

Healthy Siouxland Initiative (HSI)

Jan 2021

Chronic Disease Prevention

- Move Your Way
- Inclusive Recreation
- Fresh Conversations

Move Your Way – Year 1

US HHS and the Office of Disease Prevention and Health Promotion used a marketing framework to create a community-based campaign that encourages people to meet the physical activity recommendations.

- Fact sheets
- Posters
- social media posts
- short videos



Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school!



Kickball at recess, P.E., and a walk after dinner with my dog.



I ride my bike to the park to play soccer with my friends.



Yep, they all add up!

Physical activity isn't just sports.

Lots of things count as part of your 60 minutes.



Getting 60 minutes will make you feel good.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!*



*It's true — physical activity can actually help you do better in school.



Kick off event – Cone Park Feb 2020



MOVE
YOUR WAYSM

MOVE YOUR WAY
Scavenger Hunt

HOW TO ENTER FOR A CHANCE TO WIN A PRIZE:

- Take a photo of sign and upload to Facebook or Twitter
- Tag Siouxland District Health or use the hashtag #MoveYourWay
- Email where you found the sign to: sbeekman@siouxlanddistricthealth.org

Stay Moving. Stay Healthy!

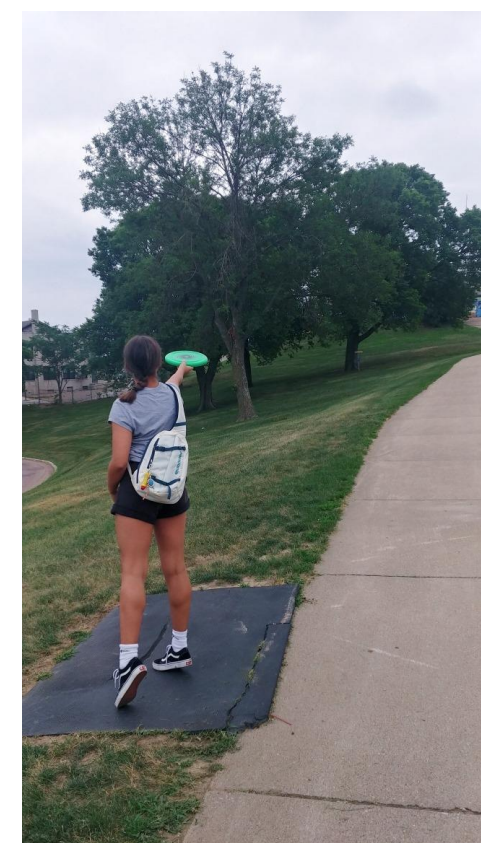
Kids and teens ages **6** to **17**
need **60** minutes of physical
activity each day.

Move Your Way is a service mark of the Department of Health and Human Services. Used with permission. Participation by Siouxland District Health Department does not imply endorsement by HHS/ODPHP.

SIouxLAND
DISTRICT HEALTH
DEPARTMENT



Trail Scavenger
Hunt to win
prizes – new
trail each week
for 5 weeks.



Disc Golf Challenge

Walk Run Roll Challenge

MOVE YOUR WAYSM WALK RUN ROLL PLAY EVENT

AUG 2 - AUG 15



Grab a friend, family member, or participate solo!

Go for a walk, ride your bike, jump on a trampoline, play an active game, or just dance. Do anything that gets your body moving.

Enter for Prizes: On the Siouxland District Health Department Walk Run Roll Play Facebook post or Twitter feed, add a photo of yourself and/or comment on how you are being active!



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Business Challenge

- SDHD
- LaunchPad Children's Museum
- IBC
- Morningside College
- Goosmann Law Firm
- Camp High Hopes
- Baird Sioux City

th/posts/3254320784606602



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Siouxland District Health Department

August 3, 2020 · 🌐

Morningside College is the next business to participate in the [#MoveYourWay](#) business challenge! We can't wait to see how Morningside moves!



