

# Reaching Our Goals Early

**Lincoln Meets Healthy People 2020 Goals For Reducing Childhood Obesity 6 Years Ahead of Schedule.**

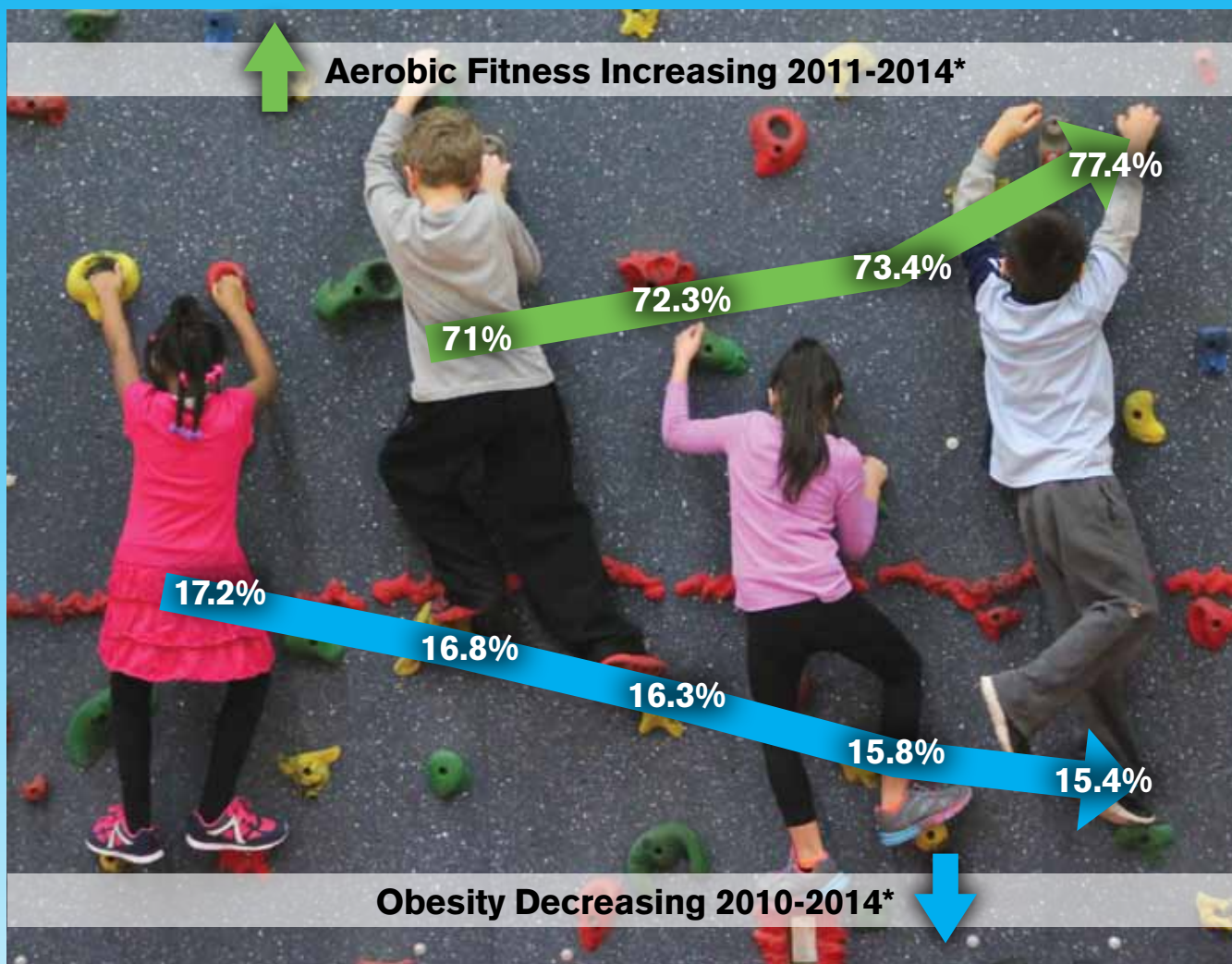


Photo courtesy of LPS-Climbing Wall at Fredstrom Elementary

\*See details in the center section



**Wellness Programs Pay Off for Kids, Parents, and Our Community**

Made possible with funding from the Centers for Disease Control and Prevention's Partnerships to Improve Community Health







## About Us

Partnership for a Healthy Lincoln (PHL) is a Lincoln based non-profit organization. We collaborate with local organizations on joint projects to increase fitness, decrease obesity and improve the health of Lincoln residents. Our work includes improving health policies, conducting community level research, and evaluation of the success of local health initiatives.

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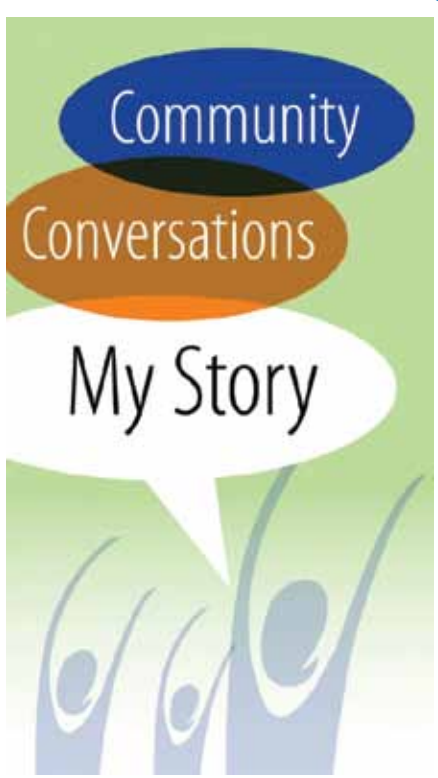
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## Community Health Endowment of Lincoln

The Community Health Endowment of Lincoln (CHE) works with partners across the community to make Lincoln the healthiest community in the nation. Since its inception in 1999, CHE has returned more than \$22 million to the community in grants ranging from smaller one-time grants for educational events to larger grants tackling complex issues such as integrating medical care and behavioral health, creating a more physically active Lincoln and strengthening the health care safety net. CHE is a major funder of Partnership for a Healthy Lincoln and has provided grant funds to many of the organizations featured in this publication. In addition to providing funding for health-related projects, CHE convenes people around critical issues in programs like Community Conversations. We believe that if you get the right people around the table and provide an opportunity for ideas to flow, great things can happen. In 2015, CHE completed work on a project mapping various health influences, indicators and outcomes across our city. The project will be presented at CHE's Annual Meeting on June 17. The meeting is free and open to the public. If you are interested in learning how health factors vary across Lincoln, please join us. More information and online registration is available at <https://2015-che-annualmeeting.eventbrite.com>. This summer, CHE is collaborating with the Lincoln Parks & Recreation Department to offer a series of drop-in, lunchtime classes in the Jane Snyder Trails Center including a walking group, yoga and Tai Chi. For more information on the classes or on CHE in general, visit [www.chelincoln.org](http://www.chelincoln.org) or [www.facebook.com/chelincoln](http://www.facebook.com/chelincoln).



## Healthy Lincoln Supporters

Partnership for a Healthy Lincoln would like to thank all of our donors and sponsors for their continued support in making a healthier Lincoln and Lancaster County possible! Our major funders include:

- **Community Health Endowment**
- **CHI Health St. Elizabeth**
- **Lancaster County Medical Society**
- **Lincoln Community Foundation**
- **Centers for Disease Control and Prevention**

**LINCOLN COMMUNITY FOUNDATION**

Learn more and give online May 28th:  
[www.GiveToLincoln.com](http://www.GiveToLincoln.com)

Sponsored by the Lincoln Community Foundation

## Stay Connected to Partnership for a Healthy Lincoln! Visit us online:

Website:  
**[www.healthylincoln.org](http://www.healthylincoln.org)**

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Twitter:  
**<https://twitter.com/HealthyLNK>**

Or sign up for our monthly newsletter at:  
**<http://goo.gl/uhvD2a>**

### You Can Support a Healthier Community

The organizations highlighted in this insert are mainly funded by grants and donations from dedicated individuals and organizations. We encourage you to get involved and support them by visiting their websites. If you would like to help support PHL, contact [info@healthylincoln.org](mailto:info@healthylincoln.org), visit our website at [www.healthylincoln.org](http://www.healthylincoln.org) or consider giving through your worksite giving campaign. PHL is a proud member agency of the Community Services Fund worksite giving campaign.

To find out more about worksite giving, visit  
**[www.communityservicesfund.org](http://www.communityservicesfund.org)**.



