

Rapid City Good & Healthy Community Health Promotion Strategies



Promoting healthy eating, active lifestyles and enhanced well-being for Black Hills communities.

EAT WELL

Produce Rx Program (PRx)

- \$20 vouchers
- 1 month to redeem at Farmers Market
- Shared worksheet to track distribution and redemption



EAT WELL

Community Gardens

- Support and funding for community gardens in the Black Hills to get started or expand
- Expected 2023:
Thomson Community Garden
Rapid City Parks & Recreation
- 27 in-ground plots and 14 raised beds



Image: LaCroix Community Garden, Courtesy Melissa Petersen
Rapid City Parks and Recreation



MOVE MORE

Bicycle Promotion

- Television & Facebook
 - Active youth bicycling PSA
 - Safe bicycling resources
- Outreach events
 - Valley View Elementary Bike Night & obstacle
 - Bike rodeo
 - Free helmets for youth at YFS Summer Food Program



FEEL BETTER

55+ Adult Program

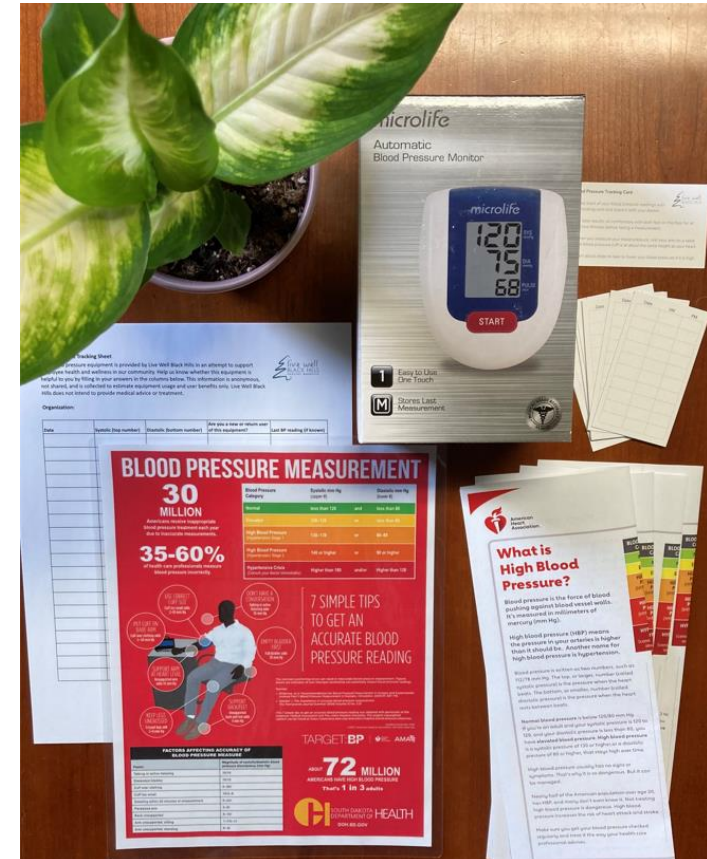
- Opportunities for ages 55 and older to increase socialization and connection
 - Registration through YMCA
 - Pickleball 101 programs
 - Monthly hiking trip
 - Lunch and transportation included
 - Naturalist guide
- Exploring adding skill-building and informational workshops for winter



FEEL BETTER

Blood Pressure Monitoring Kits

- Available to Black Hills worksites promoting employee wellness
- Increase awareness and identify potential lifestyle changes to reduce blood pressure
- Includes:
 - Blood pressure monitor
 - Instructions for use
 - Blood pressure category chart
 - BP tracking cards for employees
 - Educational pamphlets





Connect with Us



Live Well Black Hills



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