

Be Well in Livingston



December 2022
Status Update-Mt. Morris

Our goal is to help you eat better, move more and stress less!



Completed

1. Completed projects including: School Health Index Assessment, Catholic Charities Worksite Assessment, and BWIMM Steering Committee assessment survey
2. Stakeholder meetings and presentations (School Supt., Mayor, Town Supervisor, School, Village, and Town Boards, Partners for Progress, MMCS D PTSA)
3. Photo collection of local healthy activities (<https://lassandbeau.passgallery.com/-livingstoncountybehealthymtmorris/gallery>)
4. Annual First Day Hike for community members (2022, 2023)
5. Developed community workplan
6. Be Well Calendar of Events- visit www.gvhp.org
7. Established Be Well in Mount Morris (BWIMM) email account for better community connection (bewellmountmorris@gmail.com)
8. Collaborated with local partners for a "Be Well in Fall Hike"
9. Shared BWIMM with corn-hole activity during Livingston County Murals festival
10. Developed "Where to Play in Mt. Morris" brochure and distributed to all MMCS D students
11. Conducted the "Play in Mount Morris Adventure" with 7 participants
12. Promoted BWIMM at the Winter in Mount Morris event with 120 attendees
13. Healthy Meeting Policy adopted by Catholic Charities
14. Planning and promoting BWIMM First Day Hike



In Progress

1. Develop self-sustaining eat better/move more/stress less communication plan for community via Facebook/Websites/print
2. Analyze data and measurable evidence-based interventions
3. Steering committee development
4. Increasing access to healthy foods
5. Mapping of local physical activity assets and promotion of local resources
6. Developing policy/practice change for worksite
7. Promote Chronic Disease Self Management Programs
8. Development and promotion of Eat Better Resource Guide
9. Distribution and promotion of the "Where to Play in Mount Morris" brochure
10. Subcommittee working to establish a community garden
11. Evaluation of the "Play in Mount Morris Adventure"



Future

1. School policy/practice: wellness policies for faculty & activity level polices for Pre-K-12.
2. Environmental change in the community (i.e. park, path or trail)
3. Activities and educational opportunities
4. Blessings Box—food and hygiene donations for community members
5. Be Well in Lima planned for Spring 2023
6. Reviewing funding options for a Farmers Market Manager position

A PATH TO WELLNESS IN MOUNT MORRIS



Building a healthy community requires a wide spread effort. Families, governing officials, educators, business owners, clergy leaders and healthcare providers; all community members must join together with the common goal of improving health. Eating well, being physically active, educating ourselves, supporting our youth, and utilizing community resources are the key components to healthy community living. We are working to provide the necessary resources in Mt. Morris– we need your help to put these resources in action and make Mt. Morris a healthy place to live.

Together, we **can** and we **will** live well in Mt. Morris!

➔ Email BeWell@gvhp.org or visit www.gvhp.org for more information or to become a committee member