



Building Communities
for Better Health
MOBERLY

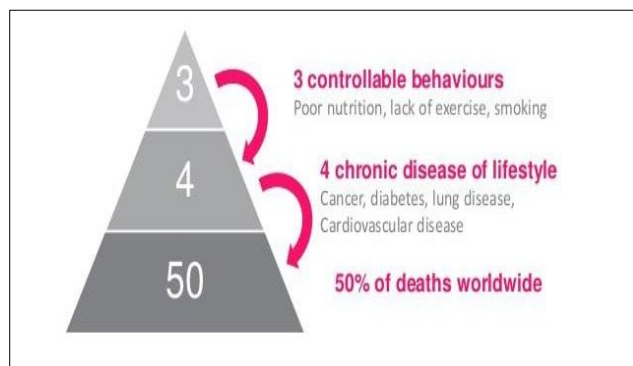


Improving Health in Randolph County

The Randolph County Health Department, with funding from the Missouri Department of Health and Senior Services (DHSS), formed the Building Communities for Better Health Coalition of Moberly to create long-term, inclusive, and sustainable changes in our community to foster healthy living among our residents.

THE ISSUE

Three behaviors—tobacco use, poor diet, and sedentary lifestyle—contribute to four chronic diseases that cause more than 50 percent of deaths worldwide.



Source: Oxford Health Alliance, 2014

HOW IT STARTED

A multi-sector coalition was formed to work together to:

- ☐ Reduce Tobacco Use and Exposure
- ☐ Increase Access to Nutritious Foods
- ☐ Increase Opportunities for Physical Activity

We know from research and experience that our health behaviors are influenced by the environments where we live, learn, work, and socialize. Therefore, community health interventions work best when community agencies work collectively to provide support for healthy behaviors across all settings.



PLANNING

The coalition conducted community assessments to determine what the needs were and where we should focus our efforts. After reviewing the results, strategic plans were developed.

Then we got to work....

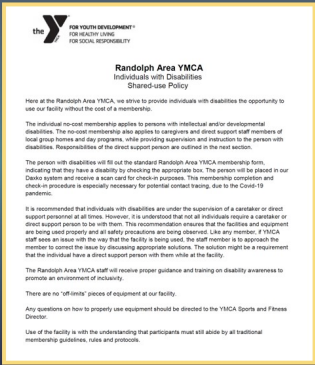
THE SOLUTION

Physical Activity

YMCA

✓ **POLICY CHANGE**

NO COST MEMBERSHIP FOR INDIVIDUALS WITH DISABILITIES!



Randolph Area YMCA
Individuals with Disabilities
Shared-use Policy

Here at the Randolph Area YMCA, we strive to provide individuals with disabilities the opportunity to use our facility without the cost of a membership.

The individual no-cost membership applies to persons with intellectual and/or developmental disabilities. The no-cost membership also applies to caregivers and direct support staff members of local group homes and day programs, while providing supervision and instruction to the person with disabilities. Responsibilities of the direct support person are outlined in the next section.

The person with disabilities will fill out the standard Randolph Area YMCA membership form, indicating that they have a disability by checking the appropriate box. The person will be placed in our Davis system and receive a scan card for check-in purposes. This membership completion and check-in procedure is especially necessary for potential contact tracing, due to the Covid-19 pandemic.

It is recommended that individuals with disabilities are under the supervision of a caregiver or direct support personnel at all times. However, it is understood that not all individuals require a caregiver or direct support person to be with them. This recommendation ensures that the facilities and equipment are being used properly and all safety precautions are being observed. Like any member, if YMCA staff have an issue with how that the facility is being used, the staff member is to approach the member to correct the issue by discussing appropriate solutions. The solution might be a requirement that the individual have a direct support person with them while at the facility.

The Randolph Area YMCA staff will receive proper guidance and training on disability awareness to promote an environment of inclusivity.


There are no "off limits" pieces of equipment at our facility.

Any questions on how to properly use equipment should be directed to the YMCA Sports and Fitness Director.

Use of the facility is with the understanding that participants must still abide by all traditional membership guidelines, rules and protocols.

Little Dixie Regional Libraries

✓ **POLICY CHANGE**



EMPLOYEE WELLNESS POLICY

PHYSICAL ACTIVITY POLICY

- ✓ Wellness Room
- ✓ Walking Routes
- ✓ Paid Breaks for Exercise
- ✓ Active Meetings

YMCA





Weighted Fitness Bars



ExerFit Pro Mats

Little Dixie Regional Libraries

✓ **ENVIRONMENTAL CHANGE**

WELLNESS ROOM!!

INCLUSIVE EQUIPMENT!

YMCA

✓ **ENVIRONMENTAL CHANGE**



LifeFitness Row GX Rower



**Sci-Fit Pro 1000
Upper Body Ergometer**

Little Dixie Regional Libraries





Downtown Walking Route



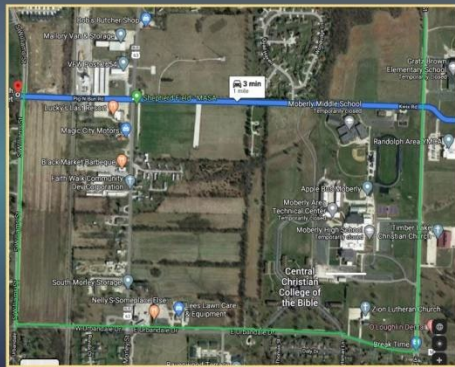
SHEHERD BROTHER'S BLVD (KWIX RD)

SIDEWALK
COMPLETE
Sept 2020!!!

