

LiveWell Mason

Action Plan

Last Updated: 3-16-18

Goal 1: Decrease rates of obesity in Mason County from 33.5% to 30%.					
Strategy: Integrate health and wellness programs into places where people already are (business and school).					
Objective 1: By September 2020, increase the number of worksites in Mason County that offer worksite wellness programming from 3 to 10.					
Activities	Key Partners	Output/Measure	Start Date	Due Date	Date Accomplished
Identify worksites/schools that already do worksite wellness.	Mason County Health Coalition	List of organizations that provide worksite wellness.	1/19/18	1/19/18	1/19/18
Identify who can deliver wellness programs in Mason County	Coalition members that represent Spectrum, MSUE, DHD10.	Resource guide/menu of worksite offerings	1/19/18	3/16/18	3/16/18
Create a comprehensive worksite document for Mason employers.	All Members	Resource guide to promote worksite offerings.	4/20/18	6/15/18	
Recruit new members related to worksites -Crystal Young/Kristi Zimmerman	All Members	New Members	1/19/18	Ongoing	4/17/18
Create a TTS support group.	Tobacco Treatment Specialists	Support group for community members to utilize.	Fall 2018? Wait until client #'s increase.	Fall 2018?	
Invite a chamber member to speak at a LiveWell Mason meeting.	Erin Barrett	Gain new information needed regarding worksite wellness.	2/16/18	6/15/18	
Objective 2: By September 2020, increase participation in the Fit Club School Wellness Mileage Tracking program in Mason County Schools from 1600 to 2200.					
Activities	Key Partners	Output/Measure	Start Date	Due Date	Date Accomplished

Expand partner list (Lake/Oceana).					
Promotion through LiveWell.					
Parent incentives.					
Support Veggie Van efforts.					

Goal 2: Decrease the percent of people in Mason County who report no leisure time physical activity from 35.5% to 31.5%.

Strategy: Increase fitness opportunities for seniors.

Objective 1: By September 2020, increase the number of participants in the Walk with Ease program at senior centers in Mason County from 0 to 100.

Activities	Key Partners	Output/Measure	Start Date	Due Date	Date Accomplished
Indoor walking inventory	All Members	Resource guide for the community to utilize.	2/16/18	April	
Promote Walk with Ease Champions to provide technical assistance, experience and testimonials	Rhonda Remer, Erin Barrett, Sonya Argue, Vickie Collins, Marcia Visscher	To provide technical assistance, experience and testimonials to further support WWE. Increased # of participants.	2/16/18	Ongoing	
Walking map/brochure for Mason County	All Members	Increased awareness of places to walk in Mason County.	6/15/18		
<i>Additional walking loops throughout Mason?</i>					
<i>Partner with Win with Wellness?</i>					

Mason County Walking Club?

--	--	--	--	--	--