



Sumter County Active Lifestyles (SCAL)

www.sumtercountyactivelifestyles.org

Fall 2010

SCAL members take the challenge

In 1956, President Dwight Eisenhower founded the President’s Council on Youth Fitness. Since its inception, the Council has been pivotal in getting Americans physically active through an array of programs, events and initiatives encouraging physical activity for all Americans. Over the years, the Council’s name has changed, and it is now called the President’s Council on Fitness, Sports and Nutrition (PCFSN).

One of the PCFSN’s signature awards and recognition program is the President’s Challenge. Challenge participants may strive to get the Presidential Active Lifestyle Award (PALA) and Presidential Champions Award, both available to people aged six and older.

PALA is completed on the Challenge’s interactive website or through tracking on a simple paper log. The purpose of this six-to-eight-weeks program is to “jump start a regular fitness routine.” It’s designed to get people moving! Participating SCAL members will initiate the PALA on October 1 and conclude by December 1.

Participation requires that you select about any of the 111 physical activities on the PALA list that involves large muscle groups and burns energy. Your goal is to be physically active for 30 minutes a day, at least five days a week. You will log your activities on a free online tracker or on a paper log. When you reach your goal, you can order your award and even move on to the Presidential Champions challenge. For a refresher about the Centers for Disease Control and Prevention’s recommended physical activity guidelines, portions (pages 3,4 & 5) of SCAL’s Summer 2010 newsletter are attached.

As the holiday season approaches, there is no better time to be active. Give yourself, your family and friends the gift of physical activity. Information about the Challenge is located at www.presidentschallenge.org.

Read more in this newsletter about ways you can...

Get Active, Get Healthy and Get Involved!

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"I took the challenge..."

Greetings from the Director



Patriot Park Sportsplex



SCAL volunteers



Something for all

I "took the challenge" over four years ago. I left a comfortable, familiar job I thought I'd retire from and accepted the position as Executive Director of Sumter County Active Lifestyles (SCAL). I don't regret it. How could I? Working with SCAL members and partners and the staff of the USC Prevention Research Center in our community-based participatory research partnership (Learn what this means by reading pages 3-5) has made it all worthwhile. We have accomplished so much in helping residents of Sumter County get healthier by being more physically active. We plan to continue to do so for years to come.

This summer's Bicycle Sumter 2010 event, held at Patriot Park Sportsplex, gave residents of all ages an opportunity to try bicycling as a way to be physically active. Newcomers to road cycling went on a 5-mile or 10-mile bike ride with Sumter's experienced cyclists. Kids took part in a bike rodeo. Many folks pleasantly discovered our county's newest sports and recreation facility for sports events, cycling and walking.

Those who want to try some different challenges are invited to enter one or both of these race/walks:

Forrest Ray 5K Run/Walk Celebration on Saturday, October 9. Register online at www.strictlyrunning.com or at the Sumter County Library or Sumter Family YMCA. \$20 early registration, \$25 same-day registration. More information can be found at www.forrestray5k.org.

Sumter Family YMCA's Turkey Trot 5K Run/Walk on Thanksgiving morning, November 25. Registration begins at 8 a.m., and the race begins at 9 a.m. Race fees are \$20 prior to the event and \$10 for each additional family members; \$30 the day of the event and \$15 for each additional family member. Pets are welcome, too! Register at the Y at 510 Miller Road. Call 803-773-1404 for more information.

USC Sumter is sponsoring a *Fire Ants masquerade dance* on October 23, starting at 7 p.m. The cost is \$10 per person. Challenge yourself to learn a new line dance.

Finally, if you want a good bargain, like shopping at Belk and want to support SCAL at the same time, purchase a \$5.00 ticket for the Belk Charity Sale on November 6, 6-10 a.m. This ticket entitles you to 20-70% off all your purchases and \$5.00 off your first purchase. Call me at 803-774-3861 or stop by the SCAL office to purchase your ticket. As always, I encourage you to Get active. Get Healthy. Get Involved!

