

## **Trempealeau County Healthy Weight Coalition**

The Trempealeau County Health Department applied for and received a \$9,000 grant (2010-2011) to incorporate the state health plan, “Healthiest Wisconsin 2020”, to benefit the citizens of Trempealeau County. Three focus areas of the state plan are “Physical Activity”, “Chronic disease prevention and management” and “Adequate, appropriate and safe food and nutrition”.

(<http://www.dhs.wisconsin.gov/hw2020/> ) The coalition is made up of nurses, registered dietitians, business leaders, and a school representative working together to bring worksite wellness programs to Trempealeau County.

It is known that poor diets and lack of physical activity will increase the risk of chronic disease. Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. (<http://www.cdc.gov/HealthyYouth/nutrition/index.htm> )

Physical activity can help control weight, reduce the risk of type 2 diabetes, heart disease and some cancers, strengthen bones and muscles, and improve mental health. A 2008 CDC survey found that 25.4% of U.S. adults did not spend any of their free time being physically active, including activities such as walking for exercise, gardening, golfing or running. “The evidence is clear, regular physical activity helps prevent chronic diseases such as type 2 diabetes” said Janet E. Fulton, PhD, of [CDC’s Division of Nutrition, Physical Activity and Obesity](#). “Collaborative efforts that focus on community and street design can encourage people to move more and make us a more active nation.”

The grant will focus on worksite wellness within the county to support these focus areas. The coalition consists of business and health care representatives. Their Vision Statement is “To reduce chronic diseases by promoting healthy weight”. Their Mission Statement is “To support the creation of worksite environments that promote healthy food choices and increase physical activity to achieve a healthy weight”. The coalition is gathering evidence based programs into a collection which will be available to Trempealeau County businesses to help them create a program to benefit their employees’ health.

If you are interested in joining the Trempealeau County Healthy Weight Coalition or a business interested in a worksite wellness program, please contact Barb at 715-538-2311, ext. 231.

Additional References:

<http://www.cdc.gov/nutrition/>

<http://www.mypyramid.gov/>

<http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm>