



Sumter County Active Lifestyles (SCAL)

www.sumtercountyactivelifestyles.org

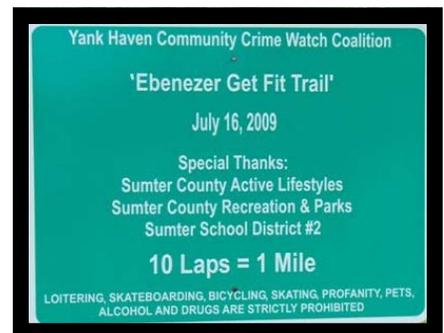
late summer/early fall 2009

Yank Haven Community Crime Watch Coalition Receives SCAL Funding

Physical activity has increased at the Ebenezer Community Center in Dalzell. Children and adults attending the center are walking more; community members often stop by the center to walk after work. This increase in walking is due to the receipt of a mini-grant from SCAL and the University of South Carolina Prevention Research Center.

Yank Haven Community Crime Watch Coalition, an organization of community members living near the Ebenezer Community Center, applied for and received funding from SCAL for the addition of a paved walking track, benches and trash receptacles at the Ebenezer Community Center. They named the track Ebenezer Get Fit Trail. Also, with mini-grant funds, these citizens, eager to help their friends, neighbors and themselves get fit, purchased pedometers for children and adults. With the pedometers, walkers are able to determine the number of steps and miles they are walking. Some of the walkers using the pedometers keep a log at the center of the miles they walk. By logging in, they are eligible for awards and acknowledgement of their efforts to improve their personal and community health.

Even though the track has been in place only a few months, it has “been a blessing,” said Linda Price, center director. She stated that the new track has provided an opportunity for people to get healthier, and they are taking advantage of it.



July 16, 2009
Inaugural walk on new track at Ebenezer

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SCAL tenth anniversary celebration
Georganne Kirven (left) and Joanie McLeod (right)

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“... we’ve had quite a few success stories...”

Greetings from the Director



**Bike to Work Day
riders at
Shaw Air Force Base**



**Bike to Work Day
group ride from
Memorial Park**



Bicycle tail light



Heritage Health walkers

Thanks to the fine work and dedication of SCAL members and community partners, we’ve had quite a few “success stories” in the last four months. To mention a few:

SCAL’s second **Bike to Work Day promotion** on May 15 brought out *13 participants from eight different worksites*. They each rode their bicycles to work, some for the very first time. City Councilman Sonny Newman gave a formal Bike to Work Day proclamation at Memorial Park, and SCAL gave prizes to all participants.

National Bike Month concluded in May, but SCAL has continued to give attention to the needs of bicyclists by fostering a **bicycle tail lights outreach program**. With lights donated to SCAL from the Palmetto Cycling Coalition and SCBikeLaw.com, bicycle tail lights are given to people who ride their bicycles to work and on errands due to financial need. When these lights are mounted on the back of the bicycle, motorists are better able to see the bicyclist. Members of SCAL’s Bike-Walk Committee, along with our partners from the Sumter County Department of Health and Environmental Control, Sumter County Department of Social Services and Sumter County Library, have made this program a success. Fifty-two bicycle tail lights have been distributed to date.

The **Heritage Health Walk pilot project** ended on July 31, but the outcomes of the project are ongoing. *Six neighborhood walking groups were formed, with a total of 28 members among them*, all African-American adults. The groups are located in northern, central and southern parts of Sumter. The walker survey results showed that the majority of walking group participants joined a walking group to become more active and that *their participation in the group increased their level of walking for exercise from what it was prior to joining the group (2.8 days per week/42 minutes per session versus 2 days per week/37 minutes per session)*. The walking group leaders, themselves, have experienced many benefits from leading a group and are eager to continue their groups in the future. One leader has said, *“This project is bringing people together and helping them take responsibility for their own health.”* As a result of its involvement in the project, Trinity Missionary Baptist Church is *building six walking trails (two ¼-mile, two ½-mile and two 1-mile)* on its new property.

Autumn– Plan to enjoy this season by getting outdoors in our beautiful state.

As always...**Get Active! Get Healthy! Get Involved!**

Linda Pekuri, Executive Director

“...Since 1998, this community-based participatory research project...”

Ten Years of Partnership in Making It Easier to Be Physically Active

Ten years “and counting”—this is where the USC Prevention Research Center (USC PRC) and SCAL find ourselves in our joint core research project, Policy and Environmental Change to Promote Physical Activity: A Participatory, University-Community Partnership. Since October 1998, this community-based participatory research project has been conducted in Sumter County to create an active community environment through changes in the physical environment and related policies that help residents incorporate physical activity into their daily lives.

To commemorate this significant milestone, SCAL hosted a tenth anniversary celebration on June 12, 2009, at the Swan Lake Visitor’s Center. Forty-two guests that included members of city and county councils, SCAL members and community partners, USC PRC faculty and staff, friends and family, gathered for a time of fellowship and acknowledgment of what our research partnership has been able to accomplish over the past decade. We were honored to have in attendance two staff persons from the Centers for Disease Control and Prevention (CDC) Prevention Research Center Program Office, Mr. Robert Hancock and Ms. Andrea Washington.