### From the Director. . .

#### A Journey Towards Better Health

Five years ago, Partnership for a Healthy Lincoln was formed with the assistance of the Community Health Endowment of Lincoln. Our goal was to bring local organizations together to collaborate on projects that would improve the health of Lincoln residents. The initial work focused on reversing the child obesity epidemic in Lincoln, Nebraska. Collaborating with a group of leaders from Lincoln Public Schools we started with a plan to measure the problem and reverse the trend significantly by the year 2015. Joining together a diverse coalition of community organizations, highlighted in this insert, a broad-based effort was launched. Fast forward five years to 2015 and our now twenty-plus partner organizations have achieved the national Healthy People 2020 goals for reducing child obesity six years ahead of schedule. (See the school data in our centerfold).

#### The Impact On All Of Us

Why is it so important to our community to increase fitness and reduce obesity rates? Research shows substantial health benefits from increasing fitness and decreasing childhood obesity. These benefits also go beyond health, including improvements in a student's academic performance, ultimately impacting the wellness of our whole community. Improvements in health also have substantial economic benefits for Lincoln and Lincoln's employers. The estimated direct medical costs of the obesity epidemic for Lincoln are close to \$100 million per year. If indirect medical costs and lost productivity are included, the economic impact is between \$200 and \$250 million per year for our city. The improvements being made in Lincoln Public Schools on improved fitness and decreased obesity will generate benefits to the community for years to come. To drive health change, it takes a coalition of organizations and a broad focus. This community update is a showcase of the local organizations that work together to make this effort a success. As you'll see, many of these organizations are non-profits that depend on grants and donations. It is our hope that you will assist them in their efforts by donating either your time or resources. These organizations embody why Lincoln is such a great place to live and raise a family.

**Bob Rauner, MD, MPH**  
Director, Partnership for a Healthy Lincoln

## Six Years Ahead of Schedule Lincoln Reaches Healthy 2020 Goals for Reducing Childhood Obesity



### From the Board President. . .

#### Becoming the Healthiest City in the Nation

The City of Lincoln continues to experience successful health improvements and movement to become the healthiest city in the nation. The success starts with a community that commits to improving their health and wellness by making healthy choices a daily habit. Every year the people of Lincoln strive to make lifestyle changes that add up to incredible accomplishments. Whether it is losing a few pounds, becoming more active, changing eating habits or finally giving up cigarettes, every victory both small and large is worth celebrating.

#### Our Sponsors and Donors

Partnership for a Healthy Lincoln is grateful for the support of our many sponsors and donors who are committed to improving health outcomes for all in our community. We also celebrate our newest funding from the Centers for Disease Control and Prevention (CDC). On September 29, 2014, Partnership for a Healthy Lincoln was awarded a 3 year competitive award to help improve the health of Lincoln and Lancaster county residents with a \$680,000/year grant from the CDC, the Partnerships to Improve Community Health award. Funding through this award will help us

work collectively with a dozen Lincoln and Lancaster county agencies to achieve measurable improvements in nutrition, physical fitness, reducing obesity rates, and chronic obesity-related disease beyond the school setting.

#### Lincoln, Our Partnership Recognized Nationally

We work with existing private and public organizations to cooperate and share resources increasing the reach and effectiveness of our common health goals, and teamwork pays off. Our combined efforts to make Lincoln and Lancaster County places where all our residents can live longer, healthier lives has been recognized as a bright spot in the nation by the Robert Wood Johnson Foundation, the nation's largest philanthropy dedicated solely to improving health. (Read about it: <http://www.rwjf.org/en/library/articles-and-news/2013/07/lincoln-ne-signs-of-progress.html>)

#### Working Together Works

This community update celebrates the accomplishments of local organizations that work together to make this effort a success. All of these organizations play an important part in keeping Lincoln's health moving in the right direction. We invite you to learn more about them on these pages and join with them to ensure that our community becomes the healthiest city in the nation.

**Greg Howe, MS, PHR**  
Board President, Partnership for a Healthy Lincoln  
Wellness Manager, Lincoln Industries





[www.healthylincoln.org/partners](http://www.healthylincoln.org/partners)

## Partnership for a Healthy Lincoln

is a non-profit organization dedicated to improving the health, wellness, and fitness of Lincoln and Lancaster County residents.

### What We Do

We work to improve wellness policies, conduct community level research and evaluate the success of local health initiatives. We collaborate with local organizations on joint projects to increase fitness, decrease obesity and improve health.



## How We Do It, Partnering for Reach and Impact

With funding from the Centers for Disease Control and Prevention's Partnerships to Improve Community Health, the Community Health Endowment of Lincoln, CHI Health St. Elizabeth, and the Lancaster County Medical Society, we collaborate with more than 20 local organization on community projects:

**Infants and Babies:** The Lincoln Community Breastfeeding Initiative is a community-wide project to increase breastfeeding in Lincoln. We partner with MilkWorks, Bryan Health, CHI Health St. Elizabeth, WIC, the Asian Community and Cultural Center of Lincoln, and healthcare facilities to implement consistent and evidence-based policies and education.

**Early Childhood:** To improve the health of children in the early childcare setting, we work with Teach a Kid to Fish and Community Action Partnership to promote GO NAPSACC, a health and nutrition program brought to Lincoln by Dr. Karla Lester.

**School Age:** We partner with the Lincoln Public Schools and several other organizations to implement district-wide wellness policies to decrease obesity and increase fitness in our schools. These projects have helped make Lincoln Public Schools a nationally recognized leader in the field of school wellness.

**Community and Neighborhoods:** To improve the health, wellness, and fitness of our community, we collaborate with local organizations at the neighborhood level including

- Lincoln Community Learning Centers
- Clyde Malone Community Center
- Asian Community and Cultural Center
- El Centro de las Americas
- Salvation Army
- YMCA
- Lincoln Parks and Recreation
- Great Plains Trails Network
- Community Crops
- Aging Partners
- Positivity Matters
- Lincoln/Lancaster County Health Department
- Nebraska Sports Council

**Work and Public Places:** Partnering with WorkWell, we help worksites develop and implement healthy beverage policies to create a healthier, more productive workforce, potentially lowering healthcare costs. Through our partnership with 10 Health TV, we work together to provide community-wide wellness, fitness, and nutrition messaging that reaches the entire community.

*“We collaborate with local community organizations on joint projects to help make Lincoln the healthiest community in the nation.”*

*Made possible with funding from the Centers for Disease Control and Prevention's Partnerships to Improve Community Health*



[www.healthylincoln.org/partners](http://www.healthylincoln.org/partners)

## Healthy Babies- A Community Affair



By Tami Frank, LCBI Program Coordinator, Partnership for a Healthy Lincoln

The Lincoln Community Breastfeeding Initiative is a partnership of health care providers and community organizations that began in 2012 to improve breastfeeding rates in the community.

Over the past 3 years, the team has worked to create consistent, accurate breastfeeding messages across the spectrum of health care.

We have identified and promoted community resources to help moms achieve their breastfeeding goals and helped establish policies and best practices to support moms prenatally as well as in the hospital setting. Today, nearly 90% of moms delivering in our two Lincoln hospitals intend to breastfeed.

People are starting to understand the health benefits alone of breastfeeding are worth noting. For the babies, there is a decreased risk of ear infections, colds, diarrhea, obesity, diabetes, asthma, childhood leukemia and Sudden Infant Death Syndrome (SIDS). For moms, benefits include decreased risk of breast cancer, ovarian cancer and Type II Diabetes. The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for 6 months with continued breastfeeding with the addition of complementary foods for one year. However, we're still seeing a sharp decline in the duration of

breastfeeding by 2 months of age and the rates continue to drop through 3, 6 and 12 months of age. In upcoming year, the LCBI will focus efforts on providing ongoing support for breastfeeding moms as they return home, to work, or to school to help them reach their breastfeeding goals.



Everyone plays a role in the success of breastfeeding in our community. Family, friends, health care providers, childcares, schools, worksites, restaurants, stores and us as community members can all influence the health of moms and babies. Supporting breastfeeding not only means healthier moms and babies, but reduces health care costs and can even improve productivity in the workplace through decreased absenteeism of moms and dads. Support the breastfeeding mom in your community, it's good for all of us. For more information visit: [www.healthylincoln.org/initiatives/breastfeeding](http://www.healthylincoln.org/initiatives/breastfeeding).

## More Than Just Milk: Sensory Nutrients for Newborns

By Ann Seacrest  
Executive Director, MilkWorks

Most American mothers stopped breastfeeding their babies 50 years ago. Not until 2007, after a meta-analysis of 9,000 research studies, did we truly realize that what we feed babies matters.

Another shift is taking place as research looks more closely at the breastfeeding process. We know that human milk is different from cow's milk. Now researchers are looking at the actual breastfeeding process. So, is breastfeeding more than just the milk?

We are learning that when a baby is placed on the mothers' chest (called "skin to skin") immediately following birth, a series of events take place. As a newborn begins nursing, their temperature stabilizes, heart beat becomes steady, and respiration is smooth. In other words, a baby feels safe and secure. This appears to trigger protective hormones that may decrease depression, anxiety - perhaps even bullying and anti-social behavior.

