

## Nutrition and Physical Activity – The Behealthy Coalition

The Forsyth County Department of Public Health identified chronic health conditions, unhealthy lifestyle behaviors (poor nutrition and physical inactivity) as top health priorities in the *2003, 2007 and 2011 Forsyth Community Health Assessment* reports. Community Health Assessments are conducted by local health departments across North Carolina at a minimum of once every four years to identify the top health priorities in a county or district. Forsyth County changed to a three-year Community Health Assessment cycle in 2014 in order to align with Novant Health/Forsyth Medical Center and Wake Forest Baptist Health's Community Health Needs Assessment process. In response to the findings from the health assessment, health departments and hospitals work collaboratively with community partners to address the health priorities of the community.

Because no one group or institution has adequate resources to address the complex problems of childhood obesity, poor diet, food access or lack of physical activity at a program level, the health department strives to build community partnerships and collaborations to address these issues. We want to create a community where *making the healthy choice is the easy choice*. This goes beyond the traditional program approach –coalition activities may focus on developing advocates, creating more walkable and cyclist-friendly communities and ensuring that all residents have equal access to healthy foods.

### **Behealthy Coalition**

The Behealthy Coalition was formed in the mid-1990's to address the problem of chronic diseases and chronic disease prevention in our community. Originally called the Chronic Disease Prevention Coalition (which evolved from an earlier effort specific to diabetes called *Diabetes Today*), the group organized around the risk factors that lead to chronic health conditions. Due to limited resources, having multiple disease-specific coalitions (stroke, arthritis, obesity, heart, etc.) was simply not practical. Because efforts were already underway with tobacco cessation and prevention, the group decided to focus efforts on poor diet and physical inactivity.

The Behealthy Coalition is currently comprised of a diverse group of people with an interest in wellness and health promotion. There is no membership fee and any person with an interest in health and wellness is welcome to participate and attend coalition meetings. We generally have 15-25 people at monthly coalition meetings

Updated April 2016

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and have a guest speaker present information related to nutrition, physical activity, or community environment.

**Meeting dates:** The Behealthy Coalition meets the 4<sup>th</sup> Friday of the month (except May, July, November and December) from 11 am to 12 noon at the Forsyth County Department of Public Health. A networking lunch is provided at noon to members that RSVP for the meeting.

**Vision:** Coordinate health promotion efforts across community-based organizations that work together to improve the health and wellness of Forsyth County residents.

**Mission:** The mission of the BeHealthy Coalition is to provide a place through regular meetings for people with an interest in health and wellness to come together for on-going education on local health/wellness issues, network, share ideas, and foster collaborative relationships.

**Target areas of interest:** Nutrition and physical activity

**Target population:** Forsyth County

## **Goals**

### **1. Host regular meetings for networking and information sharing (meetings not held during May, July, November and December)**

Structure agenda to allow current and new partners to share their events, work, etc, and brainstorm ways the coalition can support each other's efforts and get the word out. Similar to previous meetings, each meeting may include a speaker to talk about a new topic for knowledge and information sharing.

### **2. Support ongoing community events by providing finances, in-kind support, volunteer support, and advertising/promotion.** Events we will support include, but are not limited to:

- Walk and Roll Winston-Salem
- Fit Forsyth! Physical Activity Program (Sept-Nov)
- Safe Routes to School
- Community Gardens
- Healthy Corner Store Network
- Healthy Families – Behealthy supports the work of the WSFCS Physical Education Specialist (this position oversees the WSFC School Wellness Policy Committee)

- Unified Message Team – this ad hoc team is working to get Forsyth County hospitals, agencies, non-profits and others to use the same health message.

**3. Identify at least one idea for a community-wide program that will promote healthy eating and/or physical activity.**

Research the idea – has this been done in other communities?

How would we accomplish the activity?

Do we have adequate resources to complete the selected activity?

Who do we need on board to make it happen?

What staffing/education is required to implement activity?

2016 meeting topics

**January 2016**

Inclement Weather – no meeting

**February 2016**

Faith Health NC

Jeremey Mosley, MPH

Wake Forest Baptist Health

**March 2016**

Good Friday holiday (no meeting)

**April 2016**

Mosquitos 101

Ryan Harrison, Environmental Health Technician

Forsyth County Department of Public Health

2015 meeting topics

**January 2015**

Senior Games

Chuck Vestal

City of Winston-Salem Recreation and Parks

**March 2015**

Active Routes to School

Beth Johnson

Active Routes to School Coordinator

**April 2015**

Nutrition Programs through the Food Bank

Keren G. Ferris, MPH, CHES

Nutrition Services Coordinator, Second Harvest Food Bank

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**June 2015** (rescheduled from February – inclement weather)

