

Fitness Levels Up!

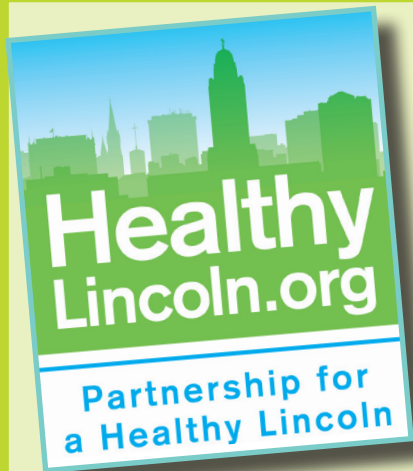
Lincoln Kids Race Towards
Fit by 2020



Wellness Efforts 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.

Photos courtesy of Lincoln Parks & Recreation, Nebraska Sports Council and Eric Fowler



About Us

Partnership for a Healthy Lincoln (PHL) is a non-profit organization dedicated to improving the health, wellness, and fitness of our community. We collaborate with other organizations on joint projects to improve health by increasing physical fitness, promoting good nutrition, supporting breastfeeding, and improving cancer screening rates.

Our work includes improving health and wellness policies, conducting community level research, and evaluation of the success of local health initiatives.

PHL Staff

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Community Health Endowment For Health, Place Matters



Some experts say your zip code affects your health as much as your genetic code. The Community Health Endowment of Lincoln's (CHE) Place Matters project mapped health outcomes such as life expectancy and childhood obesity as well as social factors such as poverty, crime, and family structure. The maps show that life expectancy in Lincoln varies as much as 30 years from one neighborhood to another and highlights the impact poverty has on health.

Using the maps and accompanying data, the CHE Board of Trustees revised its funding priorities to include innovative roles for care providers, investments in early childhood, intentional linkages with non-traditional partners, and prevention focused efforts. Since its inception in 1999, CHE has returned more than \$23 million in grants to support health. These new priorities recognize that many factors affect health.

In addition to making grants, CHE convenes people around critical issues such as integrated care and childhood toxic stress. Working collaboratively, we are helping Lincoln become the healthiest community in the nation.

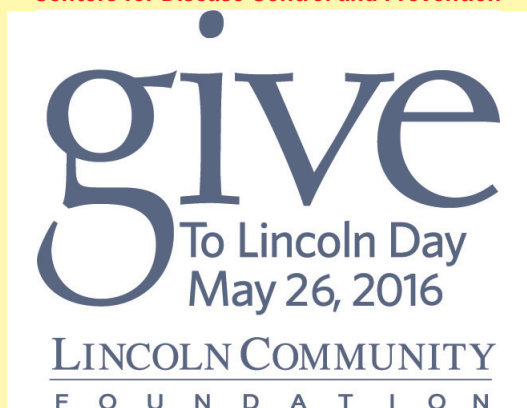
More information on the mapping project, funding priorities and grants is available on the CHE website, chelincoln.org. Find out the latest CHE news on our Facebook page, facebook.com/chelincoln.

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 community possible!

Our major funders include:

- **Community Health Endowment**
- **CHI Health St. Elizabeth**
- **Lancaster County Medical Society**
- **COPIC Medical Foundation**
- **Blue Cross Blue Shield of Nebraska**
- **Nebraska Medical Foundation**
- **Nebraska Department of Health and Human Services**
- **Centers for Disease Control and Prevention**



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HealthyLincoln.org



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Twitter:
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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. Partnership for a Healthy Lincoln encourages you to get involved and support them by visiting their websites. If you would like to help support PHL, contact us at info@healthylincoln.org, visit our website at HealthyLincoln.org, or consider giving through your worksite giving campaign. PHL is a proud member of the Community Services Fund worksite giving campaign.



**Community
Services Fund
of Nebraska**

To find out more about
worksite giving, visit

communityservicesfund.org

From the President. . .

Fit is It, for kids and adults

Last year we were thrilled to report that Lincoln met the Healthy People 2020 reductions for child obesity six years ahead of schedule. While obesity is still an important problem, the science behind community health is showing that aerobic fitness is even more important for the overall health of both the individual and the community.

Our collaborative projects with Lincoln Public Schools have also shown this to be the case for the success of our students. Aerobic fitness not only improves the health of our students, but also improves their academic achievement and even their behavioral health. Past year's data has shown that students who pass the district aerobic fitness test (Fitnessgram PACER) perform markedly better on the state tests (NeSA) for reading, math and science.

LPS kids improve again

In light of this evidence, we decided to make increased fitness the focus of the last year as well as the focus of this community insert. Lincoln Public Schools, and specifically our health and physical education teachers, have delivered again showing yet more improvement in physical fitness for Lincoln's kids. Not only is overall fitness getting better, unique to Lincoln is that our kids maintain and improve aerobic fitness as they enter middle school. This is counter to national trends which usually show that students become less physically fit in increasing grades.

Promoting fitness beyond the schools

Another focus of our projects the last year is to expand our efforts beyond schools. Our school system is a critical part of the community effort, but they can't improve the health and fitness of our children on their own. Through funding from the Centers for Disease Control and Prevention, the Community Health Endowment of Lincoln and CHI Health St. Elizabeth, over a dozen community agencies have joined the effort. By reading the articles included in this community update, we hope you will learn about the great work of all these Lincoln and Lancaster County organizations.

This is not only an effort for our kids, but an important issue for adults as well. The same factors that show the importance of fitness for children also show benefits to employers for the health and productivity of their workforce or for the elderly to preserve their memory and continued independence. That is why we have spent more time working with employee wellness programs throughout the community and organizations that serve the aged.

We thank you for your interest in these community efforts and hope you will join us in our efforts to increase the health and fitness of Lincoln and Lancaster County.



Bob Rauner, MD, MPH

President, Partnership for a Healthy Lincoln

Fitness and good nutrition **are key to a healthier, more productive Lincoln**

From the Board Chair. . .

Fitness means a healthier life.

The importance of being fit does not end at childhood. The benefits of being physically active as an adult are numerous. There are obvious ones, such as reduced chances of developing chronic disease and maintaining a healthy weight. Fitness and physical activity also increase our energy levels and help with mental clarity. They can also help reduce stress.

Investing in worksite wellness means a healthier, more productive workforce

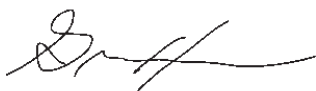
As employers begin to understand the additional benefits of fitness and good health, it's no wonder we have seen continued growth in employee health and wellness programs. Investing in employee's health is investing in a more productive and higher performing workforce.

This past year, Partnership for a Healthy Lincoln has moved to increase their partnerships with employers and employee wellness councils. These partnerships are important in helping businesses create healthy workplaces that promote active lifestyles. They also create remarkable stories, like the ones from my co-workers Ed and Kendall.

Fitness changes lives

A few years ago, Ed started working out, quit smoking and lost weight. As he made these changes, his breathing problems stopped and his energy levels soared. Kendall made similar lifestyle changes. With his health improvements also came new found confidence. Kendall is going back to school to earn his college degree. He also joined a band and plays bass.

These are only a couple stories, but imagine if an entire community of employers invested in the health of their people. Stories like this could be the norm. Fitness will always play a critical component of health. Thank you for your interest and I hope to see you on the trails this year as we move towards being a more physically active community.



Greg Howe, MS, PHR

Board Chair, Partnership for a Healthy Lincoln
Wellness Manager, Lincoln Industries



Partnership for a Healthy Lincoln

is a non-profit organization dedicated to improving the health, wellness, and fitness of our community.

What We Do

We work to improve wellness policies, conduct community level research and evaluate the success of local health initiatives. We collaborate with other organizations on joint projects to improve health by increasing physical fitness, promoting good nutrition, supporting breastfeeding, and improving cancer screening rates.