Sherry Payne runs Uzazi Village, a breastfeeding clinic for African American moms in Kansas City. Her goal? Help mothers to breastfeed and thereby decrease the population of African American men in our prisons. Ms. Payne

would say it is no coincidence that African American mothers have the lowest breastfeeding rates in our country and African American men are over-represented in our penitentiaries.

Newborn breastfeeding behavior benefits a mother, too. Skin to skin contact re-shapes



a mother's brain lobes and teaches her how to take care of her baby and helps her to develop nurturing skills - the glue that holds communities and families together.

Overcoming the barriers to breastfeeding will not happen overnight. It means changing long held beliefs and challenging our culture to do things differently. In the end we might discover that how we feed our babies is much more than just milk. When a mother breastfeeds, she makes a lasting impact on the



**“When a mother breastfeeds, she makes a lasting impact on the world.”**

world. That is a pretty big order for something that is so small and simple and feels so very wonderful to a newborn. For more information visit: [www.milkworks.org](http://www.milkworks.org)

## What To Do About a Crying Baby – Ask WIC!

Lincoln Lancaster County Health Department, Women, Infants, and Children (WIC)  
By Melissa Oerman, MS RD, WIC Supervisor

You've no doubt been somewhere and heard a crying baby. Most people, including parents, will assume that the baby is hungry. But, according to the University of California-Davis Human Lactation Center (UC-Davis), babies cry to communicate that they need something to be different. Instead they may be indicating they need some quiet time, or a diaper change.

WIC staff is trained to help parents figure out why babies

cry and to offer tools to help soothe the baby. One helpful strategy is to hold the baby close and to repeat the same action over and over. That action might be speaking softly or singing. It might be gently rocking or swaying or giving a massage.

But what if the baby is hungry? How does a parent know? When babies are hungry, they tend to put their hands by their mouth, pucker their lips, or make sucking noises. They might even

start to bend their arms and legs or start to root around looking for food.

Helping parents navigate childrearing is just one of the many resources that WIC has to offer. WIC monitors the health status of more than 6500 participants in the community, including over 1400 infants. WIC provides breastfeeding support and nutrition education from pregnancy and infancy to early childhood. Those who are eligible for

WIC also receive nutritious foods along with help connecting them with other community resources to keep their family healthy.

Taking care of a family can be hard work, but WIC is here to help comfort the tears and celebrate the smiles!



**“Helping parents navigate childrearing is just one of the many resources that WIC has to offer.”**

## How Do I Access WIC Services?

WIC serves pregnant, breastfeeding, and non-breastfeeding women, as well as infants and children under the age of 5. A family of 3 can make \$36,612 a year and still qualify for food, referrals, and nutrition or breastfeeding support.

Lincoln is fortunate to have 2 WIC programs, a clinic at Family Service and a clinic at the Lincoln-Lancaster County Health Department, with 3 satellite clinics throughout the city. If you or someone you know is interested in WIC, please call Family Service at **402-441-8655** or Lincoln-Lancaster County Health Department at **402-441-6200**.





To help ensure healthy weights for our children, it is important to introduce them to nutritious foods at an early age. Research demonstrates that life-long preference for food is developed as soon as a child reaches the age of two, making it crucial to introduce components of a balanced diet, like fruits and vegetables, before that time.

Of course, we live in the real world. Getting children excited about eating fruits, vegetables, or anything nutritious is not always easy and even a little frustrating at times. But the effort is worth it and can pay off in a lifetime of good health. Including children in food production and preparation are just two components of our "Growing Great Beginnings" project, a childhood obesity prevention service offering within our Head Start and Early Head Start programs.

To get kids involved and excited, we teach parents enrolled in our Head Start and Early Head Start programs, how to engage their children in the food production and preparation process.

Through gardening activities, where children are given the opportunity to sow a seed or water the garden, we find they naturally get excited to see that seed sprout – watching it transform into something edible as a result of their nurturing.

There are also many age-appropriate ways to involve children in the preparation of meals like letting them toss the ingredients in a salad, slice fruits and vegetables with plastic utensils, and even crack eggs into batter for healthy snacks, like zucchini bread.

To learn more about Community Action's early childhood development programs, visit: <http://www.communityactionnetwork.org/programs/development/>.

**"Getting children excited about eating fruits, vegetables"**

## Smart Super Snacks = Future Super Heroes



=



Grow **super strong**  
and **super smart** kids  
with **smart snacks**  
like fruits and veggies

**[www.HealthyLincoln.org](http://www.HealthyLincoln.org)**

Partnership for a Healthy Lincoln

Made possible with funding from the Centers for Disease Control and Prevention



**Healthy Habits - Motivating Kids**

By Angelina Stovall-Amos, MS  
Lincoln-Lancaster County Health Department

You may already know about the daily recommendations for good health called 5-4-3-2-1 GO!®

- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 hours or less of screen time a day, and
- 1 or more hours of physical activity a day.

Research shows that these healthy habits will improve and maintain the health and wellness of our children, but parents may struggle with finding the most effective ways of helping their children adopt these recommendations. Well, we are here to help!

We welcome your questions and invite all parents to join us at 'Let's Move Lincoln' on Facebook and Pinterest, and @LetsMoveLNK on Twitter. There you will find upcoming community events, advice, budget-friendly recipes, and more focus on physical activity, play, and nutrition.

Have a question on how your lactose-intolerant child can still drink milk? Ask us! What about how to cut back on screen time? Follow us and we'll show you how. Did you try a recipe we suggested? Be sure to 'like' it and we'll provide you with more quick and simple recipes! We want to empower parents to keep kids healthy by fueling their day the 5-4-3-2-1 GO! ® way. Let's get moving, Lincoln!

**Eating right & being active... It's as easy as**



- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 hours or less of screen time a day
- 1 or more hours of physical activity a day

**GO!**

**"We welcome your questions and invite all parents to join us at 'Let's Move Lincoln' on Facebook and Pinterest, and @LetsMoveLNK on Twitter."**

5-4-3-2-1 Go! ® was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). Registered trademark & Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. [www.clocc.net](http://www.clocc.net)

## HEROES Clinic Opens

By Rick Helweg, Teach A Kid to Fish, Director of Operations

Teach A Kid to Fish is proud to announce the opening of the HEROES Clinic in Lincoln in collaboration with Children's Hospital and Medical Center, YMCA, and University of Nebraska Department of Psychology.

HEROES (Healthy Eating with Resources, Options and Everyday Strategies) is a comprehensive, multidisciplinary weight management program at Children's Hospital & Medical Center designed specifically for children and adolescents. The HEROES program includes experts in nutrition as well as subspecialists who help not only the child but the entire family.

**"... experts in nutrition as well as subspecialists who help not only the child but the entire family."**

Karla Lester, M.D., a Lincoln pediatrician and Executive Medical Director of Teach A Kid to Fish, will help facilitate the Children's HEROES program in Lincoln as its medical director. "When kids are overweight or obese they often have a co-morbidity like diabetes," says Dr. Lester. "These children need more than a gentle push. They need an intervention like HEROES."



Photo by Clover Frederick

The Lincoln branch of the program is a collaborative effort that began when Dr. Lester and Cristina Fernandez, M.D., a Children's Specialty Physician pediatrician who serves as medical director of the HEROES program in Omaha, met with key personnel at Children's. "Obesity is a chronic disease and our HEROES Clinic provides a long-term treatment program," says Dr. Fernandez. "We are very excited to be bringing the program to Lincoln. There are so many children we'd like to reach who live two or three hours away from Omaha but are within minutes of driving to Lincoln."

The Lincoln HEROES program is based at the Children's Specialty Pediatric Clinic at 86th Street and Pioneers Boulevard. The fitness sessions will take place at the Fallbrook YMCA. For more information call 402-486-1513.

**"...empowering Lincoln children and families to eat healthy and be active."**



Teach A Kid to Fish is thrilled to announce that the first book in its ENERGY Children's Book series, "Mookie's Mission E! for ENERGY", will be released the first week of May. The children's books support the mission of Teach A Kid to Fish to prevent and reduce childhood obesity by empowering Lincoln children and families to eat healthy and be active.

The books are a series of 6 children's story books aimed at beginning readers (1st grade) and parents. Each book supports one of the 6 messages promoted by the Teach A Kid to Fish ENERGY messaging:

- Eat five or more servings of fruits and vegetables a day
- No more than two hours of screen time a day
- Each day get 1 or more hours of physical activity
- Rethink your drink
- Get 8 hours of sleep each night
- You can do it!

It is simple, fun, and easy to remember. Individuals, families, child-care centers, doctors, organizations, schools, businesses, and faith groups can all use the message to start living a healthy lifestyle. The positive message is for everyone.

