

# HEAL Community Network Updates

From **August 17, 2016** HEAL Community Network Meeting



Community	Healthy Food Access	Healthy Food in Institution	Active Transportation	Active Recreation
<b>Ashland</b> <i>(sent via email)</i>	Having a great year at the community garden. <ul style="list-style-type: none"> <li>Liz Stevens, our Master Gardener has taken over organizing things, and she is working with the gardeners to take over her job.</li> <li>We have a new shed and all the tools we need plus plenty of funding to sustain the garden for a number of years.</li> </ul>		Applying for a TAP grant and are working with the Lakes Region Planning Commission and state engineers to resolve our problems with the intersection of route 3/25 and 132. Want to create a safe bike lane through town and improve safety and walkability.	
<b>Colebrook</b>	Painting Kiddie Pool at North Country Community Recreation Center with veggie garden stencils. Giving toddlers plastic garden tools to “garden” and small play stove to cook with.			<ul style="list-style-type: none"> <li>Completed Active Recreation Inventory</li> <li>Holding a North County Summer Olympic Challenge. You compete or complete 5 activities including something new for you.</li> </ul>
<b>Concord &amp; Capital Area: Capital Area Wellness Coalition</b>	Concord Hospital: <ul style="list-style-type: none"> <li>Healthy Food Kiosks in all cafeterias and food carts. Identifies low sodium food and subsidizes healthy options.</li> <li>Waiting to hear about fruit and veggie Rx program grant. Proposal is PCP’s will provide F&amp;V Rx to patients who meet/have certain metabolic markers who would then use their Rx at Concord Hospital’s onsite Farmers Market. More than just providing easy access to fruits and vegetables but also helping to build the farmers market and build business and produce demand for the farmers.</li> <li>Possible implementation of Cooking Matters through family health center.</li> </ul> Early stage of 5-2-1-0 project targeted at youth		Concord Trails <ul style="list-style-type: none"> <li>Still working with City on wellness tips for Concord Trails project</li> <li>Monthly guided walks on trails around City</li> <li>Trail badge program to incentivize people to use the trails.</li> </ul> DHHS Walking/biking study in Concord: at next Capital Area Wellness Coalition Meeting.	
<b>Franklin</b>	N/A			

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<b>Henniker</b>	<p>Henniker Lions Club acquired access from Army Corp of Engineers to brook water to water the Lions Club community garden during drought.</p> <ul style="list-style-type: none"> <li>Henniker Lions Club Garden is flourishing. Food delivered to both Henniker and Hopkinton Food Pantries.</li> </ul>			
<b>Merrimack County Conservation District</b>	<ul style="list-style-type: none"> <li>Third year coordinating gleaning activities in the county, bringing fresh food donated from local farms, reaching summer meal sites, senior centers, and food pantries.</li> <li>Granite state market match: Continuing to double the value of food stamps at farmers markets in Merrimack County. Transportation program at Franklin Farmers Market has been well received and utilized by community.</li> <li>Working with Cooking Matters to bring Farmers Market Tour to Concord Farmers Market</li> <li>Local food guide for Merrimack County is now available.</li> </ul>			
<b>Healthy Monadnock 2020</b>	<p>Keene Swamp Bats (Baseball Team) is embracing HEAL. They are <u>now offering healthy at their concession stands</u> and lead physical activity during the 7<sup>th</sup> inning stretch such as dance breaks at all home games.</p> <p>Working on finding healthy vending options to get into local organizations and schools (in research stage).</p>		<p>Holding complete streets demonstrations in Hinsdale and Troy.</p>	<p>Keene Swamp Bats (Baseball Team) is embracing HEAL. Not only do they offer healthy food at their concession stands, but they also lead physical activity during the 7<sup>th</sup> inning stretch such as dance breaks at all home games.</p>
<b>Nashua</b>	<p>Nashua High School North has a large greenhouse that is not being used. Our Beacon Communities Farm to School group is working to use the greenhouse for growing food for the school and maybe even for sale to raise money for Farm to School projects.</p>		<p>“Y on the Fly”</p> <ul style="list-style-type: none"> <li>Summer exercise series organized by YMCA trainers. They host and supervise games at a local, inner city park for any child who wants to participate. This provides the children with safe, structured play and an opportunity to exercise.</li> </ul>	<p>Trail Data Inventory:</p> <ul style="list-style-type: none"> <li>Working with conservation commissions and town planners to identify, GPS, and attribute trails in the region. End projects include poster maps, web-based interactive story maps, and mobile apps.</li> </ul>