Partnership for
a Healthy Lincoln

How We Do It, Partnering for Reach and Impact

With funding from the Centers Disease Control and Prevention's Partnerships to Improve Community Health award, the Community Health Endowment of Lincoln, CHI Health St. Elizabeth and the Lancaster County Medical Society, we collaborate with nearly two dozen Lincoln organizations 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 partner 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 the schools. These projects have helped make Lincoln Public Schools a nationally recognized leader in the field of school wellness.

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, nutrition messaging on a variety of platforms for maximum reach. We engage the community directly through our outdoor movement festival, Streets Alive!, where we take health, wellness, and fitness resources out into neighborhoods.

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

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

Nebraska: Through our Nebraska Physicians Cancer Screening Initiative, we work with the Lancaster County Medical Society, physicians, and clinics around Nebraska on early detection and prevention of colon and breast cancers by increasing cancer screening rates.

“Collaborating to improve community health, wellness, and fitness.”

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

Healthy Babies- Healthy Community

By Tami Frank, LCBI Project Coordinator

Breastfeeding means healthier babies and moms, a benefit to the whole community. The Lincoln Community Breastfeeding Initiative is a coalition of worksites, community organizations, public agencies, and health care and lactation professionals advocating for breastfeeding support for new moms. Given the strong medical evidence about the benefits of breastfeeding to the long-term health of children, most moms say they intend to breastfeed. But while **over 90% of Lincoln moms intend to breastfeed, under 11% continue to the 1 year recommended** by the American Academy of Pediatrics. Clearly, moms need more support. Healthcare professionals, family members, employers, and the community at large - everyone can play a role in ensuring that our children have the best possible start in life.

What You Can Do to Support Mom's and Babies - Everyone Plays a Role

Health Care Providers:

- Recommend moms breastfeed and document intent to breastfeed in the medical record
- Don't give out free formula samples or "gift bags" before baby is even born
- Support immediate and uninterrupted skin to skin time when baby is born, unless there's a medical reason not to
- Provide ongoing encouragement and support at every visit

Employers:

- Know the benefits of breastfeeding are reduced healthcare costs and absenteeism, and increased productivity to name a few
- Know the law (see inset)
- Implement lactation support policies
- Encourage and support nursing moms

Families:

- Learn the benefits of breastfeeding
- Support the decision of the new mom in your family to breastfeed
- Encourage her when she feels challenged or discouraged
- Provide additional household help during the first critical months

Legislation protecting breastfeeding in Nebraska

2010 - Federal Fair Labor Standards Act

- Employers of 50+ employees must provide reasonable break time and space for moms to express milk for their babies

2011 - Nebraska LB197

- Women have the legal right to breastfeed anywhere they have the right to be

2015 - Nebraska LB627

- Employers of 15+ employees must provide reasonable break time and space for moms to express milk for their babies

The Community:

- Know the benefits of breastfeeding...it benefits you too!
- Ensure breastfeeding support across neighborhoods, cultures, and languages
- Publically support and encourage breastfeeding moms

For mom:

- Know your rights
- Know that help is available (visit healthylincoln.org/breastfeeding)
- Know you've made a great decision!



Creating a Healthier Community Through Breastfeeding

By Ann Seacrest
Executive Director, MilkWorks

Breastfeeding means healthier babies and moms. Although it is a natural process, breastfeeding is also a skill that must be learned and practiced. Breastfeeding can be one of the most satisfying parts of being a new mother, but it can also be challenging. Getting started often requires education and support - that's why MilkWorks was created.

For moms new to America, giving birth far away from their home country without support from the women in their families, breastfeeding can be even more challenging. Most come from countries where breastfeeding is common, yet in America they often end up struggling to breastfeed. At the same time, they are navigating a new language and new customs.

Community Breastfeeding Educators In 2015, Partnership for a Healthy Lincoln, MilkWorks, and the Asian Community and Cultural Center developed an innovative project to help support breastfeeding in every Lincoln neighborhood. Seven culturally diverse mothers attended a fifteen hour breastfeeding course and are now reaching out to other mothers in their communities. Known as Community Breastfeeding Educators (CBEs), the women come from seven different countries and speak eight different languages, including Spanish, Arabic, Nuba, Burmese, Karen, Vietnamese, Chinese and English.



"... helping to support breastfeeding in every Lincoln neighborhood"

Community Breastfeeding Educators

Each CBE connects with mothers in different ways. Ha, born in Vietnam, is an outreach worker for the Asian Center. Many of the families she helps adjust to life in Lincoln have newborns. Julie, from Guatemala, hosts a Spanish speaking moms group at Everett School on Monday mornings. Rebecca, originally from China, reaches out to Chinese speaking students at the University of Nebraska. Michelle is an interpreter at the Lincoln Family Medicine Center, where many Spanish speaking families receive health care. Dania, who was a teen parent herself, now works with Lincoln Public Schools early childhood education program and mentors teen parents. Khamisa, an advocate for the Sudanese population in Lincoln, provides home visits to new mothers as part of her support services.

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To learn more about MilkWorks, or connect a CBE with a mom who might benefit from learning about breastfeeding from someone who speaks her language or understands her cultural values, visit milkworks.org.



WIC - A Proven Program, With Long-Term Payoffs

By Megan Davison, MS, RD, LMNT, WIC Supervisor

WIC - formally known as the Special Supplemental Nutrition Program for Women, Infants, and Children - provides nutritious foods, nutrition education, breastfeeding support, and referrals to health care and social services to more than 8 million low to moderate income pregnant and postpartum women, infants, and young children under the age of 5 in the United States.

There is mounting evidence that lack of adequate food, stable housing, health care, and other basic essentials in infancy and early childhood can affect a child's brain development and have long term consequences.

Four decades of research shows that WIC contributes to positive developmental and health outcomes for participants.

WIC Benefits for Families and Children

- Healthier Birth Outcomes: WIC moms have fewer preterm and low birthweight babies
- More Nutritious Diets: Strong evidence suggests that WIC participation is associated with an increased intake of some essential vitamins and minerals in the diet; like calcium, iron, protein, and Vitamin C

- Stronger Connections to Preventive Health Care: Infants and Children who participate in the WIC program receive health care referrals and are more likely to receive appropriate preventive and curative care

- Improved Cognitive Development: Prenatal participation in WIC is linked to improved cognitive development and academic achievement for children at age 2 and this benefit persists into the school years

"WIC contributes to positive developmental and health outcomes ..."



Accessing WIC Services

Lincoln is fortunate to have 2 WIC Programs, a clinic at the Lincoln-Lancaster County Health Department and a clinic at Family Service. There are also 4 satellite clinics available throughout the city, including the newly renovated LLCHD-WIC satellite clinic, located at 27th and Cornhusker Highway. At this location, a more formal breastfeeding area has been added for our nursing moms who would like more privacy while nursing or pumping breast milk. Family Service also serves clients at their new 40th and Old Cheney office.

If you or someone you know is interested in getting more information about WIC Services, please call the Lincoln-Lancaster County Health Department at **402-441-6200** and Family Service at **402-441-8655**. A family of 3 can make \$37,167 a year and still qualify for services.



Community Action Partnership

Growing Great Beginnings, Empowering Families

By Jill Connor, Director of Resource Development, Community Action Partnership of Lancaster and Saunders

There are over 44,000 people in Lancaster and Saunders Counties who live in poverty. Community Action Partnership of Lancaster and Saunders Counties (Community Action) offers 16 unique programs designed to ensure that everyone – regardless of their economic situation – has the opportunity to thrive. One of our largest program areas is Early Childhood Education. Community Action provides Early Head Start and Head Start services to pregnant women, children from birth to age five, and their families to ensure they are prepared for success in kindergarten and beyond.