The books are written by Rick Helweg



## ENERGY Book Series

with notes for parents written by Dietician Terri Dunlap, and Dr. Karla Lester. The artwork for the books will be created by elementary school students at Lincoln Public Schools, with the first book featuring the art of students at Eastridge Elementary School under the guidance of Bob Reeker, Arts and Technology teacher at Eastridge.

Other schools currently involved in the illustration process are Holmes Elementary and Beattie Elementary. The ENERGY Book series is supported by the generous contributions of Nelnet and Peterson's Publishing.

For more information about Teach A Kid to Fish, visit [www.teachakidtofish.org](http://www.teachakidtofish.org).

The more they **burn...** ...the better they **learn.**



Research shows kids who are more physically fit, get better grades.

**[www.HealthyLincoln.org](http://www.HealthyLincoln.org)**

Partnership for a Healthy Lincoln

Made possible with funding from the Centers for Disease Control and Prevention



# Bringing Power to a Culture of Wellness

By Michelle Welch, RD, LMNT  
District Wellness Facilitator, Lincoln Public Schools

**“Take a break and play with your kids.  
It’s good for their brains as well as their bodies . . .”**

If you have a school aged child, do they talk about what they are doing for health and wellness at school? Have you heard about the LPS Wellness Challenges? Each quarter of the school year, schools have the opportunity to focus on key challenges of building better health habits. About 8,000 students return results from each challenge, though many more are completed.

## Quarterly Wellness Challenges Engage Kids, Parents, Schools

This year, our first quarter challenge was **Fun Power**, encouraging students to try a variety of different activities and to find the fun in being active. Quarter two focused on social-emotional wellness through the **Power of Connection**. Rather than trying to persuade students and staff to unplug from devices, we focused on the plugging into their world by connecting with others or doing something for someone else. Many grandparents were shocked to receive calls and letters.



Quarter three introduced the **Super Snack Power Challenge**. Students focused on better options for snacks and “right sizing” choices according to how active they are being afterschool. Since many students choose their own snacks after school, making this connection between activity and snack choices was meaningful.

Finally, this school year was topped off by the **Mindcraft Challenge**, focused on building good sleep and breakfast

habits, with an unofficial nod to the wildly popular game **Minecraft**. In the game, players must go to bed at sunset and eat foods for energy. Kids and principals alike were more than happy to have students take good care of their health during this final, heavy testing period of the school year.

During each challenge, LPS teachers and staff are invited to play along with students to support both their own health and positive role modeling. Parents are also invited to join in the fun. All challenge materials are posted on the LPS Wellness webpage at [www.lps.org/wellness](http://www.lps.org/wellness). Simply click on the Challenges tab to link with any of the four challenges and to see results and comments from students and staff in past challenges.

## Wellness and the Whole Child

Outside of school, parents are doing the tough work of helping kids find the balance between technology and at least 60 minutes each day of active enjoyable play. Research shows that kids who are more physically active, do better academically. After all, the more they burn, the better they learn. Take a break and play with your kids. It’s good for their brains as well as their bodies and we could each stand a bit more fun and play in our lives too, right?

A focus on the overall wellness of children helps them be the best they can be in all facets of their lives. Ideally, we want our children to be whole persons, challenged in a positive way, engaged with the community, working towards a satisfying career that fits their strengths, supported by friends and family. Whole child focus in education aims to do ex-



actly this, recognizing that each of these goals stack upon one another. Schools recognize hungry students struggle to learn. School attendance may become an issue if students aren’t getting enough sleep, are being bullied, or home life isn’t safe.



Lincoln Public Schools is in the business of supporting the brightest of futures for each child in our community, though, reaching these goals begins in the base of helping our students and families recognize the value of health to their success.

# Lincoln Meets Healthy People 2020 Goal for Reduction in Child Obesity 6 Years Ahead of Schedule!

## Reversing the Childhood Obesity Epidemic

Seven years ago, a group of committed individuals started working together to reverse the child obesity epidemic in Lincoln, Nebraska. Two physicians (Dr. Bob Rauner from Partnership for a Healthy Lincoln and Dr. Karla Lester from Teach a Kid to Fish) began working with a group of Lincoln Public Schools (LPS) health leaders (health and physical educator Marybell Avery, district nurse Judy Zabel, and dietician Jessie Coffey) on how this could be accomplished.

We started with a plan to measure the



problem. Once we had a baseline to work from, we set a target for 2015. Our goal “Fit by 2015” created a goal to reverse the child obesity epidemic in Lincoln by 2015. This month, we are happy to report this effort was a success! The percentage of LPS Kindergarten through 8th grade students who are obese



has dropped from 17.2% in 2010 to 15.4% in 2014, a 10.8% relative reduction in the number of children who are obese. This exceeds the Healthy People 2020 goal of a 10% relative reduction in child obesity by 2020.

## Building Successful Kids - Fitness Matters More!

But it’s much more than obesity. In the last five years, the evidence has shown that although weight is important, physical fitness is even more important. Physical fitness has an even stronger impact on overall health, and just as importantly for the school system, also has a significant impact on academic achievement.

Fitness has also been an important focus of our coalition’s efforts. We are thrilled to report that in addition to the reductions in child obesity, LPS is also showing significant improvements in physical fitness! Each year LPS physical education teachers assess the physical fitness of 4th through 8th grade students using Fitnessgram, which is now the official test of the nationally recognized Presidential Youth Fitness Program.

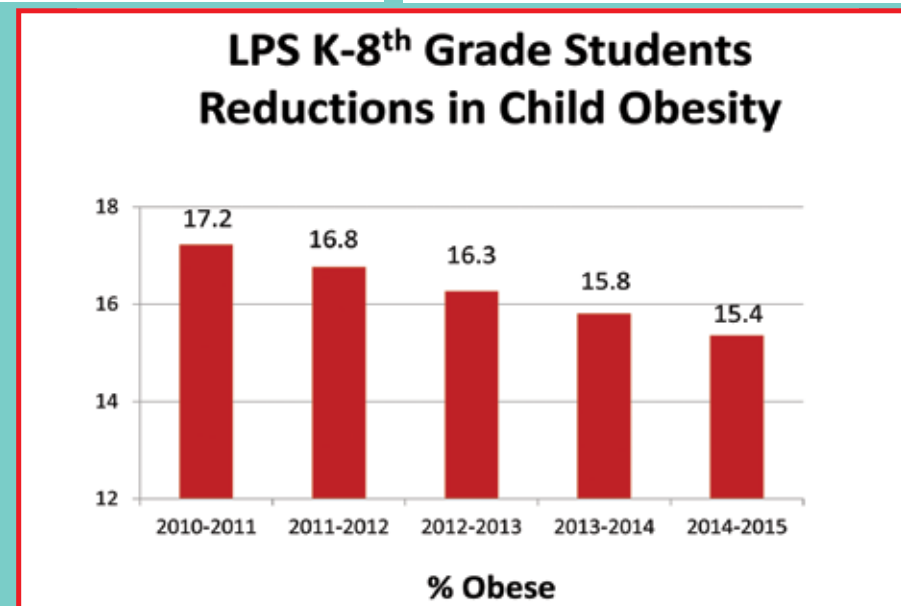
## Fitness and Academic Performance

LPS has shown a significant increase in students passing the aerobic fitness component, increasing from 71.0% in 2011 to 77.4% in 2014. Progress in this area is a significant

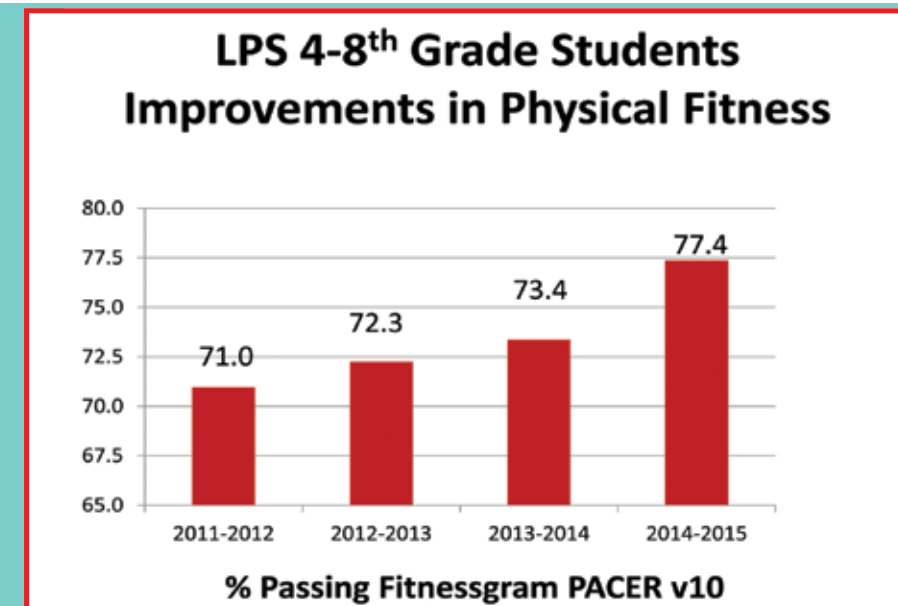
achievement, not only for the health of our students, but it will likely also result in improved academic performance! We have been tracking the relationship between fitness and academic achievement for the past three years and our 2013-2014 data show that students who pass the aerobic fitness test are also much more likely to pass the Nebraska state tests on Reading, Math and Science. The graphs below illustrate our progress so far and the correlation of aerobic fitness and LPS students’ performance on the Nebraska State Achievement tests for Reading, Math, and Science.

