

## Request For Proposals Being Accepted By The Wellmark Foundation

DES MOINES, Iowa — The Wellmark Foundation is offering two competitive grant programs in 2015. Request for Proposals (RFPs) are being accepted for the Healthy Communities small grant program and the Matching Assets to Community Health (MATCH) grant program.

A free webinar will be held from 10-11:30 a.m. Wednesday, Jan. 14, to review the RFPs and answer questions. Contact The Wellmark Foundation at [wmfoundation@wellmark.com](mailto:wmfoundation@wellmark.com) for more information.

### HEALTHY COMMUNITIES SMALL GRANT

The Healthy Communities small grant program supports smaller projects of \$25,000 or less. The goal is to encourage new collaborations that are focused on improving the health of a community. This includes ensuring all residents have access to nutritious food and safe places to be active where they live, work, play and learn.

"Research consistently demonstrates that up to 70 percent of an individual's health is influenced by environmental factors, as well as social and economic conditions of a community," said Stephanie Perry, The Wellmark Foundation interim director. "Our approach with this funding is to address upstream health issues that affect the well-being of a community."

While community-based wellness and prevention is the Wellmark Foundation's over-arching focus, projects that address access to nutritious foods and safe places to be active will receive higher priority. Those projects that can demonstrate long-term sustainability — meaning they will have a lasting effect after the grant funding is over — are preferred. Examples include: promoting safe, accessible venues for physical activity in a community; advancing active transportation concepts; promoting "Complete Streets" and trail development; developing outreach and educational tools to explain principles and best practices of active living; advancing nutrition immersion and locally sourced food solutions; supporting connections between local food systems and health; addressing food insecurity; and promoting obesity prevention solutions in school settings.

The Healthy Communities small grant program RFP is due Monday, Feb. 23, 2015. To learn more about the program details and view the RFP, visit <http://www.wellmark.com/foundation/Wellmark-Foundation-Healthy-Comm-RFP.pdf/>.

### MATCH GRANT

The MATCH grant program is a challenge grant designed to bring other funders together to support larger community healthy projects needing potentially higher levels of funding or collaboration. The term "matching grant" means that an organization is required to raise some amount of money to "match" the grant amount.

The Wellmark Foundation supports promising and important policies and programs that can help individuals, families and communities achieve better health through active living and consumption of nutritious foods.

"We encourage nontraditional collaborators and organizations to submit projects that can influence health — even those that might not be traditional 'health' organizations," Perry said.

This could include broad community coalitions to address ideas, programs or projects such as: advancing environmental approaches seeking to change community infrastructure; increasing access to healthy, affordable foods; or enhancing community opportunities to be physically active. Those projects that can demonstrate long-term sustainability — meaning they will have a lasting effect after the grant funding is over — are preferred.

The first step in the grant application process for the 2015 MATCH grant program is to submit a letter of interest by 5 p.m. on Friday, May 15, 2015. To learn more about the program details including the budget planning and match requirements and the program timeline, visit <http://www.wellmark.com/foundation/Wellmark-Foundation-MATCH-RFP.pdf/>.

The Wellmark Foundation is a private, non-profit foundation created by Wellmark, Inc., doing business as Wellmark Blue Cross and Blue Shield of Iowa.

## Diabetes Group To Meet Jan. 12

The Yankton Area Diabetes Support Group will meet at 1-2 p.m. Jan. 12, on the Avera Sacred Heart Campus, Pavilion, conference room 2.

Allison Mitchell, dietetic intern, will present "Healthy Snack Idea: Summing It All Up."

A trail mix recipe will be used to demonstrate how to determine the grams of carbohydrate in each ingredient in a recipe and understanding of how to read a food label for grams of carbohydrate. The trail mix will be the snack provided.

You do not have to have diabetes to attend. Everyone is welcome.

mum. In some cases, additional help is available to decrease the amount of the deductible and other out of pocket expenses. To qualify for this assistance, families must earn between 100 percent and 400 percent of the federal poverty level. For instance, a family of four earning \$23,850 to \$95,400 would likely qualify for some assistance through tax credits which are paid directly to the insurance company. After open enrollment closes in mid-February, it will be impossible to purchase health insurance without a special qualifying event such as loss of employer-based coverage, marriage, birth of a child, moving to another state or release from incarceration.

