

Be Well in Livingston



February 2019
Status Update

Our goal is to help you **eat better, move more and stress less!**



Completed

1. Worksite assessments at Nunda Lumber (nutrition & activity)
2. Nunda Historical Walk – in partnership with Nunda Historical Society
3. Healthy Living Livingston – healthy living class for adults
4. School Health Index Assessment—Keshequa – Ball chairs & sit/stand desks in classrooms
5. Parenting Classes at KCS: Cornell Cooperative Extension
6. Obtained new medication drop-off box at Nunda Pharmacy
7. Installed fitness station at Kiwanis Park
8. Healthy food/lifestyle education Pre-K-12: MyPlate for My Family classes by Cornell Cooperative Extension
9. Christmas in Nunda – offering tools to help the community eat better, move more and stress less



In Progress

1. Develop self-sustaining eat better/move more/stress less communication plan for community via Facebook/Websites/print
2. Fitness & Fun: coordinated “move more” community-wide activities
3. Monthly Health Talks: local churches or KCS
4. Healthy Food/Vending Policies/Practices – school, government & organizations
5. School policy/practice: wellness policies for faculty & activity level polices for pre-k-12
6. Community walkability improvements
7. Community Block Health Fair: June 2019
8. CASA Town Hall Meeting: March 2019
9. Installing additional exercise equipment at Kiwanis Park



Future

1. Grocery/Retail – education, healthy food promotion, labeling, tasting
2. Collaborative effort of physician, physical therapy & wellness offices – “prescription for health behaviors”
3. Screen Time Intervention program
4. Mental & Social Health programs
5. Eat Right for Life program – UR Medicine Noyes Health
6. Tai Chi Class



Building a healthy community requires a wide spread effort. Families, governing officials, educators, business owners, clergy leaders and healthcare providers; all community members must join together with the common goal of improving health. Eating well, being physically active, educating ourselves, supporting our youth, and utilizing community resources are the key components to healthy community living. We are working to provide the necessary resources in Nunda – we need your help to put these resources in action and make Nunda a healthy place to live.

Together, we **can** and we **will** live well in Nunda!

** Join our Facebook group “**Be Well in Nunda**” or email BeWell@gvhp.org for more information**