

## MEMORANDUM

**TO:** Community Health Directors/Chairs  
**FROM:** Jill Beasley, NSNA Vice President and Chair,  
Community Health Committee  
**SUBJECT:** Summer Memo  
**DATE:** August 10, 2009

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It's been a great summer! The new Board of Directors had a very informative and productive meeting in New York and we have a lot of exciting things planned for this year. **The 2009-2010 Community Health theme is *Get Fit, Stay Fit: Wellness, Fitness, and Prevention*.** Our goals are to:

1. Emphasize and encourage illness prevention and health maintenance
2. Extend the Shaping-Up competition in order to promote individual health
3. Emphasize a "go green" approach

### Goal #1

As you get ready for back to school, I encourage you to think about how you can help your community and fellow students in your school chapter and state association to ***Get Fit, Stay Fit*** during the months ahead! Here is a link for community health outcomes information on childhood nutrition programs: [The State of Nutrition Education and Promotion in Children and Adolescents](#).

### Goal #2

NSNA will be continuing our *Shaping-Up* Program. This is a national initiative to encourage nursing students across the country to keep healthy and take the time to ensure that they eat right, exercise, and take healthy steps to reduce stress. Keep watching the [NSNA web site Community Health pages](#) for more tips on how to include healthy steps towards wellness in your daily life, and get recognized for your efforts!

### Goal #3

I am pleased to announce that in implementing [Resolution # 4, In Support of Increasing Environmental Health Advocacy and Education](#) passed by the 2009 House of Delegates in Nashville, TN, NSNA has been named a [Beacon Organization for the Luminary Project](#). The Luminary Project: Nurses Lighting the Way to Environmental

Health is an effort to capture the illuminating stories of nurses' activities to improve human health by improving the health of our environment. Let us know how your chapter is “going green” this year.

### **Planning Your Community Health Projects**

For ideas on how your chapter can plan Community Health activities and projects, we encourage you to begin with *Assessment*. Go to the [Community Health web page](#) and check out the link [Do you know the needs of your community?](#) to access the United States Census Bureau data for public health information and needs specific to your state and your community.

An NSNA Award will be given again this year for best state association and best school chapter Community Health projects during the 2010 Annual Convention next April in Orlando, FL. The 2010 NSNA Awards and Honors Booklet with applications will be available online in Mid-September.

I hope you will join us in Phoenix at the NSNA's 27th Annual Midyear Conference, October 29-November 1, 2009. Make plans to participate in the Community Health Roundtable on Saturday October 31 from 5:45 pm – 6:45 pm. As always, feel free to contact me with any questions you may have at [vice-president@nsna.org](mailto:vice-president@nsna.org) . I look forward to hearing from you soon.

### **2009-2010 Community Health Committee**

Jill Beasley, Vice President and Chair

Evette Eubanks, Director

Carylin Holsey, Breakthrough to Nursing Director