

RISE 
Embracing Healthy Lifestyles



RiseVT is a community collaborative to embrace healthier lifestyles, improve the quality of life and lower healthcare costs where we live, work and play.



Outcomes

Increasing the health of residents by decreasing rates of obesity and overweight (*long term*)

Strategies to Achieve Long-Term Goal

1. Increasing the number of employers offering wellness programs with greater than 50% participation rate (*short and medium term*)
1. Expand resources for biking/walking (*short and medium term*)
2. Increasing fruit/vegetable consumption (*medium term*)
3. Decrease the number of people with no leisure time physical activity (*medium term*)
4. Increase the number of students walking/biking to school (*short and medium term*)
5. Increase smoke-free/tobacco-free environments (*medium term*)

Meet Your Team



Dorey Demers
RiseVT Coordinator



Moretti
RiseVT Wellness Specialist



Mary Tryhorne
Enosburg Health Advocate



Brian Clukey
RiseVT Health Coach



Jessica Frost
Saint Albans Health Advocate



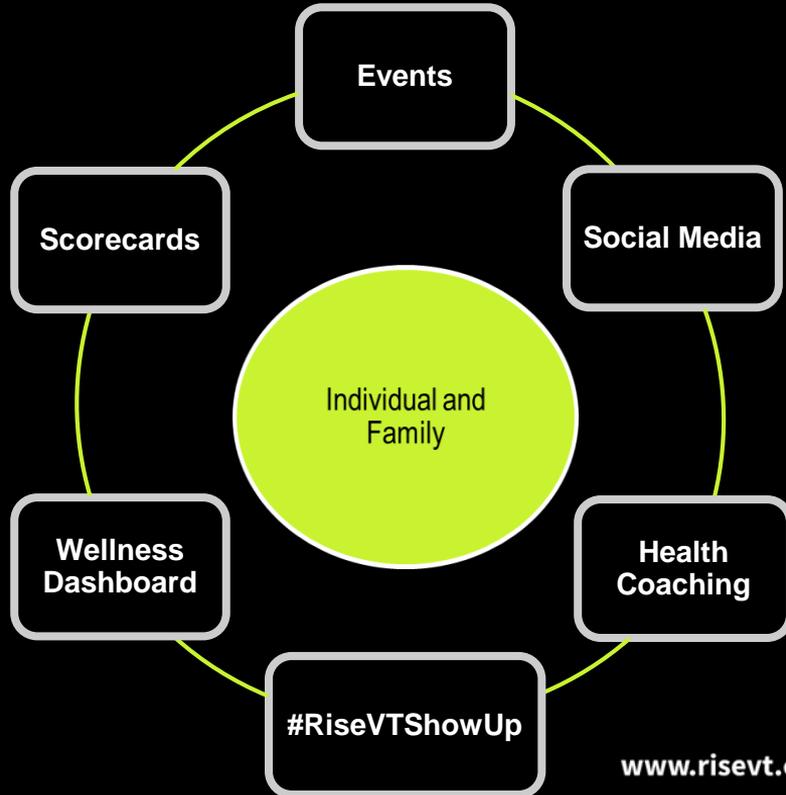
Betsy Fournier
Swanton Health Advocate



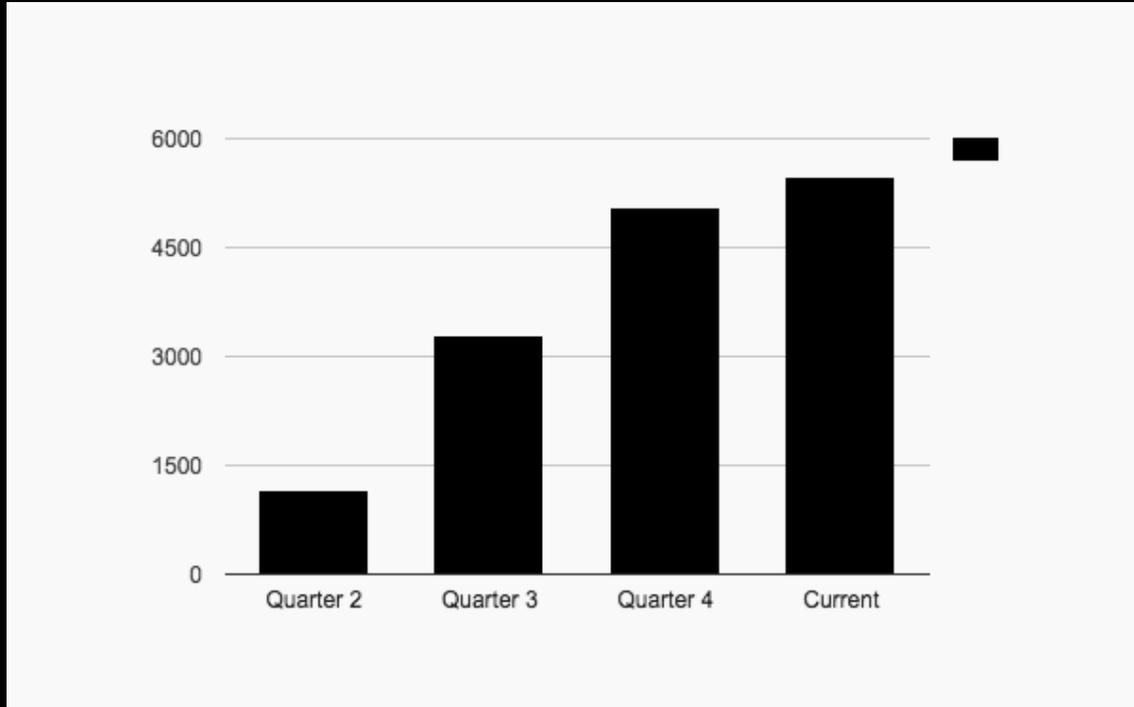
Renee Creller
Alburgh Health Advocate

Individual Engagement

Increasing motivation and awareness and helping to improve the overall health of Franklin and Grand Isle



