

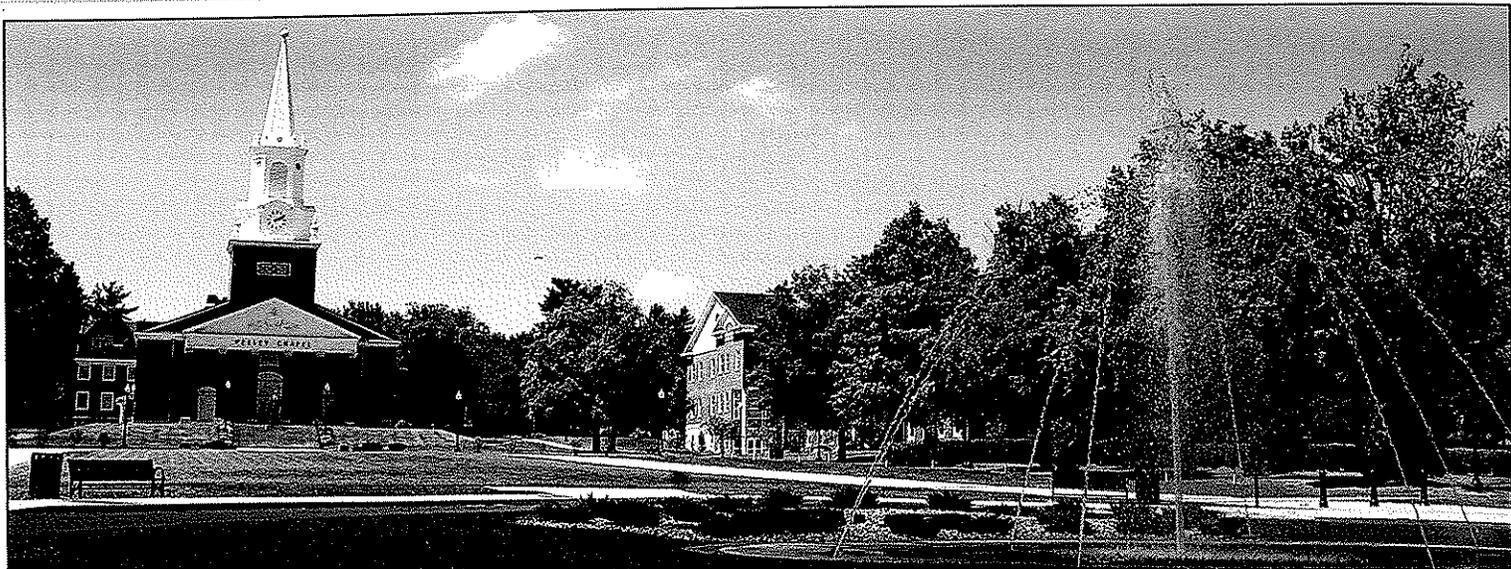
# TRY THIS Conference

*Building blocks for healthy communities*

West Virginia Wesleyan College, June 6-7, 2014



It's up to us



## Special thanks to West Virginia Wesleyan, our generous host

The Try This conference is brought to you by a coalition of partners and funders who know that we can get a lot more done working together than separately: West Virginia Healthy Kids and Families Coalition, West Virginia Office of Child Nutrition, West Virginia Bureau for Public Health, The Claude Worthington Benedum Foundation, KEYS 4HealthyKids, Change the Future WV, Presbytery of WV, WV Association of Counties, Unicare, WV Community Development HUB, WV Food and Farm Coalition, Step by Step, WVU Extension Service, the WV Presbytery, First Choice Health Systems, WV Farmers Market Association, WV on the Move, the Bernard McDonough Foundation, Highmark of WV, WV Primary Care Association.

Thanks to more than 90 West Virginia presenters who came to share their time, experience and expertise without charge.

Thanks to The Charleston Gazette for The Shape We're In series on West Virginia's public health crisis, which led into the Try This project and to all West Virginia media who help us plan ways to improve our health.

Thanks to our wonderful volunteer team of VISTA workers and public health students. They literally made it possible to run this conference.

This brochure was designed by Adam Flack. The Try This Web site was created by Kate Long and engineered by Adam Flack. A thousand thanks to Kate and Adam.

And thanks to you, for taking two days out of your busy schedule, for caring deeply about your kids and families and communities, and for having the courage to put your passion into action. Let's change our state together.

- *Stephen Smith, Conference Director*

**Wesleyan agreed to host next year's conference!**

**Mark your calendars: June 5-6, 2015**

## The Goal

The Try This conference is a gathering of West Virginians who want to knock West Virginia off the top of the “worst health” lists, community by community.

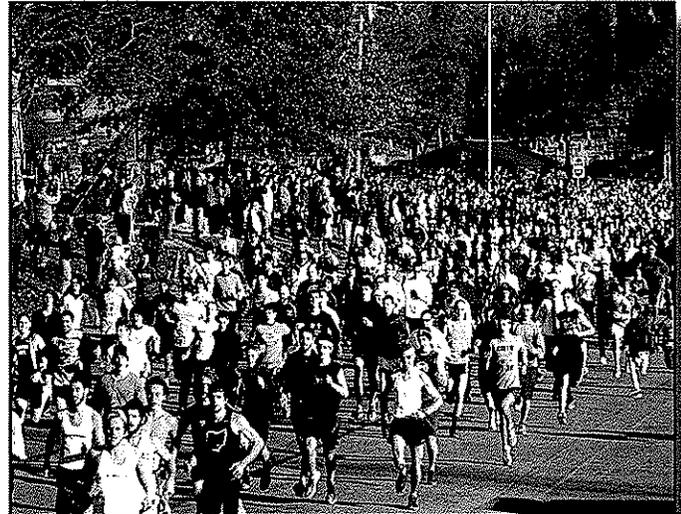
*Can it be done? It's up to us!*

**This conference is about solutions.** It brings people in the local foods movement together with people who promote physical activity, the two major pathways to better health.