## What’s Next? Setting Ambitious Goals

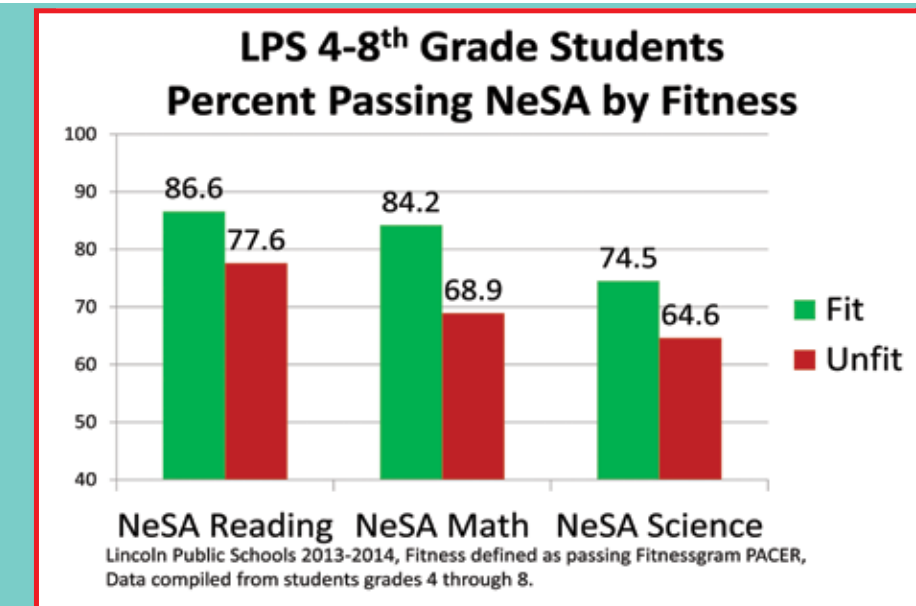
With Fit by 2015 now in sight, what’s next? Our next major goal is to double our improvements by 2020! Now that we’ve met the Healthy People 2020 target for obesity, we propose to double the goal by 2020 with a 20% overall reduction in child obesity by 2020. On top of that, now that evidence shows physical fitness is even more important, we want to set a target for fitness as well. Our fitness goal is more than 80% of our students reaching the recommended aerobic fitness level on the Fitnessgram/Presidential Youth Fitness Program.



As a result of Lincoln Public Schools health efforts, the percentage of obese Kindergarten through 8th grade students has shown a steady decrease for the last 5 years. Improvements are being seen district-wide for all ethnicities and income levels.



Lincoln Public Schools physical education teachers have been working together to increase the aerobic fitness of students. Annual physical fitness testing of 4th through 8th grade students has shown steady improvements, with a significant increase in the last year.



Lincoln Public Schools data shows that students who are aerobically fit are much more likely to pass the Nebraska State Accountability (NeSA) tests for reading, math and science. This relationship holds across age, gender, ethnicity and income groups.





## Schools and Student Health Challenges: A Snap Shot

By Marge Theel, RN, BSN, M Ed  
Supervisor of Health Services, Lincoln Public Schools

The health offices across Lincoln Public Schools are very active places. Daily visits range from 40 to 120+ depending on the size of school. Health office visits in 2013-2014 school year increased 40% from the previous school year. The numbers this year are on the rise as well.

This year Concussion Management teams are in the process of being developed in every school. Some school teams have been in operation for several years. Progression back to the classroom is individualized, based on a student's symptoms. Students recovering from a concussion must be cleared to return to the classroom full time before being cleared to participate in sports.

The community-wide Pertussis (Whooping Cough) outbreak combined with cold and flu season also impacted the number of students visiting health offices this year. The school nurses work closely with the Lincoln Lancaster County Health Department in preventing the spread of communicable diseases. Student's immunization records are monitored to aid in this process.

Managing food allergies in school continues to be a challenge. The long standing culture of food rewards in the classroom and celebrations with food is slowly changing. More activity-based events that support student health and

fitness are being practiced. Schools continue to work toward building an allergy aware environment in order to promote student safety.

What is the role of the Health Office in student learning and wellness? Registered school nurses, treatment nurses and health techs provide students everything from first aid for sudden injury/illness and supportive care for health conditions, to emergency response in life threatening situations. Various health conditions such as Asthma, Anaphylaxis (severe allergies), Diabetes, Gastrointestinal disorders, and Seizure disorders are managed and monitored at school. Students, families and medical providers adapt established medical plans to the school setting. This support allows students to perform at their highest levels.

Vision, Hearing, Height/Weight and Dental screenings are provided annually for designated grades. Students experiencing difficulties are referred to their medical provider for assistance. These combined efforts promote a safe and healthy environment for learning and help ensure that students are ready to learn. For more information, visit [wp.lps.org/healthservices](http://wp.lps.org/healthservices).



## Food Allergies- Increasing Awareness at Lincoln Public Schools

By Jessie Coffey, RDN, LMNT

In 2014, Lincoln Public Schools adopted a district wide food allergy policy to direct schools to act affirmatively with staff, parents, students and visitors to provide a safe learning environment for all students. This has been accomplished through a district wide allergy management program that includes intervention, education, awareness, effective communication and an emergency response protocol.

The school health office, in cooperation with the classroom staff, food service staff and parents work to complete the necessary documentation to allow students to receive special meals and building based accommodations as needed.

Lincoln Public Schools currently has over 1,300 students with documented food allergies or food intolerances.

**"... (our) allergy management program includes intervention, education, awareness, effective communication and an emergency response protocol."**

Nationally, the prevalence of food allergies has **increased approximately 50%** from 1997 and 2011. Very little is understood about the root cause of the increased prevalence of food allergies. (CDC, 2013)

- This potentially deadly condition affects **1 in every 13 children (under 18 years of age)** in the U.S. That's roughly two students in every classroom. (FAAN, accessed 10/2/13)
- **16-18% of children** with food allergies **have had a reaction at school**, this also **includes children with no previous diagnosis** of a food allergy. (Sicherer, Mahr, 2010)

• **Food allergies affect children** and adults **of all races and ethnicity.** (FAAN, accessed 10/2/13)

Staff across the district have worked to implement the food allergy policy and share additional resources and support to children and their families that need a food allergy safe environment to learn and be supported in the school environment. For more information, visit: [www.lps.org](http://www.lps.org) and download the "Students With Food Allergies" brochure.



## Connecting Schools, Families, and Neighborhoods

Lincoln Community Learning Centers (CLC) Lincoln Public Schools  
By LeAnn Johnson, Executive Director

Lincoln CLCs bring together schools, families and neighborhoods to provide what children and youth need to be successful. This year, the Community Learning Centers are extending their outreach in support of Lincoln's children by adding a Wellness and Outreach Specialist (WOC)

The WOC position will build and sustain partnerships that enhance the physical health and wellbeing of students and adults utilizing the services, supports and opportunities of the Community Learning Centers. Our WOC will work in collaboration with the Lincoln Public Schools (LPS) District



**"CLCs bring together schools, families and neighborhoods to provide what children and youth need to be successful."**

Wellness Coordinator and in partnership with CLC School Community Coordinators (SCC) to plan and implement physical activity, nutrition and other wellness activities.

Lincoln CLCs connect partners and necessary resources which assist in removing barriers to student learning and development. Through LCLC partners, children engage in fitness and activity programs, learn about healthy nutrition habits, and partake in healthy snacks.

CLC lead agencies (LPS, YMCA, the Malone Center, Lincoln Parks and Recre-

ation, Boys and Girls Clubs, Cedars, Willard Community Center, NE Family Center, Lincoln Housing Authority, Family Service of Lincoln, and Nebraskans for Civic Reform) provide core program components: after school and summer, parent engagement, health services, behavioral health, and neighborhood activities. Lincoln CLC partnerships bring a diverse talent pool that enriches the social and academic growth of students who attend.