Improving Nutrition and Fitness, One Family at a Time

Made possible by the Community Health Endowment of Lincoln, the Growing Great Beginnings project is an obesity prevention initiative that focuses on integrating an evidence-based health related curriculum into our work with children and families. As part of our Head Start and Early Head Start program, the project provides family-focused health and nutrition interventions to prepare young children for long-term favorable health outcomes. The curriculum includes lesson topics like healthy food and beverage choices, mealtime parenting and practices, physical activity and screen time, and healthy sleep habits. In 2015, the project focused on translating lessons from English into Arabic and Spanish in order to reach more families.

This year, the project has added hands-on nutrition coach, Sheila Stratton. Stratton works with families who want more one-on-one in-home support to meet nutritional and overall healthy lifestyle goals. Stratton helps families identify ways to create new healthy habits by teaching things like meal planning, learning to cook vegetables, and ideas for low-cost healthy meals. Stratton takes a thoughtful approach to goal setting, working to implement small, incremental steps to ensure that goals are achievable and sustainable for families. "While I do provide education to families, the distinctive strength of this role is the coaching aspect" said Stratton. "Families want to make healthy choices, and I am there to support them as they determine what changes are realistic for their family."

One-on-one support and accountability makes this unique and exciting strategy strengthen what we are already doing with families. For more information about Early Head Start and Head Start programs, visit: communityactionnetwork.org/programs/development

"Families want to make healthy choices..."



Building Healthy Habits in Early Childhood

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

Teach a Kid to Fish works to prevent and reduce childhood obesity by empowering Lincoln children and families to eat healthy and be active.

One way we accomplish our mission is through our focus on early childhood. Teach a Kid to Fish (TKF) continues our work with Lincoln child care facilities, helping them improve their nutrition and physical activity environments, including policies and practices, for the prevention of obesity in children ages 0-5.

Starting Early to Build Healthy Habits

Our Little Voices for Healthy Choices program uses a research-tested intervention called Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC). This intervention involves child care centers completing a pre and post self-assessment, setting nutrition and physical activity goals, and participating in educational trainings and skill building activities. The child care centers are assisted by Go NAP SACC trainer, Christy Burger, TKF Early Childhood Coordinator, as well as additional technical support from other local health professionals.

As of 2016, 70 Lincoln Child Care Centers have either already completed or are in the process of completing our Little Voices for Healthy Choices Program.

Between these 70 centers, approximately 700 child care providers received state approved in-service hours for the Go NAP SACC trainings and approximately 5,000 children were impacted by these positive changes at the participating child care centers.

Success Stories:

Madonna Child Development Center

"Madonna CDC truly enjoyed the Go NAP SACC Program Teach a Kid to Fish offered. Staff and children learned the importance of physical activity each day no matter the weather."

Little Stars Child Development Center

"As a result of participating in Go NAP SACC, we now have a written policy that includes physical activity, we offer educational materials and opportunities to parents regarding physical activity, and our teachers now incorporate more physical activity into their classroom routines."

If you are interested in learning more about Little Voices for Healthy Choices or signing up for this program, please e-mail Christy Burger at cburger@teachakidtofish.org. To learn more about Teach a Kid to Fish and all our programs, visit us at teachakidtofish.org.

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



Photo Courtesy of Madonna CDC



Lincoln Youth Supported to Get Moving

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

In 2010, Mayor Beutler signed Lincoln on to take part in the National Let's Move! initiative dedicated to solving the challenge of childhood obesity within a generation. The Lincoln-Lancaster County Health Department took the lead, branding the movement as Let's Move Lincoln! Within two years, Lincoln was awarded gold medals in all five goals of the Let's Move! Cities, Towns, and Counties, which encourages adoption of long-term, sustainable, and holistic approaches to fighting childhood obesity.

With current trends, children may live shorter lifespans than their parents and grandparents for the first time ever.

To ensure this doesn't happen locally, Let's Move Lincoln! wants all children to enter kindergarten at a healthy weight and maintain it.

We're fighting to make healthy choices the easy choice by engaging all sectors of our community to come together and promote one single message: Live your day the 5-4-3-2-1 GO!® way! A simple, positive message for kids to remember, promoting actions shown to improve and maintain health: 5 servings of fruits and vegetables, 4 servings of water, 3 servings of low-fat dairy, 2 hours or less of screen time, and 1 or more hours of physical activity a day.

With over fifty community partners using the 5-4-3-2-1 GO!® message, changes are happening. Screen time is being cut during daycare and afterschool programming. Play opportunities are increasing. Gardens are being built and used for educating children. Water is offered instead of sugar-sweetened beverages. But we aren't done, Lincoln! We're creating a map locating activities \$10 or less that support physical activity, creativity, and learning. It will pinpoint grocery stores where families can build meals following MyPlate guidelines. To increase access to food, we're highlighting food distribution sites and farmers' markets. Stay tuned for the release later this year by following "Let's Move Lincoln" on Facebook, Twitter, and Pinterest, and don't forget to live your day the 5-4-3-2-1 GO!® way! To learn more visit us at lincoln.ne.gov/city/health/educat/go.htm

- 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



This message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 GO!® is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net

"Let's Move Lincoln! wants all children to enter kindergarten at a healthy weight and maintain it."

Lincoln Public Schools

Health Services, Nutrition Services

Health Services: From Boo-Boos to Beyond

By Marjorie Theel, RN, BSN, MEd, Supervisor of Health Services

From the new virus that's hit town to managing serious chronic health issues, the health office is where the action happens. Life threatening food allergies, head injury evaluation, diabetes and asthma also lead the list of health issues supported daily by health office staff.

When not providing care for tummy aches, boo-boos and beyond, school health office staffs are providing preventative screening for students in areas such as dental, vision, weight and growth. Families of children likely to benefit from follow up services are contacted by nursing staff to provide referrals. Nursing staff also provides information to families on limited budgets about resources that can help students receive the care they need.

"From a new virus ... to managing serious chronic health issues, the (LPS) health office is where the action happens."

This year, LPS schools were pleased to receive brand new scales and height measuring tools through Partnership for a Healthy Lincoln resources, which will help more accurately track child growth, trending and need for referral. This greatly appreciated investment in future evaluation will pay dividends in better health for students.

The Health Office staff thanks parents and guardians who work in partnership with staff to manage the unique health challenges of students. It truly takes a team to create the healthiest future for LPS students. Thank you.

For more information about LPS health services, visit wp.lps.org/healthservices.



A Day in the Life of LPS... Health Offices

Visits in one day:
2,293 Elementary Schools
1,044 Middle Schools
735 High Schools
4,072 Total Visits

Nutrition Services: Healthy Food for Hungry Children

ONE day in the life of LPS Nutrition Services

The LPS nutrition services department is a past winner of Golden Carrot Award, an annual award from the Physicians Committee, a nonprofit medical organization of 12,000 doctors that promotes healthful plant-based diets for disease prevention.

For more about LPS Nutrition Services, visit us at lps.org and choose "Nutrition Services".



A Day in the Life of LPS... Nutrition Services

In one day serves:
7,000 Breakfasts
26,000 Lunches
3,000 Snacks
150 Suppers

Over the summer serves:
34,000 Breakfasts
69,000 Lunches
103,000 Total Meals

**"Healthy food for
hungry children."**

Lincoln Public Schools



Developing Successful Youth, Thriving Families, Strong Neighborhoods

By Lea Ann Johnson, Executive Director, Lincoln Community Learning Centers Lincoln Public Schools

Lincoln Community Learning Center Schools (CLCs) bring together partners and necessary resources to support and enhance student learning and development. CLC partners provide core components - after-school and summer programs, parent engagement, health services, behavioral health, and neighborhood activities.