Linda Pekari, Executive Director

“SCAL members are ‘the community’s voices’...”

Community partners and researchers learn from one another

Linda Pekuri wants you to know:

S CAL members promote health and quality of life in Sumter County by advocating for a community environment that supports physically active lifestyles for all citizens.

S CAL members are “the community’s voices” for the community-based participatory research project with the University of South Carolina Prevention Research Center (PRC).

What is community-based participatory research (CBPR)?

- A joint effort that involves researchers and community representatives in all phases of the research process.
- The joint effort engages community members, employs local knowledge in the understanding of health problems and the design of interventions, and invests community members in the processes and products of research.
- The collaborative is invested in the dissemination and use of the research findings to improve community health and reduce health disparities.

(Centers for Disease Control and Prevention’s Prevention Research Center Network, 2007)

Linda M. Pekuri, MPH, RD, LD, Executive Director, Sumter County Active Lifestyles ²

CBPR is...

NOT THIS- conducting research **in a** community *as a place or setting*, in which community members *are not actively involved* in the research process...

BUT THIS- conducting research **with a** community *as a social and cultural unit of identity*, whose members are *actively involved* in all aspects of the research process.

(Israel B, Schulz A, Parker E and Becker A. 1998. Review of community-based research: Assessing partnership approaches to improve public health. *Annu. Rev. Public Health*. 19:173-202.)
Linda M. Pekuri, MPH, RD, LD, Executive Director, Sumter County Active Lifestyles ³



Primary benefits of CBPR

- CBPR helps researchers and community members address, together, the community’s locally-identified needs (health, social, economic, etc.).
- The research findings can provide relevant information to help the community develop its own solutions to those needs.

Other benefits of CBPR

- CBPR allows community partners and researchers to learn from and influence one another.
- CBPR empowers a community with knowledge and skills to improve its health and quality of life.
- CBPR provides resources to communities (expertise, skills development, funding, possible employment opportunities).
- Opportunities arise for more collaborations among the partners, besides the main research relationships.

“...Community members participate in research...”

USC PRC and SCAL apply CBPR principles together

Examples of ways that community members participate in research

- Deciding research project objectives, outcomes and methods
- Critiquing of measures and methods
- Preparing project budget, becoming a paid staff person
- Recruiting and community buy-in
- Implementing project activities
- Interpreting results
- Using data for advocacy and action
- Writing/publishing findings and delivering conference presentations

USC PRC and SCAL partner by adhering to CBPR principles

- **Principle #1: “CBPR recognizes the community as a social and cultural unit of identity.”**
 - SCAL membership is diverse in race, age, neighborhood and career choices.
 - Each member contributes his/her personal and professional experiences, knowledge and skills to SCAL and USC PRC.
 - SCAL members represent many sectors of Sumter County:

Government	Recreation	Cycling groups	Transportation
Neighborhood organizations	Healthcare, health organizations	Military	Community advocates
Community coalitions	Law enforcement	Education	
		Cultural (arts)	

- **Principle #2: “CBPR builds on strengths and resources within the community.”**

Examples: Neighborhood park revitalization

Neighborhood walking groups

Pedestrian and bike-friendly community advocacy with SCDOT, transportation planners & League of American Bicyclists

“...Community representatives provide information ...to USC PRC...”

Real-life example of working together in all research process phases

Principle #3: “CBPR involves researchers and community representatives in all phases of the research process.”

Assessment- SCAL members & other community reps provide info about our communities to USC PRC & each other.

Planning- This info is used to help USC & SCAL design interventions to address community needs/wants relative to physical activity promotion.

Dissemination- SCAL members participate with USC in writing & distributing reports & publications and giving presentations. We also use research data for advocacy & action.

Evaluation- SCAL members determine outcomes of interventions and inform USC & each other. USC assists SCAL in designing evaluation methods & tools for interventions.

Implementation- SCAL members coordinate and/or carry out activities of the interventions.

