



PHIO Weekly Update

Resource Updates

[“Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners”](#)

The great month of February brings valentines and a heightened awareness for heart health and stroke. Let’s also remember hypertension in the conversation! The risk of heart disease and stroke are increased by elevated blood pressure which is associated with high intake of dietary sodium.¹ Through collaboration between NNPPI, Health Resources in Action and the CDC, this toolkit provides strategies and resources for public health professionals to build or enhance partnerships with food service providers to reduce sodium levels in the foods of their community. Case studies and lessons learned from previous sodium reduction efforts are included in this valuable resource.



CHIO Collaborate

[Click here](#) to submit your questions, comments and announcements to be shared in next week’s news!



Funding Opportunities

[USDA Farmers Market Promotion Program](#)

Looking to increase your community’s access and consumption of healthy, local agricultural products? Nonprofits are eligible to apply for funding opportunity number USDA-AMS-TM-FMPP-G-17-0002. This opportunity serves to fund activities which may include outreach, training, technical assistance, or assistance in developing, improving or expanding domestic market opportunities for farm and ranch operations to serve local markets. The deadline for application submission is March 27, 2017.

Did you know?...

According to research published in The New England Journal of Medicine, if the U.S. population reduced their dietary salt intake by roughly 3 g (about 1/2 tsp) per day, the number of women with hypertension would be reduced by 16 to 24%, the number of men by 22 to 34%, and the annual cost of treating hypertension could be reduced by \$3 billion to \$6 billion.²

CHIO News & Community Events



- The CHIO 2016 **Year-End Report** is now available. Please tell us about your year at <https://www.surveymonkey.com/r/2016CHIO>
- PHIO has provided an online tool you may use for the proposal process based on the Guidelines and Rules Governing CHIO Incentives for **H2O** created and provided by OU. Access the form at <https://www.surveymonkey.com/r/CHIO-H2O>. CHIOs must spend the funds by October 31, 2017
- **Kingfisher Community Collaborative** and the Kingfisher County Resource Group invite you to attend a Youth Mental Health First Aid Training on Thursday Feb. 16, 2017 at the Lifeway Church. This is an 8-hour training and participants must attend the full 8 hours to receive Continuing Education Units (CEUs). The time for this training will be from 8:00am-5:00pm! Check out their Facebook page for more information, <https://www.facebook.com/Kingfisher-Community-Collaborative-Inc-147567892525/>.
- **Pottawatomie Alliance Toward Community Health: Mobile Smiles** is coming to Asher, Oklahoma on March 30th! <https://www.facebook.com/PottawatomieAllianceTowardCommunityHealth/>
- Mercy Hospital Ardmore, Oklahoma Heart Hospital and the Chickasaw Nation will host Ada’s Wear Red for Women luncheon, an event to raise awareness and prevention of heart disease. The event will be from 11:30 a.m. to 1:00 p.m. Thursday, Feb. 23 at the Chickasaw Nation Community Center, 907 Locust St. Tickets are \$20 each. For more information or to purchase tickets, go to www.mercy.net/WearRedArdmore.



www.publichealthok.org Office: (405) 259-6851

Please share our newsletter with colleagues! Subscribe at <http://www.publichealthok.org/programs/>
To unsubscribe, please email us at info@publichealthok.org

1. Institute of Medicine. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: National Academies Press; 2005.
2. Bibbins-Domingo K, Chertow GM, Coxson PG, et al. Projected effect of dietary salt reductions on future cardiovascular disease. N Engl J Med 2010;362:590-599