Utilizing SD Community Wellness Coalitions

• Megan Erickson
  Nutrition Field Specialist

• Hope Kleine
  Health Education Field Specialist

• Lauren Pierce
  Family & Community Health Field Specialist
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.
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
## 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
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....
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.
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
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
• Utilized social media, local papers and flyers to promote equipment
Community Gardening
Two Goals:

- Increase food access and food self-sufficiency
- Increase nutrition knowledge and 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
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?
Lauren Pierce
SDSU Extension Health Education Field Specialist

Office: 605.773.8120
lauren.pierce@sdstate.edu
Pierre Regional Center
412 W. Missouri Ave.
Pierre, SD 57501

Megan Erickson
SDSU Extension Nutrition Field Specialist

Office: 605.626.2570
megan.erickson@sdstate.edu
Aberdeen Regional Center
13 Second Ave. SE
Aberdeen, SD 57401

Hope Kleine
SDSU Extension Health Education Field Specialist

Office: 605.782.3290
hope.kleine@sdstate.edu
Sioux Falls Regional Center
2001 E. Eighth St.
Sioux Falls, SD 57103