



Center *for* Rural Health

## **Blue Cross Blue Shield of North Dakota “Official Sponsor of Recess” Rural Grant Program Year 11**

**Kylie Nissen, BBA**  
Senior Project Coordinator

**Julie Reiten**  
Project Assistant

**Center for Rural Health**  
University of North Dakota  
School of Medicine & Health Sciences  
1301 North Columbia Road, Stop 9037  
Grand Forks, North Dakota 58202

**August 2017**



**Blue Cross Blue Shield North Dakota**  
**Rural Health Information Technology Grant Program (Year 11)**  
**Funding Period: April 15, 2016 – April 15, 2017**  
**Final Report**

**What is the status of the Year Eleven BCBSND funded projects?**

In April 2016, Blue Cross Blue Shield of North Dakota (BCBSND) funded **17** rural health grants. The grants were intended to stimulate new thinking among support providers and their communities as **“Official Sponsors of Recess.”** The general purpose of the funded grant projects is to demonstrate collaborative efforts involving rural providers and their communities in supporting physical activity and overall wellness for all people residing in rural North Dakota.

**Overview - Rural Health Grant Projects Year 10**

- Nineteen grant proposals were received, requesting a total of \$93,332.
- Seventeen awards were made, for a total of \$40,510.
- The funding period ran from April 15, 2016, to April 15, 2017.
- Awards ranged from \$1,300 to \$4,750.
- All 17 grant projects were completed by the April 15, 2017, deadline.

**The focus areas addressed in these projects were:**

- Activities that endorse and support physical activity (12 projects);
- Supplies that endorse and support physical activity (10 projects);
- Programs that endorse and support physical activity (six projects); and
- Events that endorse and support physical activity (six projects).

**Thirteen of the 17 grantees indicated:**

- They would not have been able to implement this project without BCBSND grant funds.

**Leveraging funds**

Six of the 17 grantees indicated that the BCBSND grant enabled them to leverage more than \$99,000 from other sources.

**Number and ages of people who participated in the community projects**

The ages of participants ranged from infant to 75 years. An exact number of participants is not available from all programs. However, it was reported that more than 1,000 people participated in 10 of the 17 activities.

**Facility experiences**

All facilities reported a positive experience with the administration process of the grants (coordinated by the Center for Rural Health) and the project marketing components (coordinated by BCBSND).

## COMPLETED PROJECTS

### 1. St. Andrew's Health Center, Bottineau

Funds awarded: \$2,600

**General purpose:** St. Andrew's Health Center (SAHC) and Bottineau Public School (BPS) collaborated to enhance the special education program with the purchase of adaptive equipment. The focus was to provide appropriate daily physical movement opportunities for special education students within the school district. The umbrella of special education is large and encompassing when looking at the unique needs of students. SAHC and BPC utilized the funds to expand what they offer as a school in terms of non-traditional physical activities and opportunities for their diverse population. They gave special consideration to students with sensory-integration difficulties, those on the autism spectrum, and those with physical disabilities and limitations. They have students who are resistant to touch and textures and those who need deep-pressure input. They have students who struggle with balance, coordination, and fluidity of muscle movements. Some of their students have limited opportunities for physical activities outside of the school setting. Keeping these facts in mind, SAHC and BPS spent a great deal of time considering what types of equipment would best serve students. During the school year, teachers and students enjoyed adding the new equipment acquired into learning and physical development activities. The students are staying active and showing enthusiasm within the activities presented. The new equipment is being used by students in the Early Childhood Special Education Program, which is for 3- through 5-year-old children with disabilities, all the way up through sixth-grade special education students. Examples of equipment purchased includes: bounce house, scooter boards, scooter board paddles, ball pit, exercise dome, Theragym, balance skateboard, resistance tunnel, Wobble Deck, SpaceWalk, Pedal Roller, and Roller Racer.



**Partners:** Partnering on this grant project were St. Andrew's Health Center and Bottineau Public School.

#### Activities that were completed included:

- a bounce house to work on climbing and jumping,
- sliding scooters with paddles to work on upper-body strength,
- a coordination ball pit for sensory integration,
- a crazy car for upper body strengthening and coordination, and

- a trapeze bar for upper body strengthening and vestibular stimulation.

**Focus area(s):** The focus areas of this project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** About 40 children ages 3 through 12 participated.

**Impact measurement:** All of the students have specific educational plans, with individualized, measurable goals, laid out for the school year. SAHC and BPS are continually monitoring progress toward the goals and have specific data to show student progress. They will be able to judge impact based on student progress and on gross-motor goals, as well as whether the students with sensory integration difficulties are making academic progress by meeting their sensory needs in the school setting. The Zones of Regulation program of self-regulation monitoring will be used as well.

**Success story:** A 4-year-old child with a degenerative muscle condition that significantly impaired her ability to walk was able to use the SpaceWalk, a piece of equipment purchased



with the grant. Using the equipment, she was able to gain balance on an uneven surface. Through activity she viewed as play, she was able to practice balance, with a safe landing. This piece of equipment has also had a big impact on meeting the sensory integration needs of some young students who have trouble sitting and maintaining attention during learning activities. Sitting on the Space Walk allows a person to make slight body movements and positional adjustments while still maintaining focus.