We'll talk West Virginian to West Virginian, trading ideas and ways to build healthier communities. This won't be an academic conference. People's degrees will not be listed.

This is also an informal conference. Comfortable, informal dress is fine for everyone.

We hope to help build a statewide healthy lifestyles movement. Next year's Try This conference is already scheduled at West Virginia Wesleyan for June 5-6!



*Parkersburg's volunteer-run River City Runners and Walkers sponsor events all year. More than 1,000 people participate, including more than 400 children. Whenever they have an adult event, they also have a children's event. Want to read more about them and find out how you can get started? See the "Start a Walking/Running Club" page on [www.trythiswv.com](http://www.trythiswv.com).*

## Who's at the conference?

**We are people who want to make our communities healthier places to live:** teachers, volunteers, health care workers, retired people, non-profit employees, public officials, bicyclers and runners, among others. We come for inspiration, to meet each other, to get and trade ideas. More than 50 community teams have registered: groups of people who are ready to take ideas back home and make them work.

## Why are we doing this?

- One in five West Virginia eleven-year-olds has high blood pressure. One in four is obese. Both put children at high risk of future early Type 2 diabetes and heart disease.
- One in three West Virginia adults is obese. The CDC says that will be 2 in 3 in 20 years if nothing changes.
- West Virginia now spends 7 out of 10 of its health care dollars treating illnesses related to obesity. Those dollars are not available for other things West Virginians would like to do.
- Many health care experts say that, unless something changes, this generation of children will be the first to die earlier than their parents.



*The state school board has proposed a rule that would require schools to weave another 30 minutes of physical activity into each child's day. Many schools and teachers are already doing it. Here: Wood County's Kanawha Elementary get kids moving before school instead of having them sit on bleachers. See the Get School Kids Moving page on [www.trythiswv.com](http://www.trythiswv.com)*

## Talk with strangers!

**This conference is about trading ideas.** We urge you to talk with strangers at this conference! Take the opportunity to talk with anybody! Find out what they're doing. Tell them what you're doing. Trade ideas! Find projects you'd like to visit. Find new collaborators!



*Many community gardens provide families with a way to raise fresh vegetables. But they can serve many purposes. In Williamson (pictured), seniors who live in the high rise can walk across the street to tend their plot. In Charleston, the Manna Meal community garden raised 3,000 pounds of fresh produce for the soup kitchen. Want help and ideas? See the community garden page on [www.trythiswv.com](http://www.trythiswv.com).*

## On the web:

- **Wireless:** You can use West Virginia Wesleyan wireless service during the conference.
- **Conference Web page:** [www.trythiswv.com/conference](http://www.trythiswv.com/conference)
- **The Try This Web site:** Use [www.trythiswv.com](http://www.trythiswv.com) to gather ideas for your community. The new site is packed with great resources and WV models. You'll see webpages at every session and there are tables available to search computers!
- **Facebook:** [www.facebook.com/trythiswv](http://www.facebook.com/trythiswv)
- For updates and news on the conference, follow us on **Twitter (@trythiswv)** and **Instagram (TryThisWV)**. Post something now!

## The Try This WV Web site: [www.trythiswv.com](http://www.trythiswv.com)

**After the conference, the Try This Web site is there to help you plan your next steps.** It's a feast of resources, West Virginia contacts, and ideas. Go to [www.trythiswv.com](http://www.trythiswv.com) and click on INDEX to see the list of subjects. Explore it! Add your comments and ideas.

The Try This tool, included in this program, is designed to be used with the Web site. Fill it out, then use the Web site to move forward.

We invite you to contact us with questions about ways you can use the site to help move your idea forward. We'll help how we can. E-mail [kate\\_long@hotmail.com](mailto:kate_long@hotmail.com) with questions.

## Look who's sponsoring this conference

**This first Try This conference is brought to you by a wide range of public and community partners.** They're joining forces to help spread healthy lifestyle practices and avoid an unhealthy, expensive future. This conference is one step. Partners include:

