



# Promoting Healthy Living in our Communities



**2006:** HPP formed to implement proven strategies to increase fruit and vegetable consumption and increase the amount of physical activity among Washington County residents.

**2009:** Awarded Pioneering Healthier Communities (PHC) grant for \$72,000.

**2010:** Created 1<sup>st</sup> ever Park and Trail Map of county and *Get Moving Washington County* website.

**2011:** Awarded \$20,000 Safe Routes to School grant.

**2011:** Groundbreaking for Germantown community garden.

**2012:** Awarded \$36,000 School Nutrition/Farm to School grant.

*If you would like the Healthy People Project to speak to your group or organization, please contact us.*

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## 2012 Highlights

### School Nutrition Team Fights Childhood Obesity in Washington County

In late 2012 HPP was awarded a \$36,000 grant from the Healthy Community Fund to work on School Nutrition/Farm to School initiatives with the major school districts in Washington County including *Hartford Joint 1, Hartford Union High School, Kewaskum Slinger, and West Bend*. The National School Lunch Program required some major changes to lunch menus across the country beginning with the 2012-13 school year. Students are now finding more fruits and vegetables and fewer nutrient-poor carbs on their lunch trays. This has presented an array of challenges and opportunities for local schools. HPP has convened an action team of area school food service directors, dietitians, and health care professionals to find ways of increasing fruit and vegetable consumption, creating school gardens, implementing Farm to School programs, and exploring local food sourcing.



Hartford's Rossman Elementary - School Garden

Improving children's daily diets is a key component to helping them improve their overall health and well-being. Implementing these changes now will pave the way for halting, and hopefully reversing, the rising obesity rates among children. Teaching students about proper nutrition will build the base for them to live healthier lifestyles as they grow into adulthood.

### Community Gardens

The Dheinsville Historical Park in Germantown, in partnership with the Germantown Park & Rec and HPP, saw its first season of planting and harvesting. All ten plots were rented and plans are in place to double the number of plots for the 2013 growing season.



Dheinsville Historical Park

### Washington County Park & Trail Map

In 2012 HPP sponsored the second printing of this popular county map which includes all park, trail, and amenity updates. Over 12,000 maps have already been distributed throughout the county. Maps are available at all area Park & Rec departments, the Washington County Public Agency Center, the YMCA, local Chambers of Commerce or by calling 262-247-1057.

### Safe Routes to School

In 2011 HPP was awarded a \$20,000 Pioneering Healthier Communities grant from the CDC and the Y of the USA to be used for safe routes programs. By combining this grant money with a \$25,000 grant from Safe Kids USA (awarded to Injury Prevention Coalition) improvements were made this past summer at two West Bend schools. At Decorah School the circle drive in front of the school was reconstructed to include a wider sidewalk with curb and the drive was narrowed down to one lane. A ribbon cutting to celebrate this success was held on October 3 following Walk Your Child to School Day. Green Tree School was able to install a new concrete pad for its bike racks and to provide a pathway to the rear of the school and connecting walking path. Improvements are scheduled at Slinger Middle School in Spring 2013. HPP's collaboration with IPC and the school districts created a synergistic approach to solving safety issues at these schools. The two West Bend schools are also participating in a walk/bike incentive program and are hosting Bike Safety Rodeos for their students. HPP is working to expand SRTS programs throughout the county.



Our partner organizations:



HPP is a grant-funded community coalition. To offer your financial support or to explore sponsorship opportunities and partnership projects please contact Christine Glaszcz at hppwc@kmymca.org or 262-247-1057.