Highlights of the event were award presentations from SCAL to the USC PRC core research project team and the CDC Prevention Research Center Program Office; a photo slide presentation of SCAL’s projects and community events; a heartwarming speech from SCAL’s former (and first) executive director, Ms. Annette Cook; and an uplifting keynote address from Mr. George McGregor, Sumter City-County Planning Director.

Get Active! Get Healthy! Get Involved!

Linda Pekuri, Executive Director



"... the PRC staff is...looking forward .to continuing its partnership..."

New and Exciting Changes in the SCAL-PRC Partnership

The University of South Carolina Prevention Research Center (PRC) was recently awarded renewed funding from the Centers for Disease Control and Prevention (CDC) to continue promoting physical activity in Sumter County over the next five years. The PRC staff is excited and looks forward to continuing its partnership with SCAL. Funding from the CDC means that SCAL will be able to maintain many of its community activities, such as Wednesday Walkers, National Trails Day and Bike to Work Day, while also partnering with the PRC on some new community initiatives. Starting in October 2009, the PRC's research partnership in Sumter County will take on two new dimensions. The PRC and SCAL will begin a community walking program in Sumter County and also train community partners to advocate on behalf of their neighborhoods to create and enhance active community environments.

The PRC and SCAL will partner with community groups to design, implement, and evaluate a tailored walking program in their neighborhoods in Sumter County. Representatives from the community groups will help identify locations and participants for discussion groups to guide program development to meet the community's needs and preferences. The community group representatives will also help identify methods for recruiting participants for the walking program. Evaluation of the walking program will determine-

- if the program motivates people to walk
- if walking has helped improve participants' health
- if participants' walking habits influence those of their family members and neighbors

At the same time, the PRC and SCAL will implement a community advocacy and leadership program (CALP) designed to enhance the leadership skills of grassroots community leaders so that they can effectively advocate for changes that will improve the health of their community residents. The CALP model will be disseminated to other community groups across the state in a few years with Sumter County CALP graduates participating as mentors.

So look for a new and improved SCAL this fall. SCAL members will have the opportunity to become even more active in community-based health research over the next five years. If you would like more information about SCAL, contact the Executive Director, Linda Pekuri, at 774-3861

by Ericka Burroughs, Community Liaison

South Carolina Department of Health and Environmental Control (DHEC) offers health promotion

Some common behavioral risk factors that contribute to the leading causes of death in South Carolina are smoking, sedentary lifestyle, obesity, high cholesterol, and the consumption of less than five fruits and vegetables a day. To improve the health of South Carolinians, DHEC's chronic disease bureau is offering educational opportunities for the public.

The Families Eating Smart and Moving More program offers simple solutions to help individuals and families plan for nutritious meals at home and when eating out. Methods of increasing movement during

activities of daily living is also included.

Power to End Stroke is a national campaign that raises awareness about stroke while embracing and celebrating the culture, creativity and energy of African Americans.

DHEC staff can give you more information about both of these programs and is available to speak or provide educational sessions for groups and organizations. Call J'Vawanna Bell at Sumter County DHEC Region IV, (803) 934-3879; email her at BellJ2@dhec.sc.gov.

“The actors in this production are your friends and neighbors!”

SCAL Members Urge Everyone to Share the Road

On a hot August morning, SCAL members and volunteers were on the roadside being filmed for an infomercial about Share the Road. Through this South Carolina Department of Transportation (SCDOT) program, signs displaying the



symbol of a bicycle are placed along roadsides throughout Sumter County. The purpose of the signs is to remind motorists and bicyclists that both have the right to be on the roadways and to drive and bicycle with care and courtesy. There are twenty-eight yellow Share the Road signs in Sumter County.

The infomercial will be on cable television channel 7 from September to mid October. And, the actors in this production are your friends and neighbors!

Tips for motorists

- Drive cautiously. Slow down when coming upon a bicyclist and give plenty of room and appropriate right of way.
- When passing a bicyclist, check over your shoulder after passing before moving back into normal position.
- Be considerate.

Tips for bicyclists

- Ride in the same direction as traffic.
- Be visible.
- Wear a helmet
- Use bicycle lanes where provided. If there are none, ride as far to the right as is safe to do so.
- Follow the same rules of the road as motorists.



DRIVE AND CYCLE FRIENDLY



SHARE THE ROAD



SCDOT's new street sweeper



On location



Infomercial production

**S
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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
Secretary Catherine Blumberg
Treasurer (interim) John Howard
Member-at-Large Georganne Kirven
Member-at-Large Leona Green
Executive Director Linda Pekuri
Newsletter Editor Catherine Blumberg



CALENDAR OF EVENTS

SCAL general membership meeting, [September 17, noon](#)

at James E. Clyburn Intermodal Transportation Center

129 South Harvin, Street, 2nd floor

A & O Committee meeting, [October 1, noon](#)

at Recreation & Parks Department

Bike-Walk Committee meeting, [October 14, noon](#)

at Recreation & Parks Department

Forrest Ray 5K Classic Run/Walk Celebration, [October 10, 9 a.m.](#)

Additional Activities in the Sumter Area:

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

[Contact Us](#)

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