Don't Reinvent the Wheel: How Monroe County Has Used Relationships to Address Nutrition

Julie Anderson, MSN, RN & Kayleigh Day, MPH, CHES
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Monroe County Community Health Improvement Process

1. Communicate
2. Choose Effective Policies & Programs
3. Focus on What's Important
4. Act on What's Important
5. Evaluate Actions
6. Work Together
7. Assess Needs & Resources
Physical Activity & Nutrition

71.5% of Monroe County adults do not consume an adequate amount of fruits and vegetables each day.

~1 out of 4 adults report being physically inactive.

32% of Monroe County adults are obese.

How Monroe County Residents Rate Their Access to Healthy Food Choices:
- Excellent: 33.10%
- Good: 47.60%
- Poor/Fair: 12.90%
- Poor/Fair: 12.90%

How Monroe County Residents Rate Their Ability to Pay for Healthy Food Choices:
- Excellent: 16.90%
- Good: 50.80%
- Poor/Fair: 32.30%

Sources: COMPASS NOW, 2013; County Health Rankings, 2013; Monroe County Youth Behavior Risk Survey, 2013
Monroe County Nutrition Coalition
“A healthier Monroe County, one bite at a time”

Partners:
Community Members
Ecumenical Bread Basket Food Pantry
Gundersen Health System
Mayo Clinic Health System
Monroe County Health Department
Monroe County UW-Extension
Monroe County WIC
Morrison Healthcare
Norwalk, Ontario, Wilton Schools District
Sparta School District

Professions:
Food Pantry Board President
Health and Wellness Educator
Health Educator
Public Health Nurse
Registered Dieticians
Retired Human Resources Professional
Retired Family Medicine Physician
Sustainability Coordinator
Teachers
Wellness Education Specialist
March 2016
Nutrition priority identified at Community Health Improvement Planning meeting

August 2016
Workgroup formed

June 2016
Food Pantry Project Started

January 2017
Strategic Plan

April 2017
Food Environment Analysis completed

May 2017
Food insecurity screening meeting

January 2018
Monroe County schools stakeholder meeting

February 2018
Food Truck program begins & 2016-2021 Community Health Assessment and Planning Process begins

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March 2016

Nutrition priority identified at Community Health Improvement Planning meeting
April 2017

Food Environment Analysis completed

May 2017

Food insecurity screening meeting

January 2018

Monroe County schools stakeholder meeting

February 2018

Back Pack program begins & 2018-2021 Community Health Assessment and Planning Process begins
Community driven, mutual goals

Recruit the right people

Dream big and reach out
Community driven, mutual goals
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Community driven, mutual goals

Recruit the right people

Dream big and reach out
Back Pack Program

- Identified a gap
- Utilized current resources and experience
- Created a volunteer-driven & sustainable process
Food Insecurity Screenings
- Second Harvest & Mayo Clinic Health System - Sparta
- Outreach strategy
- Clinic training
Food Insecurity Screenings

- Second Harvest & Mayo Clinic Health System - Sparta
- Outreach strategy
- Clinic training
Food Pantries

- Safe & Healthy Food Pantries
- Networking between pantries
- Harvest of the Month Education
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Other Projects

- Taste the Rainbow
- Great Apple Crunch
- Farmers Market Education (Fit Families)
- Square Foot Gardening/Gardening 101 (Mayo)
- Mobile Teaching Kitchen (Mayo)
- Hydration Challenge (Gundersen)
- Website development
- Information and sharing network
Contact Information

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