

Physical Activity & Public Health Practitioner's Course:

Physical Activity Coalitions

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Inspiring wellness in all communities

Agenda

1. Wholespire History, Vision and Mission
2. Wholespire Approach
3. Partnerships
4. Wholespire Chapters
 - Overview
 - Type of Work
 - Physical Activity Examples
 - Support
 - Success and Challenges



History

- 2007 SC Eat Smart Move More Coalition
- 2008 First official employee
- 2009 Options for Action and First Chapter
- 2012 The Healthy Young People Empowerment (HYPE) Project
- 2013 Advocacy Funding
- 2020 Strategic Planning
- 2021 Wholespire



Our Mission

We provide communities with proven and sustainable approaches that lead to increased access to healthy choices for ALL people.



Our Vision

We want informed influencers and empowered communities who work together to ensure an equitable South Carolina, where everyone has access to healthy choices.



How We Do It

OUR APPROACH

Our approach has four tenets:

- We promote healthy eating and active living (HEAL) as a key component of public health.
- We inform, engage, and influence decision-makers to include health in policy decisions.
- We provide support at the local level for communities to achieve healthy change.
- We champion equity.



Our Approach: PSE Change

Population-based health vs.
individual behavioral change

Why?

- Reach more people!
- Reach disparate populations
- More sustainable
- Focus on prevention

Socio-Ecological Model



PSE Video



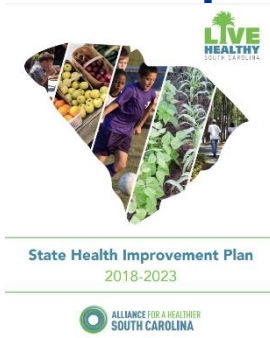
How is this work achieved?