Individuals Engaging with RiseVT

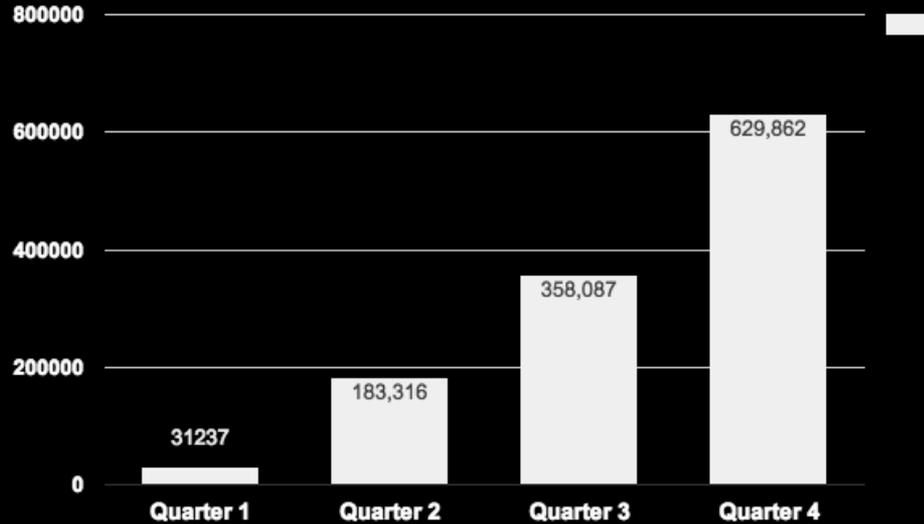


- Events
- Health Coaching
- Individual Scorecard
- Health Assessments
- Pledges

Social Media Reach



**3,627
Likes**



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Having a health coach write a personalized program for me is allowing me to get me back into exercise



I love the fact the RiseVT has inspired so many people, including myself to get outside. I have accomplished 2 amazing things myself: hiked Camel's Hump and Mt Mansfield back to back! Thank you for the inspiration.





RiseVT has collaborated with 15/27 schools including elementary and post-secondary education.

Our collaboration has led to Safe Routes to School partnerships, breastfeeding friendly policies for staff, education to students about sugary sweetened beverages, healthy eating and more.



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CLASSROOM
Scorecard

 School Name: _____
Teacher's Name: _____
Phone Number: _____
School Address: _____
Number of Students: _____
Number of Faculty/Staff Members: _____

We have developed a checklist for classrooms to work on to reach three different levels of participation, Bronze, Silver and Gold. Once the three activities are complete, RiseVT will come to the class and provide the reward listed.