Morningside College

August 3, 2020 · 🌐

We need your help, Morningside! We've been challenged by Siouxland District Health and LaunchPad Children's Museum to join the "Move Your Way" challenge. Here's how you can help: post a selfie/comment to this thread about how you're staying active this summer. It could be riding your bike, walking around the block, working out at home, playing with your kids - anything that gets you moving! If we can get 50 comments by Friday, August 7, we get to challenge the next business to "Move Your Way." If you want to go above and beyond, share this post to be entered in a drawing for a prize at the end of the challenges. Let's get moving! [#MoveYourWay](#)

Like

Comment

Share



SIOUXLAND DISTRICT HEALTH PODCAST

Prenatal Exercise featuring Jacque Perez



"Every woman can benefit from prenatal exercise"-Jacque Perez

Weekly Podcast in Sept.

Prenatal Exercise

Pickle Pall

Sleep Expert

Shoe Expert



MOVE YOUR WAYSM WELLNESS WEDNESDAY WORKOUT SERIES

WEDNESDAYS IN SEPTEMBER WITH NATALIE OLORUNDAMI-HUGHES

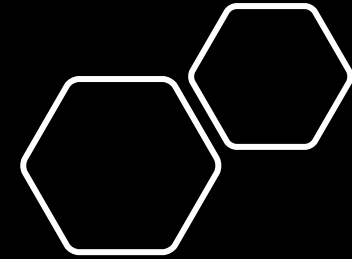
Adults need 150 minutes of physical activity each week which includes 2 days of muscle strengthening activity.
This video series will help you achieve your goals.

**EACH WEDNESDAY IN SEPTEMBER A NEW 45-60 MINUTE WORKOUT WILL BE POSTED TO THE
SIOUXLAND DISTRICT HEALTH DEPARTMENT YOUTUBE CHANNEL AND SHARED VIA SOCIAL MEDIA.**

EXERCISES CAN BE EASILY MODIFIED FOR ALL AGES AND ABILITIES.



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Park Bench Workout

15 Bench Lunges (each side)



20 Push ups



15 step ups (each leg)



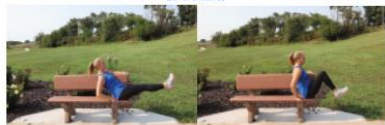
20 Dips (bend knees for easier alternative)



20 Mountain Climbers



20 Crunches



Did you know that it is recommended for adults to get 150 minutes of moderate aerobic activity along with 2 days of muscle-strengthening activity each week? To learn more visit health.gov/MoveYourWay

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health.gov/moveyourway

Bacon Creek Trail



Mile .25

49-minute walk remaining



Adults need at least 150 minutes of aerobic activity and 2 days of muscle-strengthening activity per week

24-minute run remaining



Kids and teens need at least 60 minutes every day and 3 days of muscle and bone-strengthening activity per week



Signage around town

CAMP KITS!

Bring your camper fun
and activities in each
have a box delivered to
h supplies and links to
e videos, step-by-step
ames, activities, camp
more!

ING A CAMP KIT, YOU'LL
ING CAMP HIGH HOPES!

at www.camphighhopes.com.
call 712-224-2267.

CAMP HIGH HOPES

CAMP FUN DELIVERED TO YOUR DOOR
\$35 FOR ONE, \$90 FOR ALL THREE FOR THE BEST

ITEMS INCLUDE:

- Supplies for at least two arts & crafts projects
- Supplies for at least two science experiments
- Games you can play with your family
- Links to exclusive videos
- Supplies and ideas to get you off the couch and moving
- Camp swag, like a t-shirt, water bottle, and more! Items may vary by box.



Camp in a Box
with Camp High
Hopes – Frisbee,
water bottle,
BINGO card, fact
sheets



Childcare centers received water bottles and factsheets.



Senior Living facilities received water bottles and factsheets.



