

## Lifestyle

# History of Healthy Adams County Children's Health and Nutrition Task Force

This is part of Healthy Adams County's 25-year anniversary monthly *Gettysburg Times* column special.

What would inspire a group of community members and nutrition professionals to organize a task force in 2013 around the idea of improving the health and nutritional status of children in Adams County? To answer that question, let's revisit some healthcare history in Adams County. Healthy Adams County (HAC) commissions county health assessments on a routine basis.

Recent assessments at the time indicated that from 2008, when 64 percent of respondents were overweight or obese, to 2012, when 75 percent of respondents were overweight or obese, the figure had increased by 11 percentage points.

A previous HAC Task Force had focused on children's physical health but had since disbanded. A new project addressed by the Food Policy Council of HAC was childhood obesity, which developed into an idea that the group might be able to work with local restaurants to improve menus offered to children.

Another small group of nutrition professionals had recently completed a course through Cornell University that

addressed ways to work toward lowering the risk of childhood obesity in the community. These two groups came together as a new task force under HAC called the Children's Health and Nutrition Task Force (CHNTF).

Areas represented by group members included the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), School Meals, healthy lifestyles instruction, community nutrition education, childhood nutrition research, national nutrition guidelines, and community physical fitness.

Meeting for the first time in June 2013, the group developed their Mission to "Support environmental change to positively impact children's health and nutritional status in Adams County." The group would do this by providing advocacy, education, and resources. The first project was Healthy Children's Restaurant Menus. Meetings with Gettysburg Hospital about its "Putting Health on the Menu" staff meals initiative and with the director of the SCCAP Café helped with shaping the project.

Several local restaurants were invited to work with the group on menu revision to promote child-friendly menus that include healthy items such

HEALTHY  
ADAMS  
COUNTY

**Rayna  
Cooper**



as fruit, vegetables and whole grains, marketing the program, and providing incentives for children visiting the restaurants. Partnerships with other groups were formed and CHNTF members also coordinated with school cafeteria staffs.

Our initial children's menu project changed into the development of a Healthy Dining Guide, listing restaurants in Adams County and nearby Hanover who met the task force's nutrition criteria, such as including fruits, vegetables and whole grains on the menu, and having healthier beverages choices such as low fat or fat-free milk, 100 percent fruit juices and bottled water available.

Based on a review of information that about 30 restaurants returned to

the task force, 23 of them qualified to be listed in the first brochure in 2016. The brochure was revised in 2018.

In 2018, CHNTF members presented information on eating healthier when eating fast food to members of the Circles groups at South Central Community Action Programs. Circles assists families in moving from poverty to self-sufficiency.

The presentation consisted of materials showing healthier choices from various fast food restaurants as well as information from the "You're the Mom" campaign developed at Tufts University to help empower low-income mothers to make healthier choices for their kids when eating out.

Throughout 2018 and 2019, members participated in direct nutrition/health education activities involving children, including educating families at the special Market Day at Misty Ridge housing development, partnering with the Physical Fitness Task Force to provide Children's Walks in Adams County (with scavenger hunts and healthy snacks), and providing healthy food demos at local grocery stores and vegetable tasting in the schools.

Because of COVID-19 the CHNTF

was unable to do direct nutrition education activities in 2020. We distributed a survey to the public to help us set future priorities regarding children's nutrition, physical activity, and social and emotional health.

We invite people who want to help our county support healthier children to join us at our Children's Health and Nutrition Task Force meetings. We meet the third Wednesday of every month at 4 p.m. and are currently meeting via Zoom. If you have an interest in defining new directions for our task force, we invite you to join us. For meeting information, contact Etta Saltos at [ettanick@msn.com](mailto:ettanick@msn.com).

Healthy Adams County is a non-profit 501c3 and is an ongoing collaborative effort to improve the health and wellness of our community.

*Rayna Cooper is a registered dietitian and past chair of the Children's Health and Nutrition Task Force, Healthy Adams County. Etta Saltos has a Ph.D. in human nutrition and formerly served as national program leader for human nutrition at the U.S. Department of Agriculture. She is currently chair of the Children's Health and Nutrition Task Force, Healthy Adams County.*

## Floodplains: Who regulates and what is regulated?

A floodplain is the land adjoining a river or stream that has been or may be expected to be inundated by flood waters in a 100-year frequency flood. Another way of thinking of the 100-year flood event is to think of it as a flood event that has a 1 percent probability of occurring in any given year.

