

# Strategies

- **Encourage local partners** to consider plans, action steps and policy changes that create healthier systems.
- **Increase physical activity** levels of Calumet County residents
- **Promote** education and opportunities related to healthy nutrition
- **Foster local networks** of partners and coalition members that support healthy lifestyle efforts



## Goal

To empower Calumet County residents to build and embrace healthy lifestyles through education and wellness opportunities.

## For more information contact:

Calumet County Health Division  
920-849-1439 or  
920-989-2700 ext. 432  
healthdept@co.calumet.wi.us



@calumetUCAN



U-CAN (Calumet County Activity and Nutrition Coalition)

19HD24 12/15



# U-CAN



## EAT SMART. MOVE MORE.

U-CAN is a community action team, part of the HEALTHIEST CALUMET COUNTY community health improvement initiative



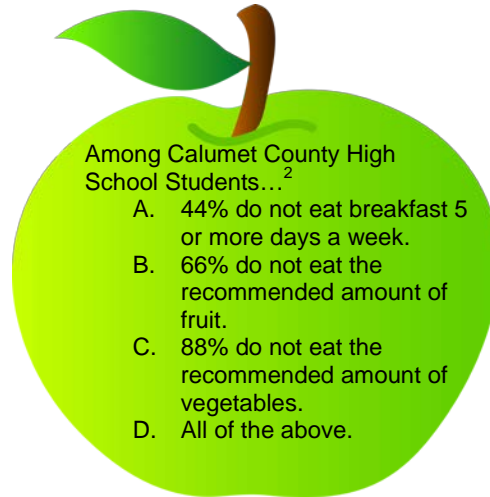
Calumet County Activity & Nutrition Coalition

# Increase active living and healthy eating



## Why U-CAN?

29% of adults living in Calumet County are obese.<sup>1</sup>



Answer: D

References:

<sup>1</sup>2015 County Health Rankings

<sup>2</sup>2015 Calumet County Youth Risk Behavior Survey

Come join us and make a difference...

Meeting 3rd Monday of every OTHER month

at the Calumet County Courthouse

3:00 p.m. – 4:00 p.m.



What is the **U-CAN** Action Team doing to promote physical activity and nutrition in Calumet County?

- Representatives from key sectors of the community have joined the action team to provide perspective, input, and efforts to implement change, including: youth, parents, businesses, media, schools, youth-serving organizations, civic/volunteer groups, healthcare professionals, and other organizations involving health and wellness.
- Nutrition and activity projects through the lifespan have been selected as the primary focus for action
- A strategic plan for action has been developed