## 2. Cooperstown Medical Center, Cooperstown

**Funds awarded:** \$2,600

**General purpose:** Cooperstown Medical Center (CMC) teamed up with Cooperstown Community Activities Authority (CCAA) and Griggs County Central Public School to purchase supplies and equipment needed to host various activities and events. CCAA has sponsored the events in the list that follows, as well as other events encouraging physical activity in the past. CCAA formed a natural partnership with CMC to provide educational materials and guidance to the events.

- |   |                   |
|---|-------------------|
| • 40-yard dash contest - Summer 2016          | All ages welcome  |
| • Tag team relay race - Summer 2016           | All ages welcome  |
| • 3-point contest - Summer 2016               | All ages welcome  |
| • 5K race - July 2016                         | All ages welcome  |
| • Volleyball league - February and March 2017 | Ages 18 and older |

- Basketball camps – April 2017

Grades K-6

**Partners:** Cooperstown Medical Center partnered with the Cooperstown Community Activities Authority and Griggs County Central Public School (GCCPS).

**Activities that were completed:** A 40-yard dash contest, tag team relay race, 3-point contest, and 5K race for all ages were held during the summer of 2016. In February and March 2017, they hosted an 8-week adult volleyball league, and in March and April, 2017, they hosted basketball camps for kids in grades kindergarten through six.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Forty-eight kids ages 5 through 11 attended the basketball camp. Thirty-six adults (18 years and older) participated in the volleyball league.

**Challenges/barriers:** The basketball camps were originally planned for February through April at Griggs County Central, but due to gym availability, the camp didn't begin until April 8 and ran three additional Saturdays.

**Impact measurement:** Their goal was to have 20% greater participation in each event compared to the previous year's event.

The volleyball league's goal was seven teams. However, due to time and gym space constraints, the league was limited to six teams, which included a total of 36 participants ages 18 and older. All teams were full, with a few substitute players as needed.

The goal for the youth basketball camp was 81 participants. After the first week, the league had 48 participants. Saturday mornings in February conflicted with elementary basketball. Due to the availability of the gym, the league had to move into April and May. Winter months are better for younger children looking to wear off energy. When the weather is nice, families are more active outside and have other plans.

**Success story:** They considered all the events a success. They have been able to provide a variety of activities year-round for Griggs County residents of all ages. Nearly all of the supplies they purchased with the grant funds can be used annually for a variety of activities. They were contacted by a group in Steele County that used the basketball hoops, balls, and clock for a 3-on-3 tournament during Finley Days June 9, 2017. Those supplies were used again during the Griggs County Fair on July 8, 2017, for the 3-point contest. The clock was also used for the 5K, Tag Team Relay, Kids Fun Run, and 3-point contest.

Seeing the CMC, CCAA, and GCCPS working together to provide physical activity events throughout the year was wonderful. It was also fun to see surrounding communities promoting events involving physical activity. Thanks to this grant the CMC, CCAA, and GCCPS are able to

have the supplies available to share with these groups. It is amazing to have the supplies for future events as well. They hope to continue building and tweaking these events each year to encourage physical activity for residents of Griggs and surrounding counties.

### 3. St. Luke's Hospital, Crosby

Funds awarded: \$1,975

**General purpose:** St. Luke's Hospital hosted a community-driven family 5K fun run/walk event, which was steered and co-sponsored by community volunteers. Proceeds from the 5K were donated to the only community daycare center in Divide County and were used to purchase indoor and outdoor playground equipment. The event was held July 30, 2016, and was planned around other community events, bringing in people from surrounding communities to take part. About 100 people participated in this year's 5K, and \$6,250 was raised. Those planning the 5K held bi-weekly meetings early in the planning stages and built up to weekly meetings as the event drew closer. Those involved in the steering and planning committee were members of the hospital staff, providers, community business owners, and members of the care center staff. They utilized the "Official Sponsor of Recess" branding in all of their public advertising and flyers. The network member (St. Luke's Hospital) was the largest sponsor of the 5K, and its staff facilitated the planning meetings and volunteer efforts for the event. The community members and business sponsors participated at booths dedicated to throw color during the event and host the water and fun stations. The community was informed of the event through local advertising in newspapers and on flyers.



**Partners:** Partners in this community-wide event were St. Luke's Hospital, the city of Crosby's Park Board, and Crosby Kids Daycare.

**Activities that were completed:** St. Luke's Second Annual Crosby Color Splash 5K Fun Run/Walk on July 30, 2016

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Approximately 100 people, ages infant to 60 years old, participated in the 5K.

**Impact measurement:** The impact was measured by the amount raised, as well as the total number of participants in



hopes it increased over last year. They did not have as many participants this year and raised \$3,750 less than last year. They attributed a great deal of this to the decline in the county's population due to the drop in the need for employees in the oilfield, as well as this being the last weekend of the State Fair.

