

Waupaca County
NuACT Coordinating
Committee

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Committee Updates

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Upcoming Events

- August 7, 2008 1 PM
Schools Committee Meeting
Courthouse Waupaca
- September or October
NuAct General Meeting

NuAct News and Notes



Waupaca County NuAct secured a demonstration grant (2006-2007) from the Wisconsin Department of Health and Family Services to pilot the "Wisconsin Worksite Wellness Resource Kit". <http://dhs.wisconsin.gov/health/physicalactivity/index.htm>

Two companies in Clintonville, Walker Forge and Converting Inc. worked closely with NuAct members Bev Hall and Connie Abert to develop a worksite wellness committee and set goals to improve worker health, reduce insurance costs and increase productivity.

Wellness Works at Walker Forge *Business and Industry*

Over the past two years, Walker Forge instituted an annual Health Risk Assessment for all employees and their spouses, offered health coach counseling, conducted an interest survey of employees to determine classes or programs that would most benefit the employees general health questions.

At the start of the project, 30% of the workforce smoked, but 80% of persons that enrolled in the

Smoking Cessation Class with Sherie Fischer are now smoke free. Most popular is the Wellness Library that allows employees to check out books, video and other materials on a host of health topics for personal use and action.



Waupaca County Board Members listen as Rick Recktenwald, Walker Forge discusses the company and the workforce they employ.

*****Next NuAct General Membership Meeting*****

There has been interest expressed in another NuAct meeting for this year, so we are looking at September or October. It was also suggested to offer 1 or 2 speakers as we did with our spring meeting (they were a big hit!). Several ideas have been suggested, but we would like to know your interests: nutrition, activity, stress management, injury prevention (in the workplace, while working around the home), trail development, community walkability/bikeability, Strong Women training, etc. Please let us know your ideas so we can get moving on this. Send any ideas and specific contact info for speakers to Bev Hall at bev.hall@co.waupaca.wi.us We will send out a "Save the Date" notice to all NuAct members when we have more specifics. And as we mentioned in spring, this is **your** coalition and will only continue to be active if **you** are active. If you know of someone who might be interested in our group, please invite them to join us. The Coalition Lead Team is here to keep us organized and on track, but it is **our members** who will engage us in activities and sustain us in the future.

Business and Industry Committee: Business Bottom Line

Better Nutrition and More Physical Activity Boost Productivity and Profits



US Department of Health and Human Services SAMSA model programs for “*Wellness Outreach at Work*” demonstrated a 50% decrease in at-risk drinking; 50%+ improvement in blood pressure control and 50% reduction in cardiovascular disease risks due to weight loss, increased physical activity, more successful stress management, improved co-worker relations and sense of well-being.

Companies with worksite wellness programs have decreased absenteeism, improved morale and higher productivity rates than comparable companies without worksite wellness programs.

National studies have found a return of \$1.95-\$3.75 per employee per dollar spent on worksite wellness programs with an average of 3.5 fewer days absent from work per six months for enrolled workers.

The completion rate for on-site work and school wellness programs is 32% better than enrollment in community or health facility programs.

On-site access to health promotion programs is absent for 52% of local companies; 97% absent for agriculture, logging and construction jobs.

Waupaca County is second in the region with alcohol as an underlying or contributing cause of death. 17% of County motor vehicle crash injuries are alcohol related, one of the three worst counties in the state. 55% of motor vehicle crashes are cited for OWI.

Schools Committee Update

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

This workteam recently met and discussed current interests for improving the school environment. The consensus was to work towards “*Making Healthy Food Fun*” by promoting local produce in the schools, and involving students and staff in healthy eating and education opportunities. The next meeting is scheduled for Thursday, August 7th, starting at 1:00 p.m. in the Waupaca County Courthouse UWEX conference room. If you are interested in joining this group, contact Marilyn Herman at (715)258-6225 or e-mail to: marilyn.herman@ces.uwex.edu



Physical and Environmental Health Committee Update:

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

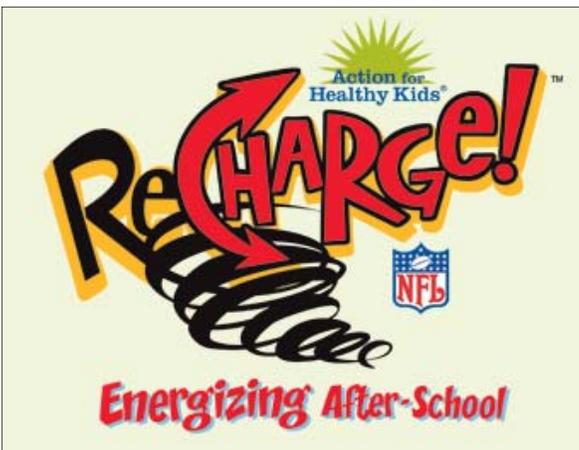
other community projects, please contact Bev Hall at (715) 258-6276 or bev.hall@co.waupaca.wi.us

This committee hasn't had an "official" meeting yet, but discussions have taken place over current interests and possible ways to get this group up and running. Cheryl has several people from Iola interested in developing an outdoor ice rink at a local park. There has also been some interest to explore trail development in our communities. Plans are in the works to organize another meeting this summer/fall to determine interest and availability of members, as well as starting to work on some projects. If you are interested in these, or any



Education Committee Update:

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



The Education Committee has met several times over the last couple of months discussing possible activities to pursue and have decided on an after-school activity program called RECHARGE sponsored by the Action for Healthy Kids and the National Football League. It is a team-based curriculum with activities that teach boys and girls in grades 3 to 6 the core concept of how "energy in" (good nutrition) makes for "energy out" (physical activity). It is an easy to use, ready-made, practical program that is fun for everyone including parents. Currently this committee is in the process of finding volunteers to run the program approximately 2 times per week from 3pm – 5pm at the Waupaca Learning Center starting in the fall. If you are interested in becoming a part of this committee or would like to help with the

RECHARGE program please contact Tim Lencki at Health and Fitness Headquarters (715) 256 – 1459.

Public Relations Committee:

Waupaca Community/School Garden

This community effort began in 2007 with a mission of developing a large sustainable garden capable of providing fresh produce to meet the nutritional needs of charitable outlets in our community. Recognizing the growing problem of childhood obesity and the need for more healthy options to feed families being served by local Food Pantries, the garden is sustained by volunteers interested in providing an outlet for fresh produce for community residents. In 2007 over 2500 pounds of fresh vegetables were harvested and given to the Waupaca Food Pantry and the Waupaca Area Bread Basket. For further information, check out the UWEX website at www.uwex.edu/ces/cty/waupaca/



Waupaca County Nutrition and Activity Coalition

Waupaca County Courthouse

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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

PHYSICAL ACTIVITY DROPS FROM AGE 9 TO 15

The activity level of American children drops sharply between ages 9 and 15, most failing to reach daily recommended activity level, according to the latest findings from a long-term study by the National Institutes of Health.

Researchers evaluated children to determine whether they achieved the minimum 60 minutes per day of moderate to vigorous physical activity (MVPA) recommended. At age 9, children average three hours of MVPA on weekdays and weekends. By age 15, they average only 40 minutes per weekday, and 35 minutes per weekend.

"Lack of physical activity in childhood raises the risk for obesity and related health problems later in life," said Duane Alexander, M.D., Director of NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). "Helping American children maintain appropriate activity levels is a major public health goal requiring immediate action."

Increasing physical activity is a primary goal of *We Can! (Ways to Enhance Children's Activity and Nutrition)*, a science-based national education program from the National Institutes of Health to help children ages 8-13 maintain a healthy weight. We Can! provides tips, evidence-based curricula and other resources for parents and community programs to help children and their families make better food choices, increase physical activity, and reduce recreational screen time. More information is available at <http://wecan.nhlbi.nih.gov>

Grant Opportunities:

The Waupaca Lions is sponsoring a "Healthy Halloween Contest" to gather ideas to create an environment for all people to have a healthy Halloween that is also safe, and discourages excessive sweets. The top six winners are awarded cash prizes to implement their activity. This is an opportunity to promote healthy treats and active games for the holiday.



More info can be obtained from their website:
<http://wlf.info/Diabetes%20Project.htm>

CATCH A RAINBOW EVERY DAY!

Learning Express offers this free downloadable poster "Catch A Rainbow every Day!" to encourage staying healthy by eating 5-9 fruits and vegetables every day. Go to www.learningzonexpress. Click on Free Downloadable Poster and print!

