



Partners In the Know

Fall 2007

Thank you

For your interest to help build a coalition that supports communities to become more physically active and more walkable. The time you gave to fill out our survey at the County Fair was greatly appreciated. The Meeker-McLeod-Sibley Healthy Communities Collaborative looks forward to working with you in the future!

Health Promotion Team

Mission:

To promote, plan and implement efforts to enhance healthful living in Meeker, McLeod and Sibley counties.

Vision:

To partner with communities in encouraging and supporting efforts to impact environmental change and enhance healthful living.



Our Collaborative

Public Health Departments, Hospitals and Clinics based in Meeker, McLeod and Sibley Counties began to meet at the Allina Healthy Community Retreats during 1993 through 1995. In January 1995, the Meeker, McLeod, Sibley Healthy Communities Collaborative Team was created. Meeker, McLeod, Sibley Healthy Communities Collaborative Full Team consists of administrators from each sector who meet quarterly and advise three workgroups which are Disease Prevention & Control; Prenatal and Education. The Full Teams mission is "Our commitment is to improve the health of our community"

Your Involvement

Websites to check out!

Active Living By Design Site:

<http://www.activelivingbydesign.org/>

Let's Walk Assessment Tool:

<http://www.health.state.mn.us/divs/hpcd/chp/opach/pdf/walk.pdf>

Meeker–McLeod Sibley Health Communities:

www.mmshealthycommunities.org

Steps to a Healthier MN:

<http://www.stepstoahelthiermn.org/>

Things you can do to get started on better nutrition and physical activity in your communities:

- Greater access to fresh fruits and vegetables at your child's school and in your community:
 - Become familiar with your child's school's nutrition policy.
 - Join your school's nutrition policy committee
 - Frequent your local farmer's market as often as possible to purchase locally grown fresh fruits and vegetables.
 - If your community doesn't have a farmer's market, encourage your city to start one.
 - Organize a gardening club. Grow your own fresh fruits and vegetables.
- Building physical activity into your workday:
 - Flex your hours to allow time for activity
 - Go for a walk during your lunch break.
 - Work with your Human Resources Department to provide information on how being physically active during the day improves productivity at work.
 - Schedule time to be physically active into your calendar. You are more likely to make time for it if it is already blocked off for that purpose
- Safety concerns such as traffic and lack of side-walks when walking to school:
 - Work with law enforcement to ensure speed limits and crosswalk right-of-ways are being obeyed.
 - Work with schools to increase the number of crossing guards.
 - Organize a walking school bus to pick up neighborhood kids and walk to school as a group.
 - Petition your city engineers to create more sidewalks and bicycle lanes.
 - Work with your school to redirect the flow of traffic for cars dropping off and picking up kids.

Partners

Affiliated Community Medical Center

Allina Medical Clinic

Glencoe Regional Health Services

Hutchinson Area Health Care

Hutchinson Medical Center

McLeod County Public Health

Meeker County Public Health

Meeker County Memorial Hospital

Meeker –McLeod-Sibley Community Health Services

Ridgewater College

Sibley County Public Health

Sibley Medical Center

University of MN Extension

- McLeod County

-Meeker County

-Sibley County