



ALLIANCE TO MAKE US HEALTHIEST

HEALTHIEST NATION IN A HEALTHIER WORLD

www.healthiestnation.org

VOLUME 1, ISSUE 4

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AS A MEMBER YOU PLEDGE TO:

SPEAK OUT

WALK YOUR TALK

SHARE
YOUR SUCCESS



HEALTHIEST NATION IN A HEALTHIER WORLD

Please visit our website
and go to the Join Us tab to
be added to our mailing list

Message from the CEO

As the seasons change we think about new beginnings. This spring, The Alliance for the Healthiest Nation is beginning with a fresh name, The Alliance to Make US Healthiest. Our new title speaks more clearly to our dedication and directive to make the U.S. the healthiest nation in a healthier world.

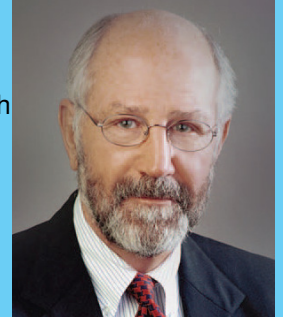
We are also pleased to announce that the Alliance has obtained 501c(3) status and our leadership is pursuing steps to strengthen our alliance of multi-sector thought leaders, communities, individuals, and organizations. As part of this group effort, we are but days away from launching our brand new, interactive website that features an online community of thought leaders, supporters, and you.

This quarter we have decided to highlight the unique and usual suspects that have played a role in the formation of the Alliance. We applaud these organizations for recognizing their role and value in this important and long-term endeavor to make US Healthiest.

On March 4th, the Alliance took to the web via Facebook to encourage people to "*March Forth*" to become a healthier person in a healthier nation, and to tell us their personal stories. It is with this simple yet powerful phrase that we ask each of you to consider how you will "*March Forth*" this year to improve your personal health, the health of your community and the health of the organizations with whom you interact.

I invite you to join me on our new online community and thank you for your momentum and continued commitment to Making US the Healthiest Nation in a healthier world.

Nick



Newest Organizational Members Joined Since December, 2008

Carrington Academy ~ Chattanooga-Hamilton County Health Department ~ Chautauqua County Health Department ~ L-3 Enterprise IT Solutions ~ Prevention Research Centers National Community Committee ~ Stanford Center on Longevity ~ University Area Enrichment Association ~ Walk+Roll ~ Adjusting the World Chiropractic ~ Athletic Training Rooms International ~ Cascade Health ~ Douglas County Public Health ~ Healthy Teen Network ~ Iowa Department of Public Health ~ ISAIAH/Gamaliel Foundation ~ Savannah Business Group on Health ~ Smoking Cessation Leadership Center / UCSF ~ St. Lawrence Health Initiative, Inc. ~ Traditional Medicinals ~ VNA East, Inc. ~ Zwaggle ~ CDC Federal Credit Union ~ Kreisberg and Associates LLC ~ Project HOPE ~ The Health Trust ~ VenDipity, Inc ~ Deaconess Parish Nurse Ministries, LLC/International Parish Nurse Resource Center ~ Friendship Heights Chiropractic ~ Hancock County Public Health Services ~ Long Beach Public Health Laboratory ~ MASSA Health Ministry ~ Northwest Parish Nurse Ministries ~ American College of Sports Medicine ~ HealthCorps ~ IPRO ~ Lake County Health Department ~ New York State Department of Health ~ Dream Chocolate ~ JWT ~ Our Healthy Community Partnership ~ The Learning Forum ~ Champaign-Urbana Public Health District ~ Sarasota County Health Department ~ Society for Public Health Education (SOPHE) ~ William A Lee, DDS ~ Be Active New York State ~ Public Health Institute ~ Atlanta Community ToolBank ~ Healthier Stanislaus County MAPP Stakeholders ~ Utah Public Health Laboratories ~ Chenango Health Network ~ AtlantiCare ~ Polk County Health Department ~ Self chec ~ Community Advisory Board (CAB) of the Rocky Mountain Prevention Research Center ~ H.E.A.L. Global, Inc. for a complete list of members, please email info@healthiestnation.org

spotlight

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Zwaggle.com is an online community that connects financially responsible, environmental friendly and socially conscious parents with other families across the country to trade kids' gear, save money clear clutter, and improve your health by improving your environment. A modern approach to the age-old practice of handing-down instead of buying new, Zwaggle is built on collaboration, not cash.

Parents trade their gently-used kids' clothes, gear and toys for site points called "Zoints" that they can use to acquire "new" things for their families, for FREE.

We may not think about Zwaggle as an opportunity to improve health, but by saving money there are opportunities to make sure that families have the other things that they need in the way of health and wellness. Zwaggle is the perfect resource for parents who are tightening their belts in a down economy, but still want to provide the very best for their kids. Membership has grown by over 200 percent in the past year, spurred by families across the country who are looking for new ways to conserve resources and save money. Not only does sharing with others keep perfectly good items out of landfills, but it feels great knowing that a toy your child once treasured, but no longer plays with can find a new home with a child who will love and enjoy it just as much.