Focus Areas

-  Community Relations
-  Advocacy
-  Youth Engagement



Partnerships



unifying SC healthy eating and active living (HEAL) efforts

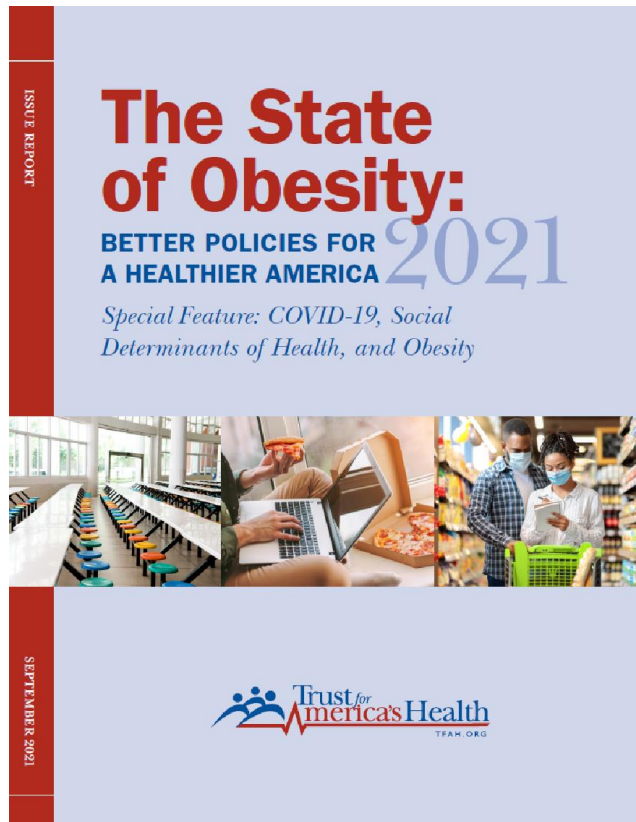


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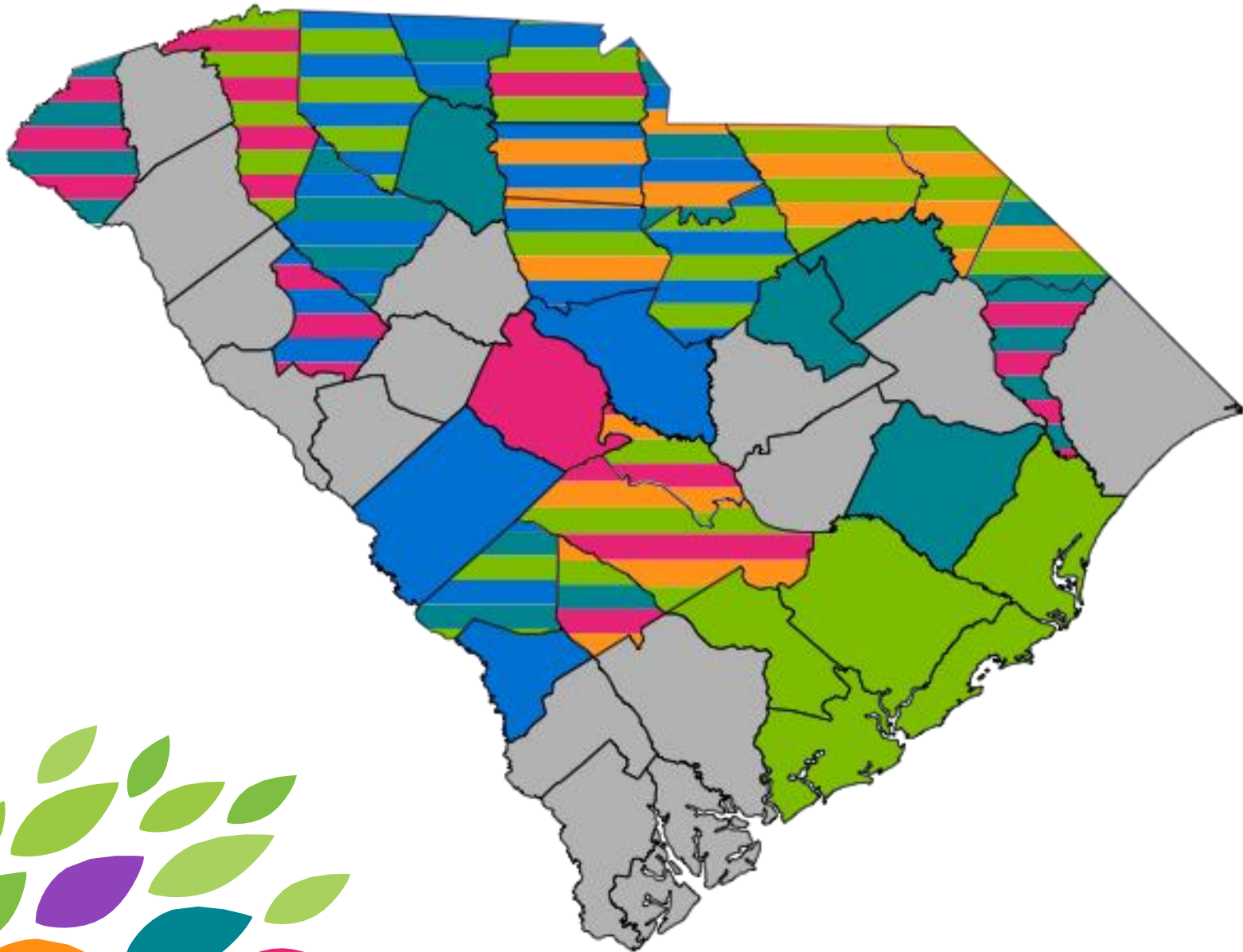
Priority Areas Selection

Improve Outdoor Environments in Early Care and Education
Support Grow Outdoors SC to increase access to naturalized outdoor environments

Prioritize Physical Activity in Schools
Support SC FitnessGram partners to improve student health
By enhancing PE and creating more opportunities for PA

Promote Trail Connectivity
Support development of a SC trails coalition to increase trail connectivity in SC and promote use of trails





2022 STATE PROGRAMS MAP

Blueprint for Health
Healthy People
Healthy Carolinas
Rural Health Network
Wholespire Chapter
Food Policy Council



Wholespire chapters

Wholespire partners with local communities to provide support for coalitions working to increase access to healthy choices. We currently have 13 branded chapters and work with many more local coalitions in counties across the state.

