



FLINT SPRINGS STUDENTS TRIM BACK GARDEN TOWER AND CUT LETTUCE AT SCHOOL.

Health & Wellness Coalition 2016 Year in Review

*Addendum for
2017 Application*

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Program Highlights

Swim Strength

Each year students in third grade participate in a week long swim program to learn basic swim skills, and how to navigate the water safely. **236 students** were able to get in and out of the water without assistance, and swim one length of the pool.



Cooking with Love for Life

One of the biggest challenges that face our community members who are in low-income circumstances is the ability to purchase and know how to use **healthy food** in the kitchen. Monthly programs help create these opportunities to become more skilled!

Why invest in the Huntington County Health & Wellness Coalition?

The Coalition was formed in partnership with the United Way through a matching grant program. From there the coalition, has grown to include a true collaborative group who dedicates their time to tackling the issues of obesity and drugs and alcohol in Huntington County. The Parkview partnership continues to help us achieve these goals.



TOP 10 WAYS THE COALITION ENHANCES THE QUALITY OF LIFE

#10. 94% participants who used Community Garden started eating more fruits & vegetables.

#9. Each fourth grader receives approximately 4-6 hours of health and wellness instruction.

#8. The coalition has work groups for physical activity, food resource, and mental health.

#7. The Coalition began in 2006 and is committed to optimizing health.

#6. A new research program highlights the benefit of tracking fitness activity.

#5. 62 participants worked with our Walking Indoor program.

#4. Crestview Power Club works with YMCA in academics/physical fitness.

#3. Every program has measureable outcomes.

#2. We have 15 partners in our coalition.

#1. We believe in Huntington County.

HOME GROWN vegetables were provided to residents in the community through the Community Garden. **10,400 pounds** of food was harvested this season.



FARMERS MARKET BUILDS HERITAGE

Over the last several years, the community Farmers Market has continued to grow with more vendors and more participants. To provide an opportunity to low income families, additional options were created such as the SNAP program being able to take dollars. Now, with the help of the coalition, we can make those dollars last even farther with Double Buck Days. We are able to take the dollars and duplicate them to allow those in need the opportunity to have twice the amount of food to help with the food scarcity issue in Huntington County.

TWO NEW PROGRAMS PROPOSED

CONCENTRATED FITNESS ACTIVITY

An exciting new collaboration has been proposed for the 2017-2019 years to study the impact tracking of physical fitness has on students. In cooperation with the Huntington University Exercise and Education Department, two local elementary schools, a middle school, and the YMCA, the program works to educate students on the benefits of healthy living through a tracking device known as a Squord Fit Bit. This waterproof device tracks activity of students on a regular basis, and has an app attached for various activities and reporting.

The HU Exercise Department would work with local schools to conduct baseline and ongoing research on student performance and overall health. The education department would work with teachers to create lesson plans to complement the information being learned. Finally, students will receive direct instruction from volunteers on the importance of physical activity, and how these are alternatives to risk-taking activities.



The Squord Fit Bit
<https://sqord.com/>

4th Grade Fair Reimagined

For the last several years, the Coalition has hosted a one-day Wellness Fair for all Huntington County fourth grade students. Students rotated in a ½ day to a variety of stations for 8-10 minutes.

In being responsive to survey requests, the Coalition created a new 4th grade experience titled, “4th Grade My Life, My Choice” workshops. These sessions provide the opportunity for our experts to come to the classrooms in 1 hour increments to instruct six times.

Students and teachers self-select from a menu of programs, and the schedule is especially designed at each school. Students complete the program with a certificate, and work to enhance healthy choices, drug prevention education, and lifelong physical fitness.