**Success story:** They greatly appreciated the funding, because it allowed them to more confidently justify the expense of the t-shirts. They were \$1.50 each more than last year, and with the decline in population, it would have been a stretch for St. Luke's cover the cost. The daycare structure walls have gone up, and they are excited to see this project come together for the families in the county.

**4. Jacobson Memorial Hospital Care Center, Elgin                      Funds awarded: \$2,600**

**General purpose:** Jacobson Memorial Hospital Care Center partnered with Elgin/New Leipzig Public School to establish a community fitness center in Elgin that is open to the public. They will purchase equipment with these funds.

**Partners:** Jacobson Memorial Hospital Care Center and Grant County School partnered to complete the project. Grant County School allowed use of space and some equipment.

**Activities that were completed:**  
They have purchased some equipment to use in the gym.

**Focus area(s):** The focus areas of this project were activities, supplies, and events that endorse and support physical activity.

**Impact measurement:** They are measuring the impact by tracking how many people use the gym.



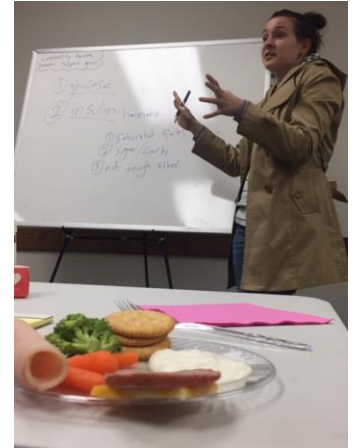
**5. Community Health Service Inc., Grafton                      Funds awarded: \$1,625**

**General purpose:** Community Health Service Inc. (CHSI) used these funds to host monthly "lunch and learns" for the community and to purchase standing desks as part of its worksite wellness program.

**Activities that were completed:** CHSI purchased a standing desk and anti-fatigue mat and conducted lunch and learns, for a total of 13 sessions. Topics included self-defense training, carbohydrates, the Women's Way screening program, a presentation from local domestic violence victim advocates, and a 15-minute method to go from scattered to accomplished.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Approximately 10 employees attended each session, ranging in age from early 20s to mid-40s.



**Impact measurement:** The impact was primarily measured qualitatively. Staff reported great satisfaction with the knowledge gained at the trainings. Multiple staff have been able to utilize the skills learned at the trainings inside and outside of the workplace. Staff also reported that they appreciated the opportunity to spend "non-work" time together learning about various offerings in the community and doing the self-defense training together, for example.

**Success story:** The presentation on carbohydrates and healthy eating was led by CHSI's physician assistant, providing an opportunity to learn a great deal from peers. The presentation was so well received by staff that the schedule was modified to stay open later one night per week for the PA to conduct similar education with patients to help manage their diabetes or other chronic diseases.

## 6. Altru Health Foundation, Grand Forks

**Funds awarded:** \$2,600

**General purpose:** Altru's Outreach Prevention Education addresses the rate of youth obesity in its service area. This hands-on program consists of activities to increase the students' awareness of how eating and exercise habits can impact their lifestyles. Monthly sessions were held with students in grades three through five at Midway Public School. The sessions were held in September, October, November, and December 2016 and January, February, March, and April 2017. Each session was 45 minutes long. Under the direction of Heidi Panos (PT, MPT, supervisor of the Center for Prevention & Genetics) and Emily Spicer (Health and Wellness coach), sessions consisting of a fitness and nutrition topic were conducted. The students participated in fitness activities, such as yoga, fitness bands, circuit training, and working with



partners. The overall goal of the Outreach Prevention Education program was to improve the health of the children in Altru's service area. The key objectives were: 1) increase the knowledge of healthy lifestyle choices in students in grades three to five at Midway Public School; 2) introduce modifiable lifestyle choices to the students; 3) build the self-esteem and social health of participants through the topics covered; and 4) reduce the amount of screen time children are spending on a daily basis.

**Partners:** Altru's key partner for Outreach Prevention Education was Midway Public School. Midway's role/responsibility in this project was to provide time and space for monthly wellness education sessions for their students in grades three through five.

**Activities that were completed:** Altru has completed the several activities for planning the Outreach Prevention Education program at Midway Public Schools. The school was contacted prior to end of classes in the spring of 2016 to schedule the program dates for the year. The topics and materials needed were selected and/or developed and handouts for the sessions were created. Altru confirmed the program, scheduled dates with Midway, and held the monthly sessions.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Ages of participants:** The people participating in this program were children (ages 8, 9, and 10 years old) and their teachers and paraprofessionals (ages 25 through 45). There were 45 students and four teachers/paraprofessionals participating in the program at Midway Public School.

**Impact measurement:** The impact of Altru's Outreach Prevention Education program was measured in three ways. 1) Evaluations were conducted with the students and teachers participating in the program before it started and after its completion. The results from the pre-evaluation and post-evaluation were compared to determine what increase in knowledge occurred due to the program. 2) An "experience survey" was given to the participating teachers and the principal at Midway Public Schools at the end of the program. It solicited information on how well the sessions were conducted, how the Altru staff members responded to concerns and ideas, and how the students responded to the program. 3) Students were given screen time tracking material. The time spent watching TV, playing games on electronic devices, and being on the computer were tracked by the students and turned in at the monthly sessions. The changes in the screen time were tracked by the program coordinators to determine if the students spent less time in front of screens and more time in some activity.

