

2015-2016 HEAL Successes

Thank you for all you do!!!

Stock Healthy, Shop Healthy



Bananas are
Cheaper
and
Healthier than
Candy Bars!!!



Worksite Wellness: 1.5 Mile Staff Walk



Breastfeeding



Bollinger County Resource Fair

The Children and Youth Issues segment of the Bollinger County Caring Council hosted its annual Resource Fair Friday morning with a record attendance and abundant warm weather and sunshine. While children found many fun things to do, their parents learned about the many resources for families in Bollinger County.





Container gardening

The Bollinger County Health Center and the University of Missouri Extension Office partnered together to host a gardening discussion on Tuesday, April 19, 2016. The program was conducted by horticulturist, Donna Aufdenburg who led a hands-on discussion about container gardening.

Submitted photo

Breastfeeding Friendly Worksites: 8 City Buildings become Recognized



Cape Girardeau County Public Health Center

Fit-tastic: All Day Elementary Health Fair



Cape Girardeau County Public Health Center

Live Well Restaurants



Centralia



Ashland



Boone County



Sturgeon



Centralia



Hartsburg



Boone County



Sturgeon



Boone County



Ashland

Stock Healthy Shop Healthy



Nutrition Classes



Worksite PA

- CPS
 - Walking programs
 - South Beach to Key West
 - Steps vs. Stieps
 - Cooking classes
- City of Columbia
 - Standing desks
 - New wellness tracker



MOve Smart



Congratulations

PUTNAM COUNTY MEMORIAL HOSPITAL



On Becoming a

Breastfeeding-Friendly Worksite!

Theta Porter of Porter's Café becomes a Live Well Restaurant



When asked about cooking healthy, Theta Porter said, “I cook what they order, but will exchange a salad for fries.” When asked about closing, 87 year old Theta replied, “I will be here as long as I’m able – one day at a time.”

The following Live Well menu items are available daily:

- Grilled hamburger on bun, with lettuce, pickles, onions
- Roast beef sandwich on whole wheat bread with lettuce
- Tuna salad sandwich on whole wheat bread, grilled or cold

Order a salad as Live Well side entrée to complete your meal.

Community Gardens:

Marketeers learn about, plants, and picks sweet potatoes in local garden



Cape Girardeau County Public Health Center

May Kim, co-owner of Ruby Garden becomes a Live Well Restaurant



Ruby Garden has a long tradition of offering a variety of vegetables in many of their dishes. “It’s in our culture to have most of our diet come from vegetables.” says May Kim, co-owner of Ruby Garden. Chef Chung Kim states “Patrons may request any menu item to be steamed.”

At Ruby Garden, the following Live Well menu items are available daily in chicken, pork, vegetable or shrimp: Chow Mein, Chop Suey, Lo Mein noodles with Chinese vegetables, Kung Pao (mild, medium or hot), Hunan or Szechuan (mild, medium or hot), Garlic (mild, medium or hot) and house specials: Moo Goo Gai Pan, Broccoli Beef, steamed dumpling or pot sticker. White rice or steamed noodles are necessary to order with these entrees in order to meet Live Well requirements.

Live Well Media Promotion



Don't like smelling like smoke while you eat?

Want a healthy choice?

Autumn's Café and Grille
Guacamoles Mexican Restaurant
Porter's Café
Ruby Garden
True Brew

Live Well
MISSOURI

Restaurants provide healthy menu items and are smoke free

Brought to you by Douglas County Health Department & MO Department of Health & Senior Services

The graphic features a yellow background with a list of restaurant names on the left, a central logo for 'Live Well Missouri' with a knife and fork, and a red banner at the bottom with white text. The text is arranged in a clean, sans-serif font.

Media promoting Smoke Free Live Well Live Well restaurants were promoted with signage at Douglas County Sale Barn, Douglas County Saddle Club and Ava Family Movie Theatre reaching 3,600 people monthly in coordination with tobacco media grant.