The Lincoln CLCs provide a delivery system that uses the local school as the



hub of service. These 25 schools provide safe, supervised before and after school

programs, weekend and summer enrichment programs, and many other supportive services for citizens of all ages. Data shows that children involved with Lincoln CLCs have better attendance in school, do better academically, and have parents who are more engaged in their students' development. For more information, visit [wp.lps.org/clc](http://wp.lps.org/clc).



## After School or Out of School, Focus is on Healthy Eating

By Daniel Martin,  
Healthy Lifestyles Coordinator

There are currently many healthy happenings going on within the Malone Community Center's Out-of-School Program. Most noticeable are the daily healthy snacks (and meals during summer programming) and the Malone Center Children's Garden.

Everyday, the first thing many of the program participants do when they arrive at the Malone Center after school is investigate the kitchen with questions of "what's for snack?" and "can I help make snack?" Malone's Healthy Lifestyles Coordinator, Daniel Martin always capitalizes on the enthusiasm of the Center's youth to engage them in healthy eating choices. "We're making green smoothies today, and, yes, I need your help!" Delicious, healthy smoothies are a great way to a child's heart.

During after-school time at the Malone Center, children



are given the unique opportunity to learn about nutrition while assisting in the preparation of their own snacks. While preparing fruit and vegetable smoothies, program participants get to taste the kale, spinach, carrots, mango, blueberries and other smoothie components as they blend away, sometimes exclaiming, "Spinach tastes good both in and out of the smoothie!" Martin has watched the children become much more adventurous and nutritious eaters over his time at the center, and he gives much of the credit to involving the children in the kitchen, as he believes it provides them with a sense of ownership over mealtime.

During summer programming, children also learn about how to grow the food they eat in the Malone Center Children's Garden. Program participants are provided with the opportunity to plant, maintain, and harvest food from the garden to be used in the Malone Center kitchen. Working and playing in the garden, children get to be behind the magic of growing their food, knowing that they actually grew the kale they put in their smoothies. For more information visit: [www.malonecenter.org](http://www.malonecenter.org).

**"Delicious, healthy smoothies are a great way to a child's heart."**



## Asian Community and Cultural Center

By Bailey Wood and Emma Kreutzer



Nebraska Wesleyan University Communication Professor, Karla Jensen leads the group in yoga. Adding yoga to the senior citizen program at the ACCC has been a great opportunity to begin the discussion of a healthy lifestyle within the group. Just as Jensen says, "If you can breathe, you can do yoga."

Founded in 1992, the Lincoln Asian Community and Cultural Center's (ACCC) services and programs focus on increasing the stability of immigrant and refugee families in Lincoln who face economic and cultural barriers to self-sufficiency as New Americans, provid-

Our seniors group has begun a new monthly tradition at the center. Once a month yoga activist and

ing culturally specific services for Lincoln's Asian and Sudanese populations.

ACCC also provides support with health care issues, including assistance in making doctors' appointments and visits; domestic violence counseling and guidance, employment assistance, teaching communication strategies for parents and their teenagers with the ultimate goal of preventing substance abuse, and tai chi fitness classes.

For more information about the Lincoln Asian Community and Cultural Center, email us at [info@lincolnasiancenter.org](mailto:info@lincolnasiancenter.org), or call us at 402-477-3446.

**"If you can breathe, you can do yoga."**

## Educating and Empowering Hispanic/Latino Families

By Veronica Fleharty, Health Coordinator

El Centro de las Américas, originally known as the Hispanic Community Center, was founded in 1982 and became a non-profit in 1983. In the last 30 years, El Centro has provided family, youth, education, and health programs and outreach for Lincoln's Hispanic/Latino community, providing tools to help our community improve their quality of life.

Following our mission, we believe that nutrition, exercise, and physical activities that involve the whole family are an important component in empowering our community to live healthier, longer lives.

To improve the health, fitness, and wellness of our community, we offer health education on a wide variety of topics including nutrition, tobacco use prevention and cessation, chronic disease management, STDs, dental care, exercise classes, support for victims of domestic violence, medical care and health insurance navigation. Our support group, Grupo de Apoyo, offers health and wellness information of special interest to women. El Centro health education and fitness outreach also includes health fairs at celebrations like our Back to School, Halloween, and Cinco de Mayo bashes.

El Centro also provides educational opportunities like Spanish/English, English as a Second Language, and GED classes; and computer classes and labs. Through our youth program, Golden Warriors, we work to develop leadership and social skills, while also developing healthy habits like exercise. Our community events celebrate Latino culture.



**"We believe that nutrition, exercise, and physical activities ... are important component(s) in empowering our community to live healthier, longer lives."**

New this year to El Centro are women's Zumba classes that incorporate nutrition education and healthy lifestyle choices for they and their families.

Starting in June, El Centro will offer Bodyworks classes for whole families that focus on how to eat better, including more physical activity in their daily schedule, and building a path to a better state of health.

For more information about El Centro's wellness programs, contact Veronica Fleharty at [veronica@elcentrone.org](mailto:veronica@elcentrone.org). For general information visit [www.elcentrone.org](http://www.elcentrone.org) or call 402-474-3950.





## Community CROPS Launches New Programs

By Ben McShane-Jewel,  
Garden and Youth Program Manager

Community Crops is working diligently on new projects that expand our outreach in Lincoln. For 12 years, Crops has been working hard to increase access to fresh, healthy foods for all residents of Lincoln. Starting with one community garden in 2003, we have grown significantly and now provide space for more than 250 families to grow their own food near their homes. In 2014, our community gardeners grew more than 30,000 pounds of food. About 75% of these families were from low-moderate income households and nearly half were immigrants or refugees.

In 2015, Crops received two new grants helping us increase participation among non-English speaking families and increasing retention of gardeners from year-to-year. The first grant from Partnership for a Healthy Lincoln, provided funding to hire a technical assistance staff member who will teach advanced gardening techniques to our participants throughout the season. These classes will be free for gardeners and will cover topics for beginners through expert-level techniques. In addition, this funding will allow Crops staff to work one-on-one with gardeners who may be having specific issues with their garden plots throughout the season.

**"In 2014, our community gardeners grew more than 30,000 pounds of food."** Our second grant from the Aetna Foundation and provides funding to hire four part-time community liaisons to assist with outreach and recruitment of new gardeners among the many diverse ethnic communities in Lincoln. Our community gardens are home to gardeners from more than 25 countries who speak numerous languages, providing a challenge for Crops in the past. The new community liaisons have greatly enhanced our ability to communicate with all of our gardeners and better deliver services.

April is always an exciting time around the Crops office, as the gardening season is getting into full-swing and there's always a lot happening. But, 2015 is particularly exciting, as we prepare for these important new programs. For more information, visit [www.communitycrops.org](http://www.communitycrops.org).



## HOP THE GAP - Helping Youth Achieve More

By Chris Klingenberg, Executive Director,  
Northeast Lincoln YMCA and Community Learning Centers

When children and teens are out of school, they can face challenges related to hunger, health, learning, water safety and safe spaces, which prevent them from reaching their full potential. Every day, Y staff and volunteers play a key role in helping youth "hop the gap" to overcome these challenges by providing a safe, nurturing place to learn, stay healthy and build friendships.

Here's how the Lincoln YMCA helps young people face hurdles—or gaps—during the summer that keep them from reaching their potential:

- **Hunger:** The Y helps combat hunger and childhood obesity by serving healthy meals and snacks to summer learning program participants.
- **Health:** By adopting Healthy Eating and Physical Activity (HEPA) standards, the Y is helping our youth develop healthy habits and prevent childhood obesity each year.
- **Water Safety:** YMCA Swim Lessons and our Float for Life program help prevent drowning and allow kids to be confident and safe in and around water.
- **Learning:** Children in our summer Community Learning Centers practice project-based learning, using multiple steps or thoughts to solve real-world problems in science, math, reading and more.
- **Safe Spaces:** YMCA's summer programs offer our youth a safe space to learn, grow and thrive during hours they are otherwise likely to be unsupervised.

**"YMCA's summer programs offer our youth a safe space to learn, grow and thrive .."**

The YMCA's kick-off event to help "hop the gap" is Healthy Kids Day. At this free, public event, over 40 organizations showcase many opportunities for our youth to stay healthy, educated and engaged during the summer months. Be sure to join us on April 25th, 10am-1pm, at the Cooper YMCA and get a jump on summer activities for you and your family! Learn more at [ymcalincoln.org](http://ymcalincoln.org).



### Feeding Souls and Bodies

By Stanford Bradley,  
Salvation Army of Lincoln Community Center Supervisor

The Salvation Army is an international Christian non-profit dedicated to spreading faith and meeting human needs without discrimination. From its beginning in 1865 until now, the Salvation Army has offered a number of social services programs that shield families and individuals from the struggles of poverty.