During 2015, partners focused on developing staff skills to ensure students are receiving high quality physical activity during the after school hours. Through collaboration with Lincoln Parks and Recreation, the CLCs trained over 80 afterschool providers in the evidence based SPARK (Sports, Play, and Active Recreation for Kids) curriculum. A national program since 1989, SPARK strives to improve child health and promote lifelong wellness.

Some CLC 2015 program highlights included:

The WeCook Club

At the Arnold CLC, students learned to make meals and snacks using fresh food, also preparing three healthy meals during the club time to share with their families. To increase fitness, students tracked their steps using a FitBit that measures their physical activity for a week.

Family Yoga

Prescott CLC parents and children of all ages have been participating in weekly family yoga classes. The benefits of practicing yoga for kids and adults go beyond developing coordination, balance and physical strength. Participants learn a reverence for all life while developing focus, self-awareness, self-discipline and gaining a sense of accomplishment. These life skills help them to do better in school and more easily navigate personal, social and parental challenges. Adding another dimension, classes also explore other areas such as music, art, and game activities.

Pickleball

The Pickleball bug struck the kids and adults at the Calvert CLC big this year. Pickleball, a fun fast paced game that combines elements of tennis, badminton and table tennis, gets your feet moving and your heart rate up. A partnership with the Lincoln chapter of the US Pickleball Association, helped bring pickleball activities for adults and an student afterschool club to Calvert.

Through strong school/community partnerships, CLCs strive to be responsive to the needs of students, families and their neighborhoods. To learn more about Community Learning Centers, visit us at wp.lps.org/clc/



**"... responsive to the needs of students, families
and their neighborhoods"**



Lincoln Public Schools: Making Wellness Real, Shifting Cultures Present New Challenges

By Michelle Welch, RDN, LMNT, LPS District Wellness Facilitator

How differently do you approach your health now than you did, even five years ago? As adults, our health approach shifts as situations change in our lives. The same could be said for schools in Lincoln. Our approach to health is, in a sense, growing up with our students. It's becoming more mature and in a sense, is facing different types of challenges than five years ago.

Students and families are growing accustomed to having healthier options after some initial growing pains. Shifting of school celebrations to more activity based events has kept kids happy and children with food allergies safer. As of this year, use of brain breaks (really brain boosters) has expanded into most K-8 classrooms.

Up Next:

- Finding balance with use of personal computing devices and keeping kids active throughout the day.
- Focus on before and after school programming to expand nutrition education and activity based programming.
- Maintaining the hard work that has integrated wellness in most schools. Keep sharing best practices.
- Support of mental health integration with wellness practices to ensure the mind/body connection.
- Focus on health for staff, to help our crew be at peak performance and provide great role modeling for students.

For more about the Lincoln Public School Wellness program, visit home.lps.org/wellness.



“Our approach to health is, in a sense, growing up with our students.”

Lincoln Public Schools Physical Education vs. Physical Activity: What's the difference?



Lincoln Public Schools

By Matt Avey, Ph.D., Curriculum Specialist Health & Physical Education



A Day in the Life of LPS... Physical Activities

At our schools:

- 30** Walking Tracks
- 22** Active Gaming Systems for Dance
- 9** Climbing Walls

What's the difference between physical education and physical activity? It's similar to the difference between learning the multiplication tables and using the multiplication tables—or learning to read and being able to read with ease.

In both examples, each of us had a teacher who helped us learn how to do math or to read. For some of us, it came easy. Others needed a bit of help. Our ease might also have something to do with how much our family, for example read to us as kids.

Physical education is far different from setting kids loose in the gym. It's about learning how to be physically active—from learning rules to keep yourself and others safe, to learning skills to help you be active with more ease. For some students from active, sporty families, this may come easy. Others will need much more guidance and help. Each will gain social skills to make everyone's experience better.

Research tells us that successful students are students who are more fit, regardless of the scale. Kids need both—the learning and the time to be active, in the classroom and on the playground. Please keep supporting schools to keep kids both educated and active within the school day.

For more about LPS Physical Education programs visit us at home.lps.org/pe.

“Kids need both ... learning and time to be active, both in the classroom and on the playground.”

Lincoln Kids Race Towards Fit by 2020

By Bob Rauner, MD, MPH, President, Partnership for a Healthy Lincoln



Partnership for a Healthy Lincoln and Lincoln Public Schools continue to work on joint projects to improve the health of Lincoln's school age children. We are calling this long-term goal Fit by 2020. The goals are:

- A 20% reduction in the percentage of Kindergarten through 8th students who are obese by 2020
- Increasing the percentage of 4th-8th grade students passing the Fitnessgram PACER in all grades to >80% by 2020.

Last year we were thrilled to report that we had already met the national Healthy People 2020 objective of a 10% reduction in child obesity by 2020, six years ahead of schedule. Given those successes, we decided to shoot for a 20% reduction by 2020, thus doubling the Healthy People 2020 goal.

Because of the increasing evidence that aerobic fitness has benefits beyond health such as improved academic performance, we decided that we would make fitness the primary focus for this year. The percentage of 4th-8th grade students passing the Fitnessgram PACER has increased from 71.0% in the 2011-2012 school year to 77.7% this year, putting us on track to meet our Fit by 2020 goals.

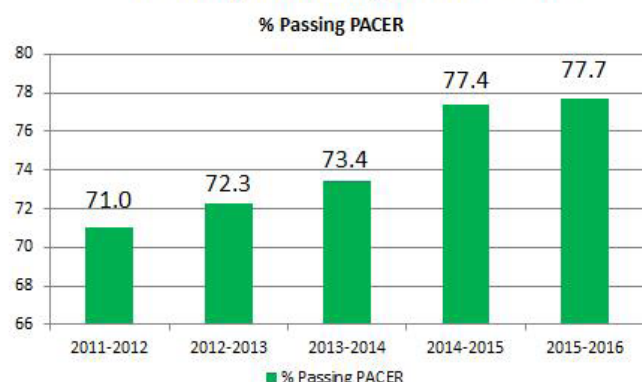
A closer look shows that aerobic fitness in elementary schools has shown a significant increase from 74.9% to 76.7%. A closer look at middle schools shows an even more dramatic improvement

from 68.0% to 78.3%. This is counter to national trends which usually show that students become less physically fit in increasing grades. Completely reversing this trend in Lincoln Public Schools is a testament to the success of these efforts, especially the work being done by the health and physical education teachers.

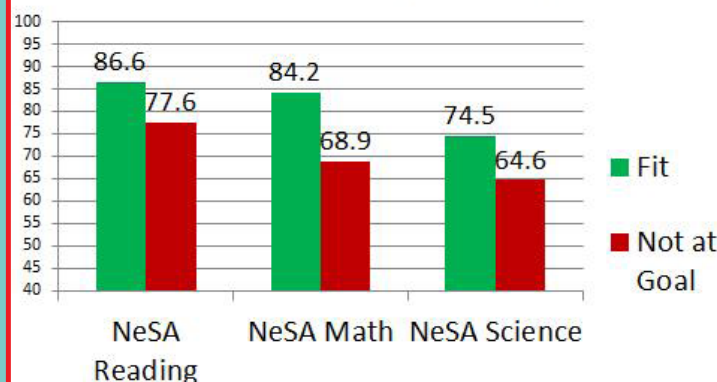
“...aerobic fitness has benefits beyond health such as improved academic performance”



% of 4th-8th Grade LPS Students Passing Fitnessgram PACER



Percent Students Passing NeSA by Fitness



Lincoln Public Schools 2013-2014, Fitness defined as passing Fitnessgram PACER v10, Data compiled from students grades 5 through 8.

Data from Lincoln Public Schools and similar studies from across the country shows that students who are aerobically fit as determined by the Fitnessgram PACER perform much better on standardized academic tests such as the Nebraska State Achievement tests for Reading, Math and Science. We have set a long-term target of increasing Fitness in all grade levels to >80% by 2020. Efforts within Lincoln Public Schools have shown continued year over year progress toward this goal.

