

Healthier Cumberland

Taking Steps to a Healthier Community



HCC Monthly Meeting

January 4, 2016

4:00pm- Cumberland School District office

I. Welcome & Introductions

Barry Rose, Susan Rouzer, Jamie Wickstrom

II. Agenda

- Be Well Barron County

- ✓ Received 6 month extension and will be focusing on faith communities and school systems.
- ✓ Free Presentation on the Four Fatal Flaws of Non Profit Thinking at Mosaic Telecom in Cameron, WI on January 15th from 8am-12pm. Light breakfast and lunch will be provided. RSVP by January 11th to Amanda Smithhisler at Amanda.smithhisler@co.barron.wi.us or 715-537-6392
- ✓ Excel with Be Well will be starting up again. On Wednesday, January 13th from 07:30-08:45am at Lakeview Medical Center Conference Room 1 &2. Excel with Be Well is a FREE worksite wellness program and open to any worksite in Barron County. Meetings are held bimonthly. Learn more about how to implement and maintain best practices in employee wellness programs. Learn from other worksites on their successes in employee engagement and will have guest speakers to present on current best practices in wellness. New worksites are encouraged to attend. Breakfast is provided. RSVP by January 6th to Amanda Smithhisler. (Email and phone number above)

- Chronic Disease Prevention Unit

Farm to Preschool connects young children with local foods through school gardens, local procurement, experiential education and food/Ag curriculum. With high rates of childhood obesity and low fruit/vegetable consumption rates and kids consume as much as 80% of daily nutrients in childcare; it makes sense to start in preschools as early experiences help determine later eating habits. Resources available to start include Healthy Bites toolkit from WI Dept of Health Services: Obesity Prevention Unit. Re:THINK from Winnebago County worked with blueberries and made a toolkit with recipes for kids to take home. Other childcare centers worked with farmer's markets or CSAs to get their seconds or if they didn't sell at the market. They may not have looked the best but still tasted good. Beth from Community Groundworks talked about the Wisconsin School Garden Initiative that provides training, resources and support for those starting gardens or needing help.

III. Other items...

- Worksite wellness

3M-

Cumberland School District- finishing up with the Hang on Thru the Holiday Challenge. Next week we hope to begin a 12-week healthy living challenge. We are stressing 15 min daily exercise, 5 servings of fruits/vegetables daily, 9 cups of water/day, at least 7 hours rest/nightly and minimal fructose/sugar intake. We hope to include some after school activities if weather permits.

Cumberland Healthcare- participated in Excel with Be Well and earned \$500 to spend towards prizes/incentives. Having Cheers Pablo and looking in it providing knitting lessons; working on next challenge. Starting January 4th CHC employees get a discount to work out at the Cumberland HS fitness center.

- CSD Youth Obesity Prevention Program

Participation varies anywhere from 5 to 30 students. 2 classes remaining and planning an end of program party. Sue ordered incentives for students in the upcoming years. Students this year were given subway and iTunes gift cards for participating.

- HWLI Community Team

Goal: Improve health of residents around ATODA, mental health and chronic disease by decreasing negative stress, which harmfully affects health.

- 1) Work on how to get THRIVE and Barron County Community Coalition work together?
- 2) Choose one action item based on the data collected in our 1:1 interviews.

Objectives: Create a structure through strategic revision of existing coalitions to ensure working together and identify common stressors found in our communities.

Women's Health Night

Thursday February 4th from 5-7:30pm at the Das Lach Haus in Cumberland, WI. It includes dinner, speakers, chair massages, and door prizes. Cost \$10 in advance and \$15 at the door. You can get your tickets at the Cumberland Healthcare Hospital front desk. Speakers will be Dr Ankarlo and Cassie Moore NP.

Healthier Cumberland Coalition Project Mission:

Develop, implement, and evaluate a comprehensive program to promote healthy lifestyle behaviors related to dietary intake and physical activity in Cumberland schools, worksites, churches and healthcare facilities.

Next meeting is February 1, 2016 at 4pm-Cumberland School District office.