

Waupaca County
NuACT Coordinating
Committee

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Committee Updates

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Upcoming Events

- February 6 , 8:30—3:00
"Working on Wellness in the Workplace"
Waupaca County Courthouse RM 42
- January 22, 3:30-5:00 pm "Environmental Youth Connections", Waupaca County Courthouse RM 1037

NuAct News

Lion's Foundation Grant Funds Healthy Halloween

All nine Waupaca Public Libraries were able to hold a "Healthy Halloween Story Hour" sponsored by NuAct under a grant from the Wisconsin Lions Foundation. Our goal was to send a consistent message throughout the county to parents and young children on how to decrease the risk of childhood overweight and Type 2 diabetes. Each library received a display and handouts on how to make healthier choices for trick or treating and Halloween parties, a book for each family, a non-food treat bag for each child, and a healthy fun snack for the event.

NuAct was also awarded a second mini-grant from the Wisconsin Lions Foundation to sponsor several related activities. Two "Lunch and Learn" sessions for Waupaca County Courthouse employees were presented by Marilyn Herman, UW-Extension Family Living Educator. She provided information and hands-on meal ideas using healthy fall produce, buying tips, healthy recipes, and taste testing. The same session was also offered to a mix of local Cub scouts, school age

children and their parents or leaders.

Alyson Luchini, the new WNEP Coordinator with UWEX, offered a session to more than 100 parents and young children in the Healthy Beginnings and Early Intervention Program on making Healthy Halloween treats at home.



Healthy Sampling at Waupaca Library



Parents and trick-or-treaters at New London Library enjoy a Healthy Halloween Story

For More Information or Questions about these articles, please contact the NuAct Member listed in each article or Bev Hall, NuAct Coordinator at : (715) 258-6276

Public Relations Committee:

Interested people are: Cheryl Zieman, Ginger Miller, Mary Ellie, Bev Hall

At the NuAct general membership meeting on Oct. 16th it was decided to offer the “NuAct News” newsletter 3 times/year. Each publication will include sections on coalition committee activities, future meetings, workshops or speakers, grant information and news you can use. If you have information for future issues, please contact Marilyn Herman or Bev Hall.

In an attempt to update the NuAct Brochure we welcome any suggestions for improvements. The present brochure is on our website at

<http://www.uwex.edu/ces/cty/waupaca/wnep/documents/NuActbrochure03152007.pdf>

Schools Committee Update

Members include : Holly Bauer, Sue Resch, Mary Feldt, Bill Brace, Marilyn Herman, and Bev Hall

Food Service surveys were conducted on produce use and results were distributed via e-mail as a first step in determining partner interest in expanding use of local fruits and vegetables in our schools. A meeting was sponsored on August 7th with four School Food Service Directors and two school wellness committee representatives attending. The participants explained how they incorporated local produce and nutrition education into school lunchroom as well as other educational settings. So many great ideas were collected that participants decided to create an email resource sharing system for new ideas, projects, vendor notes and much more. School committee members and food service staff also expressed an interest in meeting face-to-face at least once a year for updates and resources.



Groundwork Completed for Two AmeriCorps Members

In the summer and fall of 2008 because of the interest from NuAct members, Waupaca County UW-Extension Agriculture Agent surveyed local producers. With this survey information, the Food Service produce survey and a connection to the Wisconsin Home Grown Lunch program, UW-Extension and the Rural Health Initiative were able to secure two AmeriCorps positions.

These positions are sponsored by Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). Their goal is to increase the availability and consumption of healthy, locally grown foods in schools...an ideal alignment to the NuAct vision and mission and the NuAct School Committee strategies.

One of the AmeriCorps members, Linda Beres, will develop and implement nutrition programs that will educate children about the benefits of making healthy eating choices. This could include implementing curricula, garden development, fruit and vegetable tasting events, classroom cooking, field trips or even farmer in the school presentations. The other AmeriCorps member, Brent Wiersma will be working with farmers, processors, distributors and schools to increase the availability of healthy, local foods in lunch rooms and other school settings. Specific actions could include a supplier inventory or fair, liaison support between farm to school partners, best practices examples and a sustainable infrastructure for developing a local buying program. Both positions are encouraged to connect with advisory or wellness groups and build stakeholder sustainability, develop a volunteer base, collect data, and measure program performance.

