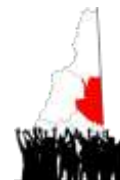


## Health & Wellness Team Notes – May 9, 2011



**Team Goal: Carroll County is the leading county in NH in supporting its citizens in pursuing and achieving balanced health.**

### Next Meetings:

- **Carroll County United Annual Meeting**, Thursday, June 16 from 6:00-8:00 pm at K.A. Brett School in Tamworth; Refreshments and Networking at 5:30 pm.
- Tuesday, July 12 at 3:30 pm at Tri-County CAP

Health Campaign: Reviewed the team’s thinking regarding a health campaign from previous meetings (see attached) and any learning from last month’s presentation by Lakes Region Public Health. The biggest take away from the April presentation is that simple things can make a difference. The group agreed that it makes sense to continue to focus on walking first for the health campaign.

Walking questionnaire update: Peter Waugh (Ossipee Rec.) shared our walking questionnaire with the other recreation departments at their regional meeting. We received one back from Ossipee and one from Brownfield, Maine. Cyndi will re-send it out via email to see if we get a better response. [Note: Bartlett, Moultonborough, Conway, Wolfeboro have responded by email!]

Summer walking idea: The group talked about asking the Rec departments to include 15 minutes of walking a day into their daily routine over the summer and brainstormed several ideas. How to keep it simple and to engage kids?

- Chart to track progress. Kids get stickers & put initials on them and put on chart. (A sticker worth 5 minutes? Or different colors for 5 mins, 10 mins, 15 mins?) Design so any effort counts. Encourage kids to walk more over time.
- Chart to take home for kids to add walking they do at home (preferably with family or friends!)
- Certificates for all participants
- A friendly competition between rec departments with the “winner” each week receiving an item for their recreation department such as a ball, Frisbee or other item the kids can use. (popsicles were an idea as well)

Names/Initials		Monday	Tuesday	Wednesday	Thursday	Total
	Week 1					
	Week 2					
	Week 3					
	Week 4					
	Week 5					
	Week 6					

- Leona will reach out to Peter Waugh and run the team’s ideas for summer walking at the recreation departments by him for feasibility. [Leona has reported back that this doesn’t look feasible for this year. Thanks for following up, Leona!]

Fall walking idea: They also began to explore the idea of whether schools could incorporate 5 minutes of walking into their daily routine. Could students gather before the school day or the start of the school day and walk for 5 minutes? Walk around playground, perimeter of school, gym, a classroom? Jen will talk with Sue Powers at Kennett Middle School to find out how something like this might be able to be

incorporated into the school day. The group is very conscious that schools already have a jam packed day!

Annual Community Meeting - Leona and Jen will present the team's progress at the June 16<sup>th</sup> Annual Community Meeting. There will be about 8 minutes to present our progress and then an approximately 30 minute "mini-team meeting" in which the team can reach out/have a conversation with those who are interested in Health & Wellness. An additional meeting will be scheduled (May 24<sup>th</sup> to be confirmed) to flesh out some more details or questions to bring to the community meeting.

Other:

Cyndi is still trying to find a time that will work for Valley Vision to finish the edits on the Health Tour Video so we can have a copy at the annual meeting to showcase the team's work on that project. The release date is still on hold pending more information from Carroll County Transit regarding the launch date of their fixed-route bus service.