- Greenwood
- Laurens
- Cherokee
- Spartanburg
- Richland
- Barnwell
- Aiken
- York
- Fairfield
- Chester
- Lancaster
- Kershaw
- Allendale





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Type of Work



Cross-Sector Collaboration



STONEBORO
"Pressing Through the Pandemic"



THANK YOU
SPONSORS!



Food Lion

BI-LO

SC DHEC

Christian Services

SC National Guard

DO It Printing Co

American Wax Company

Eat Smart Move More SC

Horton Machine & Design

Kirkland Funeral Services

Total Restoration Church

Freeman Mingo Outreach

Countless Community Volunteers

Upper Midlands Rural Health Network

Lancaster County Sheriff's Department

The Heath Springs Health and Wellness Task Force



Town of Health Springs

Post Office Box 101 • Health Springs, SC 29024
803-275-2066 • Fax 803-275-3476

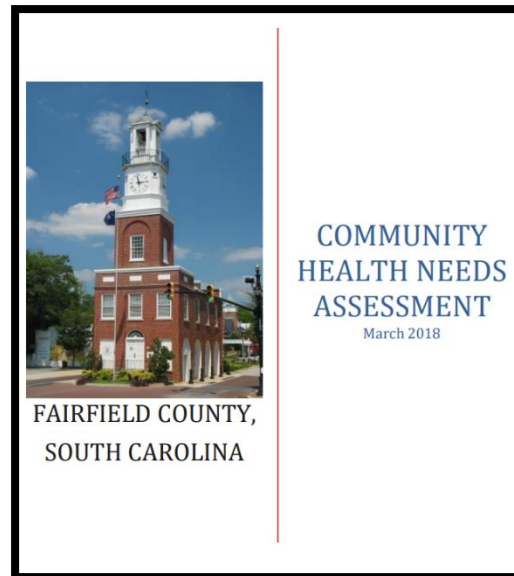
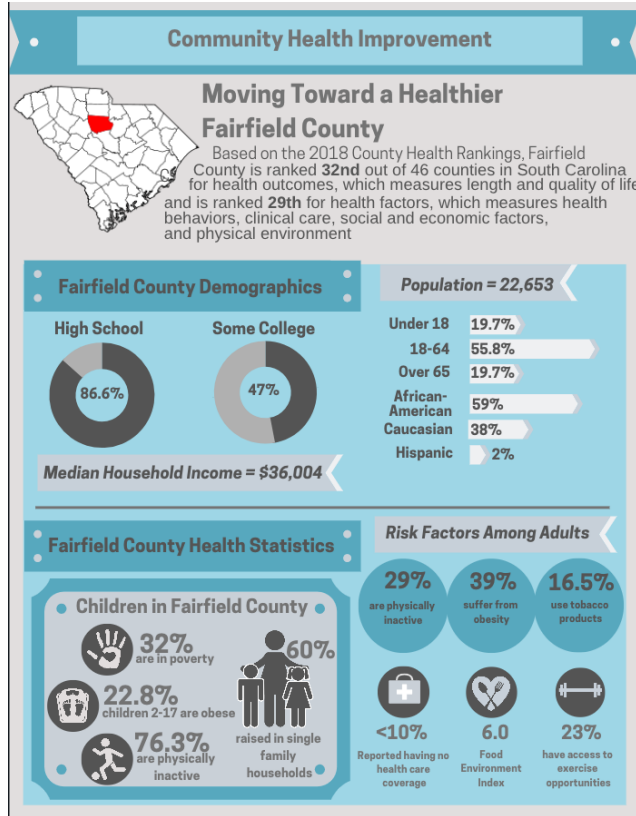
Partnerships working on a
community health improvement plan.



