

## YOU CAN DO YOUR PART TO MAKE MOSES LAKE A HEALTHY COMMUNITY.

1. Eat more fruits and vegetables! The “We Can!” (Ways to Enhance Children’s Activity and Nutrition) program is coming to Moses Lake School District.
2. Be more physically active! For today only (Apr. 14th) you can swim at no cost from 1 to 3 pm, at Moses Lake High School.
3. Utilize Pro-course/Circuit Training stations that will be available soon! These will be located on school property, and available for public use. Moses Lake Kiwanis and Sunrise Rotary clubs have provided funds to match a grant from the Washington Health Foundation.
4. Learn more about the Moses Lake Healthy Communities and participate! Visit <http://www.ci.moses-lake.wa.us/244.html> to find out about participating in Trails, Community Garden, and Breastfeeding Coalition projects.
5. Support a Hispanic “Healthy Communities” group! Call Maria Vargas at the Grant County Health District, 766-7960. We are looking for committed individuals who can help create and deliver health messages for the Hispanic population. Research has shown:
  - Higher rates of overweight and obesity among Hispanic women and children and Mexican American boys and men;
  - Diabetes is a leading cause of death for Hispanics; Mexican Americans are 1.7 times as likely to have diabetes as non-Hispanic whites of similar age;
  - Hispanic women’s hearts exhibit the heart health of a white woman 10 years older;
  - Obesity among Hispanics can be linked to their cancer rates, which are higher for liver, stomach, and cervical cancer.

A Healthy Systems Challenge Grant from the Washington Health Foundation provides support for community partnership activities of: Moses Lake Healthy Communities, Grant County Health District, Samaritan Healthcare, and Moses Lake School District.



Grant County Health District



Moses Lake Kiwanis



Healthy Communities - Moses Lake

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