The more they **burn**...



...the better they **learn**.



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

www.HealthyLincoln.org
 Partnership for a Healthy Lincoln

Malone

Community Center

Good Health Happens at Malone Community Center

by Larry Williams, Executive Director, Malone Community Center

At the Malone Community Center, we are committed to promoting healthy lifestyles for everyone we serve, collaborating with others across the community, like Partnership for a Healthy Lincoln, to help make us the healthiest city in the nation.

Beginning Healthy Lifestyles Early

In August of 2015, we opened our new Early Childhood Education Program, for kids aged 3-5 years old, where we begin our earliest commitment to healthy eating and fitness. Through a grant from the Goldwin Foundation, we renovated our former daycare space into a state-of-the-art early childhood education center. For more information on our Early Childhood Education Center and the Out-of-School Program, or to enroll your child in either program, contact Nate Woods, Assistant Director, at 402-464-1110.



From Garden to Snack

Our Out-of-School program, for children aged 5-13 years old, continues our emphasis on healthy lifestyles through our school year and summer programs. During this time, kids have the opportunity to learn about good nutrition while assisting in the preparation of their own snacks like fruit and vegetable smoothies. The addition of our Malone Center Children's Garden lets kids grow the vegetables we incorporate into their snacks.

Health Outreach

Through our Minority Health Outreach Initiative, we advocate for the African American community by providing basic health care information, helping to remove barriers to health care, and ensuring open access to all. We particularly reach out to adults who do not have a medical or dental home and have not seen a physician in over a year. For more information on our Minority Health Outreach, contact Regina Sullivan, 402-326-8534.

Throughout the year, we emphasize healthy lifestyles, prevention, and fitness by including a health fair with our holiday celebrations like Juneteenth, Back to School Jam, Halloween, and Kwanzaa. We also dedicate special days for health outreach like our Dental Health Screening Day and Take Time for Health events. New this year is our planned Men's Health Day. For more information, dates, and details, or to become an exhibitor at any of our events, contact Regina Sullivan. Learn more about us at malonecenter.org, or follow us on Facebook.

"Throughout the year, we emphasize healthy lifestyles, prevention, and fitness ..."



Asian Community and Cultural Center - Improving Lives, Sharing Culture

By Sheila Dorsey Vinton, Executive Director, ACCC

The Asian Community and Cultural Center (ACCC) is dedicated to improving the lives of immigrants and refugees from Asia and beyond, offering services and programs focusing on increasing stability, economic self-sufficiency, promoting healthy lifestyles, and celebrating culture.

Culturally Specific Outreach

Funded in part by the Minority Health Initiative, six certified ACCC Community Health Workers help immigrant families with health concerns. In total, our staff speaks fifteen languages, including Chinese, Arabic, Vietnamese, Karen, Thai, and English, helping clients from around the world with translation and interpretation.

Partnering to Improve Health

Throughout 2015, we offered free health screenings at ACCC annual events. With help from the University of Nebraska Medical Center nursing students, Nebraska Wesleyan University

Nursing Program, Nebraska Urban Indian Health Coalition, and the People's Health Center, more than 100 were screened at our Lunar New Year Celebration alone!

Through a grant from Community Health Endowment, the ACCC recently launched a new diabetes support program: "Eat. Play. Live: Refugee/Immigrant Type II Diabetes." This incentives-based program offers health screenings, home visits, and blood sugar checks to ACCC clients over 40.

Family Support from Infants to Seniors

With funding from Partnership for Healthy Lincoln and in collaboration with Milkworks, the ACCC now has four Breastfeeding Educators working in the community to provide support for mothers who speak Vietnamese, Karen, Arabic, and Chinese. We plan to expand this service in 2016, reaching out to additional immigrant communities. Aided by Aging Partners, we offer four programs for seniors that include a wide variety of health education services and



screenings, tailored to their needs.

Nutrition and Exercise

Nutrition and exercise are a vital part of our community programs. We offer yoga, tai chi, health presentations, and cooking classes to our clients. Watch our Urban Homestead Series cooking videos made in partnership with Community Crops and Open Harvest at <https://www.youtube.com/10HealthLincoln>.

The Asian Community and Cultural Center looks forward to providing these vital services and more in 2016! For more information about the ACCC, visit lincolnasiancenter.org or call 402-477-3446. Keep up with our events and programs on [facebook.com/lincolnasiancenter](https://www.facebook.com/lincolnasiancenter).

"Nutrition and exercise are a vital part of our community programs."



El Centro de las Americas - Improving Health, Celebrating Culture

By Veronica Fleharty, Health Coordinator, El Centro de las Americas

El Centro celebrates Latin culture and reaches out to the Lincoln Hispanic/Latino community to offer family, youth, education, and health programs and outreach, providing tools to help improve quality of life.

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.

Community Wellness

To enhance the health, fitness, and wellness of our community, we offer health education and class presentations on a wide variety of topics including nutrition, tobacco use prevention and cessation, chronic disease management, STD's, 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. A Breast Cancer Outreach program is in place for women in need of education and/or medical assistance. El Centro also reaches out through health fairs at celebrations like our Back to School, Streets Alive, Halloween, and Cinco de Mayo bashes.

El Centro provides educational opportunities like Spanish/English, English as a Second Language, and GED classes; and computer classes and labs. Our youth programs, Joven Noble and Latina Leaders, provide weekly group sessions for youth who are "at-risk" of entering the juvenile justice system, becoming involved in gangs, or simply need support with academics and behavior based issues.

More popular and continued from last year is our women's Zumba

classes that incorporate nutrition education and healthy lifestyle choices for them and their families.

New in 2016

El Centro is working this year to promote an increased awareness and outreach for our Tobacco Free program to include apartment complexes through landlords/owners. Additionally, we have formed a partnership with the Nebraska Urban Indian Medical Center for medical referrals for health issues including cholesterol, diabetes, obesity, high blood pressure, cardiovascular disease, and stroke. In 2016, we also said goodbye to our former director, Roger Garcia, and welcomed our new director Romeo Guerra!

For more information about El Centro's wellness programs, contact Veronica Fleharty at veronica@elcentrone.org. For general information, visit elcentrone.org or call 402-474-3950.

"Enhancing the health, wellness, and fitness of the Hispanic/Latino Community"



Lincoln YMCA Offers Fitness, Helps Manage and Prevent Chronic Disease

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



The Lincoln YMCA's mission includes healthy living, youth development and social responsibility. Each year we strive to fulfill these through swim lessons and swim teams, group exercise classes, martial arts, Youth Sports, youth gymnastics and dance, and nutrition services, to name a few. We recently added ballet-based Barre workouts, TRX suspension training, and Pickleball.

Something for Everyone

We offer this wide variety because we believe wellness is for everyone. Recently we expanded our life-changing Prevention and Management Programs for those who are living with, or at risk for, chronic health conditions.

For children, we have seen tremendous success with **HEROES**, a program for youth struggling with weight management. The classes involve the entire family and include healthy activity, nutrition and behavioral support. One pediatrician wrote to us: "My patient's weight loss and overall excitement for exercise bring tears to my eyes. Your team at the Y is having real impacts on the lives of children!"

Changing Lives

Targeted at diabetes prevention and weight

"We offer a wide variety of programs because we believe wellness is for everyone."

loss for adults, we offer Y-Lose-It. Along with Multiple Sclerosis Fitness and Aqua Joints Arthritis, we added nationally recognized Enhance Fitness for arthritis management and Delay the Disease for those with Parkinson's. These relaxed, fun classes incorporate low-impact exercises to build endurance, strength, balance and flexibility.