Initiatives of the North Carolina Alliance for Health  
Sarah Jacobson  
North Carolina Alliance for Health  
Healthy Food Access Coordinator

**August 2015**

Fit Forsyth!  
Sarah Arthur and Ashley Curtice  
Forsyth County Department of Public Health

**September 2015**

Trail Building and Maintenance of the Mountains-to-Sea Trail  
Don Bergey

**October 2015**

Novant's Wellness Programs  
Ashley Riggs  
Novant Health

2014 meeting topics

**January 2014**

Bike and Pedestrian Update  
Matthew Burczyk  
City of Winston-Salem Bike/Ped Coordinator

**February 2014**

Behealthy Hits the Road!  
CTG Regional Collaborative  
North Wilkesboro, NC

**March 2014**

Mt. Tabor Commercial Area Walkability Audit  
Lynne Mitchell  
Kay Bergey

**April 2014**

Child Nutrition in WSFC Schools  
Amanda Mendenhall, Chartwell's Dining Services  
Lauren Richards, Child Nutrition Director

**June 2014**

Update on Physical Education in WSFC Schools  
Nancy Sutton  
Program Specialist, Health and Physical Education

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**August 2014**

Geospatial Mapping and Public Health

Joseph Sloop

MAP Forsyth

**September 2014**

Guerilla Way finding Sign Project

Cecilia Thompson

Action Greensboro

**October 2014**

REACH Grant Results

Melicia Whitt-Glover

Gramercy Research Group

2013 meeting topics:

**January 2013**

Complete Streets

Margaret Bessette, AICP

Principal Planner

City-County Planning Board

**February 2013**

Forsyth County's Community Food System: A Foundation to Grow

Mari Krane

Data and Research Director

Forsyth Futures

**March 2013**

Creative Corridors Coalition

Russ DuBois

Executive Director

Creative Corridors Coalition

**HBO Weight of the Nation Documentary Series**

A different segment of the documentary series will be shown every Wednesday from 12 noon to 2 pm during the month of March at a/perture Cinema in Winston-Salem.

Local experts were available for discussion and Q&A after each weekly screening.

**April 2013**

Bicycle and Pedestrian Update

Matthew Burczyk, ACIP

Bicycle and Pedestrian Coordinator

City of Winston-Salem

**June 2013**

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Community Transformation Grant Regional Meeting  
Surry Community College  
Dobson, NC

**August 2013**

REACH Grant  
Melicia Whitt-Glover, PhD, CEO  
Gramercy Research

**September 2013**

Triad Buying Co-op, Inc.  
Ann Bliss JD  
Triad Buying Co-op Board Member

**October 2013**

Novant Health Innovation Challenge! What is Your Idea?  
Matt Gymer  
Corporate Director, Innovation  
Novant Health/Forsyth Medical Center

2012 meeting topics:

**January 2012**

How Do We Support Each Other?  
Lynne Mitchell, Health Department

**February 2012**

Behealthy School Kids  
Yalonda Miller, CHES  
Health Department

**March 2012**

Congregational Nurse and Health Ministry  
Judy Ianuzzi, RN  
Shepherd's Center

**April 2012**

City of Winston-Salem Recreation and Parks  
Tim Grant  
Director

**June 2012**

YES! Youth Empowered Solutions  
Katie Spears  
Executive Director

**August 2012**

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Community Health Assessment Action Plans  
Matthew Burczyk, City of WS Bike/Ped Coordinator  
Nancy Sutton, WSFCS Physical Education Specialist  
Lynne Mitchell, Health Department

**September 2012**

Forsyth County Parks and Recreation  
Mike Anderson  
Director

**October 2012**

Brenner FIT  
Dr. Joey Skelton  
Director

2011 meetings topics:

**January 2011**

Regional Transportation and PART  
David Morris  
Piedmont Authority for Regional Transportation (PART)

**February**

Community Gardens and Farmers Market Report  
Sara Quandt,, PhD  
WFU TSI, Program on Community Engagement and Implementation

**March**

Community Gardening  
Mary Jac Brennan  
GC Cooperative Extention

**April**

What is My Job?  
Felicia Bennett-Giles  
Cancer Services

**June**

Legacy 2030 Update, Chapter on Healthy, Complete and Equitable Communities  
Marylin Moniquette-John  
City County Planning Department

**August**

County Health Rankings  
Lynne Mitchell, Preventive Health Services Director

**September**

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PART's (Piedmont Authority for Regional Transportation) HUD Sustainability Grant and the Healthy Communities Working Group Jesse Day, Regional Planner, AICP  
Piedmont Triad Regional Council of Governments

**October**

Building Community Relationships to Reduce Waste and Combat Hunger Shelley Sizemore,  
Assistant Director of Campus Life/Service at WFU