SCAL’s real-life example of Principle #3 — Safe Cycling Campaign:

- **Assessment-** Bike-Walk Committee determined that low community awareness of bicycle laws & “sharing the road” and inadequate bicycle lanes endanger cyclists.
- **Planning-** Committee developed a “safe cycling” campaign to educate motorists and cyclists and advocate for better bicycle lanes.
- **Implementation-** Share the Road signs and street sweeper requested from SCDOT. Video & bookmarks produced. Bicycle lights obtained.
- **Evaluation-** Signs installed, street sweeper obtained, video aired and bicycle lights and bookmarks given out.
- **Dissemination-** Intervention results reported in newsletter, newspaper, website, cyclist survey report, conference poster presentation.

SUMMARY

Community-based participatory research (CBPR) involves researchers and community members working together in all phases of the research process, with the goal of improving the community’s health and wellbeing.

REFERENCES

- Israel B, Schulz A, Parker E and Becker A. 1998. Review of community-based research: Assessing partnership approaches to improve public health. *Annu. Rev. Public. Health.* 19:173-202.
- Hartwig K, Calleson D and Williams M. Unit I: Community-Based Participatory Research: Getting Grounded. In: The Examining Community-Institutional Partnerships for Prevention Research Group: *Developing and Sustaining Community-Based Participatory Research Partnerships: A Skill-Building Curriculum.* 2006. www.cbprcurriculum.info
- Patricia A. Sharpe, PhD, MPH: *Principles of community-based participatory research*, presented at SC Leadership Summit on Eliminating Health Disparities.

“My lifestyle changes worked...”

Changing my lifestyle

“Oh no, I'll have to buy a dress!” In 2009, that's what I thought when my daughter said she was ready to plan her wedding. I knew that shopping for mother-of-the-bride attire would be extremely painful if I didn't make some changes.

So, in June of 2009 I made the decision to join a weight loss group for emotional support and nutrition education with an emphasis on physical activity. I set a goal for myself and began to change my behavior.

My lifestyle changes worked. By June of 2010, I was 24 pounds lighter—almost five bags of sugar. What a relief! Although 24 pounds might not sound like a lot, it meant that mother-of-the-bride shopping was no longer a dreaded chore; I had dropped three dress sizes.

The weight loss made shopping a surprising pleasure. But, most surprising was my blood pressure change. High blood pressure was never a problem for me, so I had failed to notice the climbing readings over the years. When I had a health screening and my blood pressure was only 110/60, I knew that the benefits of my behavior change were much more significant to my health than to my vanity.

Losing 30 pounds total is my weight loss goal, but health maintenance and improvement are now my number one goals. As I write this story, I am happy to be huffing, puffing and a little short-of-breath. I just climbed 500 steps in the stairwell at my office, and this is part of my aerobic activity for the day. Also, my pedometer indicates that I have now taken 2,000 steps today—only 8,000 left to go to reach 10,000 per day.

Walking 10,000 steps today won't be difficult. When I get home I need to take the dog for a walk—an easy way to get in a moderate level of physical activity. I need to work in the yard. That's a good way to increase my walking without even realizing the number of steps being made and the energy being used.

Not every day is quite so easy. I was on vacation in Dayton, Ohio, for four days this past month. On two of those days, I did walk 10,000 steps. Dayton's City Commission passed a livable street policy—a plan for designing streets for all modes of transportation: pedestrians, buses, bikes and cars. I was eager to try out their new walking trails. Thankfully, I talked my family into taking a walk on the Miami River Walk, Dayton's multi-purpose trail along the Miami River. The next day, we exercised by walking on the trail in my daughter's neighborhood. I didn't make my physical activity goal on two of the four days. Even so, the recommendations for physical activity are five days a week, 30 minutes, and I was able to do that.

We surely need more rain, and I am ready for it and cooler weather, even though it will be a bit more difficult to be outside. Thus, I am mentally prepared to “walk in place” in front of the television on those days, and I'll have to do more stair climbing. My husband and I also dance two times a week, and that's an immense help when it comes to meeting my goals. For I'm taking the Presidents Challenge Please join me and SCAL members
son. Now is the time to **Get Active.**

Get Healthy.