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			We are looking to continue this program next summer and hopefully in more than one park.	Parks and Playgrounds: Planning project including a regional recreation inventory analysis, case studies, and best practices.
<b>New London/Lake Sunapee Region</b>	<p>New London Hospital:</p> <ul style="list-style-type: none"> <li>• Eliminated sugar sweetened beverages in cafeteria and vending machines.</li> <li>• 50% healthy options in vending machine.</li> <li>• New trail mix bar in cafeteria.</li> </ul> <p><u>Overall HEAL update:</u> Planning a “Healthy Selfie” where individuals send in selfies of them doing something healthy.</p>			Collaboration between New London Hospital and Town of New London to make a walking/running trail under powerline on hospital property. Legal documents with town, hospital, and Eversource signed this week
<b>Strafford County</b>	Earlier this year, established Obesity and Nutrition workgroup. Has started doing cooking demos in 2 farmers markets. This has been done in conjunction with blood pressure screenings. This has been made possible by volunteers from the workgroup along with funding from UNH Cooperative Extension. All recipes are tailored to what is in season and produce is purchased from the farmers.			
<b>Upper Valley HEAL</b>	<p>Summer Feeding Programs: Started conversations about summer food programs for the low income population.</p> <p>Note: We recently restructured UV HEAL, formed a new workgroup, selected co-chairs and recruiting community members to participate.</p>			<p>Complete two community readiness assessments leading to small projects:</p> <ul style="list-style-type: none"> <li>• Enfield- mon-motorized boat access</li> <li>• Lebanon: pre-K playgroup equipment</li> </ul> <p>Created capacity to use this process. Projects are part of broader plans to increase access.</p>
<b>UNH Institute on Disability</b>	NH Disability and Public Health project was refunded by the CDC for 5 years! New focus areas include physical activity, nutrition, healthy weight, tobacco cessation, chronic disease prevention/management and oral health. Learn more at <a href="http://nhdisabilityhealth.org">http://nhdisabilityhealth.org</a> also on Facebook and Twitter!			

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<b>UNH Cooperative Extension</b>	<p>Working with food pantries: providing “health wish list” for food pantries to give their donors. Also providing info on “safe food” practices.</p> <p>Providing healthy low-cost recipes using foods commonly provided by local food pantry. Providing food demos.</p>		<p><b>Stafford and Grafton Counties</b> Piloting the “Walk with Ease” program in Grafton and Stafford counties. <a href="http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a></p>	
<b>NH Food Bank Cooking Matters</b>	<p>We received a grant to run Cooking Matters at the Store Pop-Up tours at farmers markets. Goal to help increase participation in the Granite State Market Match.</p> <ul style="list-style-type: none"> <li>Update: our first tours are starting up. Recruitment and participation has been a challenge.</li> </ul> <p>Expanding Cooking Matters Bring parents and families curricula to hospital partners. In the beginning stages. Thankful for connections with Valerie at the Capital Area Wellness Coalition and Catherine at New London Hospital.</p>			
<b>Winnepesaukee HEAL/Region</b>	<ul style="list-style-type: none"> <li>Harvest boxes in 5 locations. All are being visited, filled, and emptied more often</li> <li>Identified a peer mentor at Lochmere Meadows to care for garden and promote farmers markets</li> <li>Identified peer mentor for Cooking Matters to promote class, answer questions about healthy choices, help with next class.</li> </ul> <p>Next Cooking Matters being planned now at Bessie Rowell Community Center.</p>			