

NEMS Mini-Grants Applications

Participants (55) who completed two-day regional NEMS trainings in April 2010 were eligible for \$500 mini-grants (several organizations sent more than one participant). Twenty-three grants were awarded to recipients in 18 counties with funding from Wellmark Foundation and Iowans Fit for Life, Iowa Department of Public Health. The purpose of the mini-grants was to encourage immediate use of NEMS tools, including NEMS-V. Beginning outcomes indicate that the participants understand and plan to use the tools further in their communities.

Grantee	NEMS Assessment Tool	Number Assessed	Beginning Outcomes
Region 6 Planning Commission	Convenience Stores; Restaurants; Kids Menus	4 communities: 1 convenience store; 1 bar that serves food; 6 grocery stores	Focus of project was to create a model to use NEMS surveys with regional planning in rural Iowa. Project concentrated on who would be the decision makers and how they could use the results of surveys. Sample surveys were completed and used to set up the model. Can be shared with other Council of Governments (COGS) in Iowa.
Worth County Public Health	Convenience Store; Convenience Store	2 grocery stores; 2 convenience stores	Plan to contact all stores with results and suggestions to make healthy choices more available. Local M.D. will author news releases to inform the community of possible changes to support businesses.
Calhoun County Public Health	Restaurants; Kids Menu	9 restaurants	Surveyed restaurants in Calhoun County and prepared a county 'briefing' to share with businesses and consumers.
Genesis VNA/CC Public Health	Restaurants	20 restaurants	Restaurants were surveyed in Clinton County and results were sent to businesses with suggested improvements. Plan to re-survey in Fall with help from Loras College Students.
Shenandoah Medical Center	Restaurants; Kids Menus	1 restaurant; 1 hospital cafeteria; 4 kids menus	After survey of hospital cafeteria shared results with wellness committee--will do promotion of healthier choices. Plan to work with other local restaurants for assessments.
Iowa Chronic Care Consortium	Kids Menus	7 restaurants	Child Obesity is a focus of national Kiwanis. Consortium has been asked to work with clubs throughout Iowa on issue. Step one--worked with Story City club to survey local children's menus. Using survey results created overview of concerns in Story City and a packet of information for the club to distribute to businesses. Also , local club distributed small bags of baby carrots at 2010 local celebration to illustrate how to

			change a community!
Jefferson County	Convenience Stores	9 convenience stores	Surveyed convenience stores in Jefferson County to create a <u>baseline</u> for future projects. Non-chain and non-urban stores scored better overall.
Iowans Fit for Life	Vending	5 locations	Vending surveys were completed on Capitol grounds for the reliability study of the NEMS-V tool. A meeting was held with Dept. for the Blind and vendors from Lucas and Wallace buildings. A pilot project will be conducted at these two buildings offering 20-30% healthy choices and using signage for promotion. Samples of healthy vending options will be offered on a snack cart circulating in both buildings; this strategy will also market increase of healthy options in vending.
Community Health Partners of Sioux County	Convenience Store	4 convenience stores in Ireton and Hawarden	Community Health Partners developed signs to be used at the point of purchase to encourage healthy choices. These signs, along with the report, were distributed to the convenience store managers via mail and additional follow up will occur by telephone or in-person as part of the larger project as part of Sioux County's Community Wellness Grant.
University of Iowa	Vending Convenience Store	Vending at 2 popular campus locations; C-stores - 2	Health Campus Nutrition Advisory Group will consider training dietetic interns to use NEMS across campus; advisory group will consider advertising awards on vending machines on campus; contact was invited to join the assessment committee that is being established within the Healthy Campus Nutrition Advisory Group.
Hancock County	Grocery Store Convenience Store	2 grocery stores; 2 convenience stores	Results shared with Hancock County Health Coalition. Plans are to survey most of the county. When the surveying is complete, the findings will be brought back to the coalition to determine next steps.
Johnson County Public Health	Vending	5 locations- total of 15 machines	Overall the cold beverage machines fared pretty well with most of them offering a variety of green or yellow options. In the snack machines, almost 94% of items could be classified as red. Results will be shared with the Johnson County Employee Wellness Committee; this meeting will help determine how best to communicate the results to employees, promote healthier options and work with the vending companies to increase the number of healthy options. The committee will also help choose the best way to incorporate point of purchase signage to assist with the identification of healthier options. Vending for the Johnson County Board of Supervisors is controlled by vending companies so group will work directly with the vending companies to determine food option that meet the yellow or green criteria. Group will explore the idea of having vending carts from local businesses in county building to increase access