✓
ENVIRONMENTAL
CHANGE



SHEHERD BROTHER'S BLVD (KWIX RD)



Wellness Walk

WORK IN
PROGRESS

Physical activity and wellness
prompts to be installed along
3-mile stretch of sidewalk
connecting neighborhoods
with schools, churches, soccer
fields, and local businesses



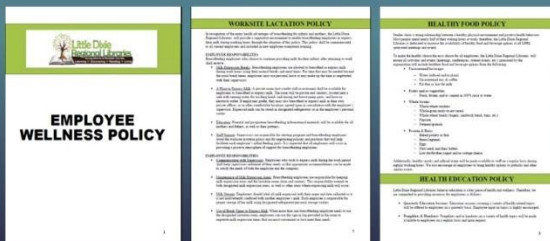
THE SOLUTION

Nutrition

Little Dixie Regional Libraries

NUTRITION POLICY CHANGES

- ✓ Lactation Policy
- ✓ Healthy Food Policy
- ✓ Health Education Policy



Little Dixie Regional Libraries



✓
ENVIRONMENTAL
CHANGE



LACTATION
ROOM!!

PARKS & RECREATION

WATER BOTTLE
FILLING
STATION AT THE
ATHLETIC
COMPLEX

✓
ENVIRONMENTAL
CHANGE



Family Life Fellowship “Dream Center”

✓
ENVIRONMENTAL
CHANGE

INCREASED
STORAGE FOR FOOD
PANTRY TO OFFER
HEALTHY ITEMS



PARKS & RECREATION

COMING SOON

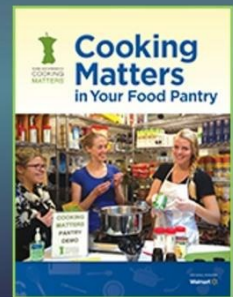
WATER BOTTLE
FILLING
STATIONS AT
FOX PARK &
DEPOT PARK



ENVIRONMENTAL
CHANGES

Family Life Fellowship “Dream Center” & ICAN Missouri Foundation

COMING
SOON!



Family Life Fellowship “Dream Center”

COMING
SOON!



✓
SYSTEM
CHANGE

Client-Choice Model

Preferred Donations

FLF FAMILY LIFE FELLOWSHIP DREAM CENTER Preferred Donation List	
FRUIT Canned in 100% juice Dried fruit Fresh or frozen fruit 100% fruit juice	VEGETABLES Low sodium or no salt added canned veggies Tomato products Fresh or frozen vegetables
GRAINS Whole wheat pasta Brown rice Oatmeal Whole grain cereal Plain popcorn Whole wheat flour	PROTEIN Chicken, canned Tuna, canned in water Peanut butter Dried beans Canned beans, low sodium Nuts and seeds
DAIRY Shelf-stable milk Skim milk 1% milk Soy milk Almond milk	OTHER Olive & canola oil Dried herbs/seasonings Condiments Salsa Paper goods
Everyone Deserves Healthy Food	

THE SOLUTION

Tobacco

Little Dixie Regional Libraries

TOBACCO-FREE WORKSITE POLICY

PURPOSE:
The Little Dixie Regional Libraries is committed to providing safe and healthy work environments. Tobacco use and tobacco products are not healthy and are prohibited in all work areas. This policy is intended to provide a safe and healthy work environment for all employees and visitors. The purpose of this policy is to provide a safe and healthy work environment for all employees and visitors. The purpose of this policy is to provide a safe and healthy work environment for all employees and visitors.

SCOPE:
This policy applies to all employees and visitors of the Little Dixie Regional Libraries. This policy applies to all employees and visitors of the Little Dixie Regional Libraries. This policy applies to all employees and visitors of the Little Dixie Regional Libraries.

APPLICABILITY:
This policy applies to all employees and visitors of the Little Dixie Regional Libraries. This policy applies to all employees and visitors of the Little Dixie Regional Libraries. This policy applies to all employees and visitors of the Little Dixie Regional Libraries.

COMPLIANCE AND ENFORCEMENT:
The Little Dixie Regional Libraries will enforce this policy. The Little Dixie Regional Libraries will enforce this policy. The Little Dixie Regional Libraries will enforce this policy.

EFFECTIVE DATE:
This policy is effective as of the date of adoption. This policy is effective as of the date of adoption. This policy is effective as of the date of adoption.

✓
ENVIRONMENTAL
CHANGE



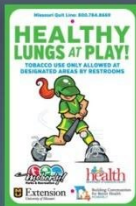
✓
POLICY CHANGE

Orscheln Products & MU Extension

✓
ENVIRONMENTAL
CHANGE



Moberly Parks & Recreation



✓
POLICY CHANGE



✓
ENVIRONMENTAL
CHANGE

Arts & ICAN

✓
ENVIRONMENTAL
CHANGES



Moberly School District

✓
ENVIRONMENTAL
CHANGES



MOVING FORWARD

The coalition has developed a new 5-year plan to continue efforts to improve wellness in our community

For more information, please contact:

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