



History

- Formally Pioneering Healthier Communities (PHC)
 - Grant limitations to adults in Rapid City
 - To increase the number of adults in Rapid City to get the recommended minimum amount of physical activity (150 minutes per week)
 - Anyone Can Be Fit campaign
 - Focus areas of PHC:
 - Health Impact Assessment
 - Healthy Workplace Toolkit
 - City Wide Campaign



Live Well Model

- Live Well Colorado
- Live Well Omaha
- Live Well Sioux Falls
 - Partnership



Live Well- Areas of Focus



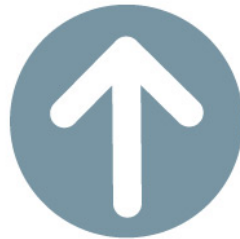
BREATHE
WELL



EAT
WELL



FEEL
WELL



MOVE
WELL



WORK
WELL



BREATHE
WELL

- Tobacco-free
- Asthma

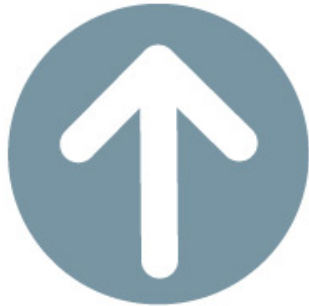




EAT
WELL

- Fruit/Vegetable Consumption
- Nutrition Guidelines
- Recipes
- Healthy Cooking
- Farmer's Markets





MOVE
WELL

- Pedestrian and Bike Plan
- Parks
- Walk Audits
- Bike Safety





FEEL
WELL

- Diabetes Awareness
- Blood Pressure Awareness
- Better Choices, Better Health®
- Mental Health
 - Suicide Prevention
- Cancer Awareness/Get Screened





WORK
WELL

- Workwell Summit
- Healthy Workplace Toolkit
- Stairwell to Success
- Alliance for a Healthier Generation



Areas of Focus

- Policy
- Program
- Promotion



Policy

- Supported the following public policy issues through letters, testimonies, and personal visits:
 - Skyline Wilderness Trails
 - Legacy Commons/Promenade
 - Tobacco-free Parks
 - Founder's Park North
 - Seasonal Trails for Winter Activities
 - Western Dakota Tech Bike Path
 - Deadwood Ave. Bike path extension
 - City of Rapid City Pedestrian and Bike Plan
 - Playful City, USA



Programs



- Projects:
 - The Big Squeeze
 - Blood Pressure Screenings and Awareness during Heart Month- February
 - Halloween Candy Buyback
 - Partnering with Justin Moody and area dentists
 - Photo Voice
 - Getting area youth involved in what Wellness looks like
 - Walk Audits
 - 3 months of walk audits, 11 routes, 105 participants
 - Healthy Workplace Toolkit
 - Toolkits handed out to area businesses/organization promoting Workplace Wellness
 - Chronic Disease Management Workshops
 - Regional Health, West Hills Village, YMCA, Custer



Promotion

- Information Booths/Presentations:
 - BH Corp, ASI, University Center, BH Home Show, Disability Awareness Day, Community Partners Meeting
- Media:
 - Black Hills Living Well Magazine
 - Better Choices/Better Health
- Presentations:
 - Regional Health Executives, RC Schools Wellness Champions
- Social Media Exposure
 - Twitter and Facebook
- Bike Safety Brochures
 - Don't Thump Your Melon, Bike Shops, Events



Live Well BH Meetings

- Once a month meeting
 - Second Friday of every month at 9:00am-10:30am at YFS Community Room
- Representation Black Hills area wide
- Anyone is welcome to attend meetings!



Interested in Joining?

- Find us on Facebook.com/livewellblackhills
- Find us on Twitter: @livewellbh
- Contact:
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