ACHIEVE Mission:

ACHIEVE is a group of leaders across five sectors: Schools, Worksites, Organization, Healthcare, and Community at Large. It is our mission to inspire and promote policies, practices, and collaborations to make the healthy choice the easy choice.

Nancy Parker
ACHIEVE YMCA Coach
Executive Program Director
Monroe County YMCA

Paula McDevitt
ACHIEVE Community Coach
Recreation Services Director
City of Bloomington Parks & Recreation

Molly Packard
Community Nutrition and Health and Wellness Coordinator
Monroe County YMCA

Jaclyn Braspenninx
Health and Wellness Coordinator
City of Bloomington Parks & Rec
Agenda:
1. Introductions
2. What is ACHIEVE?
3. Community Impact
4. Contact
• What does ACHIEVE stand for?

Action
Communities
for
Health
Innovation
and
Environmental change
Bloomington/Monroe County

ACHIEVE

Action Communities for Health, Innovation, and Environmental Change

CHANGE TOOL
Community Health Assessment and Group Evaluation

MINI GRANTS

CAP
Community Action Plan

COACHES

COORDINATOR

CHART
Community Health Action and Response Team

ACTIVE LIVING COALITION
YMCA Coach
Community Coach

Roles:
• To support and coordinate the work of the CHART and CAP Committees
• Coordinate opportunities for collaborations with community organizations
• Educate the community of the benefits of how to make the healthy choice the easy choice in Bloomington/Monroe County
Bloomington/Monroe County

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ACTIVE LIVING COALITION
CHART Members

Penny Caudill
Administrator, Monroe County Health Department

Francie Hurst
Vice President, Corporate Wellness at Cook Medical

Maria Heslin
Owner, Independent George

Roberta Kelzer
Executive Director, Monroe County YMCA

ACHIEVE CEO

Barry Lessow
Executive Director, United Way of Monroe County

Carol Weiss Kennedy
Director of Community Health, Indiana University Health Bloomington

Tina Peterson
Executive Director, Community Foundation of Bloomington & Monroe County

Catherine Sherwood-Laughlin
Clinical Associate Professor, Indiana University

Beverly Smith
Director of School & Community Services, Monroe County Community School Corporation

Elizabeth Thompson
ENT, OB/GYN and Surgery Administrator, IU Health Bloomington

Debra Vance
Executive Director of Diversity and Outreach Programs, Ivy Tech

Peggy Welch
Indiana Medical Devices Council, Executive Director

Bob Zaltsberg
Editor, The Herald Times
Bloomington/Monroe County

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ACTIVE LIVING COALITION
“...comprised of individuals and organizations representing community sectors of health care, education, city government, county government, business, and service organizations who are addressing the public health issue of physical inactivity.”

http://www.activelivingcoalition.org/
Bloomington/Monroe County

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ACTIVE LIVING COALITION
• CHANGE Tool
  – Community Health Assessment and Group Evaluation
  – Five Sectors (Healthcare, Schools, Worksites, Community Institutions/Organizations, Community at-large)
  – Data Collection – Survey Monkey, interviews, walking tours
Bloomington/Monroe County

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Community Action Plan
• CAP Committees
Bloomington/Monroe County

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ACTIVE LIVING COALITION
## 2011 Mini Grant Recipients

<table>
<thead>
<tr>
<th>Grantee</th>
<th>Successes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting Living Coalition</td>
<td>Healthy Restaurant Bloomington Designations. 16 out of 34 BIRA restaurants were assessed by a RD. Two BIRA restaurants followed through with a SMART meal nutritional analysis and menu reprinting.</td>
</tr>
<tr>
<td>Bloomington Developmental Learning Center</td>
<td>Promoting physical activity among infants, toddlers, and preschoolers in a safe indoor play areas. Were able to establish at least 60 minutes of play per day.</td>
</tr>
<tr>
<td>Bloomington Hospital</td>
<td>Promoted proper nutrition, limit tobacco use, and chronic disease prevention; Establish patient exercise “prescriptions”</td>
</tr>
<tr>
<td>Bloomington Meadows Hospital</td>
<td>Health &amp; Wellness Initiative focused on nutrition education by providing healthy snacks for employees.</td>
</tr>
<tr>
<td>Grantee</td>
<td>Successes</td>
</tr>
<tr>
<td>--------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>City of Bloomington Parks &amp; Recreation</td>
<td>Improved trail signage at a local nature park to indicate miles covered.</td>
</tr>
<tr>
<td>Monroe County Tobacco Prevention &amp; Cessation Coalition</td>
<td>Funds were used to create awareness about second hand smoke therefore leading to a smoking ban in Ellettsville.</td>
</tr>
<tr>
<td>Twisted Limb Paperworks</td>
<td>Create a Living Wall Garden to provide fresh produce for employees and education for B - Line Users. Produced more than 25 pounds of fresh produce per week for employees to take home.</td>
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</tbody>
</table>
## 2012 Mini Grant Recipients

<table>
<thead>
<tr>
<th>Grantee</th>
<th>Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting Living Coalition</td>
<td>Used only $825 to fund a day workshop to educate businesses/organizations on how to have a healthy workplace. 40 people were in attendance representing 16 different organizations.</td>
</tr>
<tr>
<td>Boys &amp; Girls Club of Bloomington</td>
<td>Junior riders biking club &amp; changing policy to promote biking. Bought ten bikes to promote physical activity through the biking club.</td>
</tr>
<tr>
<td>IU Health Bloomington Hospital</td>
<td>Comprehensive stairway initiative. 31 clings used to promote stairwell use in the hospital as well as 136 clings used in community buildings. Promotion is still taking place.</td>
</tr>
</tbody>
</table>
### 2012 Mini Grant Recipients Continued

<table>
<thead>
<tr>
<th>Grantee</th>
<th>Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monroe County Public Library</td>
<td>Two lunch and learn session to promote healthy nutrition and physical activity for their employees.</td>
</tr>
<tr>
<td>Monroe County School Garden Collaborative</td>
<td>School-based garden ecosystems at three Monroe County Schools. Arlington, Clear Creek, and Edgewood Secondary School.</td>
</tr>
<tr>
<td>Bloomington Meadows Hospital</td>
<td>Improve healthy lifestyle and nutrition education for employees and patients by provided two fitness classes.</td>
</tr>
<tr>
<td>The Project School</td>
<td>Development of outdoor classrooms and gardens to teach healthy eating to students.</td>
</tr>
</tbody>
</table>
2013-2014 Community Action Plan Sustainability Goals

- **Healthcare**: Continuation of Tobacco Free Campus, increase physical activity across all boards. Evaluate nutrition processes across the hospital. Work on partnership with Healthy America.

- **Worksite**: Conduct survey across Southern Indiana employees about worksite wellness; look into fresh fruit delivery to companies. Worksite Wellness Alliance participation.
Community Action Plan 2013-2014 Goals Continued

– **Schools:** Collaborate with RBB and MCCSC quarterly, expand health and wellness communication to all audiences.

– **Community Organization:** Start Healthy Parish Certificates for faith based organizations.

– **Community at Large:** Create an awareness campaign about Bloomington trails. Raise awareness of vegan/vegetarian restaurants in Bloomington.
• Where can you find ACHIEVE?

Website: http://bmcachieve.org/

Facebook: Achieve Bloomington / Monroe County

Twitter: @bmcACHIEVE