

Be Well in Livingston



October 2018
Status Update

A PATH TO WELLNESS IN NUNDA



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. Keshequa School Health Index Assessment – Ball chairs & sit/stand desks in classrooms



In Progress

1. Collaborative effort to address substance abuse, addiction and mental health issues
2. Identify & communicate all physical activity options via website/FB/print materials
3. Develop resource/services list – communicate via website/FB/print materials
4. CCE Parenting Classes at KCS
5. Obtain medication drop-off box – Nunda Pharmacy
6. Fitness & Fun: coordinated “move more” activities
7. Locally held monthly health talks
8. Develop self-sustaining eat better/move more/stress less communication plan for community
9. Healthy Food/Vending Policies/Practices – school, government & organizations
10. School policy/practice – wellness policies for faculty & activity level polices for pre-k-12
11. Community walkability improvements
12. Healthy food/lifestyle education Pre-K-12 – MyPlate for My Family classes



Future

1. Grocery/Retail – education, healthy food promotion, labeling, tasting
2. Complete Street Training
3. Collaborative effort of physician, physical therapy & wellness offices – “prescription for health behaviors”
4. Screen time intervention program
5. Mental & social health programs
6. Eat Right for Life program – UR Medicine Noyes Health

Visit

www.facebook.com/Groups/BeWellinNunda

for more information!



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!

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