			to healthy foods.
Van Buren County Hospital	Kid's menus	10 local restaurants in Van Buren County	Each of the restaurants had improvements that could be made to the kid's menus. The coordinator has started meeting with the restaurant owners/managers to review survey results and provide options of how to better promote their healthier menu options. Stickers have been supplied to all restaurants to place on their menus to help promote the healthier choices. The local newspapers have published the first of a series of four newspaper articles to educate parents on how to identify the healthier choices on the menus. Posters encouraging kids to eat their fruits and vegetables have been purchased for restaurants to display.
Taylor County ISU Extension	Vending	5 locations in Greenfield	Developed summary report describing problem, background and results of each vending location along with report card for each worksite. Discussion questions for next steps were also included. Representatives from each location were invited to a meeting held to present findings.
Blackhawk County	Vending	5 locations	Completed vending assessments at five locations. Held Well Workplace Assessment Event on 6/16/10; refreshments "modeled" healthy food items; presented community environment assessment tool which includes one on nutrition; offered onsite assessment using NEMS-V as a resource
Wesley Acres	Vending	Vending assessment at Wesley Acres	Completed employee survey to determine use of vending machines, satisfaction with current items, and purchasing preferences for suggested healthy items. Beverage machine assessments produced Silver, bronze and no award; no award for either snack machine. Held meeting with vendor to find healthy options. Will create/purchase promotional items to label/promote foods. Rewards offered for choosing healthy options from machines.
Jefferson County	Vending	3 locations	Assessed three sites (school, factory, and worksite). Of the total of 10 machines, 4 received bronze award; 1 silver; 5 none. Meeting held with Jefferson County Healthy and Wellness Commission on June 22 nd to review assessments and determine where to go from here.
Dallas County Public Health	Kid's menus	Twelve restaurants surveyed; 10 offered kid's menu	Scoring and report will be shared with the Dallas County Partnership for Health, the Dallas County Board of Health and various groups in Perry. Working on a grant proposal that would utilize the NEMS-V tool; also discussing the possibility of grant request that would undertake a full NEMS survey of the town of Perry. Data will be used to work on affecting change, particularly in the restaurants and convenience store.
Cerro Gordo County	Vending	2 locations	Public Health break room vending machine received a Gold award; courthouse break room did not receive award. Meeting will be held with vendor to increase healthy

Dept. of Public Health			options. Each county will receive a "Healthy Basket" stocked with fresh fruit and vegetables; promotion signs will also be distributed to entice employees to choose snacks from the baskets.
Worth County	Vending	4 locations in Worth County	Results and information about including healthier choices will be sent to all businesses that have vending machines. Specific information and suggestions on how to improve the results will be sent to surveyed sites. Will incorporate information why it is beneficial to improve the quality of healthy choices.
Siouxland District Health Dept.	Vending	5 worksites	The results of the assessment are entered online by e-mail of the various business contacts. A summary of the results was presented to Worksite Wellness Coordinating Council. The vendors are interested in helping with project and are prepared for businesses to be asking for more healthy options.
Woodbury County	Vending	4 worksites	A summary of the results was presented to Worksite Wellness Coordinating Council. Currently working with vendor to identify list of healthy options. The vendors are interested in helping with project and are prepared for businesses to be asking for more healthy options.
Lee County	Vending	2 worksites	NEMS-V Assessment was presented at the North Lee County Office Building Meeting on June 17 th , 2010. Goals for change were identified at the meeting: achieve desired vending award; move forward with contacting vending machine company; provide signage and promotional items for vending machines and areas.