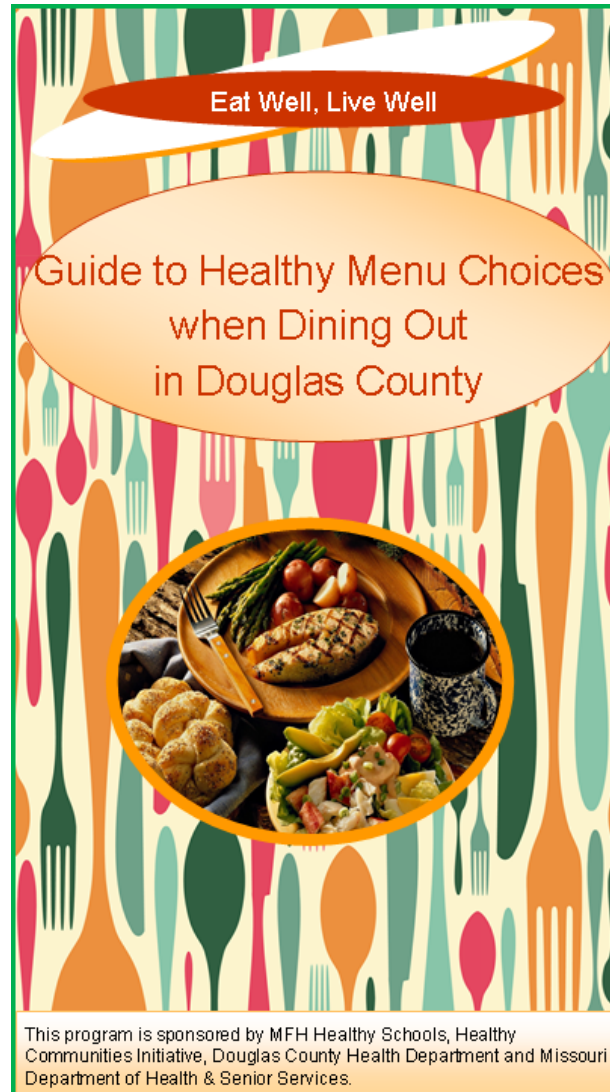
Worksite Physical Activity Promotion

- Skyline had 12 employees complete 1095 miles in the 100 Missouri Mile Challenge.
- Douglas County Health Dept. had an 8 week weight loss challenge. 10 employees lost 50 pounds.
- Douglas County Health Dept. had an exercise challenge in March 2016. Many employees achieved 150 minutes of exercise weekly. Douglas County Health Department implemented policy to allow staff to combine 2 fifteen minute breaks and a 45 minute exercise break on Tuesdays and Fridays.