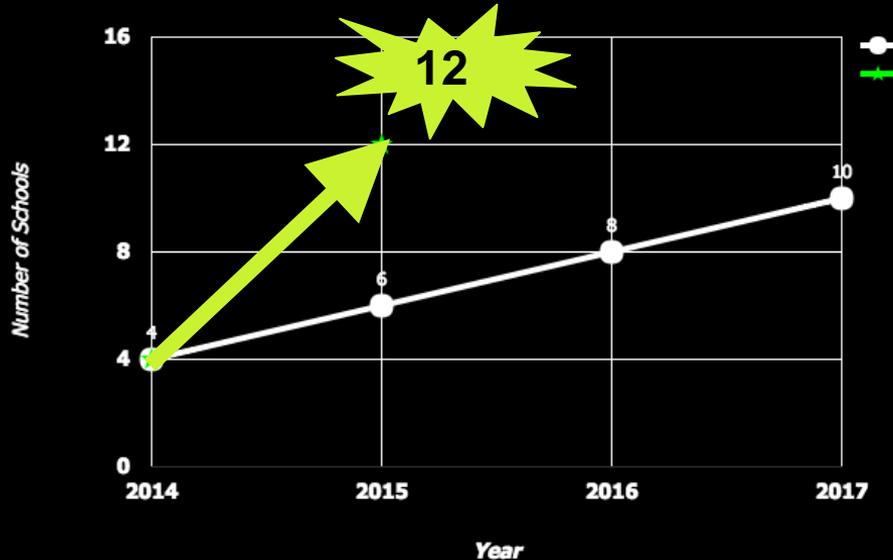
To become a certified RiseVT classroom:

BRONZE

- Take daily brain breaks involving movement.
- Take the RiseVT Pledge.
- Send two photos of your class being active. Either email them to info@risevt.com or post them on the RiseVT Facebook page.

Reward: Sugar Sweetened Beverage hands-on activity (where students measure out the amount of sugar in common beverages), preparing a healthy snack together and RiseVT bracelets.

Schools Participating in Safe Routes to School



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- RiseVT is working with 44 Employers.
- 42 business are certified in RiseVT and have completed the scorecard.
- RiseVT has established policies, connected community resources to businesses such as Healthy Roots, Franklin Grand Isle Tobacco Prevention Coalition, Vermont Department of Health and more. These connections facilitate the implementation of goals identified in the scorecard process to increase certification level
- 19 of the 44 Businesses currently have wellness programs with at least 50% participation. This will be a goal in 2016 to increase this number.



Walkability Study

Policy and Environmental Change

42 policies, environmental changes or systems have been changed since RiseVT implementation on June 1, 2015.

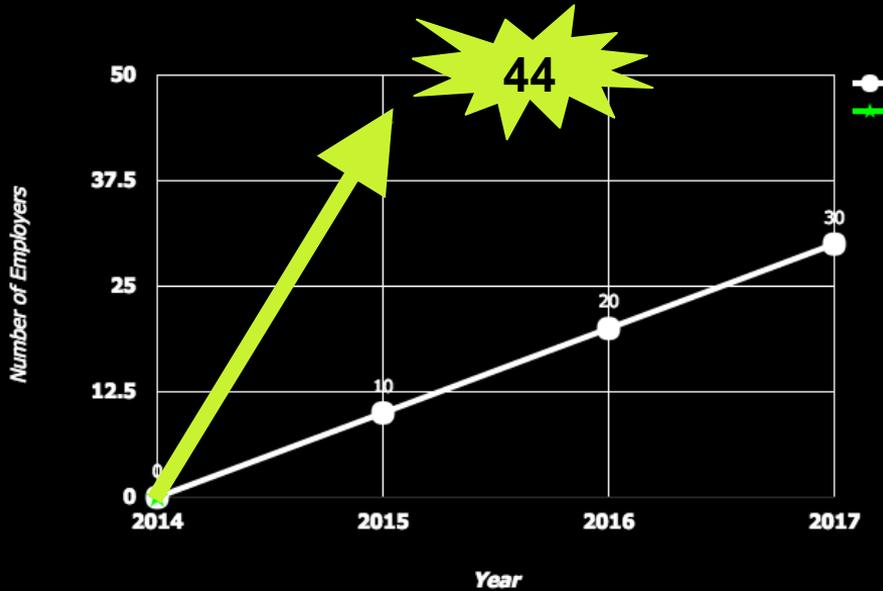
- 39 policies or environmental changes have been made at 37 local businesses
- 2 environmental changes in Towns are currently being implemented



Peoples Trust becoming Breastfeeding Friendly



Business Participation





Increasing Access to Biking and Walking

RiseVT has highlighted 30 trails, bike paths and parks in Franklin and Grand Isle on social media and website.