SDHD Drive thru vaccine clinics – frisbees and factsheets

SDHD – WIC Education Sessions

Move Your Way

Maternal Health

Year 2

Virtual Kick off – Sunday, Feb 21st 2:00 – 3:00 and
3:15 – 4:15

- Fitness on Demand Competition – March 2021
- 5K Stroller Walk – May 2021
- Yoga in the Park – June 2021
- Water Aerobics – July 2021

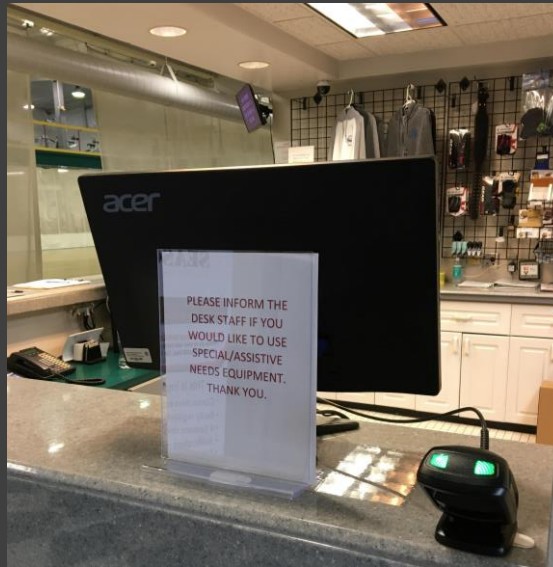
Goodies Bags – Drawstring bags with items and fact sheets inside for community partners to distribute to MH population.



Inclusive Recreation Programming

Children and adults with mobility limitations and intellectual or learning disabilities are at greatest risk for obesity. More than 21 million US adults 18 – 64 years of age have a disability.


According to the CDC, over one in five Iowans, or nearly 19,000 Sioux City residents, has a disability and people with disabilities are three times more likely to have chronic health conditions like heart disease, stroke, diabetes, or cancer.



Four Seasons Health Club

36 Environment Changes:

- added automatic door
- colored tape on grade changes
- assistance available upon request signs
- resurfaced floors
- modified accessible parking signage
- added equipment
- lowered height of membership card reader
- adjusted interior door pressure and more.



Policy and System Level Changes Made

One Policy Adopted: caregivers do not have to pay a guest fee or have a membership.

Four System Level Changes: disability etiquette now included in new employee orientation, staff member is Special Strong certified, group fitness class for people with disabilities was developed, and a member advisory board which includes representative from a disability service organization was formed.

All Abilities Health & Wellness Coalition

Typically meet every other month – via ZOOM for now

Partners: SDHD, SIMPCO, SC Parks and Rec, Camp High Hopes, Miracle League, Four Seasons, Stars, Connection AAA, Disability Resource Center, NPI, Mid Steps, Opportunities Unlimited, Trails Foundation, Sunnybrook Church and others.

Contact Angela Drent at adrent@siouxlanddistricthealth.org if interested in joining coalition.



FRESH CONVERSATIONS



Fresh Conversations is a social opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

Contact:

Name: Barb Fuller

Phone: 712 823 2592

This Month's Conversations

- Keeping your mouth healthy
- Are you malnourished?
- Stay warm with a hearty soup recipe

How to join:

Call into to join Fresh Conversations with Barb Fuller, MA, RD, LD Extension Nutrition and Wellness Specialist

February 17, 2021 2 pm
Call in number:

Dial: +1 312 626 6799 or +1 646 876 9923

Meeting ID: 920 4484 4402

Call to register and get the newsletter before the class

IOWA STATE UNIVERSITY
Extension and Outreach

Call 2-1-1 for food resources near you.

For more information on *Fresh Conversations*, contact the Iowa Department of Public Health at (515)782-3451

Fresh Conversations – Ages 60+

Free Nutrition Education program designed to support healthy aging and independence.

Community Health Needs Assessment/ Health Improvement Plan

It's that time again!!!!!!

Visioning Kick-off Meeting Feb. 25th

9:00 – 11:00 a.m.

Via ZOOM

Facilitated by Shelby Pierce, Tops Facilitator

HSI Meeting Schedule 2021

Feb 25, 2021 CHNA/HIP Community Meeting 9:00 – 11:00 a.m

March 25, 2021 - noon

April 22, 2021- noon

May 27, 2021- noon

June – CHNA/HIP Community Meeting TBD

July – no meeting

Aug 26, 2021 noon

Sept 23, 2021 noon

Oct 2021 - Annual Data Meeting with Source for Siouxland/GCC

Nov 2021, no meeting

Dec 2, 2021 – Joint meeting with Siouxland CARES - noon