**Leverage funding:** Coverys Insurance awarded Altru Health Foundation a grant for \$45,200 to expand Altru's Outreach Prevention Education program so it can reach 14 additional schools beginning in January 2017.

7. St. Aloisius Medical Center, Harvey

Funds awarded: \$2,600



**General purpose:** St. Aloisius Medical Center, Harvey Kiwanis, and Harvey community members and business leaders came together to purchase and install playground equipment in Centennial Park in Harvey, North Dakota. The project promotes health and fitness for the area youth.

**Partners:** St. Aloisius Medical Center employs the physical therapy and occupational therapy staff

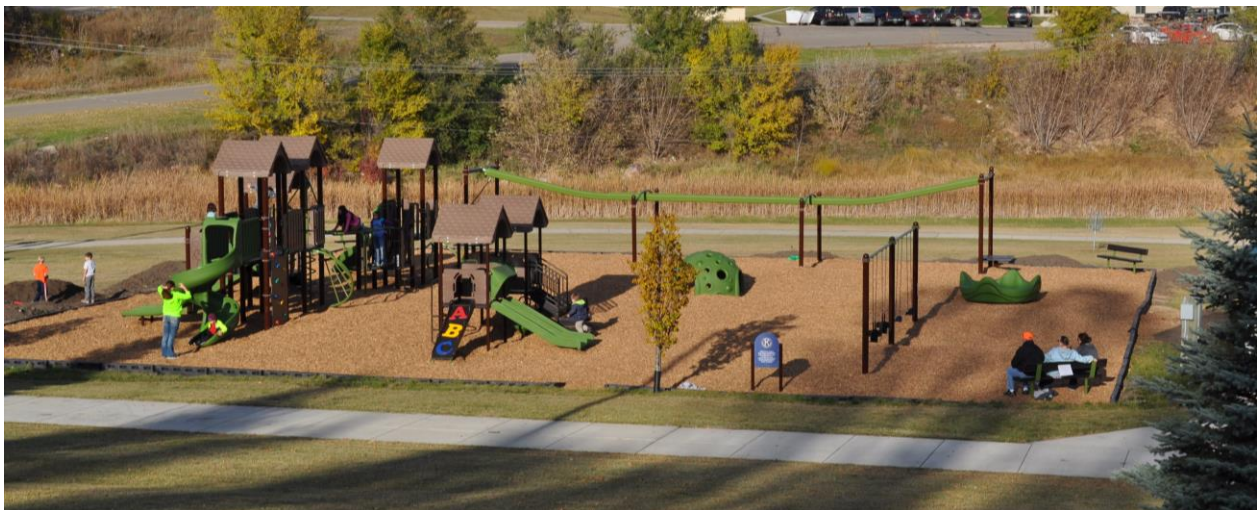
who worked with the Kiwanis playground subcommittee to review the equipment for age/task ability appropriateness. The president of the Kiwanis is also the CFO at St. Aloisius Medical Center and sat on the Kiwanis playground subcommittee. She was instrumental in grant writing and fundraising for the project. The chair of the Kiwanis playground committee was key in fundraising and playground design. Dakota Fence was chosen as the equipment vendor, and the Harvey area community and business leaders were donors and volunteers for installation.

**Activities that were completed:** More than \$96,000 was raised during the grant period. Equipment was ordered in July 2016 and installed upon arrival.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Ages of participants:** Three main people worked on fundraising, and multiple volunteers ages 30 through 65 were involved in the project. Children from infants to early teens benefited from the project, participating in play and fitness activities.

**Impact measurement:** The impact of the project was measured by observing children using the playground equipment and listening for community comments and input.



## 8. Central Valley Health District, Jamestown

Funds awarded: \$1,560

**General purpose:** Central Valley Health District (CVHD) utilized the funds to purchase signage and people counters to establish a signed walking route in downtown Jamestown. A fitness route, “Get Fit & Explore,” in downtown Jamestown was established and approved by Jamestown City Council. The project enhanced community walkability and safe pedestrian traffic management. It provides a safe and signed route to enhance quality of life. It also provides educational opportunities for users of all ages. The route incorporates history by partnering with the Talking Trail, a newly established, interactive, self-guided tour of Jamestown’s history. The eight points of interest along the route were included in the Talking Trail, which offers a historical narrative of these locations. The Talking Trail signs were extended nine inches in order to include the Get Fit & Explore information. The signage at selected locations included an intriguing statement or question to encourage users to proceed to the next location. The remaining locations included confidence markers to ensure route connectivity. The route is approximately 1.5 miles and offers extensions in two locations. It also includes an alternate route in one location for increased safety for crossing a main street. The route takes approximately 30 minutes to walk at an average pace.

