

Utilizing SD Community Wellness Coalitions

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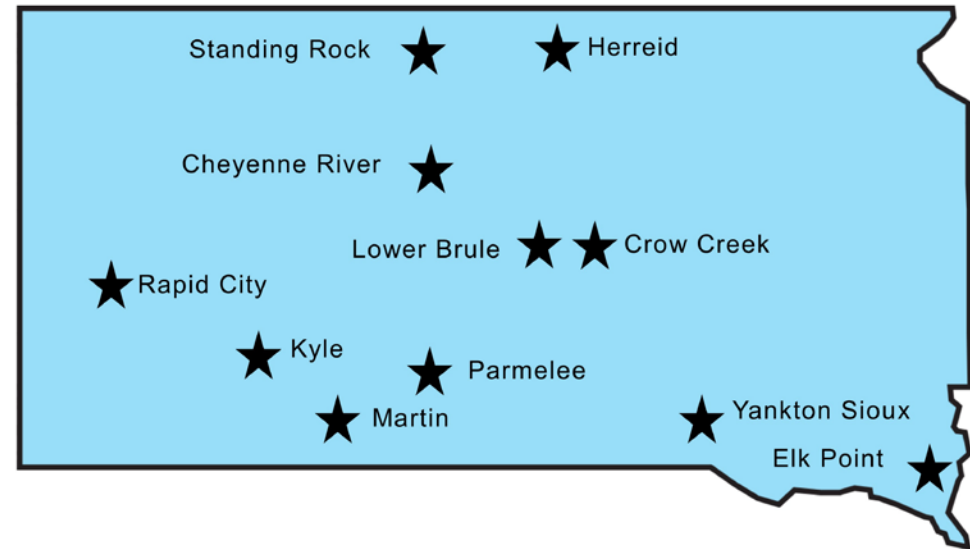
- Identify new ideas on how to work with various stakeholders in your community to accomplish a common wellness goal.
- Identify barriers and successes to physical activity and nutrition interventions in small, rural areas of the state.

Project Description

Wellness Coalitions work to prevent and reduce obesity of children, youth, and their families. Coalitions conducted a community needs assessment to help inform selection and implementation of interventions, including:

- Promote access to fruits and vegetables
- Increase healthy behaviors such as consumption of healthy food and beverages
- Provide access to physical activity opportunities

11 Wellness Coalitions



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Intervention Menu

Nutrition

- Community Gardens
- Food Safety and Preservation
- Healthy Vending
- Healthy Concessions
- Stock Healthy, Shop Healthy

Physical Activity

- Traditional Native American Games
- Activity/Fitness Zones
- Joint-use Agreements
- Walkability/Bikeability
- Pop-up Play



Multi-disciplinary, community driven approach

Engaging small food retailers

+

Engaging community members

=

Addressing supply & demand
at the same time

- Fort Thompson
- Martin
- Dupree
- McLaughlin
- Kyle
- Wagner (2)
- Lower Brule
- Rapid City
- Mission

Did you know...
 buying a banana is cheaper
 healthier than buying a candy bar!

Banana: ~~1.99~~ /ea.
 Candy bar: ~~1.99~~ /ea.
 Look up front!

← Stock Healthy Shop Healthy
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PER 1/2 CUP SERVING
 160 CALORIES 0g SAT FAT 0% DV 0g SODIUM 0% DV 0g SUGARS

Certified GF Gluten-Free

NET WT 14

4.35
 15.56 PER OZ

Vegetable Fried Rice

- 2 tablespoons vegetable oil
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

Stock Healthy Shop Healthy
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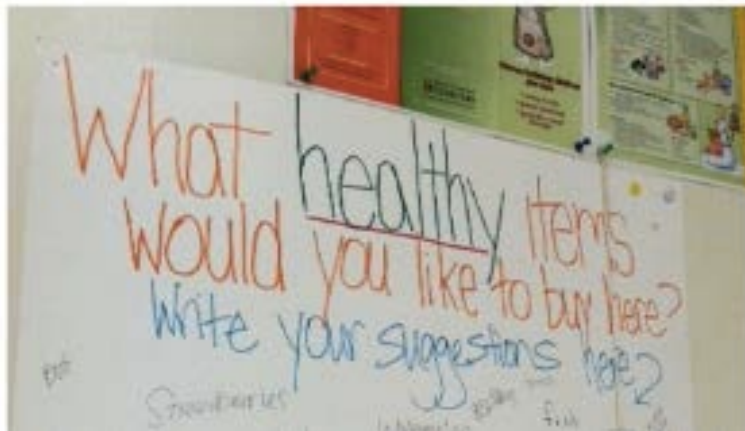
How to select and store...

