

# Be Well in Livingston



June 2018, Status Update

## A PATH TO WELLNESS IN NUNDA



### Completed

- Healthy Food/Vending Policies – school, government & organizations
- CCE-Ag in the Classroom program
- UR Medicine Stroke Prevention Curriculum
- Communicate healthy food options, meal planning and recipes via website/FB/print materials
- School policy – wellness policies for faculty & activity level policies for pre-k-12
- Worksite assessments (nutrition & activity)
- Nunda Historical Walk
- Identify & communicate all physical activity options via website/FB/print materials
- Develop resource/services list – communicate via website/FB/print materials



### In Progress

- Healthy Living Classes for seniors UR Medicine – HLL
- Eat Right for Life Classes – UR Medicine Noyes Health
- Sit and Fit type program for seniors
- Collaborative effort of UR Medicine Noyes Health, Livingston County Mental health and Casa Trinity to address substance abuse, addiction and mental health issues



### Future

- Grocery/Retail – education, healthy food promotion, labeling, tasting
- Healthy food/lifestyle education Pre-K-12
- Complete Street Training
- Government – long-range planning for sidewalk & trail formation
- Develop & promote walking groups through various organizations/develop community walking program with public goal
- Collaborative effort of physician, physical therapy & wellness offices – “prescription for walking”
- CCE Parenting Classes in school
- Screen time intervention program



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!

\*\* Check out [www.GVHP.org](http://www.GVHP.org) for more information\*\*