

BCBSND RURAL HIT GRANT PROGRAM – Year 9
Administered by the Center for Rural Health

Ashley Medical Center

612 Center Avenue North, Ashley, ND 58413

Through a three part project, the “Recess Across the Lifespan” project will utilize the current infrastructure of the City of Ashley as well as the facilities of the Ashley Public School to increase the potential and accessibility to a unique and dynamic fitness program for the community.

They will develop ten sites in Ashley on publicly owned property that will have a bench and two metal signs with three varying degrees of difficult exercises at each site. Each site will be 1/10 to 3/10 of a mile from each other. The central locations will be the two parks in town. These main sites will have a map on the sign with all ten of the sites around town that the walker, biker, or runner will use to complete their program.

Ashley Public School will be used to allow exercise beginning in November when the weather is no longer favorable outside. Within the school will be posted pictures of exercises in different difficulty levels (these will be different from the ten that are posted outside around the community). They will also post the distances of the commonly walked areas in the school and add two pieces of equipment to their fitness center.

The final part of the project is to educate. They will do this by advertising in the local newspaper how the project can be incorporated into the community members lives. Monthly meetings of various community organizations and the school will be attended and used as a venue to educate. In the school, students and members will be given pamphlets to take home to share with their family and others. A kickoff walk will be hosted on April 21st and they will also host a walk on the first Saturday in June and July to demonstrate how the project will impact the citizens. At the end of June a 5K bike-walk-run will be hosted.

Friends of Annie’s House Foundation/St. Andrew’s Health Center

600 Arnold Avenue, Portland, ND 58274

The Independent Living Center (ILC), for students with disabilities, in Portland, North Dakota will challenge people from all over the United States to walk 250 miles (the distance it would be for the ILC students to walk to Bottineau, North Dakota). Their destination is “Annie’s House,” a newly built adaptive ski and other year-round adaptive sports resort in the Turtle Mountains. They intend to recruit at least 200 people to engage in daily physical activities leading to a healthy lifestyle by walking 250 miles and also raise funds to purchase adaptive ski/recreation equipment for “Friends of Annie’s House Foundation.”

The Portland ILC students are also interested in hosting other students with disabilities in the state of North Dakota to meet them for a variety of skiing retreats at “Annie’s House.” They will raise funds that will support individuals with disabilities in accessing the recreational facilities at “Annie’s House” and bring about awareness of the new outdoor adaptive recreation facility in Bottineau, North Dakota.

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St. Andrew’s Health Center

316 Ohmer Street, Bottineau, ND 58318

St. Andrew’s Health Center (SAHC) and the Bottineau Community Prevention Coalition will be offering quarterly wellness/prevention programs focused on heart health/weight, men’s health, family health, and women’s health. Demonstrations on the correct way to use car seats and education on the importance of wearing bicycle helmets will be provided and car seats and bike helmets will be distributed to the general public. In addition, free fitness classes three days per week for three months, wellness profiles which will include cholesterol information, and preventive screenings for both men and women will be offered. Finally, funds from the grant will be used to support the already established Metigoshe Turtle Trot, a 5K fun run/walk and 10K race.

Carrington Health Center

800 North Fourth Street, Carrington, ND 58421

Nutrition classes taught by Carrington Health Center’s (CHC) dietician will be offered to the Foster County employee wellness group, CHC employees, and Carrington Public School employees, students, and their parents. Presentations will be offered to employees of Foster County, CHC, and Carrington Public School to explain insurance wellness benefits and how those benefits can be applied to existing community resources; information on preventive services, evidence-based best practices for chronic diseases, and other wellness benefits will also be provided. A “Fitness on Request” kiosk at Carrington Fitness Center will be available, and individuals participating in the nutrition classes will use the kiosk at no charge during their appropriate timeslot. Finally, an industrial grade treadmill will be purchased for CHC’s employee fitness room, opening in January 2013.

Prince of Peace Care Center

201 8th Street North, Ellendale, ND 58436

A surfaced walking path, one-quarter mile in length around Prince of Peace Care Center will be built. The path will have garden areas around it where residents, employees, and fellow community members can garden and find serenity during spring, summer, and fall. During winter months, a partnership with facilities using hallways, gymnasiums, and exercise facilities with recordable distance.

