



FRIENDS & FAMILY WELLNESS

A 5 Healthy Towns Foundation
Community Coalition

5 YEAR PLAN

JUNE 2012
TO
MAY 2017

In May of 2012 the Coalition developed the 1st Comprehensive Wellness Plan for the Chelsea Community. In May 2015, we prepared our Year 4 Plan. To date, we have run 19 wellness programs, received grant funds in excess of \$422,000 from the 5 Healthy Towns Foundation and logged in thousands of volunteer hours.

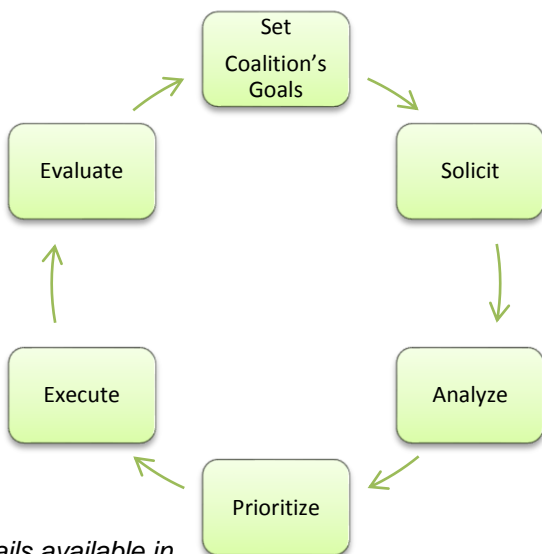
As we work on improving the CULTURE OF WELLNESS in Chelsea, our driving forces are:

1. Increasing the number of individuals working toward & maintaining a healthy weight
2. Increasing physical activity
3. Improving the availability & consumption of healthy foods
4. Educating the community of the risks to self and others of abusing unhealthy substances
5. Providing support and strategies for social and emotional wellbeing.

How would you score your own state of wellness?



YEARLY CYCLE FOR INTERVENTION FUNDING



More details available in "Prioritization & Evaluation Process Document", go to:

http://www.5healthytowns.org/?module=Files&event=Download&downloadID=3090&filename=239_chelsea_prioritization_evaluation_process_december_2015.pdf

5 YEAR PLAN FOR INTERVENTIONS

Interventions	Year 1 2012-2013	Year 2 2013-2014	Year 3 2014-2015	Year 4 2015-2016	Year 5 2016-2017
Heart and Sole Race					
Run for the Rolls Race					
Volunteer Chelsea					
Community Read					
Farmers Market					
Food Education Series					
Healthy Grocery Store					
SRSLY					
Camp Gabika					
Healthy Restaurant					
Safe Routes to School					
Intergenerational Garden					
Mobil Arts Kit					
Adaptive Movement					
Healthy Town Square					
Chelsea Walking Program					
Bulldog Fit					
School Nutrition Activities					
Ironclad Baseball Festival					
Healthy Selfies					
Bark Park					
Indoor Walking Trails					



CREATING A CULTURE OF WELLNESS IN CHELSEA

Requirements for all Intervention Programs

- ❖ **FOCUS:** Intervention should clearly state how they fit into our focus, *Friends & Family Wellness*, . *We feel strongly that those engaged in a wellness life style are more likely to stick with it with the support of friends and/or family*
- ❖ **MISSION:** Interventions should focus on one or more goals of the coalition and on at least one of the four elements in the 5HF's Mission which are: Eat Better, Move More, Connect with Others in Healthy Ways and Avoid Unhealthy Substances.
- ❖ **MEASUREMENT:** The intervention plan should explain what data will be collected, what the plan is for evaluating the intervention and should demonstrate financial responsibility.
- ❖ **IMPACT:** Intervention plans should state how the intervention will have a positive, measurable and plausible impact on the culture of wellness in the Chelsea Community.

Yearly Timeline

Sept – any changes to the driving forces, focus, and key indicators will be announced

Dec 1 – ideas for new interventions are submitted to the coalition

Jan -Feb – leads for new interventions will present their intervention plan to the coalition.

March – decisions on budgets for individual interventions will be made

Late May – plan is approved by 5HF

Early June – apply for funds

Coalition Members & Meeting Attendees

Guests: Attend meetings to learn about the coalition and are welcome to participate in discussions and are encouraged to get involved as a volunteer or as a participant in the interventions.

Coalition Members: Attend meeting regularly, understand the coalition's goals and long term vision, and contribute to the tasks involved in performing the yearly intervention cycle. Together members make decisions that will advance the culture of wellness in Chelsea.

Plan Team: Members who do not have conflicts of interest & who are committed to review all interventions, score the interventions and develop the Yearly Plan Portfolio & Budget

VISION

As the healthiest communities in the Midwest, we choose to eat better, move more, avoid unhealthy substances and connect with others in healthy ways.

VOLUNTEER TO HELP WITH THIS INITIATIVE

Meetings are at 12 pm the 1st Thursday of the month. Most meetings are in Atrium B at Chelsea Community Hospital

Contact us at: info@5healthytowns.org