



# The Richland FIT Buzz

MAY-JUNE 2016

VOLUME 3 ISSUE 12

In my experience, community education is only part of what is needed to become a healthier community. People need to see individuals and organizations advocating for and strategically creating a healthy environment. Since Richland FIT was organized, collaboration has gained momentum. Thank you for your individual leadership efforts to promote healthier choices where you live, work, and play. Let's continue to collaborate together realizing that change is a slow process and it may take several cycles of planning in order to create a community prevention system capable of desired outcomes. During the process, we can stay inspired by good examples around the world. Studies of communities where people live longer, are happier, and experience less chronic disease share common lifestyle habits. [The Blue Zones Project](#) examined places like Loma Linda, California, Okinawa, Japan, and Sardinia, Italy. Research findings demonstrate that people in these communities exercise regularly, eat well, get enough sleep, have strong social connections, positively cope with stress and enjoy alcohol in moderation. No surprise! Read more [here](#).

Spring and summer are in the air, so let's get out and explore the beautiful Ocooch-lined sky! Betsy A. Roesler, Health and Wellness Coordinator



### *Experiencing change with the SPF process*

**Check out the diagram to the left.** This image illustrates a commonly used approach to the business of prevention. Yes, this is serious business because good health is a most valued and cherished gift! A similar framework for the prevention process has been followed since 2012 to address the county's high rate of childhood and adult obesity. Through the [UW Partnership Program](#), multiple strategies were implemented. Organizations, businesses, and communities looking to improve or change something can apply the principles of SPF. With this fluid process, progress is measureable and future directions can be set collaboratively. Trust the process and see change!

### *The SPF wheel turning in 2016 and beyond!*


The capacity to create change is increasing through collaboration in Richland County. I am pleased to say that I am a part of an expanded team called the Health Assessment and Wellness Coalition (or HAWC's). This group has been coming together to gather assessment data with respect to overall community health in Richland County. In March, 2000 surveys were sent to randomly selected households to gather community opinions. The data will help to drive the selection of health priorities in the county going forward. Special thanks to Chris Drea, David May, MD, Chelsea Wunnicke, Marianne Stanek, Jarred Burke, Cindy Chicker, Shawn Tjossem, and Shelley Andres. Community partnerships strengthen the capacity for change and build relationships. Thank you, HAWC's!

**Strategic Prevention Framework**  
 Source: SAMSHA

<p><b>Announcements:</b></p> <p><b>Meeting dates:</b> Richland FIT coalition 6/7 &amp; 8/23 noon-1:30 pm</p> <p>Steering Committee meeting 7/12 noon to 1:30 pm</p>	<p><b>Volunteers needed for:</b></p> <p>The "Point of Purchase" campaign (promote healthy choices)</p> <p>Musicians and food demonstrators at the Farmers' Market</p>
---	---

## RICHLAND FIT PARTNERS—MAKING A DIFFERENCE

In 2012, seventeen businesses and organizations came together to form the Richland FIT coalition. Since this time, many have devoted additional resources to encourage healthy choices among those they serve. Thank you, partners in prevention! In our final year of funding, there will be a focus on sustaining the efforts well into the future through community partnerships. Some of the great work happening among some of our partners is highlighted below:





**RAF**  
RICHLAND AREA  
FARMERS MARKET

**Working together!** The Pine River Food Co-op is actively involved in the Farmers’ Market this year selling food items and offering the Food Share token program. (SNAP benefits). This effort expands the accessibility and promotion of healthy food choices to all income levels. The Pine River Food Coop is increasing the inventory of organic merchandise. Food demonstrations and music at the Farmers’ Market will attract new customers and create a lively environment for all to enjoy!

Thank you for your hard work; Paul and Christine Swanson, Sam and Josh Witte!

**PINE RIVER  
FOOD CO-OP**






**Public Health**  
Prevent. Promote. Protect.

**Employee Wellness!** Congratulations to all 29 participants of the Richland County Health and Human Services team who racked up 66,918 during Gundersen Clinic’s “Minutes of Motion” program over 6 weeks! Many employees have continued to take 15 minute walking breaks in downtown Richland Center or along the Pine River.

RCHHS has a Healthy Snack Program in the building break room offering a variety of fresh fruit, nuts, and other snacks maintained by the HHS Wellness Committee. The committee is currently organizing a year-long information campaign to encourage mental and physical well-being through posters, activities, and on social media. The campaign has enthusiastic support from the Director, Patrick Metz. Thank you, Patrick!



