

NuAct Vision is that our community environments will promote and support healthy lifestyles.



NuAct Mission is to enhance the health of our children, families, and communities through improved nutritional choices and increased physical activities.

NuAct Goals:

- To increase individual knowledge and awareness about healthy lifestyles
- To implement and support healthy living opportunities and programs in our communities
- To encourage local partners to implement plans, action steps, and policy changes that create healthier systems
- To foster local networks and coalition membership, and to build capacity of partners that support healthy lifestyle efforts



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

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Resources available to improve the health of children and families in Waupaca County may be found at our Website:

<http://counties.uwex.edu/waupaca/4-h-youth-development/community-youth-topics/>

NuAct partners include: American Cancer Society, CAP Services-Head Start, CHS Rec Center, Iola-Scandinavia Community Aquatic & Fitness Center, Marion Area Coalition for Healthy Communities, Manawa CARES, New London Medical Center, Park and Recreation Departments within Waupaca County, Raschke Chiropractic Center, Riverside Medical Center, School Districts of Clintonville, Iola/Scandinavia, Manawa, Marion, New London, Waupaca, Weyauwega-Fremont, Trinity Lutheran Church-Waupaca, UW-Extension, Waupaca County Libraries, Waupaca County DHHS, ThedaCare Physicians-Waupaca, Community Gardens of Waupaca, Weyauwega/Fremont, Clintonville, AmeriCorps, Calumet/Outagamie/Waupaca ADRC Consortium, Waupaca County Environmental Youth Connections

NuAct

**Waupaca County
Nutrition & Activity
Coalition**



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Support area organizations and programs that raise awareness and invite participation for healthier lifestyles

Engage in physical activities that make children and families healthier

Improve health through better nutritional choices





NuAct Sponsored Activities and Resources

Family Fun, Environmental Youth Connections and Trails

Promoting indoor & outdoor activities with families, in schools and throughout the community

Farm to School

This is an innovative program intended to increase the level of fruits and vegetables while utilizing local growers as suppliers and educators.

Working on Wellness

Assist small businesses & self-employed with proven strategies that promote healthier lifestyles

School and Children Health

Assist schools with wellness planning and resources that encourage health education, nutritious opportunities and active environments.

Community Gardens

Assisting communities in developing community gardens to increase access to healthy fresh produce

Educational presentations, Assistance with grants, & Web Resources

that support healthy lifestyle choices
NuAct News; Professional Resource List; Wisconsin Worksite Wellness Kit and a variety of how to sheet / fact sheets,

<http://counties.uwex.edu/waupaca/4-h-youth-development/community-youth-topics/>

Waupaca County Nutrition and Activity Coalition

was formed in May 2003 after childhood health, nutrition and inactivity surfaced as a major health concern in Waupaca County. In 2008 access to health care emerged as an additional priority. It is the belief of our coalition that the best way to approach these complex issues is to create environments that promote healthy eating and physically active lifestyles. Community collaboration and policy changes are essential to affect positive and sustainable change.

NuAct Strategies include:

- Targeting all community groups, at all ages, to develop good eating habits and active lifestyles
- Involving parents, caregivers, school and business as good role models for positive behavior change
- Involving education, healthcare, government, and industry from throughout the county who represent a broad range of backgrounds, expertise, and resources
- Utilizing a variety of approaches, since this is a complex problem with many causes
- Focusing on organizations that can make environmental changes, procedures and policies that promote healthier lifestyles



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WhyNuAct now?



Since 1990 the overall obesity rate in Wisconsin has more than doubled. 65% of adults, 25% of high school students, and 29% of 2-4 year olds in the WIC Program are overweight or obese. (1,2,3)



43% of Wisconsin adults & 63% of high school students do not meet physical activity recommendations



78% of Wisconsin adults and 82% of high school students do not consume fruit or vegetables 5 or more times/day



Obesity and inactivity are associated with the development of diabetes, heart disease and high blood pressure.



As of 2003 annual obesity related medical costs in Wisconsin were about \$1.5 billion (4)



Waupaca County ranks 61 out of 73 for having no health insurance and 55 out of 73 for not receiving needed health care (low numbers indicate a better rank) (5)

Sources: 1) 2006 BRFSS, 2) 2007 YRBSS, 3) 2007 PedNSS, 4) Finkelstein, et al. 2004, 5) Wisconsin County Health Rankings 2007

Contact us for additional information

Connie Abert , UW-Extension Youth Educator , 715-258-6230
Bev Hall, WIC Nutrition Educator, 715-258-6276
811 Harding St., Waupaca, WI 54981
Email: connie.abert@ces.uwex.edu
bhall@co.waupaca.wi.us