onions

- Buy firm onions with dry, papery skins and that show no signs of sprouting.
- Store at room temperature in a mesh bag or an open bin or basket separate from other fruits and vegetables.

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Stock Healthy Shop Healthy
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Community demand

- Where do you buy your food?
- Do you shop at _____?
- How often do you shop at this store?
- Do you buy dairy products/fruit/vegetables here?
- What would it take to buy more of your groceries at this store?
- What would help you buy more fruits and vegetables in general?

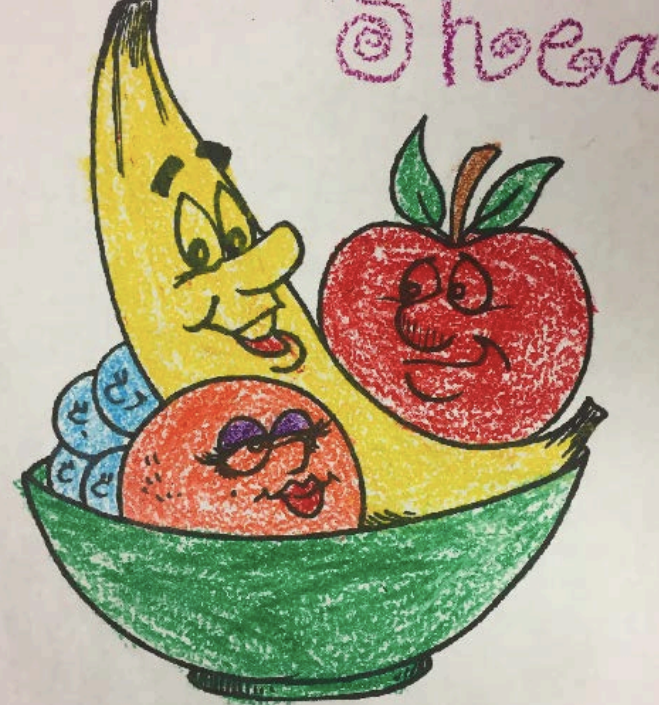




Free Fruit for Kids!



Youth involvement....



Making healthy choices can be easy.
Stock Healthy, Shop Healthy




Evaluation

Fruit & Vegetable Space

- ↑591.18 Inches

Why care about physical activity?

- 37.3% of SD adults are classified as overweight & 29.6% classified as obese.
- Majority of SD adults & children are NOT meeting the 2008 Physical Activity Guidelines.



Specific environment conditions & features often determine the health of an individual.

Outdoor Fitness Zones

Define

- Areas throughout a community that offer equipment and amenities for adults and youth to engage in physical activity

Goal

- Improve community engagement
- Increase community physical activity access





Elk Point (Before)

- Dangerous
- Decrepit
- Not handicap accessible
- Not used often by community members
- PRIME location!

Elk Point

- \$278,000+ playground and physical activity zone
- Community-wide effort
- Funding: variety of sources

W E L C O M E T O T H E

Elk Point City Park & Fitness Zone

In grateful recognition of those donors who helped make our dream of physical activity in our community possible:

The Land and Water Conservation Fund (Game, Fish & Parks)

The Centers for Disease Control (CDC)

The City of Elk Point

The Elk Point Chamber

The Wellmark Foundation

Elk Point United Parish

Elk Point Parks and Recreation Association

Immanuel Lutheran Church

Elk Point Lions' Club

St. Joseph's Catholic Church

Elk Point Wellness Coalition





Elk Point (After)

- Equipment is appropriate for all fitness levels
- Handicap accessible
- Centrally located and easily accessed
- 7 pieces of fitness equipment



Elk Point (After)

Herreid (Before)

- Lack of free opportunities to engage in physical activity
- Needs assessment – track area showed high interest to increase physical activity
- Located at the edge of town