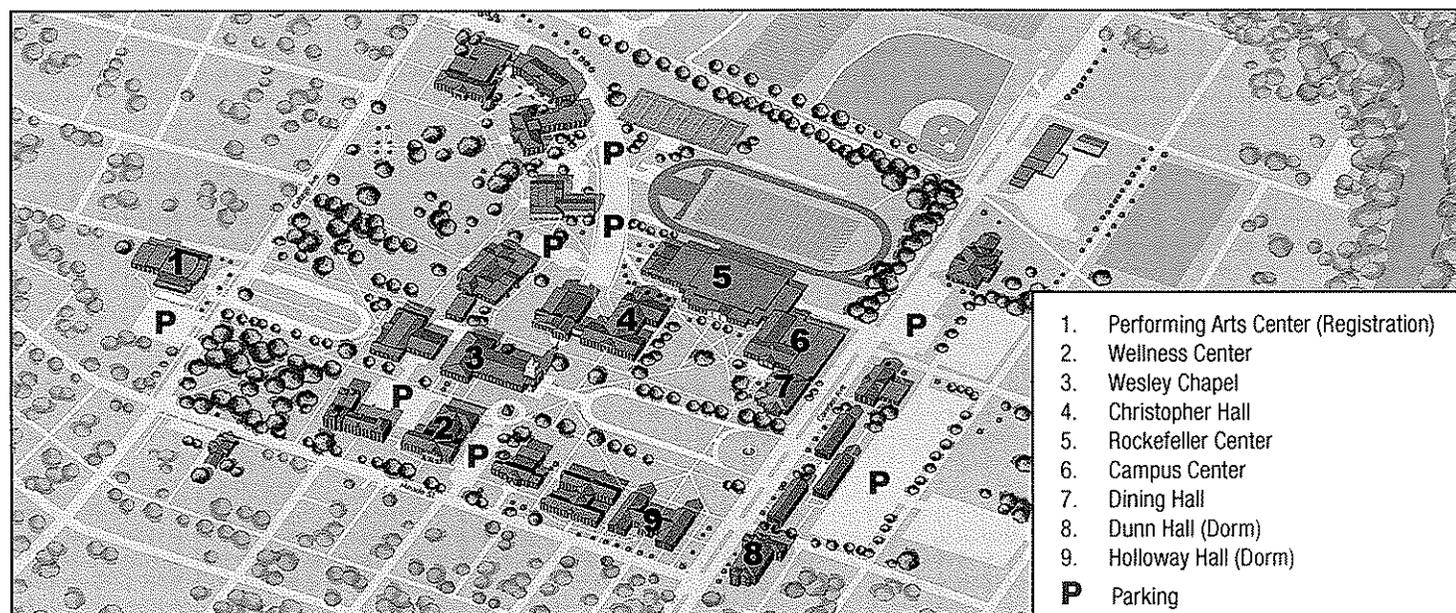
West Virginia Healthy Kids and Families Coalition, The Claude Worthington Benedum Foundation, West Virginia Office of Child Nutrition, West Virginia Bureau for Public Health, KEYS 4HealthyKids, Change the Future WV, Presbytery of WV, WV Association of Counties, Unicare, WV Community Development HUB, WV Food and Farm Coalition, Step by Step, WVU Extension Service, First Choice Health Systems, WV Farmers Market Association, WV on the Move, the Bernard McDonough Foundation, Highmark of WV, WV Primary Care Association.

## Logistics

West Virginia Wesleyan College is providing their facilities free of charge as a contribution to a healthier West Virginia! Thank you so much! WVWC is located at 59 College Avenue, Buckhannon, WV 26201. WVWC. That address takes you to registration at the Performing Arts Center.

## Campus Map

The buildings you will be using are marked on the map.



## Lodging

Check the registration table to get keys for your dorm or a list of nearby hotels. Consider staying an extra day to enjoy what Buckhannon has to offer. See below for special activities Saturday night.

## Organizing at the conference: It's up to us!

**This conference is a great chance to network and organize.** Here are a few opportunities:

- Try This itself is an organizing opportunity. The [www.trythiswv.com](http://www.trythiswv.com) Web site is up. Next year's conference dates are set. Dozens of teams are ready to start. We have a strong team of sponsors. The tools are in place. What will it look like this time next year? It's up to us.
- One of the Try This partners, the WV Community Development HUB is considering incubating a statewide physical activity network, the same way they incubated the WV Food and Farm Coalition. At this conference, you can take part in that discussion and sign up to be involved after the conference.
- The West Virginia Council of Churches wants to organize a statewide healthy church food campaign. The healthy church food breakout session is a brainstorming session.
- There is a brainstorming session Saturday on spreading healthy cooking statewide.
- On Saturday at breakfast, you can organize a get-together of people who are interested in your interest. If you want to get people together to talk about community biking programs, go for it!

## Get your body movin' at the conference

- Attendees can use the campus wellness center for \$5 for the entire conference. Sign up at registration. See schedule for early morning events.
- Saturday:
  - 7:30: Walk with Ease demonstration: another great low-cost program. Try it out!
  - Early morning run, tai chi, yoga
  - 4 PM: 15-mile bike ride after conference. Meet in front of the chapel.

## Got a conference question? Ask these people:

- **Logistics?** Amanda Yager (804) 543-1761.
- **Exhibits?** Laura Dice (202) 276-7956.
- **Housing or sponsorships?** Chris Kimes, (304) 561-7728.
- **Mini-grants?** Stephanie Tyree (304) 360-2110.
- **VISTAS?** Rebecca Nunley (304) 685-4378.
- **Exercise info?** Adam Flack (304) 389-2500.
- **Come early/ stay late options?** Carey Jo Grace (859) 979-1967.
- **Try This Web site:** [kate\\_long@hotmail.com](mailto:kate_long@hotmail.com).



*The past few years, the WV Office of Child Nutrition has campaigned to improve the quality of school food. It's not finished yet, but big changes are happening. In this picture, school cooks from 10 counties are at OCN's classes, learning tricks of cooking for hundreds with fresh food, not processed food. More info: Go to the INDEX and scroll to the Eat Healthy: Schools section on [www.trythiswv.com](http://www.trythiswv.com).*

## Conference Schedule

Thursday: Registration opens 3 PM, Dining hall. Exhibitors encouraged to come early and set up.

### Friday, June 6

**Early activities:** Yoga, early morning run

- 9:00 – 9:30 Light breakfast
- 8:00 AM Register at Performing Arts Center
- 7:30 – 9:30 Exhibits in dining hall.

