

MISSOURI FOUNDATION FOR HEALTH

Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE



Jefferson City, MO

Kelsey Chrisman

School Wellness Coordinator

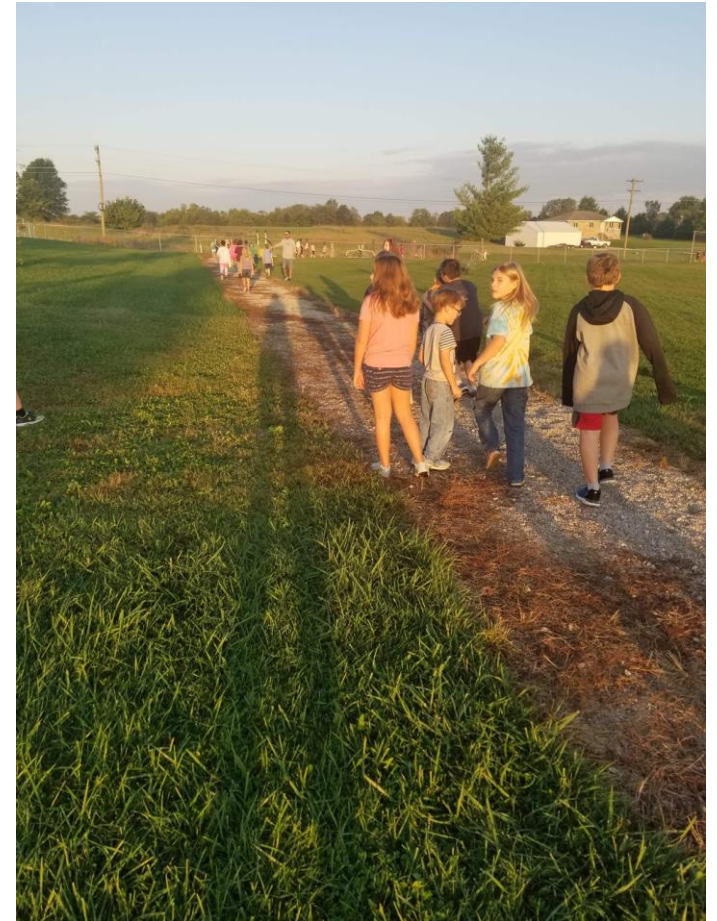
Environmental - Policy - Programs/Events



School Partners
Challenges
Sustainability

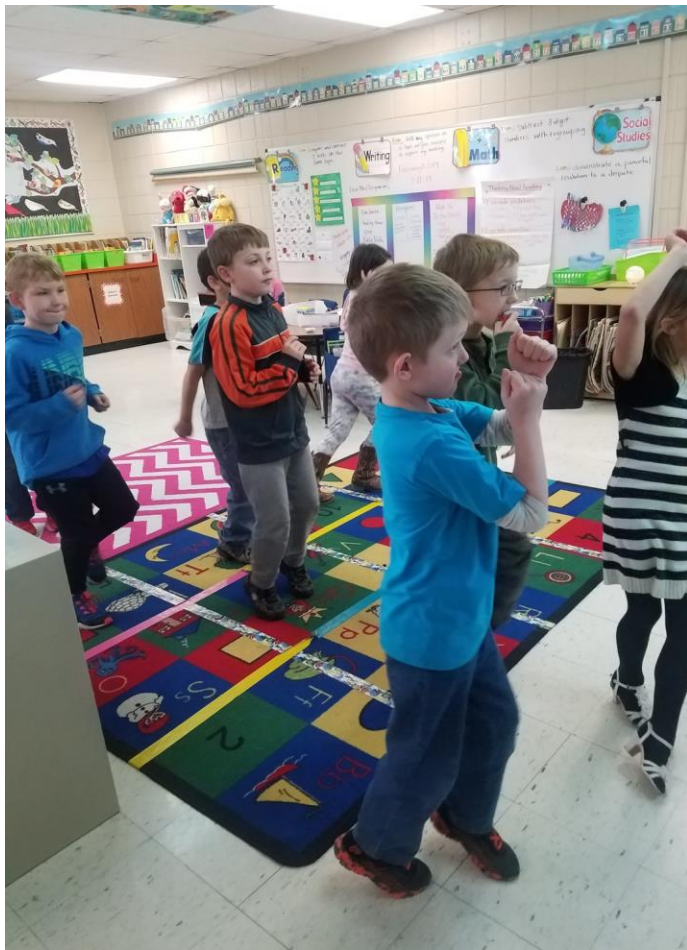
Before school physical activity opportunities

- The Walking School Bus at Thorpe Gordon Elementary
- Walking the track at Callaway Hills Elementary



During school physical activity opportunities

- Brain Break Videos: GoNoodle, Hip Hop Public Health, The Alliance for a Healthier Generation.
- Indoor Recess Policy - Check yours - AHG Model Template



After school physical activity opportunities

Fitness Club and Girls on the Run



After school opportunities

Cooking Club and Garden Club





Alice
Shella
Justin
Allison
Finley
Ellie
Chef Grace
Megan

...

...

Event

Halloween Candy Give Back



Resources/Partners



HALLOWEEN CANDY GIVE-BACK

We include a handful of candy in every Care Package we send. A major source of these sweet treats is our popular Halloween Candy Give-Back Program hosted by generous dentists, businesses, groups, and families.

Thank you for your interest in the 2019 Halloween Candy Give-Back Program! We look forward to having you participate in 2020.



Event

Kids Heart Challenge



American Heart Association.



KIDS
HEART
CHALLENGE



Join Our **HEART HEROES**

register online and take the heart healthy challenge!

Choose from:



Be physically active for 60 minutes a day.



Do a good deed daily.



Choose water over sugary beverages.

All these things make your heart happy!

heart.org/kidsheartchallenge

Event

National Walk to School Day - 10/2/19



Resources

Indoor Recess: GoNoodle, Hip Hop Public Health, Silly Sports & Goofy Games, USDA and The Alliance for a Healthier Generation Website

Girls on the Run: <https://www.girlsontherun.org/> Contact Cheryl Unterschutz, cheryl.uterschutz@girlsontherun.org

Kids Heart Challenge: [website](#) Contact Stephanie Jumps, Stephanie.Jumps@heart.org

Halloween Candy Give Back: Operation Gratitude
<https://www.operationgratitude.com/express-your-thanks/halloween-candy/>

National Walk to School Day and The Walking School Bus:
<http://www.walkbiketoschool.org/>

Thank you!
And I'd love to hear from you.



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Ashley Varner

Healthy Communities Coordinator

- BIKE SHARE!!
 - What is it?
 - Why do we want it?
 - Physical activity
 - Transportation
 - Economic Development
 - CVB
 - Infrastructure
 - School Partnership
 - Bike club, Bike to School





Humble beginnings

- Small group (Zagster)
 - Pivot-- challenge
- Community Partners
 - JC Parks
 - CVB
 - City of Jefferson
 - Transit



SPIN

- Contract for maintenance
- Contract for 3 years; 75 bikes, 75 scooters
- Scooters
- July 2018 launch; scooters December '18



Challenges/Sustainability

- Zagster pivot
- Data
- Marketing
- Users
- Tornado



- Bikes left October 2019; scooters hibernate til March 2020. Ford Motor Co. bought SPIN early 2019.

BFC