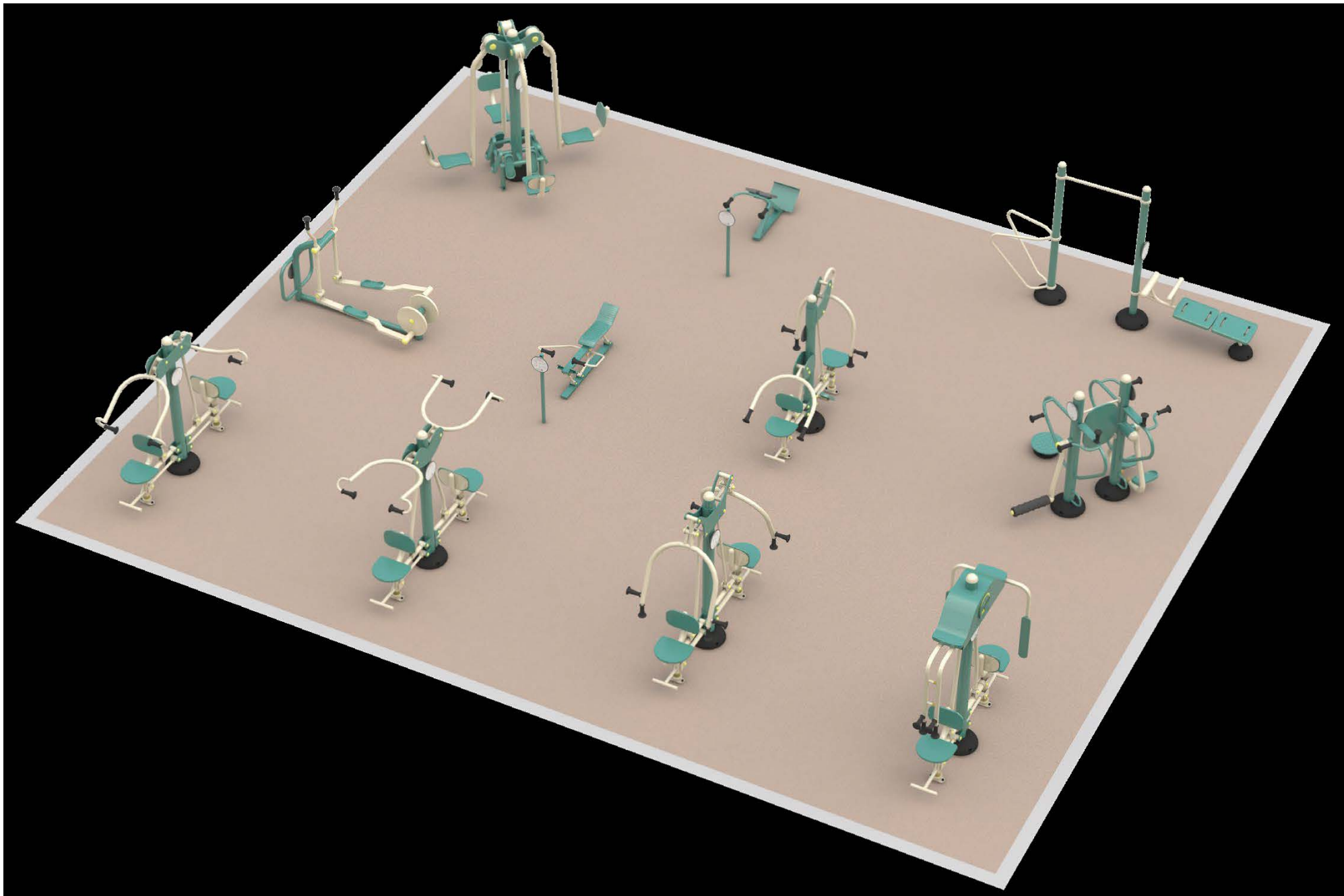
Herreid (After)

- \$50,000 project
- 11 pieces of equipment
- School and student involvement
- Funding
 - The Centers for Disease Control
 - Company's School Incentive Program (\$10,490)
 - Community fundraisers
 - Volunteer time: Value of \$5,800 in service





In Progress



Wagner

The City of Wagner and the Wagner Area Health & Wellness Consortium worked together to get 6 pieces of equipment installed at the Wagner Lake in the fall of 2017.