10:00– 12:10 (Performing Arts Center)

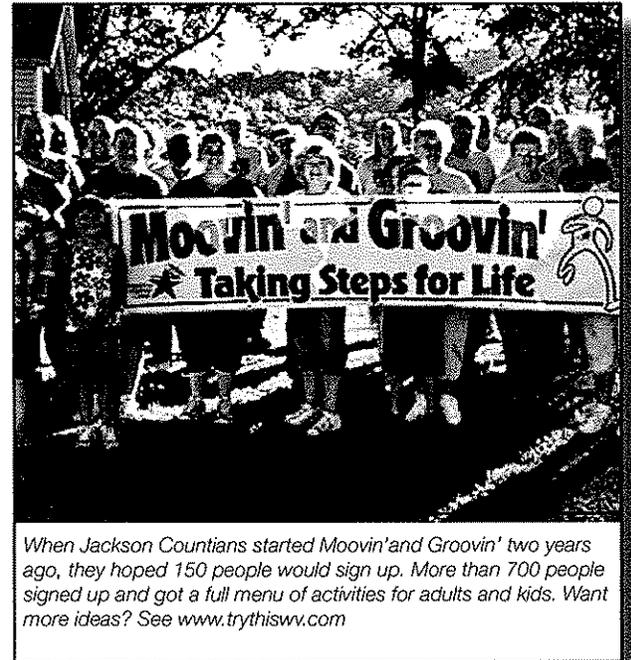
- Welcome/orientation
- **Spotlighting WV communities:** Learning from each other
- **Chip Johnson, Mayor of Hernando, MS** keynote speaker.  
*"If a rural Mississippi town can do it, you can too!"*

*Between sessions, our interns will be out on the lawn, demonstrating low-cost, inexpensive activities you can adopt for your town.*

12:20 – 1:20 Lunch (Dining hall) Features nutritious dishes developed for the public schools.

**Speakers:**

- **Steve Willis**, Pastor, First Baptist Church of Kenova
- **Rick Goff**, Director, WV Office of Child Nutrition



### 1:35 – 2:50 Breakout sessions 1.

Grow or expand a community garden. (Chris 217)	What collaboration can achieve: Sustainable Williamson's inspiring story. (Chapel; Kresge)	Serve healthy food on a SNAP budget. (Chris 216)	Get people bicycling for health and economic development. (Chapel 300)	Create and grow a Diabetes coalition. (Chris 414)
Make workplace wellness part of your community program. (Chapel 108)	Build parks and playgrounds that don't bust your budget. (Chapel 200)	Plan a great event, start to finish. (Chris 314)	Get funded, Part 1. Increase your chance of grant success: inventory, partner, and evaluate. (Chris 1st Floor HYMA)	Let's talk trails on land and water (Campus Ctr, Social Hall 3rd Floor)

## 3:05 – 4:20 Breakout Sessions 2

How to create or expand your farmers market. (Chapel Kresge)	How to build a hightunnel greenhouse: grow fresh food year-round. (Chapel 200)	Make a difference: Get those kids moving after school! (Chris 314)	Is church food contributing to our high heart attack rate? Chris 414)	How to get funded, Part 2. A funding smorgasbord: How do you find the right ones? (Chris 1st Floor Hyma)
Fitness is good for the community budget and economic development! (Chris 217)	Start or expand a Farm to School program. (Chris 216)	Create a regular community conversation: the oil that keeps it going. (Campus Ctr. Social Hall 3rd Floor)	How to feed 50,000 more healthy meals to needy kids this year ... for free. (Chapel 108)	How to help people prevent and control Type 2 diabetes and heart attacks. (Chapel 300)



**4:30 – 5:10 Networking and brainstorming** (Dining hall)

**5:10 – 6:30 Down time OR:**

- Healthy Steps demonstration: a proven, low-cost exercise program a community can use. Join in on the green outside dining hall!
- Exhibit time
- Games on the green
- Festival Friday, downtown at Jawbone Park: finals of the Healthy Country Roads Cookoff:

**6:30 – 8:00 Dinner and brainstorming with legislative leaders. What can the legislature do to help?** Del. Tim Miley, speaker, House of Delegates; Sen. Ron Stollings, Chair of Senate Health and Human Resources; Del. Don Perdue, Chairman of House Health and Human Resources; Del. Brent Boggs, Chairman, House Finance Committee.

**After dinner:** On the town in Buckhannon or relax at campus events.

Saturday, June 7

7:30 – 8:30 Yoga, long run around Buckhannon. Wellness center open.

7:45: Walk with Ease demonstration: affordable, effective exercise program. Free training available. Join in on the lawn outside the dining room.

7:30 – 8:45 **Breakfast in dining hall.** You are invited to set up interest tables

9 – 9:45 (Dining hall) **Welcome: Let's form a statewide physical activity network!**

## 10:00 – 11:30PM Breakout Sessions 3

How can the Web and social media help my projects succeed? (Chris 313)	Get kids up moving at school: there are many benefits! (Chris 314)	Start a running/walking group that keeps people coming back year-round. (Chris-1st Floor HYMA)	Healthier communities: Public officials making it happen (Chris 414)	Create low-cost exercise programs that work! (Chapel 216)
Get kids excited about growing food. (Chris 217)	Creating Huntington: after Jamie Oliver. (Chapel 300)	Expand your local food markets: farm to Kroger, farm to restaurants. (Chapel 200)	Spread healthy cooking statewide: a brainstorm/planning session. (Chapel-Kresge)	Start or expand a school-based health center. (Chapel 100)

11:45– 12:45 **Lunch:** (Dining hall) featuring local foods.