**"The Salvation Army works with those we serve to promote healthy lifestyles."**

The Salvation Army works with those we serve to promote healthy lifestyles, changing our own environment and policies to support improved health. The nutritional quality of snacks and meals has improved, eliminating vending machines, limiting screen time during youth programs, and a greater emphasis on a healthy lifestyle to prevent obesity and subsequent chronic diseases.

Our recent and ongoing health, nutrition, and fitness efforts include providing additional information, education, and support on healthy food and beverage choices, healthy cooking, and increased physical activity, through regular programs such as:

- Youth After School Programs - includes physical activity and

- a healthy evening meal
- Youth Summer Programs – includes physical activity and a healthy noon meal
- Youth Sports Program –

- Small Fry Basketball: Competitive basketball league with both boys and girls divisions
- Partnering with the Woods Tennis Association to offer a youth tennis lessons
- Food and Perishables Pantries – Perishable Pantry provides fresh fruits and vegetables twice per week; providing breast feeding information and support through the diaper bank in the food pantry.



For more information about programs and resources at the Salvation Army of Lincoln, visit [www.usc.salvationarmy.org/lincoln](http://www.usc.salvationarmy.org/lincoln)



## Summer Youth Fitness and Active Living at Lincoln Parks and Recreation

By Daniel Payzant,  
Calvert Community Center Executive Director

Lincoln Parks and Recreation programs for children and youth are intentionally focused on increasing opportunities for physical activity, providing education about good nutrition and improving access to healthy food. "FUNdamental Healthy Me" Summer Day Camp is a perfect setting for learning the healthy balance of staying active while making smart food choices to help our bodies grow and develop in healthy ways through fun recreation activities. Activities include physical education, active play, archery, tennis, swimming, yoga, and gardening (in addition to other camp standards such as arts and crafts, music, reading, and more).

The results are promising. Almost 750 young people participated in Lincoln Parks and Recreation "FUNdamental Healthy Me" Summer Day Camps at eight locations last summer. Campers were tested on aerobic fitness, muscular strength and endurance, and flexibility. About two-thirds of campers who completed each test improved, and campers who had high attendance generally showed greater improvement than those who had low attendance. This is great news among reports that fitness gains made during the school year may be lost during the summer.

**"Summer Day Camp is a perfect setting for learning the healthy balance of staying active while making smart food choices.."**

Parks and Recreation will also offer "Crunch and Lunch" Monday-Friday from 11 a.m. to 12:30 p.m. throughout the summer. Youth can drop in for a free hour of active games, physical fitness activities, and a healthy lunch provided by the Lincoln-Lancaster County Health Department through the Summer Food Service Program. Locations include UPCO, University Place, and Peter Pan Parks. For more information about Lincoln Park and Recreation programs, visit [parks.lincoln.ne.gov](http://parks.lincoln.ne.gov).



## COMING UP 2015 State Games of America

By Dave Milnarik, Executive Director

The 2015 State Games of America will be held in Lincoln July 28 – Aug. 2, with more than 20,000 athletes from across the nation competing in 63 sports. Athletes and volunteers will get into the spirit at Opening Ceremonies July 31 at Memorial Stadium and can enjoy nightly entertainment at the Athlete Village at Pinacle Bank Arena.

The State Games of America, conducted by the Nebraska Sports Council, replaces the Cornhusker State Games this year, but still offers several non-competitive sports and age/skill categories to fit every athlete. All Nebraskans are welcome to join in the fun as participants or volunteers and can register at [www.SGA2015.com](http://www.SGA2015.com).

The Nebraska Sports Council is a non-profit organization with a mission of providing quality competition for amateur athletes of all ages and abilities and promoting healthy and active lifestyle choices. Major events and programs include the Cornhusker State Games, LiveWell Challenge Series, the Mud Run, Pumpkin Run and the 2015 State Games of America.

**"... providing quality competition for amateur athletes of all ages and abilities"**

Founded in 1985, the council is governed by a 24-member statewide board of directors. The council provides opportunities for amateur athletes of all ages and abilities to showcase their athletic talents, test their mental and physical limits, and achieve healthier lifestyles. For more information on NSC programs and events, go to [www.NebraskaSportsCouncil.com](http://www.NebraskaSportsCouncil.com) or call 402-471-2544.



## Cycling Challenge

By Gary Bentrup, Great Plains Trails Network

Craig Romary started bicycle commuting to work in 2009 when a wellness healthcare plan was offered at work.

But, with the help of the National Bike Challenge, the Lincoln resident discovered so much more: better health, new friends and increased connection to his community.

"Participating in the National Bike Challenge was a fun way to keep track of miles and watch how our community compared to others around the country. And I've met

new friends and hopefully, become a little healthier along the way".

Romary is just one of more than 1,300 riders from Lincoln who participated in the 2014 National Bike Challenge, a friendly, online competition sponsored by the League of American Bicyclists, PeopleForBikes, Scotts Natural, and Kimberly-Clark Corporation. The competition runs from May 1 to September 30 and has inspired millions of Americans to ride their bikes for transportation, recreation, and better health.



During 2014, Lincoln riders logged 683,083 miles. With 37% of those miles coming from commuting and 64% from sport/fun, Lincoln finished 2nd place in cities with populations over 200,000. Local riders burned over 18,000,000 calories which is over 60,000 slices of pizza! Local riders prevented 350,000 pounds of CO2 going into air and saved \$115,000 dollars, not only enhancing their health but also contributing to the health of the environment and their pocketbook.

After being the 1st place community in 2013, we want to regain that title in 2015. Consider participating in the National Bike Challenge as a way to have fun and enhance health. This year's challenge will kick off on May 1st. To learn more, go to <http://nationalbikechallenge.org/>.

**"Participating in the National Bike Challenge was a fun way to keep track of miles ... And I've met new friends and hopefully, become a little healthier along the way".**



## Lincoln Embraces Bike Riding

By Mike Heyl, Lincoln-Lancaster County Health Department

Lincoln has always been an attractive place to ride a bicycle. The lack of significant hills, a moderate climate, and short winter make it attractive to ride a bike 9 or more months out of every year. Add in the presence of several university campuses and a large number of students and you have a population that is generally attracted to bike riding for transportation.

There is also a large number of Lincoln professionals for whom bike riding provides an opportunity for much needed physical activity and an alternative transportation option.

Families find schools in their neighborhoods that are close enough that letting the children ride their bike to school is a viable option.



The core neighborhoods of Lincoln consist of short block lengths that are built on a grid pattern, making rides to the store or to work or to a park convenient. With 130 miles of paved surface in a trail system, both recreational bike riders and commuters have an option to the on-street system.

Lincoln embraces bike riding. Over the past three years our city has finished as one of the top three cities in the nation with populations



over 200,000 people in a national bike challenge. We have earned a bike friendly community designation from the League of American Bicyclists.

Be sure to check out Bike Lincoln, the City's bicycling information and resource site where you'll find useful information on registering your bike, planning your trip, smart cycling tips, informative videos, links to local non-profits and bike shops, and applicable laws. Use the easy comment form to provide input on improving your Lincoln bicycling experience. Get out and get moving Lincoln! <http://lincoln.ne.gov/city/plan/bike>

**"Get out and get moving Lincoln!"**



# Comprehensive Approach to Health Promotion Works Best

By Nicole Osborne, M.S.,  
WorkWell Healthy Choices Coordinator

Worksite Health Promotion programs are a great way to increase performance, improve morale and create an overall culture of health, while reducing absenteeism, employee turnover, health care costs, accidents in and out of the workplace, and workers compensation claims.

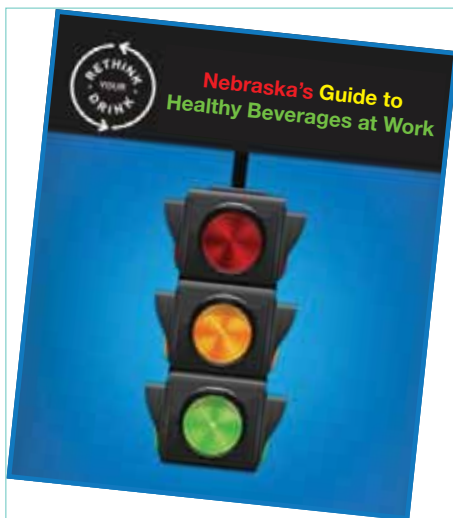
A great place to start or enhance a comprehensive evidence-based wellness program is through onsite vending practices. The new Nebraska's Guide to Healthy Beverages at Work toolkit is a great resource to assist in the development of healthy beverage policies. Why address sugar sweetened beverages? Sugar sweetened beverages account for 49.7% of sugar consumed in the American diet and is the leading contributor to the obesity epidemic. **The average 20 oz. soda contains 16-19.25 teaspoons of sugar equaling 240-290 calories. This would take the average 150 pound individual 3-3.5 miles to walk off the calories.**

The Healthy Beverages Guide uses an easy to follow red, yellow, and green light approach to beverages. Inside, organizations will find out how to convene a healthy beverage workgroup, complete a beverage assessment, develop a healthy beverage

policy, educate and engage employees, implement a healthy beverage policy, track changes, and ways to celebrate a healthy workplace. **To download your own FREE copy of the Nebraska Guide to Healthy Beverages at Work, please visit [healthylincoln.org](http://healthylincoln.org).**

"Poor health is a serious individual, business, and economic threat to our way of life." (Edington, Zero Trends, p. 14) Working together in the workplace, the home, and in the community provides the greatest opportunity for a comprehensive solution.

