



Hello and welcome to the first ever edition of our LiveWell REACH project newsletter! As 2024 comes to an end, we are pleased to share the latest updates and accomplishments from the first year of our work. Over the past several months, we've made significant strides in addressing health disparities and advancing equity across Lake, Newaygo, and Oceana counties. Our ongoing efforts, in collaboration with local organizations and community leaders, continue to create positive changes in access to nutritious foods, safe and accessible physical activity, and family healthy weight programs.

In this newsletter, you'll find detailed updates on several key projects, including the launch of our Community Nutrition Survey, the outcomes of our Pantry Guest Survey, and news on a few of our recently funded community-based initiatives. We are also excited to introduce our incoming Community Champions, who will play an integral role in guiding our work in Year 2 (2025).

As always, we remain deeply committed to fostering healthy, equitable communities through intentional community engagement, innovative solutions, and strong partnerships. We thank you for your ongoing support and look forward to continuing this important work together.

We invite you to read on for more details about our progress this year.

The LiveWell REACH Team

IN THIS ADDITION:

The past several months has been filled with important milestones for the LiveWell REACH project. Here are some key highlights of our efforts across Lake, Newaygo, and Oceana counties:

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Community Nutrition Survey Launched: Gathering Critical Insights from Community Members.

As a part of the LiveWell REACH project, a Community Nutrition Survey was launched to gather important insights about nutrition and access to healthy foods in Lake, Newaygo, and Oceana counties. Available in both English and Spanish, the survey aimed to capture information about the unique food needs and challenges faced by local residents and workers.

The survey included a special incentive for participants: the first 50 respondents received a \$10 gift card, and all respondents were also entered into a drawing to win a \$100 gift card. The feedback collected will help guide future efforts to improve access to healthy and culturally appropriate foods in these communities.

We want to hear from you!
We are conducting a **Community Nutrition Survey** to learn more about nutrition and access to healthy foods within our community. If you live or work in Lake, Newaygo, or Oceana County, please take this survey by August 30, 2024 to tell us more about nutrition within your household!

THE FIRST 50 SURVEY RESPONDENTS WILL EARN A \$10 GIFT CARD AND EVERY SURVEY RESPONDENT WILL HAVE THE CHANCE TO WIN A \$100 GIFT CARD!

SCAN THE QR CODE TO TAKE THE SURVEY!
Scan the QR code to take the survey online or visit this link: <https://dhdh10.net/s3/7924028/A>

For more information or for questions regarding this survey, please email: reach@dhdh10.org.

iQueremos Saber de Usted!
Estamos llevando a cabo una **Encuesta de Nutrición Comunitaria** para aprender más sobre nutrición y acceso de comidas saludables en nuestra comunidad. Por favor, si trabaja o vive en los condados de Lake, Newaygo u Oceana, responda a la encuesta antes del 30 de agosto de 2024 para contarnos más sobre la nutrición en su hogar.

LAS PRIMERAS 50 PERSONAS QUE RESPONDEN A LA ENCUESTA RECIBIRÁN UN CERTIFICADO DE REGALO DE \$10 DÓLARES Y CADA PERSONA QUE RESPONDE TENDRÁ LA OPORTUNIDAD DE GANAR UN CERTIFICADO DE REGALO DE \$100 DÓLARES.

(ESCANEA EL CÓDIGO QR PARA TOMAR LA ENCUESTA)
Escanee el código QR para tomar la encuesta en línea o visite el enlace: <https://dhdh10.net/s3/7924028/A>

Para más información o preguntas sobre la encuesta, se puede enviar un correo electrónico a: reach@dhdh10.org.

The Pantry Guest Survey: A Strong Success!

PANTRY GUEST SURVEY

ANSWER QUESTIONS!
We want to hear from you about your experience with the pantry, the types of foods you and/or your family like to eat, and so much more! Please help us learn more by taking this survey.

EARN MONEY!
The first 50 survey respondents will receive a \$10 gift card and every survey respondent will have the chance to win a \$100 gift card!

MAKE A DIFFERENCE!
Your survey responses will help the pantry better understand how to support you and/or your family's healthy eating!