- Two special Awards: Building the well-being of West Virginia's children and families. An outstanding local program and an outstanding person.

1:00 – 2:30 Teams strategize and plan projects

2:30 – 3:30 Apply for minigrants: Closing. See you next year!



## Detailed descriptions of breakout sessions

Friday, June 6

### 1:35 – 2:50 Breakout sessions 1. How to ...

**1.... get people bicycling for health and economic development. (Chapel 300)** How can you encourage people in your community to ride bikes? Want to know how bicycling can boost economic development in your community, so you can make a strong argument for it? This workshop is for you! *Kim Coram, director of WV's first Alternative Transportation Council; John Wiseman, Blennerhassett Bike Club (Parkersburg), Gene Wells, owner of Fat Tires, Buckhannon; Breanna Shell, city planner and bike commuter, Huntington, Dennis Strawn, WV Connecting Communities*

**2.... grow or expand a community garden. (Chris 217)** Community gardens are springing up all over West Virginia, run by organizations, churches, neighborhood groups and sometimes local government. They feed households and food pantries and soup kitchens. This session will expand your idea of what a community garden can be. *Jenny Totten and Melissa Wheeler Stewart, West Virginia State University Extension Service, Chuck Talbott, Putnam County WVU Extension Agent; Maria Arnot, Williamson community gardens director; Manna Meal rep*

**3.... serve healthy food on a food stamp budget. (Chris 216)** Want to help people learn to prepare healthy, tasty food on a very tight budget? Contrary to popular belief, fresh food can cost less than the processed food if you cook! Learn the tricks of making it happen from WVU Extension Service folks who teach people how, as part of their job! A valuable session full of tips and how-to's. And you'll come out with a low-cost salsa! *Beverly Glaze, Statewide Nutrition Education Coordinator, WVU Extension Service; Belinda Nicholas and Elaine Tiller, Nutrition Outreach instructors who teach low-cost, tasty cooking in many situations.*

**4.... make workplace wellness part of your community program. (Chapel 108)** Many adults now spend most of their day in jobs that don't involve much activity. What affordable programs and activities can employers adopt to counteract workplace hazards like prolonged sitting and vending machine junk food? Hear evidence that workplace wellness programs save money and find out what works! *Adam Flack, West Virginia Wellness Council director; Dave Harshbarger, director WVU Wellness Program; Sherry Ellem, Create the Future WV*

**5.... build parks and natural playgrounds that don't bust your budget. (Chapel 200)** Learn how your community can lower the cost of creating great parks, natural playgrounds and recreation centers, using collaboration, creativity and volunteers. As many people say, it's preventative medicine. *Laura Dice, KEYS 4Healthy Kids, natural playgrounds/pocket parks; C.J. Rylands, Create Buckhannon, Jawbone City Park; Doug Hylton, Ronceverte, funding. Chastidy Graham and Tauna Davis, Lincoln County Schools; Doug Jackson, The Gym, Harrisville.*

**6.... create and grow a diabetes coalition. (Chapel 414)** A strong diabetes coalition can be the central organizing force for healthy lifestyles in a community, partnering with schools, churches and community organizations. Marshall University has helped organize more than 60 coalitions in the Appalachian area. Find out how you can start or strengthen your own coalition. *Marie Gravely, Marshall University; Jenny Hudson, Mingo County; Aletha Stolar and Linda Stein, Fayette County Diabetes Association; Dewey Houck, Webster Diabetes Association*

**7.... What collaboration can achieve: Sustainable Williamson's inspiring story (Chapel: Kresge)** Even though Mingo has some of the state's worst chronic disease rates – or maybe because of that fact - a coalition of local groups has banded together to create a remarkably effective, many-fronted effort to improve community health that has

gained national attention. They're up for a Robert Wood Johnson national award! Find out how they keep people collaborating! *Dr. Dino Beckett, clinic director; Jenny Hudson, Diabetes Association director; Sabrina Runyon, public school principal; Eric Mathis, small business owner.*

**8.... plan a great event, start to finish (Chris 314).** One event does not make a year-round community program, but every year-round community program needs great events. Using the healthy version of the Country Roads Cookoff as an example, you'll go over organizing tips that will help you put together dynamite events. *Kelly Crane, West Virginia Farmers Market Association director; Debbie Workman, organizer of Country Roads Cookoffs, Collaborative for the 21st Century Appalachia*

**9.... get funded, Part 1. Increase your chance of grant success: inventory, partner, and evaluate. (Chis, HYMA 1st floor)** Many communities spend a lot of time writing grants, but fail because they didn't understand what funders want in an application. Three veterans in fundraising will give you the ABC's of what funders expect in your proposal. Their tips - concentrating on inventory, partnering and evaluation - will give you an extra edge. *Jessica Wright, Bureau for Public Health; Jamie Jeffrey, KEYS for Healthy Kids; Kent Spellman, WV Economic Development HUB director*

**10...Let's talk trails on land and water! (Campus Ctr, 3rd floor)** How can you plan trails, create them, and fund them? How can you make it easier to get people hiking, biking, and paddling? If your land or water trail achieves WV Water Trail status or National Recreation Trail status, it gives you money-raising advantages. What can your community do? These people know the answers. *Peggy Pings, Outdoor Recreation Planner, National Park Service Rivers & Trails Program; Bill Robinson, Grant Administration Unit Leader, Dept of Highways; Ryan Burns, State Trail Coordinator, Dept of Highways; Steve Selin, Monongahela River Town Program.*