**Partners:** Central Valley Health District partnered with Community Health Partnership (CHP), which is made up of 30 plus agencies in Jamestown and Stutsman County, to utilize the CHP’s website and Facebook page to offer updates and healthy tips to users. The executive director of the Buffalo City Tourism Foundation and serves as director of the Talking Trail. Ottertail Power Company donated two poles for signage. The Jamestown Street Department assisted in placement of signage and suggested a historical incorporation to the route.

**Activities that were completed:** Directional and informational signage as well as a route map were designed. Approval was gained from the City Council for route and sign placement assistance, and a safe walking route was established in downtown Jamestown.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Participants were ages 21 and older.

**Challenges/barriers:** Multi-entity coordination was necessary due to a condensed time frame because tourism was in the implementation phase of the Talking Trail. Incorporation of the Get Fit & Explore route with tourism’s Talking Trail was a collaborative success. Effective communication was necessary to achieve results that would allow the fitness route and Talking Trail to complement each other. There was a need for consistent communication with tourism and collaborative decision-making in a timely manner. The final decision on the route was a challenge due to legalities and safety concerns. The route was walked by a number of

individuals, including CVHD employees who offered suggestions. From these suggestions, an alternate route, within the route, was established. Harold Sad provided guidance for the route and signage placement. Signage placement was trying as well. A number of entities were contacted to request permission to place signage. All of the requests were approved. Ottetail Power Company donated poles for two signs due to a lack of places to put the signs.

**Impact measurement:** Tracking to measure impact of the fitness route was conducted by getting reports from the Tourism Department. Its phone system has a tracking device for the number of calls to the specific points of interest for the historic narrative. In addition, the link to the Community Health Partnership Facebook page is on the signs, encouraging individuals to offer feedback. CHP is able to track these posts and the comments on them.

**Leverage funding:** Jamestown Tourism donated approximately \$10,000 to incorporate the fitness route with Jamestown Tourism's Talking Trail initiative.

**Success story:** Major successes for this project included highlighting the history of Jamestown in the fitness route and recognition by key community partners for the high level of collaboration among the agencies involved. The mayor of Jamestown commended the CVHD and Jamestown Tourism for working together on the project. Support for the project also came from all levels of city government.

## 9. Sanford Medical Center, Mayville

Funds Awarded: \$1,975

**General purpose:** Sanford Medical Center (SMC) in Mayville requested funds to establish a walk/bike trail in Mayville-Portland and Finley, North Dakota. The need for increased opportunities for physical activity was based on the 2013 and 2016 Community Needs Assessments. As part of the Community Health Needs Assessment (2013) for Sanford Medical Center, Mayville, physical health was one of the priorities found on community surveys. Respondents were most concerned about obesity, lack of exercise, and poor nutrition eating habits. The 2016 Community Needs Assessment showed that residents are not engaged in regular activity. Based on the needs assessment results, the idea of establishing a walk/bike trail in Mayville-Portland (2 miles apart) and Finley in Steele County was developed. With assistance from the Mayville State University (MSU) Physical Education club, SMC – Mayville established various walking distances within the communities.



**Partners:** This project had several groups that partnered with Sanford Medical Center, Mayville. Mayville State University students developed the route and advertised the project. High school students from Finley-Sharon Public Schools marked street signs with the route. The Steele and

Trall County Public Health Departments promoted the trails and assisted in developing the route. The community will be informed of trail happenings through local media and events. The project director will also keep the community partners informed through regular communication and meetings.

**Activities that were completed:** They have completed the following activities as part of the project:

- 1) Develop a walk/bike trail for the community (assess safety and hazards along trail);
- 2) Implement the trail plan (promotion at Summerfest); and
- 3) Evaluate the trail.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Participants have included those from newborn to more than 50 years old.

**Challenges/barriers:** They discovered some safety issues on the first proposed trail route, but they worked to resolve the issue. They also had some issues with the signage that was proposed in the grant application. They switched to another product that provided better visibility.

**Impact measurement:** The project's impact was measured by the number of trails created and partners.

**Success story:** They had to re-do the trails because when they did the walk-through, they discovered uneven sidewalks and low-hanging tree branches that impeded walking. MSU students tried out the trails but did not do vital sign evaluations. Newer trails were developed later in the fall, but fewer walkers were on the streets and more went into the armory for walking. Last winter, they also were asked to develop a walking trail to incorporate Rainbow Gardens (flower, shrub garden) at Island Park and the nature trail being developed. They were not sure if there were enough people interested in doing the baseline program, or if people were more interested in walking the trails once the final trails are functioning. They have benches, arrows, and plates (to attach to the street sign posts) but did not want to install them until they have the final trails and are sure the arrows are



pointing in the right directions. Maps are available and were promoted through the local newspaper.

## 10. Milnor Clinic, Milnor

**Funds awarded:** \$4,750

**General purpose:** Milnor Clinic purchased cardiovascular exercise equipment for the Milnor Area Community Center (MACC). Acquiring cardio equipment to place in the MACC helped to increase, support, and encourage daily physical activity and overall wellness for individuals living in this rural area. This is important, especially during the winter months when it is difficult to exercise outdoors. The MACC exercise room is attached to the local school and is open to the public for wellness use.

