes. Flooding earlier in the year had left a portion of the trail washed completely away and repairs had not been completed. Always flexible, we were able to accommodate riders by



Riders on the Trails of the Coeur d'Alenes

encouraging a flexible ride this year. Our ride has become something of a "virtual" ride as we had participants riding on Cape Cod, Massachusetts, on the Hennepin Trail in Illinois, on Oahu, Hawaii, and in San Diego, California. Four time zones: if we can only get someone in the Mountain Time Zone we will have the US covered.

A great thanks to all of our supporters, the riders themselves and the businesses that so generously gave merchandise or funds. The Coeur d'Alene Press was a huge supporter in running our registration forms a number of times. Planning



is underway for the 3rd Annual Pedalin' for Public Health to be held in 2009. Stay tuned, we plan on getting the word out much earlier next year.



Sandy Mahon rides the Hennepin Trail in Illinois

Four grants have been awarded by the Foundation

The Foundation's Awards Committee reviewed grant requests for the second year. We are delighted to be able to increase the amount of dollars available for these awards.

In 2007, awards were granted to **Partners in Care**, the free clinic in Sandpoint, as well as the **High Risk Infant Home Visiting Program**, a Panhandle Health District program.

In 2008 awards were granted to the **Senior**

Companion Program, as well as the **Oral Health Program**.

Future issues of the newsletter will feature one of the receiving programs with information on how the funds were put to use. Even small amounts of funds can have huge impacts on the smaller, poorly funded programs. The support of our community for the fund raising that we are doing is greatly appreciated. Public Health is one of those poorly understood

parts of our health care system that we take for granted. If public health is successful, it becomes invisible. But safe drinking water, the safety of our food, the lack of infectious disease of epidemic proportions, all are the results of good public health and all take a great deal of work from committed health care professionals that largely work behind the scenes.



Janette Compton
PPHF Board Member

Meet the Board of Directors

All members of the Board of Directors are volunteers. Their commitment to the mission of public health serves our communities well. Meet Janette Compton, a founding Board member who has served since 2003 when the PPHF Inc. was incorporated. She is an avid community advocate and served on the North Idaho Hospice board for a number of years. Her interest in

public health is demonstrated by her support of PPHF, Inc. activities and fundraising projects. She believes that to have a healthy community, each person in that community needs to have access to quality health care and prevention services. Her devotion to public health inspires us and is especially helpful to newer board members

and other public health supporters.

Would you like to make a difference and work with us at PPHF, Inc.? We need volunteers to work in upcoming events and serve as PPHF Inc. board members. Call us at 415-5103 or contact our Chairperson, Kay Kindig by email at kkindig@phd1.idaho.gov.

MARK YOUR CALENDARS FOR THE 3RD ANNUAL PEDALIN' FOR PUBLIC HEALTH BIKE RIDE!



"Pedalin' for Public Health"

Right now, before you forget, MARK YOUR CALENDARS FOR THE 3RD ANNUAL PEDALIN' FOR PUBLIC HEALTH BIKE RIDE, scheduled for July 18, 2009. Watch your mail, your e-mail, and your newspapers for the details on the event. In our inaugural year we were able to support the ride in two of the five counties served by Panhandle Health District.

This year, 2008, we supported the ride in three counties. Our goal is to make this annual event some sort of relay that will incorporate all five of the North Idaho counties served by the Panhandle Health District. BUT we have been most successful in making this a "virtual" ride as well. In our inaugural year, in addition to our local riders we had riders in three

states and three different time zones. In 2008 we increased this to riders in five states and four time zones. Who knows, we may end up having an international event. Does anyone know if we have 24 different time zones in this world of ours?



Second Annual Book and CD Sale February 12 and 13, 2009

It's time to look through those book shelves, magazine racks, nightstands and baskets where all of those treasured books, CD's and tapes reside. Sort out those that you can bear to part with and give us a call at 414-5103. If you need

someone to pick-up those treasures, we will get that accomplished. If you wish to drop them off you can do that at any of the PHD offices listed on the back of this newsletter. THEN you need to plan on attending the second annual book sale to

replace all those treasures. Dates are: February 12, 13, 2009 Hours are: 10:00 a.m. – 4:00 p.m. Plan to drop off your donation of books, CD's when you come in to get your flu shot this fall at any Panhandle Health District office!