## 3:05 – 4:20 Breakout Sessions 2 How to ...

**1.... create and expand your farmers market. (Chap Kresge)** West Virginia now has more than 100 farmers markets, ranging from weekly truckbed markets in parking lots to seven-day-a-week covered markets. How can you start, diversify, expand and promote your market? How can you connect with local farmers and offer events, classes, crafts, children's programs? *Kelly Crane, director West Virginia Farmers Market Association; Debbie Workman, Bridgeport Farmers Market.*

**2....Fitness as an economic development tool. (Chris 217)** Arm yourself with the dollars-and-cents reasons why healthy lifestyles activities = budget relief / economic development tool. West Virginia now spends seven out of ten health dollars on treatment of obesity-related diseases. If we can lower that number through prevention, more \$\$ for everything else! *Kim Coram, Parkersburg city council; Ted Boettner, director WV Center on Budget and Policy director; Monica Miller Manager, Local Capacity, WV Development Office; Chip Johnson, (keynote speaker). Eric Mathis, Williamson Redevelopment Authority commissioner.*

**3.... create a regular community conversation: the oil that keeps it going (Campus, 3rd floor)** Each week, Buckhannon and Huntington citizens meet over food to answer this question: What can we do to make our town healthier and more prosperous? Anyone is welcome at these meetings. They've achieved great stuff. Richwood and Fairmont have formed similar groups. Each has their own model. Come find out how they do it! *C.J Rylands, Create Buckhannon facilitator; Tom and Stacey McChesney, Create Huntington organizers; Bob Johnson, Richwood mayor*

**4.... build a hightunnel greenhouse: grow fresh food year-round. (Chapel 200)** High-tunnel greenhouses (frame and heavy plastic sheeting) are popping up at schools and community centers all over the state. The cost of a simple hightunnel ranges from \$1,000 to \$5,000. See how it works at a school and in a community and find out how to plan

your own. *Terry Hudson, director of Hudson Farms and Chuck Talbott, Putnam Extension agent will show you how to make a school greenhouse a wonderful year-round learning laboratory. Maria Arnot will show how the city of Williamson uses its three hightunnel greenhouses to feed the farmers market and other purposes.*

**5.... start / expand a Farm to School program. (Chris 216)** Did you know our schools spend \$80 million on food each year? But less than \$1 million of that money went to WV food producers in 2011. The Farm to School program is changing that. How can your community start or expand your participation? State-level directors, a local farmer, a county nutrition director, and a student farmer will walk you through the process. *Andy Pense and Bekki Leigh, Office of Child Nutrition join forces with Joe Shaffer, Grafton farmer, a nutrition director and a student to walk you through the process.*

**6.... get kids moving after school. (Chris 314)** A determined citizen can make a difference. Braxton parents created their own soccer league when the school system had none. Girls on the Run is spreading fast. Harrisville citizens revived an old gym. The Statewide Afterschool Network now requires that kids be active at least 50 percent of the time. Mingo County added afterschool sports. What can your community do to create more afterschool activity? *Aaron Sliger, Braxton County Soccer Club; Doug Jackson, The Gym in Harrisville; Terry Evans, Girls on the Run coordinator; Carol Malcom-Parsons, representing WV Statewide Afterschool Network; Sabrina Runyon, principal, Lenore K-8.*

**7....Is church food contributing to our high heart attack rate? (Chris 414)** How can churches rethink the traditional starchy, high-calorie church food in the light of our high diabetes, hypertension and heart attack rates? What might a statewide campaign for healthier church look like? How might it happen? Come brainstorm with people who could collaborate to make it happen. *Jeff Allen, West Virginia Council of Churches director; Pastor Steve Willis, First Baptist Church, Kenova; Yvonne Mims and Edna Green, culinary ministers; Rev. Claire Butler, WV Presbytery; Joy Dalton, Huntington's Kitchen. Liz Spellman, West Virginia Farm and Food Coalition; Emily Murphy, Obesity specialist, WVU Extension Service*

**8.... feed 50,000 more healthy meals to needy kids this year ... for free.(Chapel 108)** If you could feed a thousand or more needy kids, every single weekday – free - for a year, would you? West Virginia's Feed to Achieve Act contains many ways school systems can increase the number of kids who eat school breakfast, lunch, and afterschool meals. The federal government pays for every meal you feed a needy kid. Find out how your county can take full advantage of this opportunity. *Rick Goff, director, WV Office of Child Nutrition and Rick Wilson, American Friends Service Committee director in West Virginia.*

**9.... get funded, Part 2. A funding smorgasbord (Chris, HYMA).** Funding sources are multiplying for healthy lifestyles activities, but how do you find the right ones? Get practical advice about ways to find funders who specialize in your activity from people who know various aspects of the funding puzzle. This is part of a two-part funding block. Come to both sessions or one. *Jessica Wright, Bureau for Public Health; Bob Stephens, The McDonough Foundation; Kent Spellman, West Virginia Community Development HUB director. Marian Clowes, Our Community Foundation (Parkersburg).*