SCAN THE QR CODE!

Scan the QR code to take the survey online or visit this link: <https://survey.alchemer.com/s3/7924028/A>

In partnership with four local food pantries, the LiveWell REACH project conducted a Pantry Guest Survey to better understand the diverse and cultural nutritional needs of our communities. With 194 participants, the survey highlighted key priorities: fresh fruits, vegetables, lean proteins, and foods of Latin American, Asian, and Southern/Soul origins, as well as options like dairy-free and vegetarian items.

Findings also emphasized accessibility challenges and the value of meal kits, recipes, and cooking classes. As a result, pantries are enhancing language and mobility accessibility, expanding food storage, and increasing local fresh produce purchasing to meet cultural and dietary needs in Lake, Newaygo, and Oceana counties.

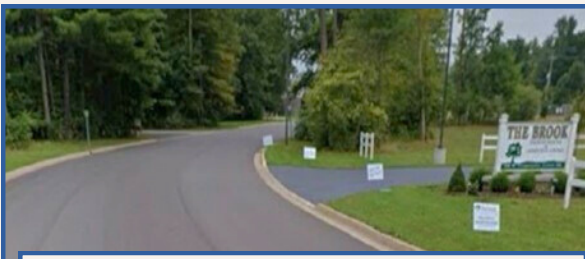


Transforming Local Roads: Traffic Studies for Safer Communities

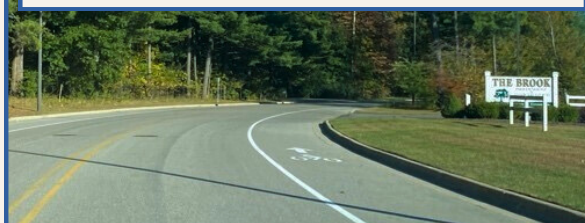
As part of our efforts to enhance safe and accessible physical activity, LiveWell REACH supported two traffic studies and infrastructure projects aimed at improving pedestrian and cyclist safety in Newaygo and Oceana County.

- **Newaygo County:** After a successful data collection event on September 5th, the City of Newaygo completed a demonstration project using REACH funds to add bicycle and pedestrian lanes on Cooperative Center Drive. This initiative is part of a larger effort to create safe walking and biking routes throughout the area, ensuring that residents can enjoy a more active, accessible, and safer community.
- **Oceana County:** On September 27, our team hosted a data collection event in the Village of Shelby to gather information on pedestrian and vehicle traffic. This data will inform an upcoming crosswalk improvement project, which includes adding crosswalk striping and installing pedestrian crossing signs. A total of 15 people, including staff, community partners, and local residents, participated in this study.

Improving the built environment to enhance safe and accessible physical activity is a key strategy within the REACH initiative. These projects not only promote active living but also improve access to essential services, contributing to the overall well-being of our residents.



Newaygo County: Before & After Bike/Pedestrian Lane



**Oceana County:
Data Collection**



Leading the Way: Community Champions to Guide Our Efforts

In July of 2024, we announced our “Call for Community Champions”. This application was open to those who live or work in Lake, Newaygo, or Oceana County and were interested in advancing nutrition, physical activity, and/or family healthy weight program in their community. We were thrilled to receive 13 submissions! We thank these passionate individuals for their eagerness to offer their expertise and grassroots support to help ensure our programs effectively meet the needs of our diverse communities.

Of the 13 applicants, our REACH Leadership Team reviewed and selected 7, including several bilingual individuals, to be the 2025 Community Champions. These individuals will work directly with us to guide our community engagement work. We look forward to introducing our Community Champions to you soon!



Discover REACH: Visit Our New Webpage



Finally, we’re excited to unveil our REACH webpage! This new section on the LiveWell4Health website highlights our REACH program and key focus areas, providing an easy way for you to stay updated on our work. Whether you're interested in family healthy weight programs, our nutrition strategies, or active living initiatives, everything you need to know about REACH is now in one place. Check it out by visiting www.livewell4health.org/reach.

We look forward to continue sharing our progress and impact with you!