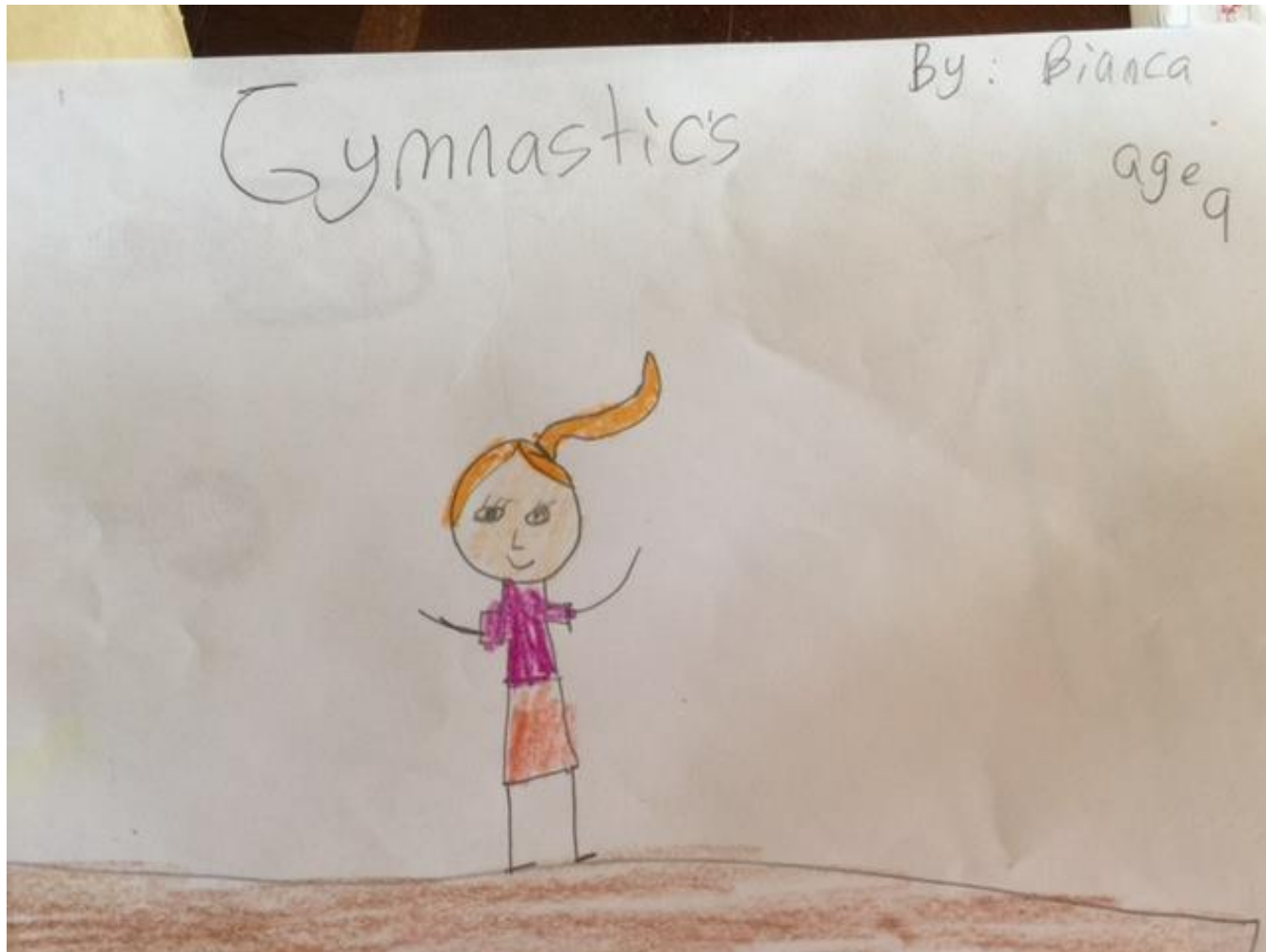


Skyline School employees completed 1095 miles in the Governor's 100 Missouri Mile Challenge (www.100missourimile.com). In recognition of the staff's accomplishment, Nanette Hirsch, nurse presented Carolyn Whillhite with a gift certificate to Curtis Department Store. Also pictured is Jeanne Curtis, principal for Skyline School.