Pennsylvania is one of the most flood-prone states in the nation and I'm sure numerous Adams County property owners have experienced flooding. Heck, nearly half of my property is designated as having a 100-year floodplain but at least the home is high and dry plus I was very much aware of what I was purchasing. Property owners must realize that it is natural for waterways to flood, however it is definitely accelerated and intensified by human activity such as development. Research before you purchase.

Through my years of employment with the Adams County Conservation District, I've received many inquiries from property owners asking if their property has floodplains and if so, what activities can be conducted within those floodplains. This short article hopes to provide readers with the basics.

To determine whether or not your property has floodplains you can check out the County of Adams website at [www.adamscounty.us](http://www.adamscounty.us). Once the home page is open click on the Parcel Locator which should be located within Top Clicks. You'll then click on Explore Adams. Some other internet sites are: [www.pema.pa.gov](http://www.pema.pa.gov); [www.fema.gov](http://www.fema.gov); [www.pafloodmaps.com](http://www.pafloodmaps.com).

In Pennsylvania, the responsibility of regulating development within designated floodplains lies mostly with the 2,500 plus municipalities. Through

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**Russell  
Ryan**



the National Flood Insurance Program, each participating municipality receives reduced flood insurance rates for their citizens. In return, the municipality agrees to adopt and enforce an ordinance which regulates development within the floodplain. Note, certain activities within the floodway are regulated by PA Department of Environmental Protection (DEP).

Development is defined in the municipal ordinance as: "Any man-made change to improved or unimproved real estate, including but not limited to the construction, reconstruction, renovation, repair, expansion, or alteration of buildings or other structures; the placement of manufactured homes; streets and other paving; utilities; filling, grading and excavation; mining; dredging; drilling operations; storage of equipment or materials; and the subdivision of land."

I believe all of the municipalities in Adams County do allow development within floodplain, but the project must be approved by the municipality first. What I have learned through the years is that most property owners and the municipalities who regulate development realize the importance of checking whether or not structures can be

placed within floodplain. However, the development activities that seem to fall through the cracks are those such as filling, grading and excavation and storage of equipment or materials.

There are nearly 86,000 miles of waterways in this state and about 93 percent of the commonwealth municipalities lie within these flood prone areas. Adams County has about 1270 miles of streams within its border. What humans do does affect others. We should be thankful the commonwealth has one of the most extensive flood protection programs in the country.

Remember, we all live downstream.

*Russell Ryan is the resource conservationist at the Adams County Conservation District, 670 Old Harrisburg Road, Suite 201, Gettysburg, PA 17325; (717)334-0636.*

## ADHD is controlling my life

Dear Annie: I am in my late 50s, the proud mother of two grown men who have families of their own. I've been successful in my career and always accomplished whatever I set my mind to. But I always had a secret. I have ADHD. I was diagnosed in my late 20s. I never told anyone aside from my husband because it's so embarrassing. But the condition has affected my life in so many painful ways.

For decades, I took ADHD medication prescribed by my psychiatrist and, with the help of this medication, was able to keep my life under control. But about five years ago, I lost my job and my employer-provided medical coverage. I had to go on state medical insurance, which wouldn't cover the dosage I'd been prescribed for the previous 20 years. As a result, I've not been able to have the dosage I need in order to lead a productive life. My income has

plummeted. I'm making about a third of what I used to make, when I'm able to hold down a job at all.

I saw another psychiatrist who told me the dosage that I needed wouldn't be approved. They made me feel like a drug user. But this narcotic is a legal drug to me. It doesn't get me high. It slows me down so I can function.

At my last job, I was having trouble grasping the new systems they were teaching me. I asked for a little bit more training. I was let go because they didn't feel like I could keep up.

In addition to my career and financial struggles, over the past few years, my marriage has suffered significantly.

I have two questions for you: How do I make myself feel worthy again? I just feel dumb. Secondly, what do I tell prospective employers about why I was let go? I can't tell them that my previous employer thought I was too

DEAR  
ANNIE

**Annie  
Lane**



slow.

