



News from the Foundation for Healthy Communities

WWW.HEALTHYNH.COM

JULY 2010

VOL. 4, ISSUE 4

Childhood Obesity Prevention Work Receives Awards



Ms. Wheeler and Andy Bohannon from Keene at the NH Recreation and Parks Association event.

Beth Gustafson Wheeler, Foundation for Healthy Communities, Director of Community Health was awarded the High Five Award by the New Hampshire Recreation and Parks Association (NHRPA) for her work with the [CATCH Kids Club](#) (CKC) program on May 21, 2010. High Five Award recipients are selected based on the following criteria: dedication, integrity, advocacy, benevolence, and longevity. The CKC helps after-school and summer program coordinators to develop programs to increase physical activity and nutrition awareness with the goal of preventing childhood obesity. Ms. Wheeler has worked with the NHRPA to increase access to CKC and has established a NH training team to provide direct assistance to communities. CKC originally started in Keene and Laconia, and Ms. Wheeler has helped to expand it to 57 communities throughout our state. Funding support for CKC expansion has been provided by the Harvard Pilgrim Health Care Foundation.

Ms. Wheeler and the [Harvard Pilgrim Health Care Foundation](#) were recognized on May 28 by the Governor's Council on Physical Activity and Health for their work on CKC. Their combined effort to expand the CKC program in New Hampshire received an Outstanding Achievement Award in a ceremony at the State House. 🍏

NOTES & CALENDAR

- September 26-28: [FHC/ NHHA annual meeting](#)
- October 26: Third annual [HEAL conference](#)
- Look for the HEAL NH page on Facebook! Search "HEAL NH". Also, don't forget our Facebook pages for 5-2-1-0 Healthy NH and Walk NH.



5th Year Celebration of Walk New Hampshire

On June 4th, Walk NH celebrated its 5th year anniversary with Governor John Lynch and NH First Lady, Dr. Susan Lynch during an event on the state house lawn. Walk NH is a statewide physical activity and public awareness program to encourage people of all ages to be active by walking. Walk NH, coordinated by the Foundation for Healthy Communities, was launched in 2005 and originally designed for children to help maintain their health. Children pledged to walk the equivalent of either the length – 190 miles – or the width – 70 miles – of New Hampshire. Due to its popularity, the program was quickly expanded to include adults and kids of all ages. Support was provided by [Harvard Pilgrim Health Care Foundation](#) and [Oakhurst Dairy](#).

The event kicked off with music emceed by radio personality Nazy of 105.5 WJYY and included door prizes and an appearance from the Oakhurst Dairy mascot, "Oakie". The Foundation announced that Walk NH now has a new walking goal for program participants — the perimeter of the state of New Hampshire or 599 miles.



Paralympian skier Chris Devlin-Young from Campton, NH delivered an inspirational talk focused on the importance of exercising every day and never taking being able-bodied for granted. Governor Lynch read a proclamation, designating the first week of June as Walk NH week. He then introduced Dr. Lynch, Walk NH spokeswoman. "Five years ago we held an event right here at the State House to help launch Walk NH and today we celebrate the 45,000+ children and adults who have collectively walked over 153,000 miles. The beauty of Walk NH is its simplicity. You do not need a membership card, new clothes or equipment", said Dr. Lynch. She introduced tri-athlete, Jeremy Woodward who explained how he walked his way back to health after two open heart surgeries. He is now training for his first Iron Man competition to be held this month. 🍏



New Resources to Improve Hand Hygiene



The Foundation recently received a \$50,000 Federal ARRA grant from the NH Department of Health and Human Services to strengthen the work underway by the NH Commission on Health Care Quality Assurance related to hand hygiene in hospitals and ambulatory surgery centers. The funding will build upon the ‘High Five for a Healthy NH’ campaign, launched in 2008, that includes five key components: leadership commitment; availability of products; training; measurement; and feedback or accountability. The new resources will be used to more closely examine the differences between organizations that score well on hand hygiene observation measures and those that do not, and the differences among health care workers (e.g., physicians, nurses, others). New educational materials will be created once the best practices are better understood. 🍏

HEAL Initiative Convenes Healthy Eating Advocates

The HEAL staff convened a cross-section of people from NH who are concerned with promoting healthier eating. The purpose of the meeting was to exchange information from various New Hampshire organizations engaged in examining and/or experimenting with strategies to make healthier foods and drinks more easily available. The June 23rd meeting explored opportunities for the HEAL Initiative to help facilitate the transfer or adaptation of successful strategies from one organization to other organizations or communities. The group also identified challenges or gaps in the availability and consumption of healthy foods. NH Commissioner of Agriculture Lorraine Merrill joined participants that included; farmers, food service professionals, researchers, dieticians, educators, etc. Organizations participating in this effort included: NH Food Bank; School Nutrition Association of NH, UNH Carsey Institute, UNH Office of Sustainability, NH Division of Public Health, Franklin Pierce Law Center, Merrimack County Conservation District, Keene State College, Plymouth State University and HEAL community projects from Franklin and Keene. 🍏

Walk NH Week 2010

During Walk NH Week, 7,900 walkers from around the state participated in 106 community walk events during the week of June 1-7 and together walked a total of 10,000 plus miles!

