



lowans Fit for Life Resource List

The following resources were developed by lowans Fit for Life partners and staff. The full list of resources is available on the lowans Fit for Life website and is available for public use.

Toolkits

Nutrition and Physical Activity Asset Mapping

Asset mapping is a resource utilized by many of our community projects. The [resource](#) contains a facilitated discussion guide for communities to identify nutrition and physical activity strengths of the community and how those can be built upon for change. Click on the lowans Fit for Life toolbox or the In Your Community page to find the mapping guides.

A Guide to Implementing Nutrition and Physical Activity Initiatives in Communities

This guide uses asset mapping and a community planning process to improve access to healthy food options and safe opportunities for physical activity and create an environment by which individuals may be more likely to adopt a healthy eating, active living lifestyle. This [guide](#) was developed in partnership with The Iowa Association of Regional Councils (IARC), the statewide professional organization for Iowa's councils of governments & regional planning commissions. Click on the lowans Fit for Life toolbox.

An Apple a Day and Other Small Steps

This is a [toolkit](#) created to implement an intervention in schools and communities. The school component uses Pick a Better Snack and Act and community component uses asset mapping. Click on the lowans Fit for Life toolbox to find the guide.



Healthy Iowa Worksites –

A Collection of Active and Eating Smart Tools for Your Worksite Wellness Program

The worksite wellness [toolkit](#) was designed to be a resource for employers and wellness practitioners to use in developing a worksite wellness program. It was developed primarily with small businesses in mind and contains helpful tools and information on gaining support, assessing needs, developing a plan, marketing, and evaluating the program. The appendix contains useful disease-specific information, an overview of tobacco cessation, and several samples. Click on the lowans Fit for Life toolbox to find the guide.

Eat and Play the 5-2-1 Way

Patient education materials addressing healthy eating and physical activity for children were developed based on the 5-2-1-0 message from the American Academy of Pediatrics (AAP), Healthy Active Living initiative of AAP and the United States Department of Agriculture Food and Nutrition Service core nutrition messages. Materials including brochures for providers to use with families and children, a poster, and a health agreement for kids and families can be downloaded for printing on the [Eat and Play the 5-2-1 Way](http://eatplay521.com/index.html) website, <http://eatplay521.com/index.html>

Motivational Interviewing: Supporting Patients in Health Behavior Change Also located on the [Eat and Play the 5-2-1 Way](http://eatplay521.com/index.html) is an online course designed to equip healthcare providers and ancillary staff with the knowledge and tools to optimize patient behavior change to ultimately improve health outcomes. This online course, Motivational Interviewing: Supporting Patients in Health Behavior Change, provides Continuing Medical Education (CME) for physicians, Continuing Educational Units (CEU) for nursing, and Continuing Professional Education (CPE) units for dietitians.

Iowa Walking School Bus Guide

Created in 2013 this [guide](#) gives the basics of how to build a walking school bus, how to sustain and evaluate your walking school bus as well as a host of Iowa success stories and resources. Click on the Iowans Fit for Life toolbox to find the guide.

Walking with a Purpose

An Iowa specific walkability assessment tool was created by the Iowans Fit for Life community workgroup. The [tool](#) gives ideas on where to complete a walkability assessment, who to invite, a walkability checklist, suggestions for what to do after the walk and a list of resources. The tool and a host of community success stories are available on the In Your Community page.



I-WALK

The Iowans Walking Assessment Logistics Kit (I-WALK) helps communities assess current environmental infrastructure to promote walking and biking. The program entails forming a community coalition, completing online and paper surveys to assess walking and biking levels, concerns, and frequented routes, and using GIS technology to map sidewalks and intersections. I-WALK began as a Safe Routes to School initiative targeting elementary school-aged children. Recently, I-WALK has expanded to focus on older residents within a community. Project resources and reports can be found at www.i-walk.org.

