



*Tobacco-free parks policy*

*Countywide Chemical Health Action Team*

*Historical table wraps*

*Scavenger hunts*

The Heart of New Ulm (HONU) aims to improve the health, well-being and quality of life of all New Ulm-area residents through education, available resources, initiatives and partnerships that empower people of all ages to take responsibility for their own health in a supportive environment.

Working off its three-year action plan for 2020-2022 (available at [www.heartofnewulm.com](http://www.heartofnewulm.com)), HONU in 2020 continued its focus on three key areas: 1) healthy lifestyles, 2) mental health, and 3) addiction and risky use of substances. Thank you to the many community volunteers who served on the HONU leadership and action teams in 2020!

### **Leadership Team**

- Proposed a tobacco-free policy for parks, trails and recreation facilities in New Ulm; the City Council approved it in October and it became effective Jan. 1, 2021.

### **Food Environment Action Team**

- Launched a “Wellness the NU Way” campaign with social media, billboard, newspaper ads and newsletters.

### **Downtown Action Team**

- Finished designs for six of nine planned downtown historical table wraps and received funding from the New Ulm Area Foundation to assist with design and installation.

### **Worksite Wellness Action Team**

- Offered virtual Worksite Wellness Networking and Training events in July and October.
- Created and offered two community scavenger hunts in May and August that were very popular and also offered the annual Holiday Trimmings program.

### **Mental Health Action Team**

- Partnered with six local worksites on a well-being project promoting health through happiness called The People Project. Worksites participated in monthly evidence-based well-being activities that were themed with simple, fun and intentional practices.

### **Brown County Chemical Health Action Team**

- Created the new action team over the summer of 2020, which is comprised of representatives from various organizations across the county. The team will support educational programs, activities and policies that increase awareness of addiction and misuse of legal substances, and also address the use of illegal substances.
- Updated the HONU website with listing of local resources for those struggling with addiction.
- Partnered with a New Ulm high school health class to provide a virtual presentation on the effects of vaping.

### **Safe Routes to School Action Team**

- Conducted a parent survey about safety for both adults and kids walking and bicycling in New Ulm to learn more about whether residents would support a pedestrian-activated crosswalk on South Broadway and slower city speed limits. The results will help monitor the effectiveness of the New Ulm Safe Routes to School Program and determine how to improve opportunities for children to walk or bike to school.

### **Coalition for Active, Safe and Healthy Streets (CASHS)**

- Began working with MnDOT on plans for an enhanced crosswalk at 4th South Street and South Broadway.
- Discussed the possibility of lowering the speed limit from 30 mph to 25 mph on city-owned streets, as allowed by a new Minnesota law enacted in 2019.