**Partners:** Milnor Clinic determined the most appropriate use of funding to promote local physical activity and wellness. It acted as a liaison and assisted in equipment research, procurement, upkeep, etc. MACC acted as the beneficiary of the exercise equipment and as a liaison between partners. It was also responsible for placement, upkeep, and future care of the equipment. CHI St. Francis Foundation assisted in coordinating details of the project and aided in procurement and reporting activities.

**Activities that were completed:** The cardiovascular exercise equipment was purchased, delivered, and assembled in the MACC. Then the same was done for the quality foam gym flooring purchased for the room in the MACC where the exercise equipment is housed. The remainder of the funding was used for the flooring.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** The majority of people who participated in this project and utilize the equipment are ages 13 (grade seven) through 70.

**Impact measurement:** Measures of success for this project were cardio machine usage and the resulting health improvements for community members. Participants use monthly usage sheets to determine how often the machines are being utilized.

**Success story:** There was great community “buzz” about the equipment being available to everyone in the Milnor area. One noteworthy success story comes from those who teach 7<sup>th</sup> through 12<sup>th</sup> grade in the



school attached to the MACC. They have been able to walk (indoors) through the hall that is connected to the MACC exercise room during their lunch breaks to use the equipment. This was especially useful during the winter months and encouraged active living.

#### 11. UND Center for Family Medicine, Minot

Funds awarded: \$2,600

**General purpose:** The UND Center for Family Medicine in Minot and the Mid-Dakota Education Cooperative (MDEC) and its member school districts developed and implemented training for quality recess programs, developed indoor recess kits with corresponding activities, and showcased recess for the community. The *Recess Yes! Come and Play Project* entailed training recess supervisors, including classroom teachers and paraprofessionals, in effective playground supervision techniques and strategies. Recess unit training for physical educators was also a significant part of the project. In addition to staff training, a selected small and rural MDEC school received indoor recess kits containing a variety of equipment and activity cards.

**Partners:** Mid-Dakota Education Cooperative Center partnered with the Center for Family Medicine in Minot.

**Activities that were completed:** The MDEC physical activity specialist visited three schools and observed recess supervision practices, compiled data related to recess based on her observations, coached recess supervisors, and provided a report outlining strengths and opportunities for improvement for recess-related practices specific to each school.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Unknown - the students who will benefit from teacher training could be endless.

**Challenges/barriers:** The major barrier encountered was partial funding (50% of the proposed amount). MDEC prioritized the scope of work and provided voluntary opportunities to learn in conjunction with its Fall Educators Conference, as well as site visits with its physical activity specialist that specifically targeted recess.

**Impact measurement:** They reviewed session evaluation data following the presentation of each of the sessions. They will ask what strategies were implemented through an implementation survey.

**Success story:** The MDEC health and wellness coordinator has received questions regarding physical activity in the classroom, demonstrating that those who learned at the Fall Conference understand the importance of physical activity in the classroom and the roles they play. The majority of recess supervision coaching site visits were completed in March. Reports were sent

to administrators at the end of the month. It is likely that success will occur in planning for the 2017-2018 school year.

**12. Oakes Community Hospital Foundation, Oakes**

**Funds awarded:** \$1,300

**General purpose:** Oakes Community Hospital Foundation organized a 5K Fun Run that was held during Oakes’s community celebration, Irrigation Days, in June 2016. The event was open to all ages and allowed for participation by runners, walkers, bikers, and inline skaters, as well as strollers for young children. The event was coordinated by Oakes Community Hospital leadership and run by Oakes Community Hospital employees and their family members.

**Partners:** Oakes Community Hospital Foundation worked with the Oakes Chamber of Commerce to schedule and promote the event to maximize participation during times when other activities were not occurring.

**Activities that were completed:** A 5K Fun Run was held in June 2016.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** One hundred eight people, ages 0 through 75, participated in the 5K.

**Challenges/barriers:** They were unable to provide t-shirts to all elementary students to promote the Fun Run because they received only a partial grant, but they did promote a family registration option this year, which helped increase the numbers of youth.

**Impact measurement:** They continue to trend participation numbers over time and had increased participants last year compared to the prior year. Using their grant funding, they will continue some of the changes they made last year into this year, and they anticipate additional growth.

**Success story:** Placing maps in Road ID bags minimized route confusion caused by route changes over the years due to construction and law enforcement concerns at various times. Thirty-nine registrants on race day was phenomenal for them; typically, they have gotten five to 10 additional participants the morning of the event.

**13. First Care Health Center, Park River**

**Funds awarded:** \$2,000

**General purpose:** First Care Health Center was funded to purchase supplies to host a Color Dash 5K and a bike rodeo. A bike rodeo and car seat checkup was held in conjunction with Safe Kids. The car seat checkup was held from 4:00 to 5:30 pm at Sunshine Kids Center, a local child



care center. The bike rodeo was held from 6 to 7:30 pm at the local school parking lot. During the bike rodeo, bike and other sport helmets were going to be provided at a discounted rate, but the Park River mayor donated money so the helmets could be offered for free. The bike rodeo was staffed by Safe Kids. It set up a biking obstacle course for the kids, and all ages of children were welcome. The Color Dash 5K family fun run took place during Park River's 4th of July celebration. FCHC hired Color Dash company from Owatonna, Minnesota. The Color Dash company provided registration, color, t-shirts, emcee, flags, and set up. Twenty to twenty-five volunteers were required to help with setup, cleanup, and the water station. Water was provided by the race sponsors.

