

Be Well in Nunda



December 2023
Status Update- Nunda

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

Completed

- Completed Comprehensive Community Assessments
- Village/Town Resolution and Town Hall Meetings on Opioids
- Fitness Stations and evaluation
- Implemented Community Signage and Medication Drop Box
- Healthy Living Livingston and parenting classes
- Hosted Historical Walk, fall with (16 participants)
- Annual Earth Day Event
- Improved walkability- new sidewalks
- Active BWIN FB Group: 25 committee members on BWIN advisory team, 573 Facebook members
- Food Security initiatives: Pop-Up Pantries & Farm Drop
- Organized 1st Annual 5K Run/Walk fundraiser with 69 participants
- Designed and printed Play in Nunda brochures
- Grinch Stroll with 70 participants
- Held CRASE/ Situational Awareness Training: 39 attendees; CPR Class: 8 attendees
- Nunda Americana Days: BWIN hosted Old Fashioned Games with over 50 participants
- Community gardens at Nunda and Dalton schools harvested by students- all grant covered garden tools/materials/sheds now received
- Partnered with CCE to offer Fruit & Veggie Rx and three food preservation and canning classes (25+ attendees)
- Joined Community School Committee to grow partnerships to educate and support our district's children
- First partnership event - KCS Color Run with 100+ registrants - community info tables, including BWIN
- Hosted fall walk with 8 participants
- Fruit-themed Trunk or Treat (100+ contacts)
- 2023 Grinch Walk (125+ participants)

In Progress

- Data Analysis
- Annual maintenance and promotion of Dalton School Fitness Trail
- Enhance the Communication Plan
- Increase Social Media venues
- Increase membership
- Increase Be Well focused opportunities/partnerships to promote healthy eating habits for children & families
- Expand partnerships for food security
- Implement school Wellness Policy changes
- Increase number of community walking events annually
- Support local trail development initiatives
- Expand social and mental health promotion for all ages
- Provide ongoing education & community challenges: online and live
- Monthly Euchre Nights
- Implementing CATCH in KCS
- Add BWIN information to 2023 Nunda Comprehensive Plan under Health and Safety
- Organizing 1st Day Walk in collaboration with Genesee Valley Greenway
- 2023 Community Garden Wrap Up
- Development and approval of "Be Well in Nunda" branded logo

Future

- Mental and Social Health Programs
- Implement Mental Health First Aid Training w/CASA Trainers
- Post garden 2023 evaluation and 2024 planning



Be Well in Nunda Committee meets 4:00PM, the first Monday of the month at Nunda Historical Society or via zoom - All are welcome!

Building a healthy community requires a widespread effort. All groups 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.



The following supporters are working to provide the necessary resources in Nunda:

- CASA Trinity of Livingston County
- Cornell Cooperative Extension
- Livingston County Sheriff's Office
- Nunda Lumber
- Nunda Physical Therapy
- Nunda Family Pharmacy
- Wellness Options
- Once Again Nut Butter
- Nunda Town Board
- Nunda Village Board
- Kiwanis Club of Nunda
- Nunda Historical Society
- Keshequa Central School
- Trinity Church of Nunda
- Nunda United Methodist Church
- Tri County Family Medicine
- Hark Homes
- Nunda Rotary Club

Together, we **can** and we **will** live well in Nunda!

Join our Facebook group, "Be Well in Nunda" or visit www.GVHP.org to see our event calendar