WorkWell is a division of the Nebraska Safety Council serving over 100 member organizations with their health and wellness needs. We support organizations looking to develop and enhance their worksite wellness programs by providing networking, training, consulting, data collection/management, and program design assistance. WorkWell has supported many of Lincoln's employers to receive local, state, and national recognition for their wellness programs. For more information on WorkWell services, please contact Tonya Vyhldal or Nicole Osborne at 402-483-2511.



**"Poor health is a serious individual, business, and economic threat to our way of life."**



## Community Partnerships Are Key to a Healthier Lincoln

By Melissa Fuller, Program Coordinator, 10 Health

A little over three years after its launch, 10 Health TV has produced over 275 programs focused on health and wellness topics relevant to the Lincoln community.

Funded by the Community Health Endowment, it is one of the only government channels of its kind, but it's far from alone when it comes to creating reliable and informative content. Through partnerships with more than 60 local organizations, including Partnership for a Healthy Lincoln, we have been able to produce shows on everything from healthy eating to bicycling education and suicide prevention.

10 Health TV believes that by sharing the knowledge of our partners, we can help create a healthier Lincoln. We strive to look even deeper into the stories that affect our community and provide healthy messaging to those that need it most.

10 Health TV's monthly series "Shape of the City" discusses timely health topics, introduces viewers to a variety of local health organizations and provides simple tips to healthier living. The "Bright Spots" series will return soon to highlight more health heroes in the community. We also have a community calendar at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: 10 Health).

**"10 Health TV is your local health channel"**

What else is on the horizon? How about new exercise shows, healthy cooking ideas from local chefs, and gardening tips for the whole family. Don't forget, 10 Health TV is your local health channel. Tell us your ideas, share your stories, and be a part of making Lincoln the healthiest community in the nation!

Contact Melissa Fuller at [mfuller@lincoln.ne.gov](mailto:mfuller@lincoln.ne.gov) for more information.

10 Health TV is available to everyone anytime. Find us on:

- **YouTube channel 10HealthLincoln**
- Live video streaming at **[lincoln.ne.gov](http://lincoln.ne.gov)** (Click on icon in upper right corner.)
- **Time Warner Cable (TWC) channel 10** (If you have a QAM tuner, you'll find us on digital channel 71.15. If you have an older analog television, please contact TWC for a digital adapter.)



## For Seniors, Staying Active Is Important

By Zoe Olson, Aging Partners Marketing Director

### Life's a Hit, When You Feel Fit

There's no better way to remain independent and prevent chronic diseases than by exercising regularly, which is why Aging Partners is proud to offer Lincoln and Lancaster County residents the low-cost Health & Fitness Center for their use.

Located at 233 S. 10th St., Suite 101, the Health & Fitness Center is open Monday through Friday from 8 a.m. to 4 p.m. and welcomes people of all ages and fitness levels.

Not only is the center equipped with a friendly staff, it also is filled with the latest fitness equipment for older adults including two treadmills, three NuSteps, a recumbent bicycle, one regular and one seated elliptical trainer, a universal weight machine, free weights, balance bar, whole-body vibration machine and other exercise aids.

Certified personal trainers who specialize in working with older and disabled adults are available Tuesdays and Thursdays from 9 to 11:30 a.m. and 12:30 to 2 p.m. They work with interested people to create individualized routines that fit their physical limitations and personal goals.

### Staying Active Is Important

A growing body of research overwhelmingly proves that regular physical activity and strength training, whether at a gym like the Health & Fitness Center or home, helps

older adults age well. Despite this, most older adults do not exercise. In fact, of the 39 million people 65 and older, only 22 percent report engaging in regular physical activity. The average time older adults spend in physical activity each day is 17 minutes, yet the average time spent watching TV daily is 4.3 hours.

According to the Centers for Disease Control and Prevention, the benefits of exercise include:

- The ability to live independently and reduce the risk of falling and fracturing bones.

- A reduction in risk of dying from coronary heart disease and developing high blood pressure, colon cancer and diabetes.

- A reduction in blood pressure in those with hypertension.

- Improved stamina and muscle strength, especially for those with chronic disabling conditions.

- A reduction in symptoms of anxiety and depression.

- Improved mood and feelings of well-being.

- Development of healthy bones, muscles and joints.

- Controlled joint swelling and pain associated with arthritis.

The CDC recommends older adults aim for 2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, or 1 hour and 15 minutes of vigorous-intensity aerobic activity, such as jogging or running, every week. This should be paired with muscle-strengthening activities, such as lifting weights or using resistance bands, two times per week that work all major muscle groups, including the legs, hips, back, abdomen, chest, shoulders and arms.



# "For seniors, life's a hit when you feel fit!"



## Healthy Grandbabies Are A Family Affair

Support the breastfeeding mom in your family

Breastfeeding helps to fight childhood diseases.

[www.HealthyLincoln.org](http://www.HealthyLincoln.org)  
Partnership for a Healthy Lincoln

## Health & Fitness Center Welcomes Everyone

Although older adults can adopt healthy physical activities at home or other gyms, people attended the Aging Partners Health & Fitness Center or one of its group fitness activities, such as yoga and tai chi, 15,071 times from July 1, 2013, to June 30, 2014.

There are many reasons why older adults in Lincoln choose the Health & Fitness Center for their wellness journey. Some prefer it because participants are not obligated to sign a contract like they do at most gyms. Others come because of its convenient downtown locations. Several come for the opportunity to socialize and make friends with people of similar ages and interests. Many prefer the Health & Fitness Center to other gyms because it's inexpensive. For those 59 and younger, the fee is \$15 per month. There is a \$10 suggested contribution for those 60 and older.

Aging Partners encourages older adults in the area to come check us out. People of all fitness levels are welcome at the center. Whether you've never exercised in your life or are a marathon runner, there's something here for you.

For more information about the Aging Partners Health & Fitness Center, call 402-441-7575.





[www.healthylincoln.org](http://www.healthylincoln.org)

# SEPTEMBER 20, 2015

Coming to the Clinton, Hartley,  
& East Campus Neighborhoods

BIKE // SKATE // WALK // PLAY  
**STREETS  
ALIVE!**  
#StreetsAliveLNK



## PLAY IN THE STREETS!

The streets will come alive on Sunday, September 20th from 1-5 pm! The annual 2015 Streets Alive! Festival is a FREE event hosted by the Partnership for a Healthy Lincoln promoting active living and healthy eating. A 2 mile route in the Clinton, Hartley, and East Campus neighborhoods will be closed to cars and opened up to all human powered traffic to roam the streets lined with healthy exhibitors, fitness classes, sports demonstrations, entertainment, healthy vendors and much more. The route will include Clinton Elementary School, Peter Pan Park, the new City Impact building, the Mopac Trail and Idylwild Park. Streets Alive! highlights local health-minded organizations and provides the opportunity for families to get out and get moving!

Come join us for an afternoon of FREE, family and pet-friendly fun as Lincoln's streets come alive!



**September 20, 2015 • 1:00-5:00 p.m.**

For more information about Streets Alive! visit  
**[www.healthylincoln.org/StreetsAlive](http://www.healthylincoln.org/StreetsAlive)**



## Streets Alive! Sponsorship

Thank you to Community Health Endowment of Lincoln for its continued support as the Platinum Sponsor for our annual Streets Alive! event. Find out how your business or organization can be recognized by thousands of Lincoln residents interested in improving their health by becoming a sponsor at Streets Alive! Visit [www.healthylincoln.org/streetsalive](http://www.healthylincoln.org/streetsalive) or contact Ashley Deisler at [adeisler@healthylincoln.org](mailto:adeisler@healthylincoln.org) or 402-483-4800.



“Streets Alive! is truly becoming one of Lincoln's signature events. This unique celebration reaches thousands of adults, children, and families with positive messages about active living, good nutrition, and community engagement. The Community Health Endowment of Lincoln is proud to support this event as we work to achieve our vision of making Lincoln the healthiest community in the nation.” –Lori Seibel, Community Health Endowment