**10....Help people prevent and control Type 2 diabetes and heart attacks (Chapel 300).** Stanford University's life-changing Chronic Disease Self-Management (CDSM) program is offered now in many WV senior centers, libraries and churches statewide. Find out how people can be trained to lead CDSM and the National Diabetes Prevention Program (NDPP) and how you can start your own free or low-cost community programs. *Sally Hurst, veteran Chronic Disease Self-Management Trainer, Carrie Brainard, director, Change the Future WV; Dr. Dino Beckett, director, Williamson Health and Wellness Center; Johnna Bailey, Change the Future WV trainer.*

Saturday, June 7

## 10:00 – 11:30PM Breakout Sessions 3

**1.... Use the Web and the media to make your projects go forward (Chris 313).** How can you use a variety of media to attract people and move healthy lifestyles forward in your community? After Summersville started advertising itself as a healthy destination, tourism jumped. Social media attracted hundreds of people to the Urban Agriculture conference. This panel will help you plan your own campaign. *Ted Boettner, director, West Virginia Center on Budget and Policy; Stacy Herrick, West Virginia State University media specialist; Nathan Reckert, the Online Physical Activity Magazine; Laura Allen, communications director, Methodist Church in WV.*

**2.... get kids excited about growing food (Chris 217)** West Virginia has started a School and Youth Garden Support Network! School gardens and greenhouses are developing all over the state! Teachers are weaving gardening into the curriculum. This is a one-stop workshop to help you plan your own program. *Melissa Wheeler Stewart, Junior Master Gardeners state coordinator, WVSU Extension agent; Bev Stern, Ruthlawn Elementary first-grade teacher; Vanessa Onkow, gardening team, Morgantown's North Elementary; Chuck Talbott, Putnam County Extension agent; Jessica Pollitt, School and Youth Garden Support Network coordinator*

**3.... get kids moving throughout the school day. (Chris 314)** Research says that, when kids are physically active every day, absenteeism, discipline problems, obesity and blood pressure go down, while academics often go up. And now the state school board is about to require more physical activity in every child's day. Find out how you can make sure it happens in your community and hear from people who have resources to help you do it. *Jamie Jeffrey, M.D., director KEYS 4 Healthy Kids; Sabrina Runyon, principal, Lenore Elementary (Mingo); Sharon Maynard, WV Fuel Up to Play 60 representative; Amy File, Healthy Schools Program; Carin Puskarich, RESA Wellness consultant.*

**4....Creating Huntington: after Jamie Oliver. (Chapel 300)** Five years ago, Huntington took a hit in the national media when the Associated Press named it the nation's most obese city and British chef Jamie Oliver arrived for a reality-TV stay. But look at them now! This community has mobilized and the BMI is dropping: running, biking, trails, fresh food marketing, healthy cooking classes, gardening, Create Huntington ... They're putting the pieces in place! Come get inspired. *Tom McChesney, Create Huntington; Stacey McChesney, Cabell County school food; Breanna Shell, city planner / communter biker ; Joy Dalton, director, Huntington's Kitchen; Bryan Chambers, City of Huntington, communications director*

**5.... start a running/walking group that keeps people coming back year-round. (Chris, HYMA)** Parkersburg's running/walking club offers adult and child events all year. Jackson County's Moovin'and Groovin' attracted 700 people its first summer. Williamson runs monthly 5Ks. Eastern panhandle runners build school fitness trails with their race proceeds. What would you like to do? Join these people for 90 minutes of inspiration and ideas. *Sharon Marks and Kevin McCleary, River City Runners and Walkers; Wendy Crawford, Jackson County Moovin' and Groovin; Jeff Campbell, Glenville on the Move; Jenny Hudson, Mingo County.*

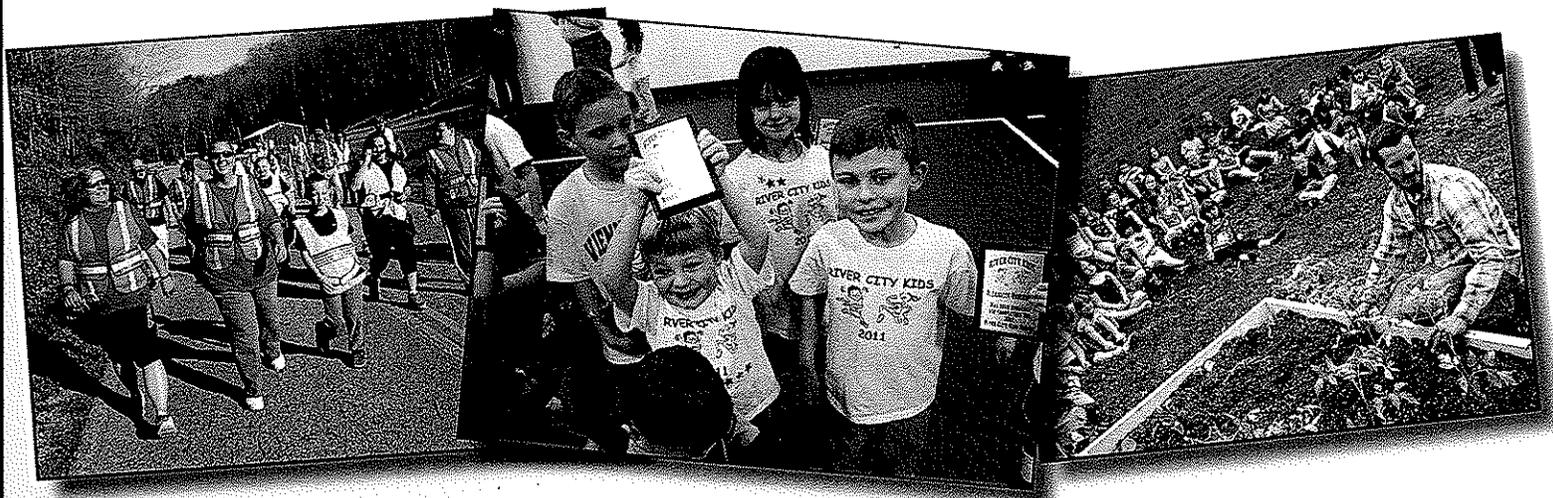
**6.... expand our local food markets: farm to Krogers, farm to restaurants. (Chapel 200)** West Virginians spend \$1.8 billion overall on food each year, state statistics say. But WV agriculture takes in only \$550 million of that. Now West Virginia is moving to capture a much bigger share of the state's supermarket, restaurant and institutional food business. Find out how your community can get involved and benefit. *Tom McConnell, WVU Small Farms Center director; Bekki Leigh, Office of Child Nutrition*

