



The Richland FIT Buzz

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Hello Partners and Stakeholders,

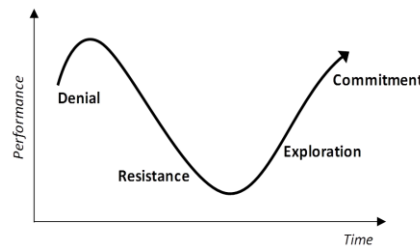
I am your new Health and Wellness Coordinator for Richland County—on the job since mid-February. The large grant awarded to Richland County by the Wisconsin Partnership Program in 2012 was an incredible boost. I want to acknowledge all the hard work by my predecessors and volunteers. Thank you for your persistence and creative vision—I can tell a lot has been accomplished. Now first of all, I want to apologize for the delay in communication. We’ve had some staff changes and I have been catching up with partners to move along the strategies. I am looking forward to getting to know more of you and working with you. In this issue, I will bring you up-to-date on all of our progress. Secondly, I want to recognize the individual value you bring as a wellness leader as part of a larger partnership process. Your ongoing individual representation contributes to sustaining what has been started. Wherever you work, live, socialize or do business—the way you live and what you stand for makes a difference. Please speak up and advocate for a healthier environment. Thank you for helping to protect and promote the health of all who live in RC.

In good health, Betsy A. Roesler, Health and Wellness Coordinator



Let's DO THIS together!

The Change Process: messy but worth it!



Since 2012, Richland FIT has introduced several new strategies to the county in an effort to address the high rate of childhood and adult obesity. With a change process in mind (see Kübler-Ross chart), many of the strategies were met with denial and resistance. That’s ok! Communities tend to give up at this stage because it is uncomfortable and feels wrong. Slow down and consider that the steps toward a commitment to community wellness are just beginning!

Be that “encourager leader” who stays on the rollercoaster knowing the ride will end in a better place for Richland County. **Building Relationships and Trust.** In my experience I have found that it is important to take the time to build relationships. The greater the connection, the more likely the intervention will be owned and sustained. **The goal by 2017 is a 5% county-wide reduction in childhood and adult obesity.** 5% might seem like a small percentage, but when you think about it means around 1,000 people are living differently after only 3 years. That really is a significant change. Strong connections are needed to handle the process. My advice—hang on tight to the ride and we **will** see change.

IN THE RICHLAND OBSERVER “LOCAL FIT COALITION AWARDED GRANT EXTENSION, HIRES NEW COORDINATOR”

Richland Center, WI – The Wisconsin Partnership Program at the UW School of Medicine and Public Health recently approved a no cost extension award for the local Richland FIT coalition totaling nearly \$90,000. The one-year grant extension will allow for continued coordination of strategies aimed at reducing the high rate of adult and childhood obesity in the county. The strategies include collaboration with local partners on sustainable ways to increase access to healthy food options in schools, and in the community. “Much has been accomplished in the past three years to raise awareness and encourage healthy food choices. The grant funds provided by the Wisconsin Partnership Program were a tremendous help. We appreciate all the hard work by our community partners who will continue what has been started.” said Marianne Stanek, Richland County Health & Human Services Health Manager.

As of February 15th, 2016, Richland County Health and Human Services has a new Health and Wellness coordinator, Betsy Roesler. Betsy will work with Richland FIT and coordinate work on other health issue priorities identified by an ongoing county-wide health needs assessment. “Our priority will continue to be on reducing adult and childhood obesity in Richland County. Education alone will not change how people live; people need to be surrounded by an environment where making the right choice is easier. Richland FIT community partners will work together to increase access to the best food choices. I am looking forward to working with all community partners and leaders on ways to make Richland County a healthier place.” said Betsy. Richland FIT will also be discussing the work of the coalition on WRCO on March 8th. To find out more or join the coalition, visit www.richlandfit.com or call Betsy Roesler at 608-649-5968

Announcements:

Meeting dates: Richland FIT Steering Committee-noon Friday, April 22
 Richland FIT coalition-noon Tuesday, May 3rd
 Meetings at RCHHS

Volunteers needed for:

Point of Purchase campaign—more [here](#).
 The Mill Pond Community Garden prep
 Mentoring people seeking a lifestyle change

SUSTAINING STRATEGIES—MAKING A DIFFERENCE

There is a need to support and track the four major initiatives started in 2012: Food for Life, Farm to School, Farmers' Market and Community Garden projects. There is also a need to promote and acknowledge the efforts of individuals and organizations who add fuel to the fire of community change. Research studies show that people need both information and environmental strategies to make changes. Some of both were accomplished with FIT. Community activities seemed to have taken off as a result of the process, so take some credit! ...the work of Southwest Partners to develop outdoor recreation.....the Richland Hospital grocery store tours....the city wide "Minutes in Motion" competition.....events on the new trails. These are all examples of "good seeds" being sown which contribute to promoting a healthy lifestyle. When the message is communicated from multiple sources, the right choice becomes clearer to all.

FOOD FOR LIFE



The ongoing commitment to these classes represents a wonderful partnership with **Richland Medical Center**. Early on, RMC Physicians had a vision for a "hands-on" way to introduce better food to their patients. A partnership with Richland FIT was organized and the classes have been held several times since 2013. An evaluation has been conducted and through additional grant funds, the program will be sustained by RMC.

Pictured here in March, Christine Richards, MD and Neil Bard, MD enthusiastically deliver their knowledge and experience. Their contagious joy for healthy eating is the key to this successful class. Special thanks to Mallory Bender, RMC Health Educator, for her support.

