

RiseVT-Windsor County

LOOKING BACK AT 2019

WHERE WE WORK: HARTLAND, WINDSOR, WEST WINDSOR, WEATHERSFIELD, & SPRINGFIELD To select the towns in which to launch our county efforts, we look at certain demographics, household income, nutrition intake, and health outcomes, as well as readiness. We work with our stakeholder group to assess need based on this data and readiness based on qualitative interviews. Windsor, West Windsor, Weathersfield, and Hartland are covered by our program manager at Mt. Ascutney Health Center and Springfield was added with the hiring of our program manager out of Springfield Hospital.

STAKEHOLDER GROUP

ORGANIZATIONS REPRESENTED (Mt. Ascutney):

Hartford Office of Health Care & Rehabilitation Services, Hartland Elementary School, Hartland Fitness & Wellness Center, Hartland Recreation Center, Mt. Ascutney Hospital & Health Care, Mt. Ascutney Prevention Partnership, OneCare Vermont, SASH (Support and Services at Home), Southern Windsor County Regional Planning Commission

ORGANIZATIONS REPRESENTED (Springfield):

Springfield Department of Public Health, Senior Solutions, Edgar May Fitness and Recreation Center, Blueprint for Health, Springfield Medical Care Systems, Inc., Health Care & Rehabilitation Services of Vermont, Wellness Director, Springfield School District

WE WORK ACROSS SECTORS



BUSINESSES

Improving wellness policies, increasing healthy food options, encouraging movement, and making worksites breastfeeding friendly.



SCHOOLS

Improving wellness policies, bringing mindfulness to classrooms, encouraging school meals best practices, and launching walk-to-school days.



MUNICIPALITIES

Improving town policies, enlisting civic engagement, making towns more walkable, and increasing healthy food access.

MEET YOUR LOCAL RISEVT LEADERS

LAURA JENSEN & ALICE STEWART

Laura Jensen and Alice Stewart are the Program Managers for RiseVT-Windsor County based out of Springfield Hospital and Mt. Ascutney Hospital & Health Center, respectively. Laura leads efforts in Springfield and Alice covers Windsor, West Windsor, Weathersfield, and Hartland. Laura Jensen is a cultural anthropologist, health practitioner, public health advocate, and researcher. Laura's background includes owning and operating a wellness center before entering graduate studies in public health, leading her to develop many community-engaged programs. Alice's work experience includes project and program management, classroom and online training design and development, legal research, marketing, and community organizing.



OUR WORK IN ACTION

37

Amplify Grants distributed in Hartland, Windsor, West Windsor, Weathersfield, & Springfield. Each funded initiative ties into at least one of the Center for Disease Control and Prevention 24 Strategies to Prevent Overweight & Obesity.

\$42,935

Total grant funds distributed to infuse healthcare reform funds into Hartland, Windsor, West Windsor, Weathersfield, & Springfield, increasing opportunities to embrace healthy lifestyles where Vermonters live, work,

7 projects across sectors where we live, work, learn, and play

The RiseVT Program Managers in Windsor county led 7 projects over the past year. The projects collectively served the entire spectrum of ages, from prenatal women to older Vermonters. These projects have crossed multiple sectors, including schools, municipalities, food shelves, worksites, and several were community-wide initiatives. Several included improving infrastructure, while others included community engagement activities and promoting policy changes.

LOCAL PROGRAM HIGHLIGHT

RiseVT in Windsor County worked with their Planning and Evaluation Workgroup made up of community partners to develop a strategy to increase the healthy options at local food shelves. This project was twofold: put out a call for specific healthy food donations and create signage that would draw food shelf patrons to request the healthy options. The latter was a crucial component of the project because the Windsor Food Shelf had found that despite adding gluten-free options to their stock as requested from recent survey results, patrons weren't asking for the gluten-free options when at the counter (this food shelf is set up so patrons order at a counter rather than peruse the shelves themselves). The drive was a success with each of our collections sites full of low sugar, low salt, whole grain, and gluten free options! And to draw patrons' attention to the healthy options available in the food shelf, this to the right poster was created! Now patrons in the Mt. Ascutney Hospital area know they can ask for items that will be good for their health and help manage their chronic disease.

HEALTH
ON THE
SHELF

Ask for healthy options to help prevent or manage chronic disease

FOOD IS MEDICINE!

LOW
SUGAR

LOW
SALT

WHOLE
GRAIN

GLUTEN
FREE