All School Food Service Directors expressed an interest in collaborating with the AmeriCorps members. On October 29th there were two meetings to discuss AmeriCorps programming. The AmeriCorps members are utilizing information from this meeting, previous NuAct Committee work and School Wellness activities to begin their work. If you are interested in an AmeriCorps presentation or assisting with the Farm to School Program, please call a School Committee member, your Food Service Director, or an AmeriCorps member at the UW-Extension office, 715-258-6230.

Physical and Environmental Health Committee Update:



Interested people are: Cheryl Ziemann, Ginger Miller, Mary Ellie, Bev Hall

Ideas on the table for discussion through this group are an Ice Rink in Iola or “Discount Days” at the local fitness centers. During NuAct’s general membership meeting in October participants suggested countywide trail maps and workshops, walkability or bikability assessments and paths, safe routes to school promotions, environmental education projects, or even an inside physical activity guide similar to the outdoor Explore and Discover Map -<http://www.uwex.edu/ces/cty/waupaca/documents/map.pdf>. If you are interested in supporting the work of this group or have other suggestions, contact Bev Hall, 715-258-6276.

Grant Money to Create Environmental Youth Connections

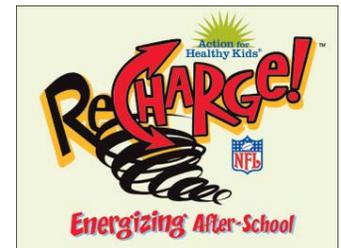
Several years ago during the development of the Explore and Discover Map, natural resource professionals agreed there are less youth experiencing their outdoor sites. These sedentary and inactive life choices are creating health risk behaviors in youth causing obesity in large numbers. A year ago we gathered park professionals, business, conservation groups, volunteers, teachers and administrators to develop a system for connecting youth curriculum with local environmental sites for sustainable quality outdoor experiences. Last month EYC received a grant from Waupaca County ATC funds and Whitetails Unlimited to carry out these Environmental Youth Connections.

Please join us **January 22, 3:30 pm, Courthouse** to explain implementation of the EYC. This project is looking for additional natural resource professionals, volunteers, & teachers. Individuals can receive credit, professional development, or stipends to create lesson plans, environmental education resource kits & maps to local park sites.

Education Committee Update:

Members are: Tim Lencki (chair), Carol Peotter, Shirley Yeager, Cindy Irvine and Ann Menzies

The “Recharge” after-school program kicked off in November. It was offered at Waupaca Learning Center. Recharge is a nationally recognized program to encourage physical activity for healthier kids. It is sponsored and promoted by the NFL and Action for Healthy Kids. This committee will be meeting in the near future to discuss partnerships, support and continuation of “Recharge”. Anyone interested in this committee work can contact Tim at Health and Fitness



Business Wellness Update and next WOW Workshop-01/16/09

Riverside Medical Center Approves Wellness Committee - One of our leading medical businesses in Waupaca County is setting a good example with the kickoff of an official Riverside Medical Center Employee Wellness Committee, completion of the Wisconsin Worksite Wellness Assessment and design of the RMC Employee Interest Survey. As a result of these efforts RMC will be ready to develop a comprehensive wellness plan and will have access to WOW grant funds for best practice programs. Congratulations RMC!

Central Wisconsin Electric Coop is Piloting a Wellness Sustainability Plan for Rural Health Initiative

CWEC’s newly formed Wellness Committee advised by Connie Abert and Shirley Yeager are developing a sustainable wellness plan. With this package CWEC and their wellness committee is assessing their worksite for wellness attributes, supporting employee HRAs, conducting interest surveys for participation in wellness activities and providing targeted programs to address individual and community health risk.