Highlights from around the state:

- 🍏 Dr. Susan Lynch traveled to North Haverhill, NH on June 1st to join members of the Horse Meadow Senior Center in North Haverhill, NH on a 2 mile walk in the pouring rain.
- 🍏 Boscawen Elementary school invited “Slider”, a mascot for the NH Fisher Cats, to participate in their event held on June 3rd.
- 🍏 Weeks Medical Center held their Walk NH events on June 6 at the Lancaster Fair Grounds.

Thank you again to our sponsors, [Harvard Pilgrim Health Care Foundation](#) and [Oakhurst Dairy](#) for their sponsorship.

Dr. Susan Lynch and members of the Horse Meadow Senior Center.



FHC employees enjoy a sunny day during their Walk NH Week event.



Rural Quality Improvement Network (QIN) Coordinator Hired

Andrew McClure joined the Foundation staff on June 28 to coordinate the Rural QIN activities. Mr. McClure has extensive experience in the health insurance sector managing health care quality improvement, accreditation and compliance processes and new project development. He holds an MBA from Northeastern University and his undergraduate degree is from the University of New Hampshire. The Rural QIN was developed over the past four years, among the smaller 13 Critical Access Hospitals in New Hampshire, to collaboratively address quality issues, credentialing and other health care improvement strategies.

State Employees Accumulate Enough Activity to Complete Six Round Trips Between Concord and San Diego!

The first ever Commissioner's Challenge was held during Walk NH Week June 1-7 and a reported 1,414 State of New Hampshire Employees documented physical activity in their daily routines totaling 31,597 miles. To incorporate other physical activities that may not be covering distances, such as gardening, the rule was that 20 minutes of activity totaled a mile. Fifteen State Agency Wellness Coordinators registered their agency into the Challenge and recruited employees to compete against other agencies of similar sizes.

The Commissioner's Challenge started out lovely - sunny and warm, but by midweek sweltering temperatures brought in periods of rain into the weekend. Although fewer agencies than expected were able to participate, agency wellness coordinators reported that a great time was had by all. Some coordinators reported they and/or employees in their agency teams plan to be physically active throughout the summer and are already asking about the next challenge. Among the feedback from employees, one story from an employee with the Department of Employment Security was truly inspiring: *"I didn't realize it at the time, but I needed this challenge. At first I thought, "I can't contribute to this, I am handicapped, I'm on meds, and I use two different inhalers to assist with breathing. I cannot stand or walk more than five minutes at a time. Then I remembered my doctor asking me to try to increase activity any way that works for me. So then, his advice coupled with the Commissioner's Challenge got me thinking positively. So I dug the stationary bicycle out of storage, dusted it off and gave it a try. I managed to get seven minutes in, so I did two more sessions and got my first twenty minutes in so I could put an X next to my name. Over the rest of the week I got four more X's in for a total of five (100 minutes) but the best news is that it got me started on a new healthy habit which I plan to continue."*

Winning Agencies!: Agencies were awarded in three groups (Agency employee sizes 1-99, 100-999, 1000-3500) over two categories: Agencies with (1) the largest percentage of participants and (2) the greatest percentage of miles. Congratulations to the winning agencies in the 1-99 group (1) **Treasury** and (2) **Treasury**. Winning agencies in the 100-999 group (1) **Employment Security**, (2) **Environmental Services**. Winning agencies in the 1000-3500 group (1) **Transportation**, (2) **Health and Human Services**.

Take a step today! Check out the ongoing Walk NH program. It's sure to help set you on a path to a healthier lifestyle.



FOUNDATION FOR
HEALTHY COMMUNITIES

125 Airport Road
Concord NH 03301
Phone: 603.225.0900

Visit our Web site:
www.healthyNH.com

*Improving health and health care
delivery in New Hampshire.*

The Foundation for Healthy Communities is a nonprofit corporation that exists to improve health and health care, and includes New Hampshire hospitals, health plans, clinicians, home care agencies and public policy leaders.

The Foundation's primary objectives are:

- 1. To collect, analyze, and evaluate data about health and about the delivery, quality, management and organization of health services;*
- 2. To promote, sponsor and conduct applied research and scientific investigation relative to quality, health delivery process improvement and health policy; and*
- 3. To communicate information, sponsor education and training, and facilitate innovation and access for the improvement of health and the creation of healthy communities.*