Guide to Healthy Menu Choices Booklet created



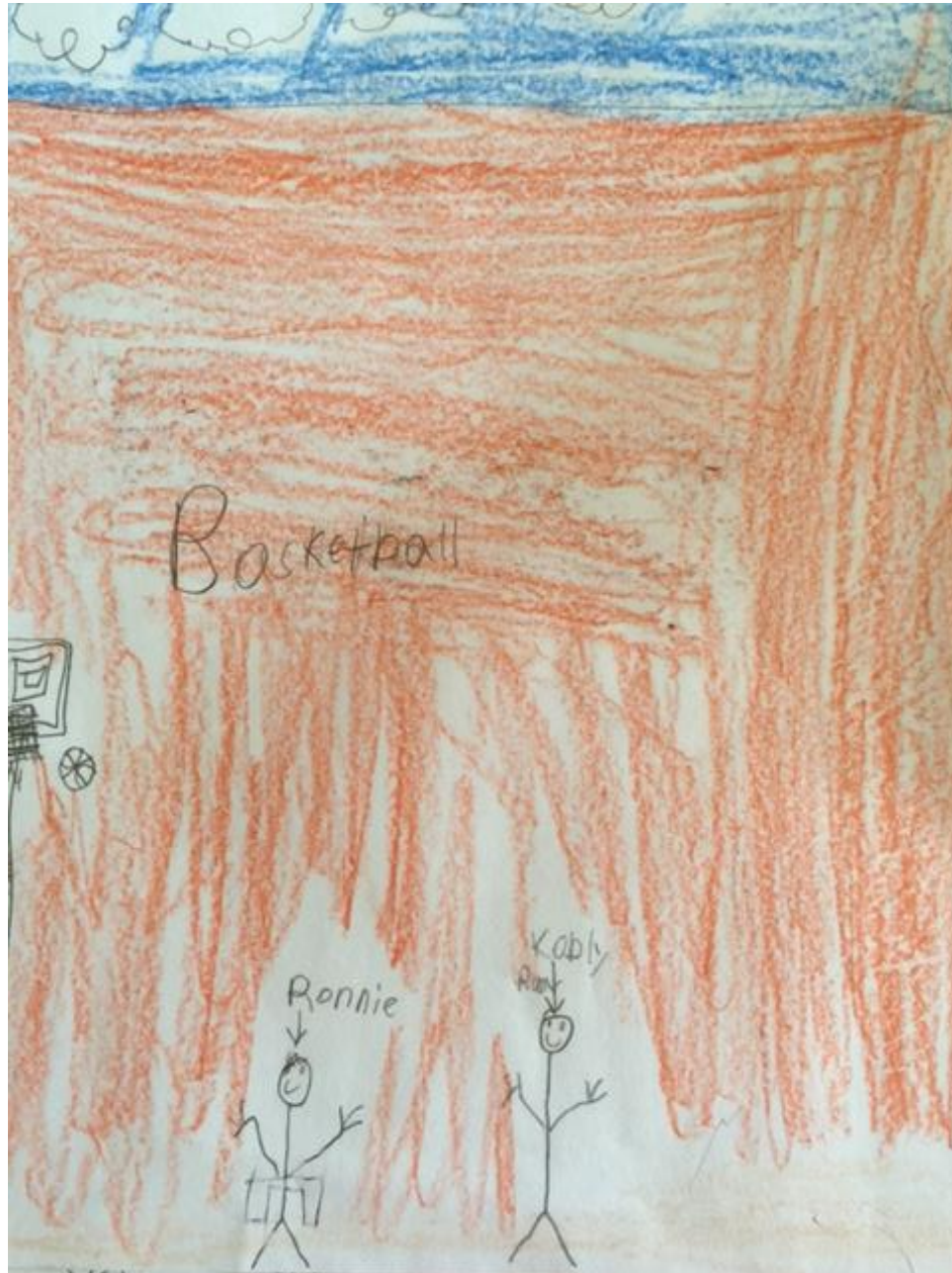




Olive Bowen Daycare Poster

-Famous Child Artist

Olive Bowen Daycare Poster



by:
Famous
Child
Artist

Olive Bowen Daycare Famous Child Artists at play



Youth designed grocery bags for Stock Healthy Shop Healthy





Congratulations

On Becoming a Breastfeeding-Friendly Worksite!

Move Smart Childcare Stencils



Walk to School Day 2016

Livable Streets



Joint Use

Are You Ready for the **6th Annual 5K Fun Run/Walk?**

Join us on September 3rd for the 6th Annual
5K Fun Run/Walk for a chance to win a FREE
kayak!

—
Pick up your registration form at the Putnam County
Health Department today!





UNIONVILLE COMMUNITY POOL

The

LAZY MAN'S

TRIATHLON



Public Health
Prevent. Promote. Protect.

RUN ○ BIKE ○ SWIM

CLOSING CEREMONY

Don't Forget!

Join us this Friday for the Lazy Man's Triathlon Closing Ceremony for our final walk/run, and turn in final distance logs, and collect awards!

