

January 2012

Successes With Youth

- East Junior High Ambassadors and Lincoln High Central Cities Health Institute students will be promoting Go, Slow, Whoa at their schools through various means including announcements and presentations to their peers.
- Pittsville revamped their candy shack by renaming it to the *Snack Shack*. The *Snack Shack* has added healthier items and uses the Go, Slow, Whoa marketing model for the foods that are sold there.
- In December, Lori Mann, owner of Me & Mom's Café in Arpin, processed and delivered 440 pounds of Farm to School carrots to five school districts.
- Five out of the six public school districts have reviewed their current wellness policies using the Wellness School Assessment Tool (WellSAT). Updates are being incorporated into the new policies which will have a positive impact on the health of the students and staff.

In the Community

- AmeriCorps staff are working with the Boys and Girls Club to expand their cooking show and incorporate healthier foods and cooking techniques while using produce grown in their garden, which has twelve 4X8 raised beds.
- Vesper Community Academy established a garden in 2009-2010 school year. With assistance from our staff and funding from the grant, they have expanded the garden and will be using the produce for fundraising and for supplying the school lunch program, while donating any excess produce to the food pantry. In October, over \$200 was made from selling pumpkins from their garden. Produce harvested from the garden in 2011 was as follows:

Squash (non-pumpkin) – Five varieties, 1250 lbs harvested
 Squash (pumpkin) – Three varieties, 4000 lbs harvested
 Watermelon – Three varieties, 300 lbs harvested
 Cantaloupe – Two varieties, 100 lbs harvested
 Corn – Three varieties, two bushels harvested
 Beans – Two varieties, one bushel harvested
 Celeriac – 20 lbs harvested

At Worksites

- Seven worksite wellness policies have been implemented affecting over 4,500 employees in Wood County.
 - NewPage Biron mill (440 employees)
 - Alliance Collection Agencies, Inc (120 employees)
 - Norwood Health Center (130 employees)
 - City of Marshfield (195 employees)
 - Figi's (300 FT, 500 PT, 3000 seasonal)
 - Corenso (190 employees)
 - Staab Construction (76 employees)



Go, Slow, Whoa vending is making it's way into Wood County worksites and schools.

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Partner Highlight

The City of Marshfield has made some big changes in order to increase physical activity opportunities for their employees. The city now provides a fitness center, which is available to all city employees, from 6 a.m. to 9 p.m. The fitness center is located in the Marshfield Fire and Rescue Station, which was newly built in August of 2010. The fitness center was originally designed with the intention of being open to all city employees.

The GetActive2gether mini-grant of \$1,000, a donation of equipment from local businesses and city wellness funds helped to make this possible. New pieces of equipment were added to the fitness center recently to allow for higher capacity. Employees may request a personalized code to have access to the facility. So far, 78 employees have access to the facility and that number continues to grow.



Kelly Esker (shown above) is one of many users of the new Marshfield Fire and Rescue's onsite fitness center.

Out There

Have you found us? If not, tune in to 95.5 WIFC to hear some familiar voices. Starting in February, you will hear the Get Active *School Wellness* radio ad. Thank you to following people for taking time out of their busy day to help create the radio ad: East Junior High Ambassadors Peri Carlson, Jake Wogahn, Sierra Willard and Rachel Eron, with their leader Chris Bondioli; Scott Johnson from WFHR Radio and Mark Skibba with Mark's Voice-Works. We could not have done it without their time and talent! Thank you again!

Would you like to receive healthy recipes on your phone? The best way to eat healthy is by preparing meals at home rather than eating out or buying unhealthy processed or pre-made foods. **Text the word RECIPE to 36263 to sign up.** Once you sign up you will receive a healthy recipe every Monday.

Get Involved

As employers, it makes sense for us to get the most out of our employees by creating a work environment that supports and encourages good health.

We can work together to increase employees access to physical activity and healthy food where they work.

Here are some examples of ways to make a difference in your community:

- **Form exercise groups and take walks or climb stairs during breaks.**
- **Request that your workplace provide healthy options in vending machines.**
- **Go to our website and look through our worksite toolkits for resources and ideas.**



Vote with your fork for healthier Wood County restaurants.

Area restaurants are making it easier to eat healthy while dining out.* Look for the Smart Meal logo at your favorite restaurants. To locate a Smart Meal restaurant near you, visit getactivewoodcounty.org/

Funding made possible by the US Department of Health Services, WI Department of Health Services and the Wood County Health Dept.



*Smart Meals provide two or more servings of fruits, vegetables, whole grains or beans, contain limited fat and sodium and total 700 calories or less (400-600 for kids' meals).

Above is our current newspaper ad. The meal pictured is just one of many Smart Meal options found on the menu at Blue Heron Brew Pub in Marshfield.