ADHD has controlled my life. I want to fight back, for my livelihood as well as my dignity. — Severely Struggling

**Dear Severely: First, know your rights. ADHD is recognized as a disability under the Americans with Disabilities Act, meaning people diagnosed with it may be entitled to accommodations in schools and**

**workplaces. I recommend checking out the article "Your Workplace Rights with ADHD" on <https://www.additudemag.com> to learn more.**

**Additionally, if you haven't done so already, have your previous doctor release your medical records to your new doctor to demonstrate that you were on the higher dosage for many years. In the meantime, continue taking the lower dosage prescribed by your new doctor.**

**Medication is a major component of ADHD treatment, but counseling can also be helpful. It can inform healthy coping mechanisms for living with the disorder in a world not particularly well-suited for it. See what therapy you might have access to under your current insurance, or look for therapists who offer sliding-scale payment at <https://www.psychologytoday.com>.**

**Lastly, quit seeing ADHD as the enemy. It might make life more difficult in a world not particularly well-suited for the neurodivergent, but it doesn't make you defective.**

**I encourage you to try virtual support groups through the Attention Deficit Disorder Association (<https://add.org/adda-virtual-programs>) and Children and Adults with Attention-Deficit/Hyperactivity Disorder (<https://www.chadd.org/affiliate-locator>).**

*"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).*

## Old Navy integrates its plus-size women's business

By Anne D'innocenzio  
*The Associated Press*

NEW YORK (AP) —

Gap Inc.'s low-price division Old Navy is overhauling its approach to how it designs and markets to plus-size women, a demographic that many analysts say has been underserved.

Starting Friday, Old Navy will be offering every one of its women's styles in all sizes with no price difference. That means sizes 0-28 in stores and up to size 30 online.

The 1,200-store chain will also be displaying its large sizes together with the standard sizes on the floor. The fashions will be displayed on mannequins in sizes four, 12 and 18. Online, the chain is merging its plus size and standard sizes together, with models appearing in all three sizes.

The moves, announced Wednesday, are expected to help Old Navy reach \$10 billion in annual sales by 2023, up from \$8

billion in 2019, company executives said.

Old Navy joins Target, Nordstrom and others, which over the past few years have been adding more plus-size offerings, and many are integrating them next to standard sizes. They're also adding fuller-size mannequins on the selling floor and showing more plus-size models in their marketing.

Still, the common practice for department stores and other retailers is to have separate areas for plus sizes, but they also devote separate sections for petite sizes, says Neil Saunders, managing director of research firm GlobalData Retail. Walmart, for instance, has a separate plus-size shop on its apparel floors.

Over the years, retailers have expanded their offerings to cater to plus-size women. But analysts believe the commitment vacillated and stores never made this customer base feel part of the shopping experience, often leaving them out of marketing materials.

Analysts believe this time around, the push will be long term as they're under pressure from shoppers to be more inclusive. Clothing retailers are increasingly struggling to attract customers and are looking for new opportunities to pump up sales.

"We have entered at a time when inclusion finally expands beyond race, nationality and income level," said Marshal Cohen, chief industry advisor at NPD Group. "It includes sizes. We have finally gotten there."

"For too long, too many women have not been included in the retail industry. That means if you were a size 16 or 18, which is the average size of a woman in America, you had very limited choice," said Alison Partridge Stickney, head of women's merchandising at Old Navy. "We knew there was opportunity to do more."

The International Journal of Fashion Design, Technology and Education published a study in

2016 that the average American woman wears a size 16 to 18.

Sales of plus-size women's and men's clothing hit \$27 billion in 2019, up from \$19.9 billion in 2012, according to GlobalData. Women's plus-sizes accounts for 19% of total women's clothing in the U.S. for the 12 months ending May, according to NPD's Consumer Tracking Service. That's up one percentage point from the same time last year.

Old Navy first started offering a limited plus-size collection in 2004. In 2018, it launched plus-size shops in 75 U.S. stores.

But it realized it needed to go deeper. To reinvent the design process, it did body scans of 389 women to create digital avatars based on real women's bodies and ran fit clinics. It also examined every design detail like pocket placement.

Old Navy is also integrating its design process for both standard and larger sizes; previously, there were two teams. Company executives say they're sharing

their knowledge with Gap and Banana Republic teams. Another division, Athleta, has been prominently displaying its designs on full-figure mannequins.

Saunders of GlobalData Retail, says the price disparity between standard sizes and large

sizes — anywhere between 5% to 15% by his estimates — is no longer a common practice at stores. Analysts say the reason for the gap is because of economies of scale, since it costs more to produce a smaller collection. Also, more material is involved.



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Pedestrians pass the Old Navy store in the Downtown Crossing shopping area, Wednesday, July 14, in Boston.

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