Enrollment in a Marketplace plan by Jan. 15 will ensure coverage by Feb. 1. While things are working well on the Marketplace, the enrollment process can be somewhat challenging for those who have little experience with health insurance or online registration. Fortunately, there are certified Marketplace Navigators

available to provide expertise and assistance at no cost to the consumer. Navigators from South Dakota Community Action Partnership are able to answer questions, help consumers to understand their options and assist with the actual enrollment process. While Navigators are prohibited from recommending a particular plan, they can explain the various considerations that may impact an individual's choice. South Dakota

Community Action operates its Navigator program under a grant from the Department of Health and Human Services.

There are certified Navigators available to assist consumers (at no cost) through the Rural Office of Community Services, Inc. In the Mitchell office, contact Jennifer Grassrope at 605-469-5363.

To locate a Navigator in other counties throughout the state, call 1-855-371-4987

or look under "Find Local Help" at [www.healthcare.gov](http://www.healthcare.gov).

Jennifer Grassrope covers the following counties:

Yankton, Aurora, Clay, Davison, Hanson, Hutchinson, Jerauld, Sanborn and Union.

# Get Healthy By Taking Control Of Your 'Inner Zoo'

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.  
King Features Syndicate, Inc.

One hundred trillion. Nope, it's not the national debt. That mega-number is the population of microbes living in your digestive system. Most of you think about this inner zoo only when it pumps out too much gas at an embarrassing moment or sends you running to the WC with diarrhea. But these days there's a lot of important research going on about this inner world, and it's revealing that these bacteria are essential for your good health.

As Dr. Mike points out in his new book, "This is YOUR Do-Over," changing your inner zoo or microbiome so it has a healthy mix of these little critters is a key step to reclaiming or maintaining your health. Then you can make sure potentially harmful bacteria in the mix don't trigger problems such as autoimmune diseases, persistent infections (like C. diff.) and even heart woes. In fact, if you keep the inhabitants of your microbiome plentiful and diverse, they can keep your arteries young, strengthen your immune system and help you slim down and live longer.

So time for a gut check! Here's how to start your gut-biome do-over today.

Move it. Moving your body regularly — walking, riding your bike, hitting the gym — helps support a more diverse mix of gut bacteria. In a recent study of 40 pro rugby stars, researchers from Ireland's University College Cork found that the players' intestinal biome contained a wider variety of bacteria than that of fairly sedentary men the same age and size. The rugby players also had Akkermansia — a bacterium that's been linked to lower risk for obesity. That's another reason for a minimum 30-minute daily walk, seven days a



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

week, shooting for your target of 10,000 steps every day.

Enjoy probiotic-rich foods. Yogurt, kefir (a fermented milk drink) and fermented foods like sauerkraut, kimchi and tempeh (a soy-based meat alternative) are good sources of beneficial bacteria. Many yogurts contain helpful probiotics. Look for the words "spore forms" or "live, active cultures" on the label. (Spores are activated in your gut rather than killed by your stomach acid.) Probiotic-rich foods often deliver Lactobacillus gasseri, shown in two recent studies to discourage weight gain and help with weight loss. There's also evidence that a daily serving of probiotic-enriched yogurt can cut your risk for antibiotic-related diarrhea by two-thirds. This condition is triggered when the meds wipe out both the bad and good bugs in your digestive system and is a problem for 39 percent of people who take antibiotics.

Feed 'em plenty of fiber. Two important beneficial bacteria — bifidobacteria and lactobacilli — love munching on a family of plant fibers called fructans, especially a type called inulin. It's found in abundance in bananas, onions, garlic, leeks, asparagus, artichokes, soy-

beans and 100 percent whole-wheat foods.

Eliminate red meat and processed meats. Gut bacteria release substances when they break down red or processed meats. The substances end up in your bloodstream, causing inflammation throughout your body, which increases your risk for clogged arteries, memory dysfunction and cancer. Egg yolks elicit the same response, changing your inner zoo in favor of harmful bacteria. Red meat also may prompt bacteria to produce substances that interfere with the constant, healthy renewal of the inner lining of the intestines, increasing your risk for colon cancer.

