



Building Communities
for Better Health
MOBERLY

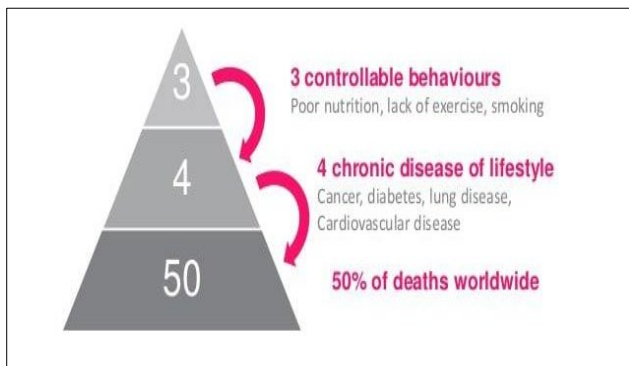


Improving Health in Randolph County

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....

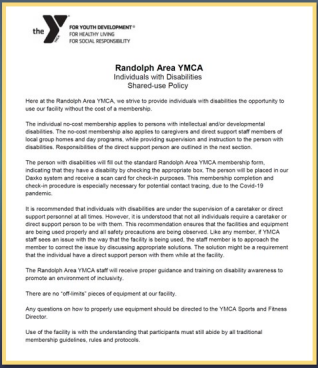
THE SOLUTION

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 general oriented training, due to the COVID-19 pandemic.

It is recommended that individuals with disabilities are under the supervision of a caretaker or direct support personnel at all times. However, it is understood that not all individuals require a caretaker or direct support person to be with them. This recommendation means that the facilities and equipment are being used properly and all safety precautions are being observed. As any member, if YMCA staff have an issue with the facility 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.

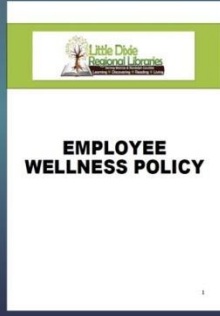
There are no "off limits" pieces of equipment at our facility.

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!!

YMCA

INCLUSIVE EQUIPMENT!

✓ **ENVIRONMENTAL CHANGE**



LifeFitness Row GX Rower



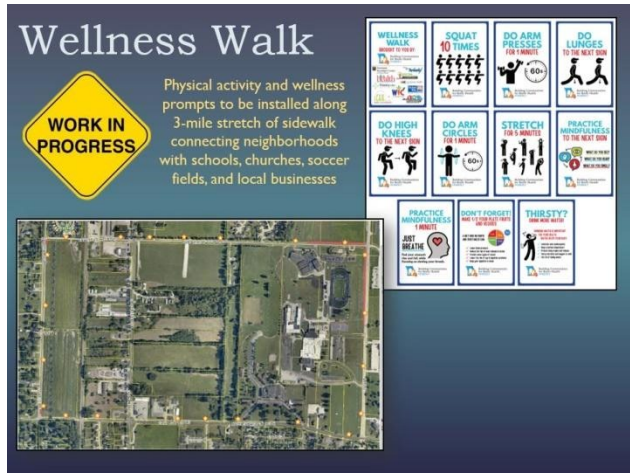
Sci-Fit Pro 1000 Upper Body Ergometer

Little Dixie Regional Libraries



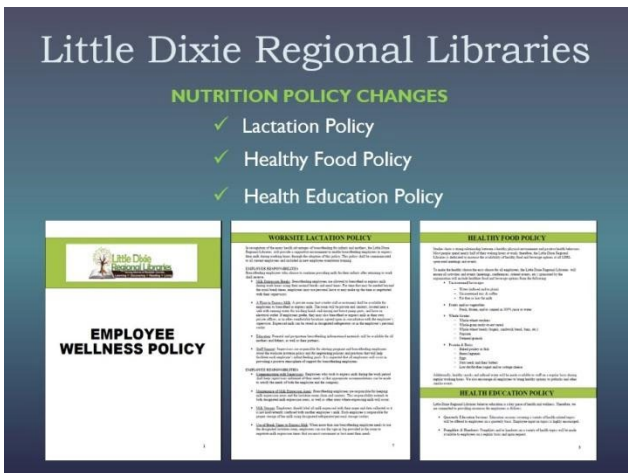






THE SOLUTION

Nutrition



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

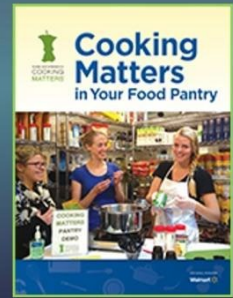
WATER BOTTLE FILLING STATIONS AT FOX PARK & DEPOT PARK



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

ENVIRONMENTAL CHANGE ✓

POLICY CHANGE ✓

The image shows a woman in a blue shirt and yellow patterned skirt holding a sign that reads 'THIS IS A TOBACCO FREE FACILITY'. To her right, a sign is posted on a building wall. The sign features a green checkmark and the text 'ENVIRONMENTAL CHANGE'. Below the woman, there is a green checkmark and the text 'POLICY CHANGE'.

Orscheln Products & MU Extension

ENVIRONMENTAL CHANGE ✓

TOBACCO FREE FACILITY

FOR THE HEALTH OF OUR EMPLOYEES AND PATRONS
ALL TOBACCO USE IS PROHIBITED

The image shows two women standing in front of a building entrance, holding a sign that reads 'THIS IS A TOBACCO FREE FACILITY'. To their right, a sign is posted on a building wall. The sign features a green checkmark and the text 'ENVIRONMENTAL CHANGE'. Below the women, there is a green checkmark and the text 'POLICY CHANGE'.

Moberly Parks & Recreation

HEALTHY LUNGS AT PLAY!

NO TOBACCO USE OR PRODUCTS, INCLUDING PARKING LOT

TOBACCO USE ONLY ALLOWED AT DESIGNATED AREAS BY RESIDENTS

POLICY CHANGE ✓

ENVIRONMENTAL CHANGE ✓

The image shows two signs for 'HEALTHY LUNGS AT PLAY!' and a sign posted on a building wall. The sign features a green checkmark and the text 'POLICY CHANGE'. Below the sign, there is a green checkmark and the text 'ENVIRONMENTAL CHANGE'.

Arts & ICAN

ENVIRONMENTAL CHANGES ✓

ARTS

THIS IS A TOBACCO FREE FACILITY

FOR THE HEALTH OF OUR EMPLOYEES AND PATRONS
ALL TOBACCO USE IS PROHIBITED

The image shows a building with 'ARTS' signage and a sign posted on a building wall. The sign features a green checkmark and the text 'ENVIRONMENTAL CHANGES'. Below the sign, there is a green checkmark and the text 'POLICY CHANGE'.

Moberly School District

ENVIRONMENTAL CHANGES ✓

The image shows four photos of signs at Moberly Middle School. The signs include 'NO PARKING FIRE LANE', 'MOBERLY MIDDLE SCHOOL', 'HEALTHY LUNGS AT PLAY!', and '4'. The sign features a green checkmark and the text '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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