The Zwaggle community does more than simply connect members with a new home for no-longer-needed (and only worn once!) soccer cleats or the gently used designer crib and changing table that was previously outside the baby-room budget. At Zwaggle, members are also able to connect with – and give back to – charities in their local communities and around the country easily, seamlessly and effectively. Every time they post an item, Zwaggle members have the option to donate the Zoints they earn to a charity of their choice. The charities can then use those Zoints to acquire the items they need, when they need them most. It's Zwaggle's way of taking sharing to a whole new level.

Joining Zwaggle is easy. Registration takes only a minute, and every member gets 50 bonus Zoints just for joining, so you can start "Zwagglng" right away. If you don't find what you want right away, you can create a "wish" list and Zwaggle will notify you as soon as your wished-for item posts to the site. The Zwaggle site allows you to find what you want, find a new home for stuff you no longer need and do it all for FREE. It's simple, safe and secure.

So why throw away something that can be shared? Why purchase new when you can save money on quality nearly-new clothes, toys and gear? Why not do your share? At Zwaggle, when you share you save time, money and the environment. Join today at Zwaggle.com!

Hepatitis Foundation International Offers Advice

Too often we hear the comment "If only I knew then what I know now, I wouldn't be in such bad shape or required to take this awful, costly medicine." Obviously, an important step was missed along the way. We all know that you cannot change what you do not know. Education is the key to making healthful lifestyle choices, helping children as well as adults develop a pattern of prevention.

Schools are the logical place to start; however, teachers need to be trained and provided effective skills and teaching tools to motivate their students to adopt healthy behaviors. This would provide a good beginning. Teens are experimenting with drugs and alcohol which impacts their decision making ability and leads them to participate in sexual activity at an earlier age. This in turn exposes them to sexually transmitted diseases including hepatitis. Unfortunately, parents and teachers lack the skills and information they need to help children avoid activities that have the potential to cause them a lifetime of suffering.

In 2006 men who have sex with men accounted for 64 % of men living with HIV. Obvious they did not learn the importance of protecting themselves against this insidious disease. Today, another virus, hepatitis C, is having a devastating impact on those already infected with HIV. The modes of transmission are similar. Were they not aware of this or did they not receive information on how and why they needed to avoid the same risky behaviors.

Compelling evidence is being gathered that clearly shows that individuals have been motivated to avoid liver damaging behaviors once they are aware of the importance of their liver. The Hepatitis Foundation International's *Foundation for Decision Making*™ focuses on training and providing teaching tools to educators, healthcare providers and counselors to fill this identified void.

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"Building a "Foundation for Decision Making" promotes understanding of the importance of the liver and how drugs and viruses attack this non complaining organ, destroying its ability to keep them alive and healthy. The liver is one's internal power plant. Drugs and hepatitis viruses make their way to the liver through the blood stream and kill liver cells turning them into scar tissue, called cirrhosis. With continued assault of the liver eventually too few healthy liver cells remain and the liver shuts down. When your liver shut down, so do you.

To get more information about the work of The Hepatitis Foundation International, please check out their website at www.hepatitisfoundation.org

Member Highlights



Many Alliance members are taking the pledge to speak out, walk their talk, share their success and we have highlighted some of our member's actions below. We ask all of our members to send in their health stories to be highlighted in this section of the Alliance newsletter. If you have a story you would like to share, please email us at info@healthiestnation.org.

- ✓ I am committing to taking yoga classes once a week
- ✓ I am going to take a walk for 10 minutes every day during work to reduce stress and increase exercise
- ✓ I am going to laugh more often
- ✓ I am going to help my office develop "greener practices"
- ✓ In partnership with five broker/consultancies in Atlanta and BlueCross/Blue Shield of Georgia we have launched WellFit Advantage, LLC. This program provides employers who engage in healthy activities a reduction in their health insurance and puts them in a separate better risk pool than the community pool. For more information, visit: www.wellfitadvantage.com.

JUMP ROPE. BUY ORGANIC. FEED THE HOMELESS. DUMP THE LAZY-BOY. SIGN UP FOR TAP LESSONS. TANGO LESSONS. PLANT THE GARDEN. BUILD THE TREE HOUSE. TAKE THE STAIRS. BREATHE. HYDRATE. FORGIVE HER. FORGIVE YOURSELF. WRITE A SENATOR. START A REVOLUTION. TAKE MARCH FOURTH ON, AND TAKE THE FIRST STEP TOWARD BECOMING A HEALTHIER PERSON IN A HEALTHIER NATION IN A FAR HEALTHIER WORLD.



There's a holiday the card companies forget! The one day a year reserved to march forth on making your life everything it can and should be. This year start with your health, and be part of a movement to make US the healthiest nation in a healthier world. On March 4th, join the conversation and a grass roots alliance that's already thousands strong. Search Facebook for the healthiest nation alliance page and get on the path to a happier life.

DON'T FORGET TO SEND YOUR LOGO TO INFO@HEALTHIESTNATION.ORG AND LINK TO OUR WEBSITE!

TOTAL NUMBER OF ALLIANCE MEMBERS

ORGANIZATIONAL MEMBERS 219

INDIVIDUAL MEMBERS 843