Thank you, Docs, for giving more adults the opportunity to better recognize the connection between nutrition and well-being. Food is medicine!

FARMERS' MARKET



Come to the **Richland Center Farmers' Market** starting on May 7th. Our market is small but the people involved are mighty fine and have a sense of humor. As some of you may know, signs along Highway 14 violate a state ordinance. We laughed about parking a truck like this in a lot on Highway 14 to attract customers coming through town.

Planning for 2016 is off to a great start with new vendors, entertainment, cooking demonstrations and plenty of beautiful produce for sale! Farmers' Market managers Paul and Christine Swanson along with Danielle Sanders from UW extension and Josh and Sam Witte from the Pine River Coop are all once again partnering to offer the EBT program at the Farmers' Market in 2016. This will allow for the use of SNAP benefits to be used to buy produce at the market. Thank you for your commitment to making access to healthy foods possible for all at the Richland Center Farmers' Market.

If you would like to be a vendor or know of a possible vendor, please contact the Swansons at swansonpc@mwt.net.

FARM TO SCHOOL



In March, Kristine Lockwood, Nutrition Educator and AmeriCorps worker, demonstrates the use of honey to make a healthier version of kettle popcorn. This took place at a **Jefferson Elementary School** assembly to recognize the importance of community volunteerism and wellness.

Betsy Roesler, Richland FIT Coordinator, encouraged students to use the "5-2-1-0" daily rule. **5** or more fruits or vegetables a day, **2** or less hours of screen time, **1** hour at least of exercise and **0** sugary beverages. Sue Sharp, Beekeeper, also captivated the kids with an educational presentation on the importance of having bees around. The students were very good and the staff was hospitable. Thanks Sue and Kristine for your work!

COMMUNITY GARDENS



Gardens represent a way of life. And this picture represents the culmination of hours of planning and physical work on the part of numerous volunteers to realize the Mill Pond Community Garden in year #2. Gardening brings increased access to affordable, healthy foods and brings an appreciation for the natural growing process. We need more of this in the environment!!

Posed here for a picture in April with a new banner are volunteers and leaders. From left to right: Marie Waldsmith, Cindy Chicker, Marilyn Martin, Dan Gajdosik, Corrina Mott, Chelsea Walters, Kristine Lockwood, Mary Nee, Marcia Carlson, Sue Hallet, Jackie Lins, Betsy Roesler and Coleen Burns.

Special thanks to ALL the volunteers! And thank you to the Park and Grounds office for working with us to sustain the project--we'll have water access this year! For more information on plot rental at the Mill Pond and Northside Community Garden, please contact Jodi Mieden at the Richland Center Park and Rec. office.

LEMON BASIL WHEAT BERRY SALAD

This delightful and easy to make whole grain salad can be made on a weekend and packed for lunch all week long. It's hearty and satisfying with a bright flavor combination of fresh lemon and basil. It also makes a great potluck or picnic take-along.

Ingredients

2 cups cooked wheat berries	3 cups mixed baby greens
1 15-oz can cannellini beans, rinsed and drained	1/2 cup fresh basil leaves, chiffonade
1 english cucumber, diced	1/4 cup fresh flat-leaf parsley, minced
3 stalks celery, diced	juice of one lemon
1 cup grape tomatoes, halved	2 tbsp olive oil
2 oz feta cheese, crumbled (optional)	salt & pepper to taste

Instructions

- To a large bowl, add the cooked wheat berries, beans, vegetables, feta and herbs.
- Drizzle juice and olive oil over all, season with salt and pepper.
- Toss again to coat.
- Chill for at least one hour to let flavors meld.

Makes: 8 servings



Nutrition facts per serving:

Calories: 250 ,
 Total Fat: 5 g, (Saturated Fat: 1.5 g),
 Sodium: 250 mg,
 Carbohydrate: 42 g,
 Fiber: 9 g,
 Protein: 11 g.

Richland FIT is partnering up with Richland Hospital's very own Ty Mulholland, Registered Dietician and Certified Diabetes Educator. She will be giving the newsletter recipes her take on the nutrition of the recipe as well as any recommendations she has to improve it or make it diabetes friendly.

Ty's Take

(For Ty this month is Marcia Carlson, RD, CDE, Dietitian and Certified Diabetes Educator)

This fresh, healthy salad can be a meal all in itself. Or, instead of getting 8 servings per recipe, you can cut the portions in half, get 16 servings per recipe, and use as a side dish to accompany grilled chicken or fish. It provides an excellent source of fiber from beans and whole grain wheat berries. Fiber helps with regularity, reduces blood sugar after a meal, lowers cholesterol and helps you to feel full. The 2015 US Dietary Guidelines encourages 25-35 g of fiber daily for healthy adults.

The many fresh vegetables in the recipe add plenty of nutritional value that promote good health. Parsley, basil and tomatoes are packed with vitamin C. Olive oil is a heart healthy, monounsaturated fat. Feta is a flavorful, low fat cheese that can be used in small quantities to add taste without a lot of extra calories. This dish fits well in a Mediterranean diet plan.

For people with diabetes, this recipe (divided into 8 servings) provides the equivalent of 2 ½ carb exchanges or approximately 38 grams of carbohydrate, once half of the fiber is subtracted off of the total carbs. As only half of the fiber ingested turns into simple sugars, choosing high fiber foods is beneficial for people with diabetes.

Enjoy! Marcia Carlson, RD, CDE Dietitian/Certified Diabetes Educator. The Richland Hospital.