**Symons**  
RECREATION COMPLEX

Since 2012, the Symons Recreational Complex has implemented several changes:

- Vending machines, soda and candy, have been removed!
- Concessions for swim team meets now include fresh fruits.
- Sales of soda decreased by 50-75% during the swim meets
- Membership structure and fees have changed to encourage all individuals and families the ability to access the facility.
- Weight rooms are open 24/7 to accommodate all work and family schedules.

Thank you, Denise Lins, SRC Director, and all her staff for the fine work!



Kristine Lockwood, “Farm to School” Nutrition Educator, is a valued part of the process to increase access to good food! Here she is holding an apple at the National Farm to Cafeteria conference in Madison. Thank you for all your work with the students and their parents in the Richland School District, Kristine. The kids love her! The gardens at each building are coming together and students are trying new foods. Thank you, Gretchen Kanable, Nellie Ty, and Jarred Burke, from the Richland School District. Mindy Baker, FIT volunteer Angie Arneson, UW-Richland, and Tanya Webster, Senior Nutrition Program Coordinator for working on the “Farm to School” program.



**FARM TO SCHOOL**  
RICHLAND COUNTY

**The Farm to School program will continue over the summer with work on the school gardens!**



**SCHOOL DISTRICT**

## HEALTHY POTATO SALAD RECIPE

Potato salad is everyone's longtime summer favorite. Here's a heart healthy version-it is colorful, full of crunchy and healthy ingredients.

## INGREDIENTS

2 pounds small red potatoes, quartered	½ teaspoon salt
¼ teaspoon pepper	5 hard cooked eggs
1 large sweet onion, chopped	¾ cup fat free mayonnaise
2 celery ribs, chopped	2 teaspoons cider vinegar
½ cup chopped green onions	1 teaspoon sugar
½ cup julienned sweet red pepper	1 teaspoon ground mustard
¼ cup minced fresh parsley	

## Nutrition facts per serving:

One serving (3/4 cup) equals 110 calories, 1 g fat (trace saturated fat), 2 mg cholesterol, 305 mg sodium, 22 g carbohydrate, 3 g fiber, 4 g protein. Diabetic Exchanges: 1 starch, 1 vegetable.



***Make the healthy choices at the time of purchase! The Richland Hospital offers grocery store tours led by a Registered Dietitian. Next one is at Gordy's on June 8<sup>th</sup> 6 to 7 pm. No cost!***

**Richland FIT is partnering up with Registered Dietitians to provide general nutrition tips and a "take" on healthy recipes as well as any recommendations to improve it or make it diabetes friendly.**

From The Richland Hospital's Dietary Department:

Some great information overall regarding the 2015-2020 Dietary Guidelines is that we should eat limit our intake of sodium to 2300mg as part of an overall healthy eating pattern, which is higher than the 1500mg limit a few years ago. We no longer need to count cholesterol, but we still want to stay under the 10% saturated fat guidelines. Keeping the yokes is ok (1.5gms saturated fat in one egg yolk or 8% sat fat daily). The whole emphasis on fat has shifted. Not that we can eat as much fat as we like, but meaning that we focus on healthy fats in moderate portions.

Overall this recipe supplies a healthy serving of vegetables and is lower in calories and saturated fat than the traditional creamy style potato salads. A good addition to increase vegetable servings would be to add carrots, or radishes sliced on top. The latest dietary guidelines ( <http://www.choosemyplate.gov/dietary-guideline> ) suggest adding more fruits and vegetables overall. You can use the recipe as is OR use light mayo. Another alternative to regular mayo would be the varieties that use olive or canola oil bases, which would be higher in heart healthy monounsaturated fats. The total fat in this recipe is 27% of calories and only 1 g saturated fat. Substituting light or canola mayo varieties would alter the total fat and type of fat slightly.

Another recipe to consider: [http://www.eatingwell.com/recipes/classic\\_potato\\_salad.html](http://www.eatingwell.com/recipes/classic_potato_salad.html) is another option which has yogurt added, a great source of dairy and protein. Submitted by Mary Jo Coleman, RD, CD, IBCLC. For more information please call-608-647-6321 X2283



***Thank you, Mary Jo!***

***Look ahead to the July/August newsletter for more stories from our partner organizations!***