Wagner (After)

- \$15,500 project
- 6 pieces of equipment
 - Uneven bars
 - Dual exercise bars
 - Leg press machine
 - Push up bars
 - Back extension
 - Sit up bench
- Funding
 - SNAP-Ed
 - Wellmark Kickstarter
 - City of Wagner



Wagner

- Utilized social media, local papers and flyers to promote equipment



Sit Up Bench



The sit up bench exercises improve the strength of the abdominal muscles and the flexor group of muscles of the hip and upper thigh.



➔ Sit Ups

Primarily working abdominal muscles & hip/upper thigh flexors

Sit on the bench, with the feet down, held under the support bar. Lie on your back with legs slightly bent. Raise the shoulders and upper body off the bench. Return slowly, Repeat.

Resistance can be varied depending on the extent to which the legs are bent -- straight legs providing the most resistance. Also, the further back the arms and elbows, the greater the resistance.

➔ Leg Lifts/Reverse Sit Ups

Primarily working lower abdominals and hips

Laying on the bench, on your back, grab the bar overhead with hands. Slowly raise your legs to a 90 degree angle & return slowly.

Resistance will depend on the straightness of the legs. The straighter the legs, the more difficult the exercise.

These are just some examples of what can be done on this piece of equipment and is for informational purpose. Talk to your doctor before you begin a new exercise routine. The Wagner Area Health & Wellness Consortium is not responsible/liable for injuries.

Community Gardening



Two Goals:

Increase food
access
and food self-
sufficiency

Increase
nutrition knowledge a
nd consumption
of healthy foods



Garden Coordinators

- Responsibilities:
 - Lead planning, planting, maintaining, and harvesting efforts
 - Nutrition education



Evaluation

- Produce tracking
- Garden visitor logs
- Nutrition education pre- and post-evaluations with class participants



2017 Community Garden Stats

7,000+ Produce Items
Harvested
& **700+** Pounds Harvested



2,855 items plus 694 lbs. of
produce was harvested and
donated to local pantries.

4,616 items plus 80 lbs. of
produce was harvested and
taken home by families.





Recorded Time Spent
in the Gardens

4,560 HOURS



Community Garden Participant -

// A community garden gives people, that wouldn't have thought about gardening, an opportunity to try it with the help of other community members. //

12 Garden
Coordinators

4,224 Paid
Hours

336 Community
Hours

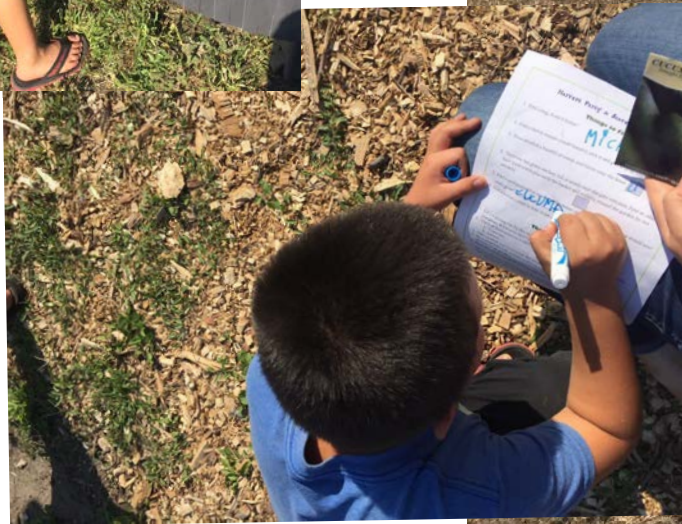
13 Gardens
Tracked



Harvest Celebrations

Lower Brule Painting Night

Fort Thompson Garden Scavenger Hunt





Standing Rock Traditional Fall Meal

Box Elder Harvest Festival





Lake Andes Harvest Celebration

Barriers & Successes

- Motivation
- Time
 - Field Staff
 - Store Managers/Owners
- Built partnerships with various stakeholders
- Engaged community members to work toward a common goal
- Leveraged resources



Questions?





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