Wells County District Health Unit

600 Railway Street North, Fessenden, ND 58438

New playground equipment which is handicap accessible and safety approved will be purchased for the Fessenden-Bowdon Public School.

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Grenora Ambulance

PO Box 172, Grenora, ND 58845

Grenora Ambulance and Grenora Public School will rebuild the community's outdoor basketball court and will purchase updated playground equipment.

Sakakawea Medical Center

510 8th Ave. NE, Hazen, ND 58545

Sakakawea Medical Center will establish a Worksite Wellness Program which will include management and employee surveys; individual and group health programs; health risk assessments and personalized wellness profiles; incentive programs, group challenges, and family focused wellness activities; onsite health screenings; and Worksite Wellness evaluation plans/methods.

Central Valley Health District

PO Box 880, Jamestown, ND 58402

The Napoleon Community Center will use funds to make some physical improvements to the facility, establish Zumba classes, and make overall enhancements that will make the Center a safe place for people of all ages to walk, play basketball, and exercise. A climbing wall will be built in the Napoleon High School gymnasium to be utilized by physical education classes at Napoleon Public School. Finally, a Frisbee golf course will be built at the Napoleon Park.

Jamestown Regional Medical Center

2422 20th Street SW, Jamestown, ND 58401

Jamestown Regional Medical Center's "Community on the Go" initiative supports physical activity for youth, general workforce, and senior populations in Stutsman County to overcome barriers to physical activity. They will install and implement Fitness on Demand, an innovative video system providing fitness classes at a "click of a button." The James River Family YMCA will also make their fitness programs accessible to people at all income levels by awarding scholarships to youth and seniors needing assistance and providing senior transportation. They will also provide incentives to individuals participating in "New Year, New You" a worksite wellness program designed to challenge participants to exercise and make healthy lifestyle changes.

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LaMoure County Health Department

100 1st Avenue SW, LaMoure, ND 58458

The LaMoure County Health Department is supporting a project to assist and engage community members in a five-month session of physical activity events and programs. They will offer a personal trainer to work individually with community members, provide memberships to the Community Fitness Center, conduct health risk assessments of community members, host the opportunity to experiment with various types of group fitness classes and host monthly community events that engage all ages of community members in physical activity.

Lisbon Area Health Services

905 Main Street, Lisbon, ND 58054

Lisbon Area Health Services will partner with the Lisbon Civic and Commerce to help plan, promote, and host a 5K run/walk in Lisbon.

Northwood Deaconess Health Center

4 North Park Street, PO Box 190, Northwood, ND 58267

Northwood Deaconess Health Center proposes to implement a Weight Management Program that offers comprehensive evaluation, detailed exercise prescription, dietary/eating recommendations, and monitoring of health measures, three months of fitness center membership, online website recording/logging of efforts, follow-up phone calls by a registered nurse, and routine rechecks. Four family-orientated community events (volleyball in March, softball in June, nature trail/geocaching in October, and ice skating in December) will be hosted in addition to a healthy eating cooking demonstration event.

Presentation Medical Center

213 2nd Ave. NE, Rolla, ND 58367

Presentation Medical Center will partner with the Rolla Chamber and Rolla 125th Centennial Committee to host a Run/Walk events for adults and kids for the 125th Rolla Centennial, July 3-6, 2013.

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City-County Health District

230 4th Street NW, Room 102, Valley City, ND 58072

The Barnes County Worksite Recess Project will develop 15-minute daily guided physical “recess” activities at the worksite, provide clinical screenings and follow-up for participants, and promote other worksite wellness opportunities. The initial pilot project will be for City-County Health District (CCHD) employees, then it will expand to include all county employees working in the courthouse where CCHD is housed, then it will be expanded to include all Barnes County employees, and finally it will be extended to the whole community.

Pembilier Nursing Home

500 Delano Avenue, Walhalla, ND 58282

Pembilier Nursing Home in Walhalla will partner with Border Health and Fitness to provide a program of health assessments for their employees plus provide activities and equipment to support improvements recommended by a physical fitness assessment program. Border Health and Fitness will lease an Internet-based fitness assessment software tool. The Visual Fitness Planner technology is a tool to help individuals create healthy lifestyle changes. The tool will recommend lifestyle changes users should make and show how those changes will decrease their health risks over time, creating the motivation to begin an exercise program.