Get Involved!



What a pleasure!

more help in staying motivated, from October 1 to December 1, as we prepare for the holiday sea-

By Catherine Blumberg

“Don’t worry about the pounds. Just exercise to be healthy.”

Make exercise a daily routine

When USC Prevention Research Center’s Research Associate Ericka Burroughs was diagnosed with breast cancer in October 2007, among her first thoughts was that she would lose weight. Her oncologist confirmed that several patients lose weight once they begin chemotherapy treatment because various side-effects can reduce appetite. But once Ericka began chemotherapy, she found that her appetite actually *increased*. When Ericka complained about her weight gain to her oncologist, he told her just to eat a healthy diet and exercise for increased energy, but Ericka felt too weak to exercise. As a result, following 15 months of treatment, she had gained 12 pounds and was now wearing a size 20.



2010

2008

As Ericka began to feel better following treatment, she began workouts at the gym in March 2009. At first, she could only exercise two or three times a week because she was so out of shape. “I could only ride the stationary bike for 10 minutes at a time without being winded. The treadmill and elliptical machine were not even a consideration!” she chuckles. Thirty days later, she noticed she had lost just two pounds. That is when Ericka remembered the advice that she gave her Step Up. Step Out!* participants: “Don’t worry about the pounds; just exercise to be healthy.” Following her own advice, Ericka took her focus off the weight and continued to exercise.

Gradually, she increased her stamina until she could do cardio exercises five days a week for at least 30 minutes, and she added two days of 20-minute strength training exercises to her weekly routine. The more she exercised, the more her metabolism increased. She did not get on the scale again for another 60 days. Once she did, she noticed that she had lost eight more pounds! Ericka says, “I love how exercise makes me feel...incredible!” Today, Ericka rarely wavers from her routine. When traveling, she uses the gym facilities at the hotel. Or, if she does not have access to a gym, she will do some floor exercises, walk, or run up and down a stairwell.

Now, 17 months later, some 40 pounds lighter, and five dress sizes smaller, Ericka plans to enter the President’s Physical Fitness Challenge along with colleague Catherine Blumberg. She is also entering the University of South Carolina’s Pounds for the Pantry physical fitness challenge that will raise money for Harvest Hope Food Bank. On October 20, she and other challengers will jog up the stairs of Williams Brice Stadium for an early morning cardio workout. When asked how she would encourage others to begin exercising, Ericka advises, “Remember that getting in shape takes time just as getting *out* of shape does. So, take your time and never give up. Eventually, you will notice a change for the better.”

**Step Up. Step Out! is a self-paced exercise intervention that began as a research study conducted by the University of South Carolina’s Prevention Research Center in partnership with Sumter County Active Lifestyles and the Sumter County Recreation and Parks Department. Now, Step Up. Step Out! is available to everyone. Simply visit the Step Up. Step Out! webpage on the Sumter County Active Lifestyles’ website for more information: <http://www.sumtercountyactivelifestyles.org>*

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Mission: To promote health and quality of life in Sumter County by advocating for a community environment that supports physically active lifestyles for all citizens.

President O.J. Papucci

Vice President John Howard, Sr.

Secretary Catherine Blumberg

Treasurer Jacquelyn Session

Member-at-Large Leona Green

Executive Director Linda Pekuri

Newsletter Editor Catherine Blumberg



CALENDAR OF EVENTS

Bike-Walk Committee meeting, Wednesday, October 20, at noon
at Sumter County Recreation & Parks Department

A & O Committee meeting, Thursday, November 4, at noon
at Sumter County Recreation & Parks Department

SCAL General Membership meeting, Thursday, December 9, at noon

at Patriot Hall Community Room, 135 Haynsworth St.

Additional Activities in the Sumter Area:

<http://www.meetup.com/The-Sumter-Cycling-Hiking-Adventure-Club/>

Contact Us

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