



# heal

**HEALTHY EATING ACTIVE LIVING  
LAKES REGION**

HEAL links communities to strategies, tools and resources that help individuals and families make good choices where they live, learn, work and play.

Lakes Region HEAL is committed to promoting healthy eating and active living to Lakes Region residents.

In **healthy communities**, parents, children and others collaborate with:

- ⇒ **schools and city and town** recreation departments to provide experiences that teach children to be healthy for a lifetime.
- ⇒ **health care professionals** to educate their patients about healthy weight and provide them with resources to increase physical activity and good nutrition.
- ⇒ **community members** to increase awareness of the many resources in the region and how to access them.
- ⇒ **cities and towns** to include more opportunities for physical activity through trails, parks and sidewalk safety.
- ⇒ **worksites** to adopt employee health promotion as an organizational value and business strategy.

HEAL is supported by a collaboration of foundations and government agencies committed to promoting health and well being for all New Hampshire residents.

### HEAL grant (2008-2010)

- Coordinated Approach to Child Health (CATCH) in before and after school programs and summer camps
- Movement Breaks in schools
- Activity Guide
- Family Fun Nights
- Workout Laconia
- HEAL mural on WOW Trail
- 5-2-1-0 (education, messaging, Electronic Medical Record)
- Motivational Interviewing in physician practices

### Laconia School District Health and Wellness Academy (2012-current)

- Part time H&W Coordinator to provide technical assistance and support to Laconia School District staff, students and families

### Boston Foundation (2012-2013)

- Laconia school based gardens
- Healthy Eating, Active Living messaging

### Early Sprouts (2012-2014)

- Seed to plate curriculum for early learning centers

### Photo Voice (2013)

- Dartmouth researcher Anna Adachi: posters and messaging from Laconia Middle and High School students

### Weight of the Nation (2013)

- HBO documentary screening and community discussion (engaged farming, WOW Trail and environmental sectors)

### Wyatt Park Revitalization (2013-2014)

- South end park improvements to increase access

### GROW Planning Grant (2014-2015)

- Increase access to and consumption of healthy foods in the region

### Other regional HEAL initiatives

- Laconia Parks and Rec Story Walks
- Laconia Planning TAP grant (through DOT) to improve sidewalks on the South End to make it easier/safer to walk to school
- Lakes Region Child Care “Brown to Wow” and other HEAL related activities
- And More!!



### HEAL Partners

- Belknap County Conservation District
- Community Action Program, Belknap-Merrimack Counties
- Family Resource Center
- Laconia Parks and Recreation
- Laconia School District
- Lakes Region Child Care Center
- Lakes Region Food Network
- Lakes Region Partnership for Public Health
- LRGHealthcare
- New Hampshire Organic Farming (NOFA-NH)
- Prescott Farm
- UNH Cooperative Extension
- WOW Trail

*For more information contact:*

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