

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 October 2014

If interested, please contact Lynne Mitchell at mitchelm@forsyth.cc or 336.703.3110

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

Meeting dates: The Behealthy Coalition meets the 4th 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:

- Cycling Sunday
- Step Up Forsyth! Community Physical Activity Program (Sept-Nov)
- Safe Routes to School
- Community Gardens
- Healthy Corner Store Network (monthly team meetings are held the first Thursday of every month at 1 pm at the Health Department)
- Bike to Work Week

- 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?

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

August 2014

Geospatial Mapping and Public Health

Joseph Sloop

MAP Forsyth

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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

Community Transformation Grant Regional Meeting
Surry Community College
Dobson, NC

August 2013

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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

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

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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 Extentsion

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

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

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

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