Enhance Fitness participants recently told us how much their movement and balance have improved since starting the program:

Participant Carla F. was amazed with her progress. She was in a severe car accident in 1988 that broke 22 bones. She was unconscious for a month. "After that, my balance was gone," she said. "I couldn't go up steps. Even water workouts were too much stress on my body. But my sister recently stopped me one day as I was walking and told me 'You don't wobble anymore!'"

We believe everyone should be able to take advantage of these prevention offerings or any of our life-shaping programs, regardless of income or background, so we offer financial assistance to those in need.

Learn more about the Y mission, our offerings or how else we are shaping the Lincoln community at ymcalincoln.org.



Lincoln Parks & Recreation - Contributing to a Healthy Lincoln



By Dan Payzant, Calvert Recreation Center Director

Public park and recreation agencies contribute to healthy communities and play a fundamental role in enhancing the physical environments in which we live. Through parks, trails, recreation centers, Community Learning Centers, golf courses, and a variety of programs and services offered, Lincoln Parks & Recreation supports good health for people of all abilities, ages, socio-economic backgrounds, and ethnicities.

Keeping Youth Fit During the Summer

During the summer months, Lincoln Parks & Recreation serves approximately 800 youth across Lincoln in our "FUNDamental Healthy Me" Summer Day Camp programs. Because students tend to gain weight and lose fitness over summer vacation, we intensified our focus on healthy eating and physical activity. Our summer camp goals include increasing the number of healthy meals for low-income children through the Summer Food Service Program, teaching kids the importance of healthy eating, increasing opportunities for activity, and improving fitness levels. Activities continue to 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).

In 2015, Parks & Recreation hired a Commit to Health Specialist to oversee nutrition education and help us better understand the impact Summer Day Camp has on participating Lincoln youth. In 2015 about two-thirds of program participants who completed testing scored higher on tests of aerobic fitness, strength, endurance, and flexibility at the end of the summer than they did at the beginning. Likewise, the majority of youth who completed an end-of-summer survey reported they felt healthier and stronger, had increased their physical abilities, tried new foods, and learned about making healthy food choices through the program.

Crunch and Lunch

Parks & Recreation will offer "Crunch and Lunch" Monday-Friday from 9 a.m. to 12:30 p.m. throughout the summer at The Bay and Peter Pan Park. Youth can drop in for some enrichment activities, active games, physical fitness activities, and a healthy lunch provided by the Lincoln-Lancaster County Health Department through the Summer Food Service Program.

Visit parks.lincoln.ne.gov for more information about Lincoln Parks & Recreation programs.



"Lincoln Parks & Recreation supports good health for people of all abilities, ages, socio-economic backgrounds, and ethnicities."

Salvation Army – Feeding the Mind, Body, and Spirit

by Stanford Bradley, Salvation Army of Lincoln Community Center Supervisor

The Salvation Army is a faith-based organization dedicated to meeting human needs without discrimination,

providing caring assistance to shield families and individuals from the struggles of poverty.

We, at Lincoln's Salvation Army, know that healthy children, families, and individuals have a better chance to succeed in life. We work not only to help our families meet basic needs, but promote healthy lifestyles to support their improved long term health.

Addressing Hunger with Good Nutrition

Our perishable food distribution helps ensure families struggling to make ends meet have access to fresh

fruits and vegetable twice a week. Our in-house food pantry also provides breastfeeding information, support and diapers through the diaper bank, while our mobile kitchen takes food out to the community so kids who need it most get nutritious meals in the summer.

Youth Programs - Promoting Fitness, Healthy Eating, and Safety

At the Salvation Army, we offer kids a safe place to be active and receive healthy snacks through our after-school child care, kid's café, and summer day camps. Our Shield Fine Arts Academy provides music and arts programs, while our sports programs offer boys and girls competitive league basketball (Small Fry Basketball), and tennis lessons in cooperation with Woods Tennis Center.

Our Shield Unite program connects our youth with the Lincoln Police Department to foster a positive relationship.

New in 2016 –Youth Fit Club and Healthy Cooking for the Whole Family

Fit Club is a new program that encourages kids to be more physically active using donated New Balance devices to track their activity levels. Fit Club also includes a cooking class where kids are taught ways to stretch the family dollar by doing things like buying store brands instead of name brand foods, and making healthier choices by checking the nutrition information on the labels. Kids collaborate with their parents to shop for and make economical and healthy meals.



For more information about programs and resources at the Salvation Army of Lincoln, visit us at usc.salvationarmy.org/Lincoln.

"We work not only to help our families meet basic needs, but promote healthy lifestyles..."



Nebraska Sports Council - Helping Nebraskans to "LiveWell"



The Nebraska Sports Council (NSC) 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.

Our major events and programs include the Cornhusker State Games, the LiveWell Challenge, the Mud Run and the Pumpkin Run. In 2015, total participation in these events exceeded 21,000.

Cornhusker State Games

The 32nd annual Cornhusker State Games will take place July 15-24, 2016 at venues in Lincoln, Omaha and surrounding communities with competition in 68 sports for athletes of all ages and abilities. In 2015, the Nebraska Sports Council hosted the State Games of America, welcoming a recording breaking turn-out of 15,244 amateur athletes from all over the country. For sponsoring and hosting this event, the NSC earned four National Congress of State Games awards and Nebraska Tourism's Outstanding Event Award in the Large Communities Division.

This year, the Mud Run takes place Aug. 20 at Lancaster Event Center, and the Pumpkin Run, which remains the nation's largest youth-only cross country run, is set for Oct. 8 at Pioneers Park.

LiveWell Challenge

The LiveWell Challenge is a year-round event-centric wellness program that helps Nebraskans adopt and maintain active lifestyles by rewarding them for participation in local runs, rides, walks and fitness competitions. More than 500 participants from 85 different communities are registered. Forty-seven Nebraska companies have at least one employee participating in the program. Registration for participants, companies and events remains open through June 30 at LiveWellChallenge.com. For the first time, **Streets Alive!**, the annual September outdoor health, wellness, and movement festival sponsored by Partnership for a Healthy Lincoln, will be part of the LiveWell Challenge. Participants can walk, run, bike, or skate their way through the two mile route twice to qualify.

The Nebraska Sports Council collaborates with Partnership for a Healthy Lincoln and other non-profit organizations in our city to help make Lincoln the healthiest community in the nation. Find out more about us or register for events at NebraskaSportsCouncil.com or call us 402-471-2544.

"... helping Nebraskans adopt and maintain active lifestyles"



Pedaling Fun and Health!

By Gary Bentrup, Great Plains Trails Network

Cycling and the N Street Protected Bikeway

Opportunities for cycling in Lincoln just got better with the recent completion of the N Street Protected Bikeway. This 2.2 mile bike lane links the Jamaica Trail with the extensive Antelope Valley Trail system. Now cyclists can safely ride from 23rd Street to Pinnacle Bank Arena Drive, allowing great access to downtown businesses and the Haymarket district. Lincoln now has over 130 miles of trails and many additional miles of designated bike routes which are perfect for the upcoming 2016 National Bike Challenge.

National Bike Challenge

The National Bike Challenge is a friendly, online competition sponsored by the PeopleForBikes and Kimberly-Clark's Scott Products. It is a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level. 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. In 2015, over 75,000 riders participated, logging over 35 million miles.

During 2015, 1,886 Lincoln riders logged over 700,000 miles. With 32% of those miles coming from commuting and 68% from sport/fun, Lincoln finished 2nd place in cities with populations over 200,000. Local riders burned over 35,000,000 calories which is over 126,000 slices of pizza!

Help Lincoln Win Back the Title

After being the 1st place community in 2013, Lincoln has been in second place behind Madison, Wisconsin for the past two years. Time to regain the number one spot in 2016! 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 nationalbikechallenge.org.