**Partners:** First Care Health Center partnered with Park River Parks and Recreation to set up the Color Dash 5K, help with advertising, and assist with the route. Another partner, the city of Park River, approved the Color Dash 5K route and provided barricades and portable toilets. The company Color Dash was hired to help put on the Color Dash 5K event, provide advertising materials, online registration, and race insurance. The final partner was Safe Kids. It brought the bike rodeo supplies and helmets and assisted with advertising.

**Activities that were completed:** The Color Dash 5K was completed July 2. They had 212 participants and raised more than \$2,000 to put toward this race again next year. They had multiple door prizes and great participation. It was a great success in the community, and they have had many requests to hold it again next year. Nineteen children participated in the bike rodeo and received helmets at the event. It was held June 8.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** 212 runners and 30 volunteers took part in the Color Dash 5K event. 19 kids participated in the bike rodeo.

**Impact measurement:** At the Color Dash 5K, a survey was handed out asking participants about their satisfaction with the event and if they would participate again in the future. A sign-up sheet for helmets was collected at the bike rodeo, with 19 helmets given out in the community.

**Leverage funding:** Funds that were leveraged included \$2,236.54 from the Color Dash 5K registration, and additional funds were leveraged when the mayor donated funding to pay for the 19 helmets that were given away during the bike rodeo.

**Success story:** A "Faces of Park River" color station was established at the 5K with the mayor, a medical provider, a social worker, and two city council members. One of the city council members called the FCHC's CEO to tell them what a great, well-run event they had and hoped that they will do it again in the future. They had all 5/5 results on their surveys!

**General purpose:** Rolette Community Care Center purchased outdoor play equipment for licensed child care in Rolette. The city of Rolette, North Dakota, is located in Rolette County in the north central part of the state and has approximately 600 residents. There is currently no licensed child care in the city of Rolette. Rolette Community Care Center took the initiative to dedicate space within its facility to host a licensed child care center that will be open for up to 30 children. The care center also dedicated outdoor space for the child care center, which will need outdoor play equipment. This child care center provides much needed child care for employees of the Rolette Community Care Center.

**Partners:** The Rolette Community Care Center determined the type of equipment to purchase and partnered with the Rolette Public School industrial instructor for the building of the outdoor winter play area and help with setup. An environmental services consultant helped to "map out" the play area and assisted with setup. Finally, Pinkeys Aggregate, a contractor, helped prepare the play area and with setup.

**Activities that were completed:** The activities that were completed are daily gross motor activities, reaching out to the physical therapists for new activities for the children, daily outdoor walks, and activities to increase self-help skills and gross motor skills (crawling, walking, climbing, and running).

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** The project involves everyone from the very young toddlers all the way up the residents in the Rolette Community Care Center.

**Challenges/barriers:** The staffing changes were a barrier. Documented plans and agreements written out instead of verbal agreements and ideas are now documented, such as even who to contact for bids. The weather also proved to be an unforeseen barrier and held up installation.

**Impact measurement:** The impact of the project is being measured by the number of children enrolled in their care. The impact is also measured by the installation and use of the playground equipment. In addition, the impact is measured by the implementation of curriculum they will be using.

**Success story:** The biggest success story they have as a result of this project is the retention of staff. Nurses are applying to work for their facility due to the awesome benefit of the daycare located there. Parents are able to see their children on their breaks and watch them tackle gross motor challenges. Staff are keeping their jobs while increasing the sizes of their families due to the benefits of the daycare in their workplace. Several staff members are happy with the program and are impressed with the child care staff members' patience and abilities to teach gross motor skills.

## 15. Heart of America Medical Center, Rugby

Funds awarded: \$4,750

**General purpose:** Heart of America Medical Center (HAMC) purchased supplies and equipment to teach the importance of daily physical activity in diabetes self-management workshops. It also purchased supplies to host a 5K run/walk event. The diabetes self-management education classes are a six-week session, free to the public, and the supplies purchased with this grant enabled them to expand the classes to also teach the importance of daily physical activity



and how it pertains to diabetes. The community 5K recognizes those who have completed the diabetes classes and how they are committed to health and wellness. It also was a way to spread awareness in the community about the importance of healthy lifestyles at all stages in life and how this can reduce the risk factors of developing diabetes, especially in those whose families have a history of the disease.