Did you know.....



- Two trillion dollars in the U.S. are spent on health care every year.
- Of the healthiest nations in the world, the U.S. ranks **30th**.
- 95% of the 2 trillion dollars are spent on treatment, not prevention.
- 70% of chronic diseases are manageable or preventable.
- 1 out of 2 children are likely to develop Type II diabetes.
- Diabetes is the single most important disease.
- 26.8 million Americans have diabetes.
- 1 million people per year are newly diagnosed with diabetes.
- 6.2 million with diabetes go undiagnosed.
- Less than 1/2 (45%) of those with diabetes are adequately treated.
- Chronic disease is largely preventable by correcting: **DIET, INACTIVITY, SMOKING.**
- By 2025 one-half of the population in the U.S. will have a chronic disease.
- For the first time in the history of this country, our children are expected to have shorter life expectancy than the previous generation.

PUBLIC HEALTH HAS A LOT OF CATCHING UP TO DO!

Source:
healthiestnation.org

How PPHF, Inc. grants are awarded

The Board is pleased that we have been able to award four grants. The process is simple--in the spring, we publish a request for proposals. This is done on-line, by e-mail and by publication in local newspapers. We accept applications only from those organizations that are not-for-profit and that support public health. We request that applications not only be submitted by hardcopy/mail but by e-mail. The Foundation has an awards committee that is made up of one active Board member and two members from the community who are known for their leadership and support of programs that enhance the life of all of us. These members are selected by vote of

the Board membership. Following the cut-off date for applications, the Awards Committee meets and follows a strict evaluation protocol which "grades" each of the applicants. Consideration is given to those organizations serving our more rural areas. The Awards Committee makes recommendations to the general Board which then reviews the recommendations and votes on the actual grants. The grantees follow a procedure for giving feedback to the Board on the actual utilization of the funds that were granted. In 2008 we were able to increase our grant awards by 50%. Our goal is to continue this increase annually.



Left to right: Linda Harder, Oral Health grant recipient; Tami Johnson, Senior Companion Program grant recipient; Kay Kindig, PPHF, Inc. Chair

It's beginning to look like flu season

Panhandle Health District is ready and able to handle flu vaccine once again. Watch your local media, newspapers, flyers, etc. for a schedule of dates and times. The shots are available for a cost of

\$25.00. Medicare will cover the cost for those eligible. Please bring your Medicare card with you.

To stay informed of PHD flu shot clinics in Kootenai County, call 415-5299.

KOOTENAI COUNTY FLU SHOT SCHEDULE

- Oct. 31, 9 a.m. to 11 a.m. at the Bayview Community Center
- Oct. 31, 1 p.m. to 3 p.m. at the Athol Community Center
- Nov. 7, 9 a.m. to noon at the Rathdrum Senior Center
- Nov. 7, 1 p.m. to 3 p.m., Spirit Lake Community/Senior Center
- Nov. 14, 1 p.m. to 4 p.m., Panhandle Health District Hayden
- Nov. 21, 1 p.m. to 4 p.m., Panhandle Health District Hayden

Panhandle Health District Offices

BOUNDARY COUNTY

7402 Caribou
Bonners Ferry, ID 83805
267-5558

KOOTENAI COUNTY

8500 N. Atlas Road
Hayden, ID 83835
415-5100

BENEWAH COUNTY

137 N 8th St
St. Maries, ID 83861
208-245-4556

BONNER COUNTY

1020 Michigan
Sandpoint, ID 83864
263-5159

SHOSHONE COUNTY

114 W. Riverside
Kellogg, ID 83837
786-7474



PHD builds in St. Maries

Panhandle Health District is delighted to introduce its newest facility serving the residents of Benewah County. Visit this beautiful building.

Panhandle Public Health Foundation, Inc.

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Coeur d'Alene ID 83814

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Panhandle Public Health Foundation, Inc.

*Promoting Public Health
In Idaho's five Northern Counties*

We're on the Web!

See us at:
www.pphf.net

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