- Community members are seeing our highlighted trails, playgrounds and park and then reporting back on social media that they went and tried it with their families.

Signage is being developed in three towns to increase access and visibility to walking paths.

Collaboration with Trail Finder to amplify online resource for trail identification and navigation.

Letters of Support written for municipalities for VTRANS grants to increase access and usage. Sitting on 3 active committees for increasing walking and biking in Swanton, Saint Albans and Highgate.





Integration with Care

Agency of Human Services

RiseVT has collaborated with Agency of Human Services by outreaching to all departments in the state office complex in Saint Albans. This includes DCF, Economic Services, Probation and Parole, and more.



Vulnerable Populations

Collaboration with Northwest Counseling and Support Services, Martha's Kitchen, Champlain Valley Office of Economic Opportunity and Vermont Adult Learning.



Primary Care

Attending the Blueprint Learning Collaboratives

Attending and participating with the Care Coordination Committee made up of several local providers to better understand our vulnerable populations.

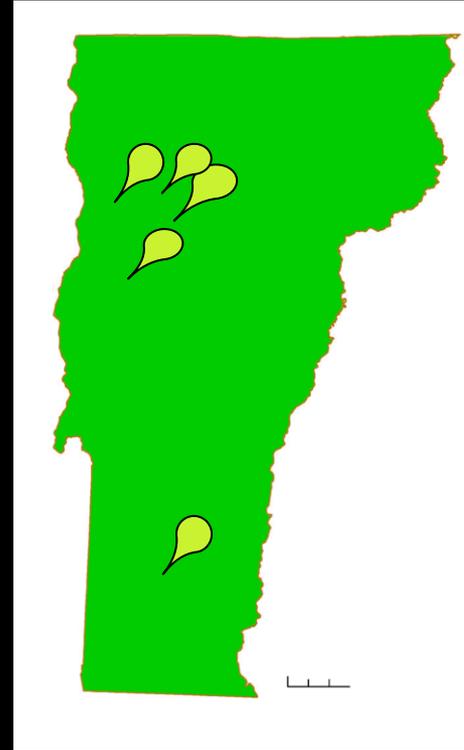
Other Successes

- Almost 80,000 dollars was spent on Mini-grants for FY15 and Calendar Year 2015
 - Montessori School- Imagination Playground
 - Swanton Village- Bike Racks
 - Swanton Outdoor Recreation Committee - Signage and Trail Brochure
 - Highgate Arena- Water Fountain
 - Town of Highgate- Park and Ride Infrastructure
 - Library- Snowshoes available for check out
 - Alburgh- Ice Rink and Toddler Playground
 - Town of Saint Albans- Trail Plan
 - Local Motion and Bike Smart being brought to 10 schools (to be identified)
 - Mark Fenton walkability for 5 municipalities



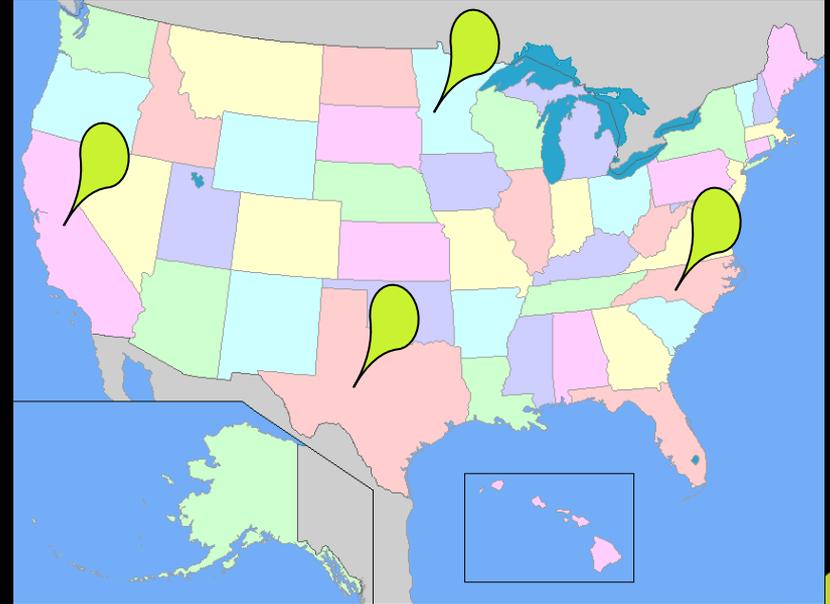
Across the State

- Vermont Department of Health District Directors
- Vermont Afterschool Conference in Stowe
- Vermont Cancer Coalition
- Looking to partner with the Vermont Physical Education Conference held in 2016
- Milton, Vermont Collaboration
- *Monster Mile, Milton Recreation, Milton Open House*