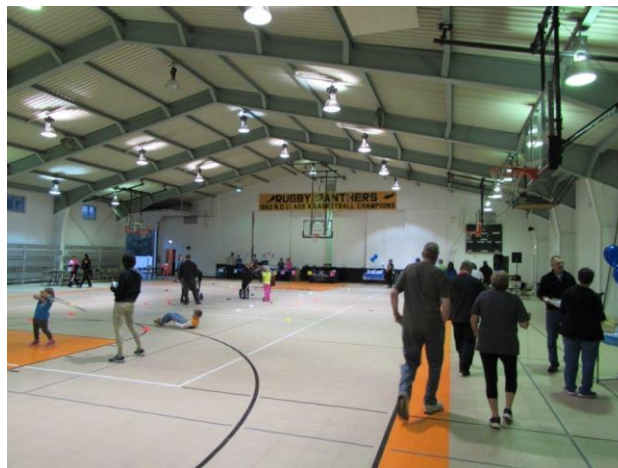
**Activities that were completed:** The HAMC successfully completed its 5K event. The diabetes self-management education classes are continuous for the next two years and will hopefully continue after that, so the supplies requested for the classes are being used continuously.

**Focus area(s):** The focus areas of this project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** All ages, from infants in strollers to the elderly, participated in the 5K community event. Approximately 60 people attended.

**Challenges/barriers:** The HAMC experienced some changes from the original plan, but the changes were positive. For the 5K event, the diabetic educators ~~were able to reach~~ ed out to their vendors and received d numerous free giveaway items that they were able to use. They were able to save money and have some left over, which they needed to allocate to other items that could benefit the purpose of the overall project.

**Impact measurement:** The HAMC's measures of success to evaluate the effectiveness of the project were: acquiring the needed supplies and equipment; the [Diabetes Empowerment Education Program \(DEEP\)](#) session participants changing their behaviors and overall choices to live healthy and active lifestyles; the DEEP session participants taking active parts in their health goals; hosting a successful 5K event; and raising awareness and interest throughout the community to make this an annual 5K event.



**Success story:** Several people have told HAMC's diabetic educators, Lisa Thorp and Kathy Brandt, that because of the class, they learned the value of regular follow-ups, and they have improved their A1C levels. They also were much more aware of the healthy lifestyle choices they need to make to eat better and be active and how this can have a positive effect on their diabetes.

#### 16. Northland Community Health Center, Turtle Lake

**Funds awarded:** \$1,500

**General purpose:** Northland Community Health Center (NCHC) used these funds to create a yearlong employee wellness program. NCHC provides education on healthy eating, overall wellness, monthly workouts, physical activities, and weekly fitness/physical activity challenges. NCHC has elected a wellness committee. The committee is composed of one individual from each of its sites. The wellness committee is responsible for educating participants and tracking their sites' participation and goals/challenges reached.

**Activities that were completed:** NCHC wellness program participants participated in a variety of challenges. NCHC held and participated in 5Ks, world running day, and a great bicycle challenge, and each week they had a step and water challenge. NCHC continues to have weekly step and water challenges because the participants really enjoy these. These challenges get participants up and moving each week, and they are drinking the amount of water their bodies need. They also participated in a don't eat "CRAP" challenge in which participants were tasked with cutting out carbonated drinks, refined sugars, and artificial and processed food.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** Participant ages ranged from 23 to 55 years.

**Impact measurement:** NCHC and participants keep track of weekly, monthly, and yearly logs. NCHC also sent out surveys to see if the program is beneficial and how the participants enjoyed

it. With this information, the NCHC was able to see how effective the program was and if changes are needed to be made. The NCHC kept logs of water consumption and step activity.

**Success story:** Employees are drinking more water and are staying more active because of the program. They are also encouraged to eat healthier and pack homemade lunches rather than eating fast food.

#### 17. CHI St. Alexius Health Williston Medical Center, Williston

**Funds awarded:** \$1,975

**General purpose:** CHI St. Alexius Health Williston Medical Center (CHI SAHWMC) used these funds to buy supplies to host a 5K that was held October 1, 2016. This was its third annual 5K run/walk. The event celebrates life, especially those who have overcome serious illnesses and beat breast cancer with October being Breast Cancer Awareness Month. It is also an event to recognize and promote healthy life as a healthcare organization. Breast cancer survivors were recognized and honored along with those who lost their battles with cancer.

**Partners:** The event requires a large number of volunteers. This year the Williston State College softball team volunteered its time to help facilitate the 5K on that day. The Williston Parks and Recreation staff championed the kids' fun run. This was the first time for the fun run, and it was a great addition! A number of Mercy Medical Center staff also volunteered to ensure a successful day.

**Activities that were completed:** The event was held October 1, and all participants received water bottles, t-shirts, and other items to promote healthy lifestyles. Runners were timed and awarded for their achievements. First-, second-, and third-place runners in four categories (men, women, youth, and overall) were given trophies and gift cards.

**Focus area(s):** The focus areas of the project were activities, supplies, programs, and events that endorse and support physical activity.

**Number and ages of participants:** One hundred eighty-five individuals participated this year, and they were of all ages.

**Impact measurement:** CHI SAHWMC measured the impact based on the number of attendees. They would like to see a larger number of participants, and hopefully adding a 10K to the event will help achieve this goal in the future.

**Success story:** A vendor who presented at the event and has since started a foundation in memory of her stillborn baby, has now broadened our awareness, and we have since implemented an infant bereavement program because of the information we learned from having her at the event.