

Healthy Communities Initiative Recipients (2009-2010)

Recipient	Project Director	Project focus
Adams Co. Board of Health	Gwen Larsen	Community wellness-staff training, screenings, community education and fitness equipment.
Black Hawk Co. Board of Health	Thomas O'Rourke	School-based mental health services and early childhood mental health referral network.
Cass Co. Board of Health	Denise Coder	Establishing a centralized infrastructure for health promotion activities.
Clayton Co. Board of Health	Haleisa Johnson	School-based oral health program and Arthritis Foundation Self Help Course for chronic disease self management
Dallas Co. Board of Health	Janice Jensen	Implement CATCH program in two school systems and summer county conservation Passport to OZ (outdoor zone)
Decatur Co Board of Health	William Morain, MD	Completion of the final interconnecting of the Lamon Recreation Trail. Local volunteers do the concrete paving to link two pieces of trail in a 0.4 mile section in Lamon.

Dubuque Co. Board of Health	Dr. Paul Buss	Partner with Hy-Vee dietitians to provide cooking classes for families; creation of county-wide food, fitness, and wellness committee to promote long-term community changes.
Harrison Co. Board of Health	Nicole Carritt	Purchase fitness equipment and security door/pass key system for local school to establish a fitness center.
Jefferson Co. Board of Health	Ken Daley	Build local capacity to address wellness issues by collecting population data and wellness needs and developing activities targeting nutrition, physical activity and tobacco use prevention.
Johnson Co. Board of Health	Jan Temple	100 families to engage in 6 evening sessions. First part of each session will be a nutritious family dinner. Remaining 1.5 hours will be used to provide group education for children and parents in the areas of nutrition, physical activity, and nutrition and physical activity in combination with math and literacy lessons.
Kossuth Regional Health Center	Dixie Meyer	Increase fruit and vegetable consumption by working with 3 rd grade students and their families as well as congregate meal site participants. Home visitation nurse working with families in preparing nutritious meals (“Meals to Go”).
Lee Co. Board of Health	Michele Ross	Implement the CATCH program in schools
Linn Co Board of Health	Stephanie Neff	Develop, implement and evaluate a comprehensive plan to assist in creating a community that actively practices and promotes healthy nutrition habits. Plan will include providing information,

		building skills, providing support, reducing barriers, changing physical design and modifying policies.
Mills Co. Board of Health	Sheri Bowen	The following activities have been selected to improve the mental and physical health of county residents: offer chronic disease self management classes, mental health classes for middle school students and fun, motivational nutrition and physical activity challenges.
Mitchell Co. Board of Health	Debra Freeman	Increase access to mental health services by providing expanded transportation services.
Osceola Community Health Service	Eric Knoblock Pamela Juber	Increase collaboration among service providers, strengthen individual knowledge and skills regarding exercise and nutrition, and educate the community on issues related to overweight.
Polk Co. Board of Health	Rick Kozin	Implement SWITCH (Student Wellness Initiative Toward Changing Health). Build institutional capacity in neighborhoods by creating neighborhood wellness councils. Completion of Health Risk Assessments, Nutritional Environmental Measurement Surveys, neighborhood walk ability assessments and an awareness telephone survey.
Poweshiek Co. Board of Health	Melissa Strovers	Expand Grinnell Area Recreation Trail. Integrate and promote physical activity as a way of life.

Ringgold Co. Board of Health	Becky Fletchall	Expand recreational opportunities; install new playground equipment, provide nutrition and physical activity programs for youth and families.
Shelby Co. Board of Health	Vickie Gillespie	Remodel former motel into a community wellness center
Siouxland District Health Dept.	Kevin Grieme	Develop a 5-year Woodbury County Wellness Action Plan that identifies strategies for reducing the prevalence of chronic disease. Develop a framework for businesses to provide worksites wellness programs for their employees.
Van Buren Co. Board of Health	Dixie Daugherty	Provide residents in eight “villages” with information and support to change lifestyles incorporating physical activity and healthy eating into routines.
Story Co. Board of Health	Eileen Mullan	In conjunction with VERB, Mileage Club and Walk to School promotions will increase physical activities in communities and schools in surrounding counties.
Wayne Co. Board of Health	Sharon Ross	Promote physical activity and healthy nutrition through a walking challenge, fitness classes and an Eat Smart Live Strong USDA program.