Watch your portions. Overeating encourages the growth of a gut-bug strain called Firmicutes that could accelerate weight gain, say researchers from Washington University in St. Louis. Turns out Firmicutes break down foods with extreme efficiency, making more calories available to your body for use — and weight gain! That means overeating could be a double whammy: You're eating more calories and absorbing even more. In one study, a 20 percent increase in the number of Firmicutes in the human gut made an extra 150 calories a day available for absorption. So keep your calorie intake in a healthy lower range to encourage growth of bacteria that make fewer calories available.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit [www.sharecare.com](http://www.sharecare.com).

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## Yankton-Area Residents Preventing Type 2 Diabetes With Proven Program

Community members are preventing type 2 diabetes together with the Avera Sacred Heart Hospital lifestyle change intervention program offered through its Dakota Diabetes Center.

At the 12-month reporting interval, Avera Sacred Heart Hospital was recently notified by the Centers for Disease Control and Prevention (CDC) that it is meeting all of the standards for CDC recognition detailed in its Diabetes Prevention Recognition Program (DPRP) Standards and Operating Procedures. The Centers for Disease Control and Prevention DPRP is a key component of the National Diabetes Prevention Program.

The purpose of the DPRP is to recognize organizations that have shown that they can effectively deliver a lifestyle change intervention program (lifestyle intervention) to prevent type 2 diabetes. Guided by a trained lifestyle coach, groups of participants at the Dakota Diabetes Center are learning the skills they need to make lasting changes, such as losing a modest amount of weight, being more physically active and managing stress.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are five to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes will develop type 2 diabetes within three years if they do not take steps to prevent it.

"One in three American adults has prediabetes, so the need for prevention has never been greater," said Susan Barnes, diabetes nurse educator at the Dakota Diabetes Center. "The Dakota Diabetes Center offers a proven approach



PHOTO: METRO GRAPHICS

to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one's peers."

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes.

Dakota Diabetes Center groups meet once a week for 16 weeks, then once a month for six months to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together, participants celebrate their successes and find ways to overcome obstacles. Dakota Diabetes Center prediabetes classes are scheduled to begin Jan. 14.

Five participants have already signed up for and completed the program.

The Dakota Diabetes Center is working to enroll more people who may be at risk of developing diabetes. The local program is based on research that showed that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing type 2 diabetes by 58 percent.

Nationwide implementation of the program could save the U.S. health care system \$5.7 billion and prevent about 885,000 future cases of type 2 diabetes, a serious condition that can lead to health problems including heart attack; stroke; blindness; kidney failure; or loss of toes, feet or legs.

"Small changes can add up to a big difference," added Barnes. "Working with a trained lifestyle coach who provides guidance, Dakota Diabetes Center program participants are making lasting changes together."

People are more likely to have prediabetes and type 2 diabetes if they:

- Are 45 years of age or older;
- Are overweight;
- Have a family history of type 2 diabetes;

- Are physically active fewer than three times per week; or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

To learn more about the Dakota Diabetes Center program, call Barnes at 605-668-8279, or visit <http://www.avera.org/sacred-heart/services/diabetes/>.

# Marketplace Open Enrollment Period At Halfway Point

MITCHELL — The Health Insurance Marketplace continues to operate smoothly after a strong start on Nov. 15. This is the second open enrollment period for the Marketplace, and millions of Americans enrolled during the first weeks. Individuals and families who need health insurance have until the Feb. 15 deadline to examine their options and enroll in a health plan for 2015. Those who do not have health insurance coverage may be subject to a minimum penalty of \$325 per person for the year.

Just as in 2014, there are three familiar insurance providers affiliated with the Marketplace in South Dakota. Avera, Dakotacare and Sanford have health plan offerings that span a wide range of coverage options and prices. If consumers enroll in their plan through the Health Insurance Marketplace ([www.healthcare.gov](http://www.healthcare.gov)), they are likely to be eligible for financial assistance in the form of tax credits (subsidies) that will help to pay a portion of their monthly pre-

mum. In some cases, additional help is available to decrease the amount of the deductible and other out of pocket expenses. To qualify for this assistance, families must earn between 100 percent and 400 percent of the federal poverty level. For instance, a family of four earning \$23,850 to \$95,400 would likely qualify for some assistance through tax credits which are paid directly to the insurance company. After open enrollment closes in mid-February, it will be impossible to purchase health insurance without a special qualifying event such as loss of employer-based coverage, marriage, birth of a child, moving to another state or release from incarceration.

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