

**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



**Stacy Carpenter**  
Public Health Nurse



**Brian Clukey**  
RiseVT Health Coach



**Mary Tryhorne**  
Enosburg Health Advocate



**Moretti**  
RiseVT Wellness Specialist



**Renee Creller**  
Albion Health Advocate



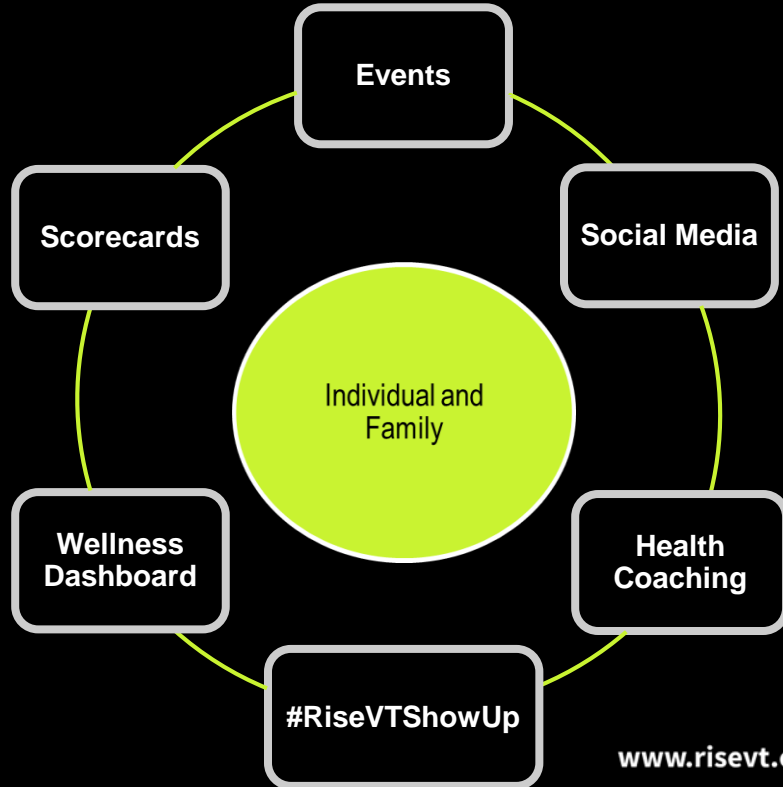
**Betsy Fournier**  
Swanton Health Advocate



**Jessica Frost**  
Saint Albans Health Advocate

# Individual Engagement

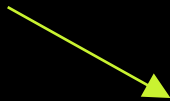
*Increasing motivation and awareness and helping to improve the overall health of Franklin and Grand Isle*






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](mailto: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.



- RiseVT is working with 44 Employers.
- 22 of the 44 Businesses currently have wellness programs with at least 50% participation. This will be a goal in 2016 to increase this number.
- 40 policies created impacting 1228 employees
  - Breastfeeding friendly policies
  - Smoke-free workplaces
  - Healthy meal policies



*Walkability Study*







# 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 on RiseVT Table Talks- connect individuals to local resources.



## 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

