

2019 HONU Work Plan

Healthy Lifestyles across the Lifespan

Our goal is to support educational programs, activities, and policies that help individuals increase access to physical activity and healthful foods, as well as support eating well and active living.

Objective 1: Maintain and support the worksite wellness action team to provide quarterly networking/training opportunities by December 2019

- Provide quarterly workplace wellness trainings

Objective 2: Maintain and support the Coalition for Active, Safe and Healthy Streets and the Safe Routes to School Action teams to continue to make improvements to the built environment in New Ulm

- Continue to prioritize and implement the recommendations contained in the Walkable Livable Communities Report
- Continue to prioritize and implement the objectives contained in the Safe Routes to School Plan
- Work with the city to incorporate health in the newest edition of the city comprehensive plan

Objective 3: Leadership Team will develop and support an action team that improves nutrition policies/practices in various venues throughout the community

- Work with service clubs to improve nutritional offerings at their fundraising events
- Work with schools, city and county to adopt and implement healthy concession policies
- Implement the sustainable restaurant recognition program and make changes as needed before expanding to additional restaurants.
- Work with the food shelf to offer self-selection by their clientele and redesign their food storage and display areas promote healthier options

Objective 4: Support and promote educational and funding opportunities to increase physical activity and improve nutrition through community education, SHIP, NUMC programs and other partnering organizations.

- Facilitate and promote partnerships that address the transportation and isolation needs of the individuals and seniors in our community through:
 - Participation in the Regional Transit Coordination Council
 - Identifying volunteer opportunities to help seniors, such as a visiting program

Objective 5: Embed community health challenges within organizations to provide annual opportunities to engage community and business partners in a community wide initiative by December 2019.

- Bring interested parties together to determine the steps necessary to implement a community health challenge

Mental Health

Our goal is to reduce the burden of mental health by reducing stigma, improving early identification and offering resiliency programming focused on mental health conditions.

Objective 1: Partner and lead efforts to provide educational opportunities that increase awareness and understanding related to mental health

- Implement resiliency programming in New Ulm (i.e. Bounce Back)
- Partner with BC Public Health to offer ACES training and create an implementation plan
- Expand Change to Chill program in community

Addiction and Risky Use of Substances

Our goal is to support educational programs, activities, and policies that increases awareness regarding addiction and misuse of legal and use of illegal substances.

Objective 1: Partner with SHIP, Park and Recreation Commission, Brown County Public Health, American Lung Association and other interested partners to implement tobacco use prevention policies in Brown County

- work with the Park and Recreation Commission to craft a tobacco-free youth events policy in all city parks in New Ulm
- work with worksites to expand the number of worksites with tobacco free grounds policies
- work with the County Commissioners to adopt a smoke free youth events policy for Brown County public parks

Objective 2: Partner with organizations to decrease alcohol, drug use and tobacco use amongst youth

- Collaborate and support sustainability efforts with the Underage Substance Abuse Coalition (USAC)
- Identify funding opportunities to conduct a Safe Alcohol Consumption Campaign addressing adults
- Work with the Park and Recreation Commission to craft an alcohol-free youth events policy in all city parks in New Ulm
- Work with the County Commissioners to adopt an alcohol-free policy for youth events in Brown County public parks