Companies interested in receiving financial & program support for worksite wellness still have time. Attend the next WOW (Working on Wellness) Workshop on “Effective Change in your Worksite” on February 6, 8:30am, at the Courthouse with guest speaker UWSP Health Promotion Professor Sally Scoville

Waupaca County Nutrition and Activity Coalition

Waupaca County Courthouse

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Waupaca, WI 54981

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We're on the web:

<http://www.uwex.edu/ces/cty/waupaca/wnep/index.html>

Waupaca County NuAct Coalition

Our Mission: To enhance the health of children and their families through improved nutrition choices and increased physical activity.

Our Vision: Community environments that promote and support healthy lifestyles.

News You Can Use

Grant Opportunity:

The **Waupaca Community Garden** is celebrating its third year of providing fresh produce for the Food Pantry, Bread Basket, Senior Center and Veteran's Shelter. They have been contacted by

Clintonville and Weyauwega to advise groups in those respective communities to follow suit. In the spirit of providing quality fresh fruit and vegetables to families with nutritional need, Waupaca County NuAct jointly wrote a grant application to the Wisconsin Division of Health and the Centers for Disease Control. Grant Funding will be announced by January 10th. The Waupaca Community Garden, located on the grounds of the Waupaca High School has created a school and community partnership model that would sustain similar efforts in other Waupaca County communities. The project has multiple advantages: improved diets for local families in need, outdoor exercise for youth, adults and elders maintaining the garden and building local leadership to address critical health needs. If you are interested in having a presentation for a group in your community about community gardens or this grant opportunity contact Bev Hall at 715-258-6276.



United Health Foundation

AMERICA'S HEALTH RANKINGS™ 2008

Wisconsin

Ranking: Wisconsin is 17th this year; it was 12th in 2007.

Strengths: Strengths include a high rate of high school graduation with 86.7 percent of incoming ninth graders who graduate within four years, a low occupational fatalities rate at 4.2 deaths per 100,000 workers, a low incidence of infectious disease at 5.7 cases per 100,000 population, few poor mental health days at 3.0 days in the previous 30 days and a low rate of uninsured population at 8.5 percent.

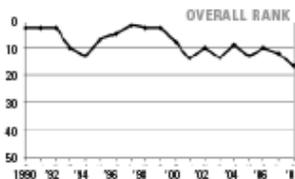
Challenges: Challenges include high geographic disparity within the state at 12.7 percent, a high prevalence of binge drinking at 23.8 percent of the population, a high prevalence of obesity at 25.3 percent of the population and low public health funding at \$34 per person.

Significant Changes:

- ▼ In the last year, the prevalence of smoking decreased from 20.8 percent to 19.6 percent of the population.
- ▲ In the past year, the levels of air pollution increased from 12.4 to 13.3 micrograms of fine particulate per cubic meter.
- ▲ In the past five years, the percentage of children in poverty increased from 12.0 percent to 15.7 percent of persons under age 18.
- ▲ Since 1990, the prevalence of obesity increased from 11.3 percent to 25.3 percent of the population.

Health Disparities: In Wisconsin, low birth weight babies are more common among non-Hispanic blacks at 13.6 percent than Hispanics at 6.3 percent. Cardiovascular death rates vary by race in the state, with all races experiencing 274.3 deaths per 100,000 population in contrast to blacks who experience 348.1 deaths per 100,000 population.

State Health Department Web Site: www.dhfs.state.wi.us



Overall Rank: 17
Change: ▼ 5

Strengths:

- High rate of high school graduation
- Low rate of uninsured population
- Low incidence of infectious disease

Challenges:

- High prevalence of binge drinking
- High geographic disparity within the state
- Low per capita public health funding

Significant Changes:

- In the past year, levels of air pollution increased by 7%
- In the past year, the prevalence of smoking decreased by 6%
- In the past five years, the percentage of children in poverty increased by 31%
- Since 1990, the prevalence of obesity increased by 124%