Nutrition Environment Measures Survey – Vending (NEMS-V)

NEMS-V was developed to evaluate the worksite vending machine environment. The supporting web site contains an assessment tool and training video on how to complete the assessment. Other features include a Healthy Choices Calculator and phone application, social marketing resources developed to change consumer purchasing behavior, and resources to support worksites and vendors in their efforts to increase access to healthier food and beverage options. Click on the Iowans Fit for Life toolbox or go directly to www.nems-v.com.



Fact Sheets

How to Make Your Community Healthier, How to Make Your Community More Walkable and Bikeable, and How to Be a Community Champion

A series of one-page fact sheets developed by the Iowans Fit for Life community work group. The one-page fact sheets are great for community events and speaking with local leaders. The resources are available on the [In Your Community](#) page.

Healthy Food, Healthy Iowans, Healthy Communities

A series of fact sheets defining the food system and the food system sectors including production, food transformation, food distribution and retail, food access and consumption, and food waste management. Each fact sheet identifies opportunities for action that will impact the food system. Click on the In Your Community page and scroll to the bottom.



Resources

Making Worksite Wellness Work at Your School

Addressing health and wellness in the school environment has become increasingly important in recent years, not just for students, but for staff, as well. Though parents are primary role models for kids at home, children spend a great deal of their time at school and as a result schools have been identified as places for motivating students to lead healthy lifestyles. Teachers have a unique opportunity to show students how to adopt and maintain healthy behaviors. Now is the time for schools to consider implementing worksite wellness programming for staff. [Making Worksite Wellness Work at Your School](#) contains some easy suggestions to get schools started. Click on the Iowans Fit for Life toolbox to find the guide.

Worksite Wellness Paycheck Stuffers

Many members of the worksite wellness workgroup of the Iowans Fit for Life partnership contributed content that was formatted into paycheck stuffers. These can be distributed to employees in a worksite setting and include information on nutrition, physical activity, heart disease and stroke, colorectal cancer, and tobacco cessation. Click on the Iowans Fit for Life toolbox to find the [paycheck stuffers](#).

Child Care Screen Time and Physical Activity Guidelines

Guidance for child care providers and parents regarding the American Academy of Pediatrics' recommendations for limiting screen time (TV, DVD, and video viewing) and encouraging adequate physical activity for children is located on the Healthy Child Care Iowa (HCCI) Website. Reproducible parent-focused handouts, a poster, and fact sheets addressing these recommendations are available. http://www.idph.state.ia.us/hcci/screen_time.asp

Webinars

Iowans Fit for Life webinar page

Several Iowans Fit for Life [webinars](#) have been conducted over the past few years in conjunction with various partners. The webinars are archived on the Iowans Fit for Life webinars page. Click on the webinars tab on the top navigation bar.

- Encouraging Employees to Bike to Work
- Implementing a Walking School Bus
- New Year's Resolutions for Your Schools
- Healthy Eating for You, Your Family, and Your Workplace
- Community-Based Physical Activity and Nutrition
- Safe Routes to School
- Iowans Fit for Life – Working with Councils of Government
- Communities Putting Prevention to Work: Linn and Ringgold County Tobacco Policy Success Stories
- Community-Based Physical Activity
- I-WALK
- Walking Works for Schools

Even More

The following resources are used and promoted by Iowans Fit for Life.

Better Choices, Better Health

Better Choices, Better Health (also known as the Chronic Disease Self-Management Program) helps adults manage the symptoms of chronic diseases, such as arthritis, heart disease, stroke, asthma, lung disease, diabetes, osteoporosis, and other chronic conditions. The workshop sessions are taught by trained leaders in the community; many of whom also have chronic conditions. More information may be found at <http://www.idph.state.ia.us/BetterChoicesBetterHealth>.

Falls Prevention

The Iowa Department of Public Health and Iowa Department on Aging collaborated to provide a website as a starting point for health care professionals and members of the public who are seeking information about preventing falls in Iowa. Information is at <http://www.idph.state.ia.us/FallPrevention/Default.aspx>.