**7...Healthier communities: public officials making it happen. (Chris 414)** County and local officials can make a big difference in a community's health with just a series of small changes. What can officials be doing? Hear stories and ideas from officials who are taking healthy steps in their own communities. *Patti Hamilton, West Virginia Association of Counties director; Wayne Dunn, president Wood County Commission; Larry Barnhart, Pleasants County Commissioner; Doug Hylton, community planning consultant; Breanna Shell, Huntington city planner; Chip Johnson, Hernando, MS mayor.*

**8.... spread healthy cooking statewide: a brainstorm/planning session. (Chapel: Kresge)** The schools stopped teaching students to cook, and processed food is making us sick. But there's new interest in fresh, local foods. Several organizations are trying to spread healthy cooking. How can we collaborate to stir that interest and spread healthy, tasty, affordable cooking through our communities? What might a statewide campaign look like? Come help imagine it. *Elaine Bowen and Emily Murphy, WVU Extension; Rick Goff, director WV Office of Child Nutrition; Joy Dalton, director, Huntington's Kitchen; Belinda Nicholas, Nutrition Outreach Instructor, Debbie Workman, Healthy Country Roads Cookoffs, Liz Spellman, director WV Farm and Food Coalition. Jeff Allen, director WV Council of Churches, Kelly Crane, WV Association of Farmers Markets. Maybe you?*

**9.... create low-cost exercise programs that work. (Chris 216)** Last year, eight WV counties did the Walk 100 Miles in 100 Days program. More than 30 counties competed the Summer Steps walking program. Communities are holding Frisbee, hula-hoop or jump rope tournaments. Churches are using the Arthritis Association's Walk with Ease program. Sutton holds zumba, yoga and exercise classes in their community building. That's just the beginning of the ideas you can take away for your community *John Yauch, Bureau for Public Health; Adam Flack, West Virginia on the Move; Elaine Bowen, WVU Extension, Shannon Holland, Arthritis Foundation*

**10.... start a school-based health center. (Chapel 100)** With a school-based health center, run by a medical clinic, kids can get regular health screenings, immunizations and flu shots at school. Children don't have to leave school and parents don't have to leave work if a child needs non-hospital medical help. Kids who otherwise wouldn't get treatment can get it, free. Want to start or expand yours? Take advantage of this opportunity for a knowledgeable consult. *Kelli Caseman, director, WV School-Based Health Assembly, Dawn Grigsby, nurse practitioner, FamilyCareWV*



The Try This Conference thanks all of our Funders for their generous contributions.

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*Thanks to the dozens of partners who also helped to make this a reality, including the WV Presbytery, WV Food and Farm Coalition, WV Farmers Market Association, WVU Extension Service, Create Buckhannon, the Upshur County Visitors Bureau, Step-by-Step, the WV Council of Churches, Main Street WV, WV On the Move, the Oral Health Coalition, the dozens of local community leaders and presenters who are volunteering their time to be here this weekend, and of course our gracious host, West Virginia Wesleyan!*



# trythiswv.com

## Are you working for a healthier West Virginia?

This Web site will be one of your new best friends!

Yes, West Virginia tops a lot of worst health lists, but we don't have to stay there. The Try This site - funded by the Benedum Foundation, - is a great new tool for you!

### The trythiswv.com site is a feast of affordable, do-able ideas.

- More than 85 idea-and-resource-packed files on activities ranging from farmers markets to running/walking clubs, to school-based health centers and gardening for children.
- Filled with wonderful West Virginia examples that make people realize we have great models here.
- An easy way to find and give people truly helpful how-to resources. Each page has its own easy-to-send URL.
- First-rate information and resources that make it easier to write healthy lifestyle grants.
- A handy assessment tool to help communities review a wide range of possible activities and inventory existing assets.

*"The Try This site makes it so much easier to help community people get going with a project. I've already used it with two communities, and it really works. One even found funding by following the links on the build-a-trail page."*

- Laura Dice, Coordinator, KEYS 4HealthyKids

*"This could really speed the spread of healthy lifestyles in West Virginia. The resources, West Virginia models and ideas are all in one place, and people can review a range of choices and easily e-mail links to great pages."*

- Stephen Smith, Director, WV Healthy Kids and Families coalition.

*The Try This Web site is funded by the Claude Worthington Benedum Foundation and is coordinated through the WV Healthy Kids and Families Coalition.*

**Web site comes to life at the Try This conference, June 6 - 7!  
See [www.trythiswv.com](http://www.trythiswv.com) for more information**



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