



# The Richland FIT Buzz

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Greetings from Richland County Public Health!

I am pleased to announce that the Richland FIT coalition has been accepted into the UW’s Healthy WI Leadership Institute Community Teams Program for 2016-17! The program will “facilitate sustainable community partnerships through the development of collaborative leadership and public health skills among teams working on health improvement.” Read more [here](#) about the HWLI. Special thanks to the community members who have agreed to take part in the program: Sheri Scott, Jarred Burke, Mallory Bender, Chelsea Wunnicke, Denise Lins, Cindy Chicker, Kristine Lockwood and myself. The team will be supported by several other county leaders who will participate as their schedule allows. Richland FIT will be sustained through this collaboration to strengthen and expand the capacity to address the rate of obesity in the county.

Betsy A. Roesler, Health and Wellness Coordinator

## BUILDING CAPACITY to improve community health through COLLABORATIVE LEADERSHIP

During May and July of 2016, coalition members worked with skilled facilitator, Jarred Burke, Richland School District Administrator to prioritize ongoing goals and objectives. During the process, members were organized into small groups to determine if the goals set in 2012 were still relevant. The initiatives under each goal area were discussed, prioritized and combined. Finally, the initiatives were designated with a “P” for Partnership, “C” for Coalition and “N” for Networking. Complete meeting minutes can be found on the [FIT website](#).

Goal 1: Improve eating habits	Goal 2: Increase physical activity	Goal 3: Promote a holistic concept of health	Goal 4: Enhance the strength of the coalition
Breastfeeding (P)	Transportation policies (P/C)	Mental Health care (C/P)	Expand to other communities and members (C)
Farm to School (P)	Safe Routes To School (P)	Education disease prevention (C)	Business sector involvement (C)
Expand existing resources (C)	Active Schools (P)	Mindfulness Education (C/P)	Branding to make connections & raise awareness in RC (C)
Peer to Peer diabetes education (P)	Outreach beyond city (C/P)	Economic Fitness (N)	
Event policies (C)		Youth Risk Behavior Assessment survey (P)	
Meal Planning (P)		Expand outside RC (C)	
Point of Purchase (C)			
Expand to other communities and members (C)			

FIT Coalition hard at work!

Thank you, Jarred Burke!

## Grilled Corn Salad from Eating Well

### Ingredients

2 T. lime juice	3/4 c. diced zucchini	2 T. chopped fresh cilantro
2 T. white-wine vinegar	1 firm ripe avocado, diced	1 c. cherry tomatoes, halved
3/4 tsp. salt, divided	1/4 c. thinly sliced red onion	5 c. arugula (about 3 oz.)
3/4 tsp. ground pepper, divided	1 jalapeno, minced (optional)	2 lbs. skinless chicken breasts
1/4 c. extra-virgin olive oil	1 large ear corn, husked	1 c. coarsely broken tortilla chips

Nutrition information Serving size: 2 1/4 cups. Per serving: 447 calories; 28 g fat(4 g sat); 6 g fiber; 24 g carbohydrates; 27 g protein; 96 mcg folate; 63 mg cholesterol; 5 g sugars; 0 g added sugars; 1078 IU vitamin A; 23 mg vitamin C; 78 mg calcium; 2 mg iron; 551 mg sodium; 812 mg potassium Nutrition Bonus: Vitamin C (38% daily value), folate (24% dv), Vitamin A (22% dv) Carbohydrate Servings: 1 1/2

Instructions: Preheat grill to medium-high. Combine lime juice, vinegar and 1/2 teaspoon each salt and pepper in a large bowl; whisk in oil. Add tomatoes, zucchini, avocado, onion and jalapeno, if using; gently toss to coat. Set aside. Sprinkle chicken with the remaining 1/4 teaspoon each salt and pepper. Oil the grill rack. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165 °F, 4 to 5 minutes per side. Grill corn until lightly charred on all sides, 2 to 4 minutes total. Transfer to a clean cutting board. Cut the chicken into bite-size pieces; cut corn kernels from the cob. Add the chicken and corn to the tomato mixture; stir in arugula, tortilla chips and cilantro and gently toss to combine. Enjoy!



### Richland Hospital's Registered Dietician, Marcia Carlson's comments on this recipe:

*"This recipe features plenty of seasonal vegetables and would be a great summer main dish. If you can't find arugula (which is a slightly 'spicy' tasting leafy green- loaded with vitamins A and C) substitute mixed greens or a dark green leaf lettuce. Olive oil and avocado supply healthy sources of monounsaturated fats. Chicken breast provides a protein source that is very low in unhealthy saturated fat. This recipe calls for 2 # raw chicken for four servings, which yields a protein serving of 7 oz, which is larger than generally recommended. Start with 1 # - versus 2# - raw boneless, skinless chicken breasts, to provide 3-4 ounces of cooked chicken per serving. That is about the size of a deck of cards- which is the recommended serving size."*

**Grocery Store Tours** Looking for a fun, learning activity for your next group meeting? Does your group have an interest in healthy foods and reading food labels? The Richland Hospital dietitians will offer free grocery store tours to community, church, school, work or social groups. The one hour tour will be led by a Registered Dietitian. Tours will be tailored to your interests and scheduled at your convenience. Groups of 6-12 are requested, and we are able to accommodate one group per month. Call 608-647-6321 ext 2480 to schedule.

*Please keep reading.....*

## COALITION ANNOUNCEMENTS:

**FIT Coalition** meetings are held throughout the year. Open to all Richland County residents! Sign up [here](#) to volunteer: Farm to School, Community Garden, Point of Purchase, Coalition building, Ugly Sweater Fun Run/Walk.

**“Yak Attack”** Kayak/Canoe event on the Pine River will be Saturday, September 24th at 4 pm. For more information contact Mallory Bender.

**“Point of Purchase”** volunteer orientation/training will be held on Thursday, September 29<sup>th</sup> from 5-7 pm at HHS.

Watch for information for the upcoming **“Richland FIT Ugly Sweater Fun Run/Walk”** event to be held on **Saturday, December 3rd**. The event features a 2 mile route beginning at **Symons** ending with a delicious and healthy holiday meal for all. Thanks to RC Parks Dept. for support! Watch for registration information on the FIT [Facebook](#) page.

**Recruiting Peer Diabetes Educators!** Training on Sept 27th to 29th at the Richland Hospital. For more information, contact Marcia Carlson, RD, CDE.

Find us on Facebook and Twitter! Stay connected!

### Richland FIT Steering Committee

Co-Chairs: Cindy Chicker, The Richland Hospital and Chelsea Wunnicke, UW Extension

Jarred Burke, Richland School District Administrator; Monica Maronich, Richland Medical Center; Marcia Carlson, RD, The Richland Hospital (Ty Mulholland); Denise Lins, Symons Recreational Complex; Kay Cunningham, RN; Neil Bard, MD, UW Academic Partner; Danielle Sander, RD; UW Extension; Sheri Scott, Evaluation Consultant; Marianne Stanek, RN, RCHHS fiscal agent; Betsy Roesler, RCHHS H & W Coordinator

**Thank you for your leadership!**

### Thank you to the following organizational supporters!



Look ahead to the Winter 2016 newsletter for more news, recipes and announcements!