The Great Plains Trails Network is a group of citizens who advocate and support a network of trails in and around Lincoln and Lancaster County, Nebraska, for jogging, biking, walking and horseback riding.

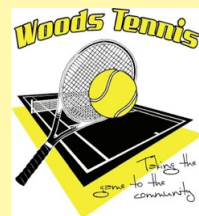
To learn more about the Great Trails Network and explore the over 131 miles of trails we have in our great city, visit our website, gptn.org.

Woods - Taking the Game to the Community!

By Kevin Heim, Executive Director, Woods Tennis Center

At Woods Tennis Center, our mission is to provide tennis as a lifetime sport for the entire community, helping people of all ages and abilities to be active.

With public tennis courts available for use all over town, tennis offers a flexible, inexpensive social and recreational opportunity for everyone to stay fit and active. Whether you are 4 or 94, it's never too late. At the age of 89, Lincolnite Darrel Berg began taking tennis lessons for the first time. Within a year he was playing in Senior Leagues at Woods Tennis Center, often with players 20 years his junior!



Partnering to Engage the Whole Community

Woods Tennis Center is a public facility operated by the non-profit Friends of Woods Tennis and is 100% self-sustaining. We offer community programming year round, providing an opportunity for everyone in our city to play tennis.

Woods not only offers on-site tennis programs, but reaches out to the community with our "Taking the Game to the Community" program that provides low cost tennis lessons to children at venues across the city that kids can walk or bike to.

We partner with Community Learning Centers to provide after school programs, with Madonna for wheelchair and rehabilitation classes, with the City of Lincoln Recreation Centers during the summer months as well as other non-profit community center partners including Lighthouse, Malone Center, Salvation Army, People City Mission, and the Boys and Girls Club.

A few ways in which Woods Tennis Center has served the community:

- In the summer of 2015 we provided once or more weekly tennis lessons to over 1,200 juniors.
- Over the past 7 years, we've provided over 3,300 free racquets to juniors who couldn't afford one or were first time players, as well as providing scholarship opportunities.
- We've provided league opportunities for over 700 adults each year

Our 2016 summer programming is right around the corner and will take place in every corner of the city. For more information about us or our programs, visit woodstenniscenter.com.

"... tennis offers a flexible, inexpensive social and recreational opportunity for everyone to stay fit and active."



**Great Plains
Trails Network**



"Opportunities for cycling in Lincoln just got better..."

Worksite Wellness Works!

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

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

WorkWell, a division of the Nebraska Safety Council, provides wellness resources to organizations to help employees achieve optimal well-being. Companies of all sizes, industries, and cultures can experience success on any budget by following the evidenced based model of worksite wellness.



Making the Healthy Choice, the Easy Choice

An easy place to start is with beverage vending. Sugar sweetened beverages account for almost half of the sugar consumed in the American diet and is the leading contributor to the obesity epidemic and obesity related chronic diseases. Providing healthier beverage vending options can impact insurance costs by improving employee health. Using the Nebraska's Guide to Healthy Beverages at Work toolkit, available at healthylincoln.org, can help make the healthy choice, the easy choice in your workplace.

Breastmilk is the original healthy beverage. Breastfed babies are healthier so parents may miss fewer workdays. Long term, breastfed babies mean a healthier workforce. Support your re-

turn-to-work mothers before and after delivery by implementing practices from the Nebraska's Lactation Support at the Worksite toolkit available at nesafetycouncil.org/lactation.

Movement Breaks Can Increase Productivity

Support movement and physical activity by hosting walking meetings. Encourage employees to walk during breaks. Creating a scenic trail around your campus provides great motivation. Movement breaks can refresh employees which helps increase concentration. Promoting local events such as the Nebraska Sports Council LiveWell Challenge, also helps to engage employees in fitness activities.

WorkWell serves over 100 member organizations with their health and wellness needs. We provide networking, training, consulting, data collection/management, and program design assistance to numerous organizations in the state. Many WorkWell supported employers have recieved local, state, and national recognition for their wellness programs. For more information on WorkWell services, contact Tonya Vyhldal at 402-483-2511 or visit nesafetycouncil.org/workwell.

"...a great way to increase employee productivity and improve morale."



10 Health TV Helps You Get Up and Go!

By Melissa Fuller, 10 Health Program Coordinator

Making our Community Healthier

10 Health TV is a unique and comprehensive source of all things health, wellness, and fitness for our community. One of the only government channels of its kind, we partner with more than 60 local organizations to create reliable and informative content to make our whole community healthier.

Programming

In 2015, 10 Health TV produced **"Shape of the City"**, a monthly series focusing on local, relevant, and timely topics, ranging from suicide prevention, worksite wellness, bicycling projects, infant and child nutrition, community health efforts, to active living for all ages. A series of short **"Share of Road"** programs were created to educate bicyclists, drivers and pedestrians on how to stay safe on the road. The **"Health Matters"** series highlighted minority health efforts within the community, including a Spanish-language show. **"Bright Spots"** featured unique fitness and wellness efforts within local workplaces and other organizations. A variety of healthy eating programs offered nutritious tips, with topics like healthy cooking, shopping, and gardening, while also keeping viewers active with new exercise programs.



What's New in 2016?

Finding the right physical activity can motivate you and your family to get off the couch, out of the house, and live healthier, happier lives. So, what's your activity? Our new series, "Get Up and Go!" can lend a hand with simple, affordable activities in the Lincoln area throughout the year. We help answer questions like "What is pickleball?", "Where can I rent cross-country skis?" and "Why should I love bats?"

If you work up a hunger during or after your fun day of play, turn to 10 Health TV for a dose of tasty ideas, including multicultural recipes.

Find Us, Contact Us

Available to everyone anytime, find us on:

- YouTube channel 10HealthLincoln
- Time Warner Cable (TWC) digital channel 71.15 or Windstream Kinetic TV channel 10
- Live video streaming and video-on-demand at lincoln.ne.gov

10 Health TV is your local health channel. Tell us your ideas and share your stories. Contact Melissa Fuller at mfuller@lincoln.ne.gov for more information or find us on **Facebook** or **Twitter**.

"10 Health is a comprehensive source of all things health, wellness, and fitness ..."

STOP!

Rethink your

DRINK

Go On

GREEN



Maybe not

Full sugar, high calorie drinks



Ok Sometimes

Low and no calorie drinks
with artificial sweeteners



Go for it!

Naturally sugar-free drinks



HealthyLincoln.org



Aging Partners Helps Seniors Stay Fit and Healthy

by Dave Norris, Aging Partners Marketing Director

A Pioneering Area Agency on Aging

The Aging Partners Fitness Center, 233 S. 10th St., offered many opportunities for adults 60 and over to improve their overall health in 2015, including opening a second senior health promotion center!

Improving Fitness, Flexibility

Evidence-based programs offered included Stepping On – Building Confidence and Reducing Falls, Tai Chi for Balance and Fall Prevention, and Seated Tai Chi. Contemporary Yoga and new Dynamic Movement, and Movement & Music classes continue to grow and thrive. Classes are held at various convenient locations throughout the city.

The Fitness Center continues to offer cardiovascular, strength and flexibility programs under the direction of a personal trainer. The Center has a variety of fitness equipment including Body Solid weight machines, a vibration platform, NuStep's, treadmills, elliptical equipment and much more. Personal trainers are available Tuesdays and



Thursdays from 9 a.m. to 2 p.m. The Fitness Center is open weekdays, 8 a.m. to 4 p.m. A variety of small and large group classes and presentations are also available. For more information about the Aging Partners Fitness Center, call 402-441-7575.

The Senior Health Promotion Center (SHPC), a partnership between Aging Partners and University of Nebraska Medical Center College of Nursing, opened a second location in September 2015 at St. Mark's Vermeer Education Center, 8550 Pioneers Blvd. Walk-ins are welcome, no appointments necessary. For more information about both SHPC locations, contact Ann Heydt at 402-441-7506 or aheydt@lincoln.ne.gov.