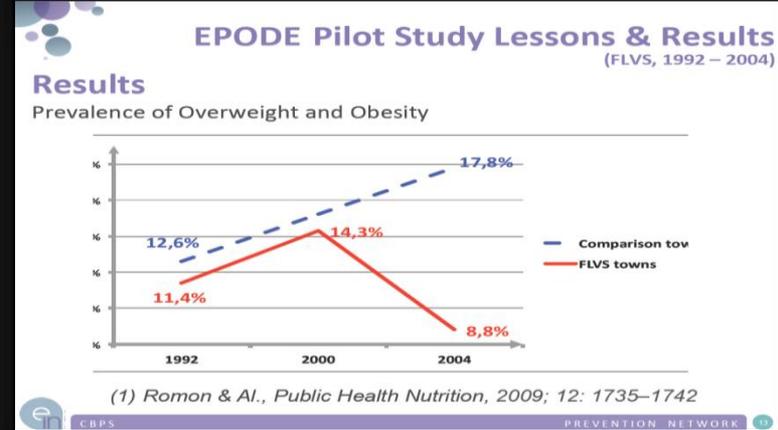
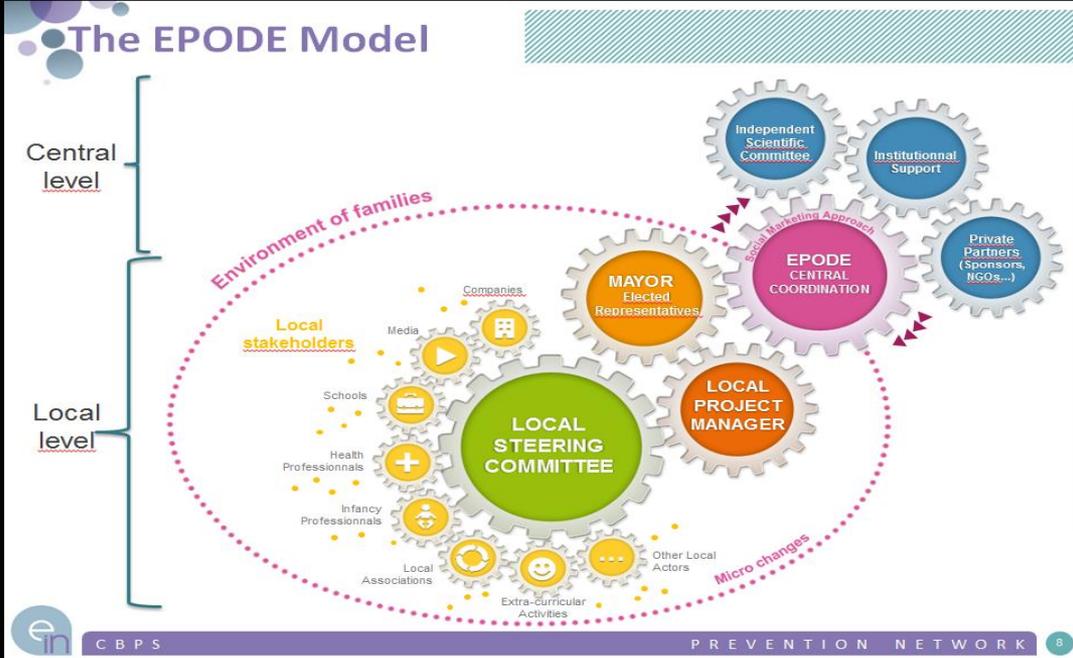


Across the Country

- Prevention Institute Accountable Communities for Health: Opportunities and Recommendations
- Minnesota Department of Health: learning and sharing opportunity
- Houston, Texas: Harris County Public Health: learning and sharing opportunity
- Lifestyle Medicine Clinic- Learning Opportunity



Our Pursuit of Greater Results





Questions?