

# Healthier Cumberland

Taking Steps to a Healthier Community



Cumberland School District office

November 7, 2016

1:30pm

## Agenda

### 1. Call to order/ Welcome and Introductions

Kristin Olson, Sue Rouzer, Barry Rose, Jamie Wickstrom

### 2. Agenda Items

- Worksite Wellness-Excel with Be Well meeting November 10<sup>th</sup> from 07:30-08:45am. Speaker: Christopher Goff from Employee Health Coalition of Ohio talking about Proactively Managing Weight Loss at Your Worksite
- Diabetes Prevention Program- starting Monday, January 16<sup>th</sup> from 5-6pm and goes for 16 weeks. Contact Sue Rouzer if interested in the classes, 715-822-7072

### 3. Planning for now-2017

#### November 2016-January 2017

Maintain Don't Gain worksite wellness health challenge. If you're worksite is interested in participating in this challenge, please give Jamie a call or email 715-822-7266 or [jwickstrom@cumberlandhealthcare.com](mailto:jwickstrom@cumberlandhealthcare.com) to get information.

Weigh in from November 16-23, 2017 at your worksite and weight out from January 9-13, 2017.

Participants should remove their shoes during weigh in and weigh outs.

Prizes will be awarded to the individual with the highest percentage of weight loss and two participants, who will be drawn at random to maintain their initial weigh in. Prizes include a Fitbit, Nike gift card and Scheels gift card.

### January 2017

Looking at doing something on STRESS with Karl Adler or Colleen Erb. Topics could be mediation, mindfulness, and/or stress management. Also talked about doing a presentation to the high school students on stress.

### February 2017

American Heart Month-plan on doing something in schools, healthcare, & worksites??

### February-April 2017

Sue Rouzer will be doing 8<sup>th</sup> hour sessions on nutrition, physical activity, & stress. There will be 10 sessions and happen weekly for the 6<sup>th</sup> grade students.

### March 2017

National Nutrition Month

Doing weekly fruit/vegetable taste tests in Cumberland Elementary School with recipes and information on the fruit/vegetables.

### April 2017

Fitness Challenge to plan

### May 2017

Walking School Bus

Walk/bike to work day

### During Summer months

Physical activity challenge

Screen time for children

Next Meeting December 5<sup>th</sup> at 2pm-Cumberland School District office

### HCC Mission:

Promote healthy lifestyle behaviors related to dietary intake and physical activity in Cumberland schools, worksites, churches and healthcare facilities.