Senior Nutrition Efforts

The Aging Partner Nutrition Program provides meals in group settings, such as senior centers and churches. When older adults cannot leave their homes or personally prepare nutritious meals, home meals can be delivered by volunteers who can also check on their welfare and report any health or other problems they might observe.

The Nutrition Program also provides a range of related services including nutrition screening, assessment, education and counseling. Meals served under the Nutrition Program provide at least one-third of the daily recommended dietary allowances.

For more about all Aging Partners programs, call 402-441-7070, or visit aging.lincoln.ne.gov.

“...opportunities for adults 60 and over to improve their overall health...”

Healthy Grandbabies Are A Family Affair

Support the breastfeeding mom in your family

Breastfeeding helps to fight childhood diseases.



www.HealthyLincoln.org

Partnership for a Healthy Lincoln

Tabitha Supports Healthy Aging

By Erika Balm, Tabitha Marketing Coordinator



TABITHA

Studies show that people are happier the older they are. Making the most of one's senior years can be further enhanced by following some tips:

Keep Learning

Research is now saying that continuous learning and challenging your brain can help prevent memory loss. Activities that exercise the brain help keep it in top shape. Keep your brain in the game by learning new things, but find activities to keep your spirit lifted as well.

Keep Connecting

Being social is an important aspect of happiness. Connect to others, sharing celebrations and struggles. Find social opportunities, clubs, activities, and fitness groups where you can connect and socialize.



Keep Moving

Fitness is important at any age, but when you're older, a simple walk, swim or bike ride can make a huge difference for happiness. Moving can help keep your body doing the things you want and keep it from succumbing to chronic diseases like diabetes, heart disease, and arthritis.

Eat Healthy

There's a lot of information out there about proper nutrition. For older adults, eating healthy couldn't be more important and can have positive effects on chronic diseases. Here are four ways to get your "plate in shape":

- Make half your plate fruits and vegetables;
- Switch to skim or 1% milk;
- Make half your grains 100% whole-grain; and
- Vary your protein choices

Choosing moderate portions and using the above guidelines will help you stay in check with your nutrition, improving your overall physical health and energy level.

Focused on enhancing the dignity, independence and well-being of older adults, the Tabitha Elder Care Continuum is committed to supporting elders and their families in the aging journey, providing services in 28 Nebraska counties. Questions about aging? Visit us at Tabitha.org or call us at 402.486.8520 or 800.418.9335.

“Fitness is important at any age, but when you're older, a simple walk ... can make a huge difference...”

Be Healthy and Fit: Grow a Community Garden!

By Ben McShane-Jewell, Community Crops Garden and Youth Program Manager



Community Crops is a non-profit organization that empowers people to grow food through education, experiences and resources. Starting with just one community garden in 2003, we now have twelve community garden sites, a training farm, a Community Supported Agriculture program, youth garden and cooking education, a regular stand at the Old

Improving Nutrition and Fitness Through Gardening

Just being among the plants, in the fresh air, with dirt under his fingernails, was a kind of harvest—improved health. By the summer's end, Charlie didn't even need his cane! The physical exercise from gardening—repeated up and down movements, standing for short periods of time and turning the soil with a shovel proved effective for Charlie to rehabilitate his physical limitations. The hard work, and improved diet, also helped Charlie shed some extra weight, which in turn contributed to his improved physical health.

Stories like Charlie's confirm what we at Community Crops have been preaching for more than a decade -- growing your own food is about more than fresh produce, it's about the health of your whole body. For more information and to find out how you can join one of our twelve community garden sites, visit our website:

www.communitycrops.org



Cheney Road Farmers' Market, and more. In 2015, our community gardeners grew over 40,000 lbs. of produce.

Meet a Community Gardener

After decades of farming near Kearney, Charlie and his wife sold their land and retired to a mobile home in Lincoln. Unfortunate events left them with little more than Social Security to sustain them.

Other than a tomato plant near their trailer, years went by without Charlie having a chance to grow. But, as they say, you can take the boy out of the country, but you can't take the country out of the boy. During a Food-Net pickup, Charlie learned about the Crops community garden at Oak Lake Church. He signed up for a plot, and on the first day of the season, hobbled to the garden on his cane. Throughout the season, he tended crops and swapped ideas with fellow growers.

"In 2015, our community gardeners grew over 40,000 lbs. of produce."

Smart Super Snacks = Future Super Heroes



=



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

www.HealthyLincoln.org

Partnership for a Healthy Lincoln

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

Lifting Lincoln's Happiness Higher

By Nick Hernandez, Executive Director, Positivity Matters



Happiness (emotional wellbeing) seems to be one of those emotions defined differently by everyone. But in a nutshell, happiness consists of experiencing agreeable activities, desires, emotions, and moods.

Emotional Wellbeing Impacts Health

Why does emotional wellbeing matter? Aside from the intrinsic value of happiness, it also can improve our physical wellbeing. A virtuous cycle can exist between the two; improving our fitness can also increase our happiness. Play matters.

Increasing Emotional Wellbeing

What can you do to increase your own wellbeing?

- **Practice intentional and random acts of kindness.** This will likely boost the other person's happiness, and elevating the happiness of others is one of the best ways to raise our own happiness.
- **Learn about your character strengths,** because learning about our strengths can reduce harmful self-criticism. A free inventory of strengths is available at www.viacharacter.org. Choose activities that engage and enhance your character strengths. Engaging activities are more likely to put us into a state of flow (being in the zone), and flow is a primary source of happiness.
- **Friendship matters.** Build good relationships by practicing strengths-spotting (looking for others demonstrating their character strengths and talking to them about what you see). Good conversation causes the brain to release happiness chemicals.
- **Place matters.** Get involved in creating social offerings for your community through your neighborhood association or service group like block-parties, neighborhood cleanups, and community conversations. This matters because the positive perception of social offerings increases community attachment.
- **Ask your elected officials** to support legislation to measure wellbeing locally and to create evidence-based legislation that promotes emotional wellbeing. Change happens around what gets measured.

Positivity Matters is a project of Wellbeing Strategies. We work to design evidence-based community strategies that elevate happiness to create a world full of thriving communities. To learn more about us, visit us at wellbeingstrategies.org or join us on Community Matters Radio on 89.3 FM based in Lincoln, NE and streaming worldwide on Mondays from 11:30-noon Central Time. Visit us on Facebook at [facebook.com/PositivityMatters](https://www.facebook.com/PositivityMatters)

"Why does emotional wellbeing matter? Aside from the intrinsic value of happiness, it also can improve our physical wellbeing."

GREAT DREAM: Ten Keys to Happier Living



GIVING

Do things for others



DIRECTION

Have goals to look forward to



RELATING

Connect with people



RESILIENCE

Find ways to bounce back



EXERCISING

Take care of your body



EMOTION

Take a positive approach



APPRECIATING

Notice the world around



ACCEPTANCE

Be comfortable with who you are



TRYING OUT

Keep learning new things



MEANING

Be part of something bigger

ACTION FOR HAPPINESS

Source: Action for Happiness (2011), building on nef (2008)

September 25, 2016

Coming to the Clinton, Hartley, & East Campus Neighborhoods

BIKE // SKATE // WALK // PLAY

STREETS ALIVE!

SUNDAY, SEPTEMBER 25 // 1-5 PM.
#StreetsAliveLNK



PLAY IN THE STREETS!

The streets will come alive on Sunday, September 25th from 1-5 pm! The annual 2016 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 25, 2016 • 1:00-5:00 p.m.

For more information about Streets Alive! visit
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 or contact Ashley Carlson at acarlson@healthylincoln.org or 402-430-9940.



“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