



PLATTE COUNTY
LIFESTYLE
COALITION



Annual Report

May 1, 2020 - April 30, 2021

The Platte County Lifestyle Coalition (PCLC) works to bring representatives from all areas of the community together to help make healthy choices more accessible and more likely. Its focus is on connecting with community organizations to help implement effective strategies for physical activity and healthy eating.

Vision: People engaged in thriving lifestyles.

Mission: To achieve healthier lifestyles through the development of relationships with family, friends and neighbors by utilizing education, engagement and empowerment.

Goals: To increase healthy behaviors across five pillars of overall health: physical activity, healthy eating, reducing stress, restful sleep and social connectedness.

Members of the PCLC consist of two local coalitions from the East Central District Health Department and Columbus Community Hospital (CCH), and representatives from local businesses, schools, city offices, health care providers and service agencies. Concerned citizens also are involved in the coalition.

The coalition meets on the second Friday of each month from 7-8 a.m.

COMMUNITY ACTION

Walk to Jerusalem

This program, offered to all Platte County area churches, is a 12-week walking program that encourages participants to walk virtually from Columbus to the city of Jerusalem — a distance of more than 7,500 miles — by Easter. In addition to logging their walking distances, the program also encourages participants to log hours of swimming, biking and other forms of exercise.

Park Your Chair and Walk the Square

The Park Your Chair and Walk the Square event coincides with the annual Lawn Chairs on the Square event in Columbus at Frankfort Square. It encourages residents to walk the square from 6:30-7 p.m., while the free, live entertainment prepares to perform. This event lasts eight weeks from June through August. While residents walk the square, a coalition member will provide health education to the group from the square stage.

PCLC and American Walks Walking Routes

PCLC introduced the North and South walking routes (supported through the America Walks grant program) to the Columbus community. These walking routes are free and available to the public.

America Walks is a grant program working to support the growing network of advocates, organizations and agencies using innovative, engaging and inclusive programs and projects to create change at the community level. The program works daily to create places where all community members have safe, accessible, equitable and enjoyable places to walk and be physically active.

PCLC'S NORTH WALKING ROUTE – Begin at 18th Street & 32nd Avenue. Walk along 32nd Avenue on the east sidewalk, turn east onto the south sidewalk along 14th Street, then turn south on 22nd Avenue onto the west sidewalk. Turn west onto the north sidewalk along 13th Street, then turn north on 32nd Avenue on the east sidewalk to return to 18th Street. The total distance is 2 miles.

PCLC'S SOUTH WALKING ROUTE – Begin the route at the corner of 26th Avenue and 11th Street. Head east along the north side of 11th Street, turn south along the west side of 16th Avenue, then turn west along the north side of 9th Street. Finally, turn north along the east side of 26th Avenue to return to the beginning of the route. The total distance is 1.6 miles.



SCHOOL ACTION

Angie Fehringer developed a running club currently available to fifth- and sixth-grade students at St. Isidore and St. Bonaventure grade schools. Student participants in the 10-week program meet from 3-3:45 p.m. and run a half-mile loop. As students complete the circle, staff track their progress, and at the end of 10 weeks, they receive a prize for reaching 13.1, 18 and 26.2 miles. The Optimist Club received grant funding to provide prizes for this program.

WORKPLACE ACTION

Complete Health Improvement Program (CHIP)

The Complete Health Improvement Program (CHIP) is a 12-week, 18-session lifestyle improvement program that addresses all facets of a healthy lifestyle, from healthy diet and exercise to quality sleep, forgiveness, gratitude and the importance of vitamin D and sunshine. Additionally, the program offers group support; education; biometrics and lab work at the start, midpoint and completion of the program; and a grocery store tour.

Walk with a Doc

Walk with a Doc is a walking program that takes place the third Tuesday of each month from noon-1 p.m. and 5:30-6:30 p.m. at various locations around the community. Local health care providers present a health-based topic to the group, followed by a 45-50-minute walk with the provider. The purpose of the walk is to encourage physical activity and meet new and established physicians and health care providers from around the Columbus area.

Goals for 2022

- Bring healthier food options to the community.
 - Initiative to work with local restaurants to bring a wider variety of healthy food options to the Columbus community.
- 100 miles/100 days
 - Initiative for community members to walk 100 miles in 100 days to engage in activity in the community. This is scheduled for spring 2022.
- Bike fit seminar
 - Initiative for community members to learn about bike safety and be properly fitted for bike helmets. This is scheduled for spring 2022.
- Blue Zones
 - Initiative for Columbus to be a Blue Zones community. A Blue Zones community leadership meeting is scheduled for September 2021 with a community assessment to follow.

For more information about the Platte County Lifestyle Coalition:

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