Friday,

August 12th

7:00-9:00 PM

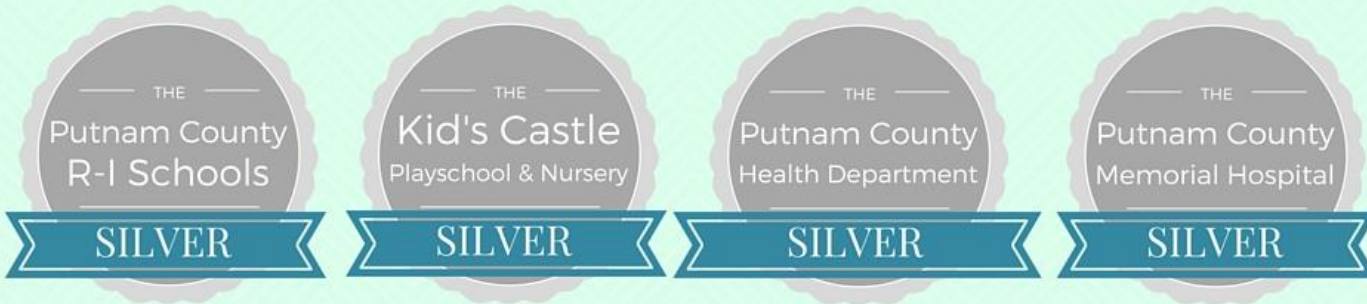
Unionville City Park

Joint
Use

August is

NATIONAL BREASTFEEDING MONTH

Congratulations to the following Breastfeeding Friendly Worksites:



Breastfeeding Celebration & Class


AUGUST 23rd

5:30pm

In place of monthly Mom's
Support Meeting

This project is supported by the Centers for Disease Control and Prevention's Preventive Health and Health Services Block Grant CFDA Number 93.758. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by CDC, HHS or the U.S. Government.

Breastfeeding-Friendly



Northern Missouri

Farmer's Market

KICKOFF EVENT

🍷 Live Music 🍷

🍷 Fresh Local Produce 🍷

🍷 Face Painting 🍷

**Tuesday,
June 7th**

3-5pm

**Courthouse
Lawn**

- Galena Championships Olympics
SCHD and the Stone County Library event
helps roll out 1-2-3-4-5 Fit-Tastic message

Fit-Tastic 1-2-3-4-5 Message

August 2016- Galena, MO

- Obtain moderate to vigorous physical activity for at least 60 minutes each day.
- *Limit television and other screen time.*
- Eat a diet rich in calcium.
- *Limit consumption of sugar-sweetened beverages.*
- Encourage consumption of diets with recommended quantities of fruits and vegetables.



1 hour of Physical Activity

- **1 hour of physical activity booth**

- Discuss/Debrief all the of the 10-11 am activities

- Water Frisbee Throw
- Wet and Wild
- Water Balloon Toss
- Water Relay
- Wet Jump Rope Contest
- Broom stick limbo
- Tennis ball relay
- Balloon plop pop
- Hula hoop to music. Three legged races with burlap sack



- Brainstorm on post-it poster paper what they can do at home for an hour a day for physical activity



2 Hours of Screen Time

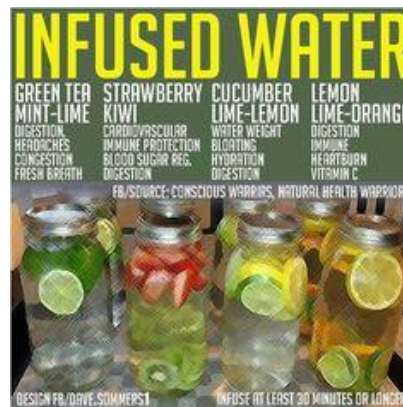


- What is screen time?
- List all of the screen time activities- (Post it Paper)
- Make a personal pledge and plan on note cards.
 - how can we just do 2 hours a day?



4 Servings of Water

- 4 samples/tastings and discuss recipes of infused water
 - Watermelon and basil
 - Cucumber and mint
 - Honeydew and Lemon-balm
 - Lemon, Lime, and Orange



Public Health
Prevent. Promote. Protect.
Steele County Health Department
Making Lives Better



3 Servings of Dairy

- 3 samples/tastings and discuss likes/dislikes
 - Yogurt Push-ups or Go-gurts frozen
 - Yogurt covered raisins or pretzels
 - Lowfat Colby jack cheese cubes



5 Servings of Fruit and Veggies

- **5 samples/tastings and discuss likes and dislikes**
 - Snap peas with ranch
 - Black or red seedless grapes
 - Yellow cherry tomatoes with ranch
 - Dry papaya chunks or spears
 - Cantaloupe chunks