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Data-informed plan



Lancaster County 2018 Community Health Assessment

Lancaster County is conducting a community health assessment.

Lancaster urges community members to make their voices heard by taking this survey. The results will impact the health improvement action plan.

Survey Link:
English- <https://www.surveymonkey.com/r/chitoolkit>
Spanish- <https://www.surveymonkey.com/r/herramientasdeestudioCHI>



Healthy Eating and Active Living

- FoodShare
- Farmers Markets
- Community Gardens
- Food Policy Councils
- Story Walks
- Walkability Assessments
- Promotion of Walking Trails
- Complete Streets





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Physical Activity Examples



Walkability Assessment—Fairfield



Take note of the good along with the bad.



Faith Activity and Nutrition – Lancaster



FAN 1 YEAR ANNIVERSARY!!

CELEBRATING HEALTHIER LIFESTYLES!!

Physical Activity and FAITH!!!

F Faith
A Activity
N Nutrition

LOAD UP YOUR CHURCH VANS.....
MEN / WOMEN / YOUTH / SENIORS Welcome

WALKING!! **PRAISE!!**
HEALTHY SNACKS!! **YOGA!!**
CHAIR EXERCISE!! **GIVE-AWAYS!!**

**Please bring a foldable chair*

Please call (803) 285-2828 before May 9 to register the number attending from your church.

Come out and join the Move-ment!

All outdoor activities on a fun-filled Saturday

May 14, 2022

7:30 am - 10:00 am

Lindsay Pettus Greenway

610 E. Meeting Street Lancaster : Barr Street Learning Center Entrance
Happy Anniversary !! Happy Anniversary !! Happy Anniversary!!





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Support from Wholespire



Types of Support

- Technical Assistance
- Training opportunities
- Linkage to larger initiatives
- Knowledge of other community successes
- Mini-grants
- Website – pages for each chapter
- File-sharing space





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Successes and Challenges



Successes—Chester

City of Chester, Chester Citizens' Alliance,
& GAF Materials Corp.
present

REOPENING WYLIE PARK

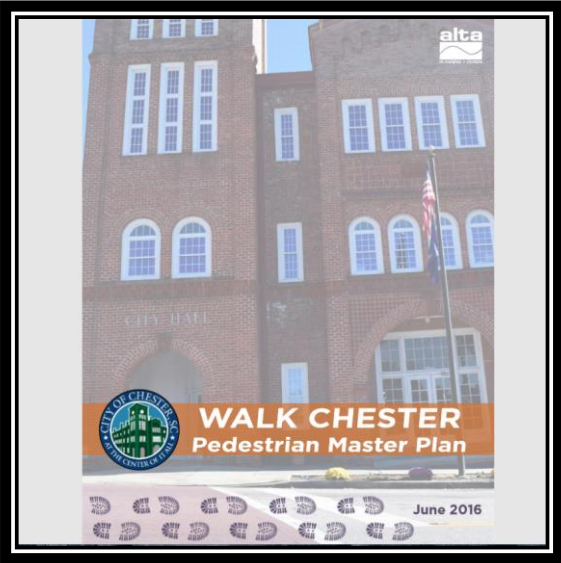
SATURDAY, NOVEMBER 6, 2021
10AM - 1PM



**RIBBON CUTTING
FACE PAINTING
BALLOON ART
GAMES & ACTIVITIES
REFRESHMENTS**

**ADA COMPLIANT
UPGRADED PLAYGROUND
IMPROVED TRAILS
SIDEWALKS
PAVED PARKING**

West End Street, Chester SC 29706 - Across from the Recreation Activities Building



WALK CHESTER
Pedestrian Master Plan

June 2016



Challenges

- 100% volunteers
- Engagement ebbs & flows
- Leaders get tired
- No funding
- Lack of continuity



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Remember to explore your community's assets!



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