



Healthy Waltham Overview June 2013

Healthy Waltham's Mission:

To mobilize the people of Waltham to address our community's challenges and build on our strengths, to improve individual health status and well-being, and to create a healthier, more just, sustainable, and prosperous community.

Operational Mission:

- To promote collaborations on issues related to improving health status and well-being
- To support health promotion and obesity prevention for Waltham youth and families

2003 – 2005:

- Healthy Waltham Leadership Group was convened in 2003 with the support of the Regional Center for Healthy Communities and funding from Mount Auburn Hospital.
- A Report to the Community: A Picture of Health and Quality of Life in Waltham was released at a Community-wide Forum in October, 2004
- Healthy Waltham leadership group granted a training scholarship to attend MassForum for Healthy Communities. This became the steering committee for Healthy Waltham.
- Healthy Waltham organized the first "Waltham Walks" event.

2006 – 2007:

- Healthy Waltham awarded MassForum for Healthy Communities Implementation grant for \$10,000 and hired Judy Fallows as Project Coordinator.
- Awarded a three year Wellness Grant from the Massachusetts Department of Public Health (MDPH) to promote wellness in the Waltham Public Schools by promoting increased fresh fruit and vegetable consumption while encouraging a more physically active lifestyle.

2008-10:

- "Vegetable of the Month" program rolled out to all Waltham public schools.
- Participated in first annual MA Harvest for Students farm-to-school celebration with Waltham Fields Community Farm (WFCF) This has become an annual event, "Waltham Farm Day."
- Expanded learning garden programs, added Project Coordinator and Garden facilitator part time positions.
- Began to work with Jewish Family and Children's Services (JF&CS) and WFCF on the "Waltham Nutrition and Food Access" project.

2011-12:

- Waltham City Council passed a resolution declaring Waltham a "Let's Move" city, working with Waltham's city council, Mayor Jeanette McCarthy, and coordinated by Healthy Waltham.
- Began monthly column in local paper; launched monthly e-newsletter and new logo.
- Healthy Waltham was awarded the Mass in Motion grant for Waltham in collaboration with the Waltham Health Department.

2013 to present:

- Healthy Waltham was incorporated in October 2012 and applied for 501c3 status in February 2013

Current Projects of Healthy Waltham:

- Coordinates **Let's Move Waltham** and the **Mass in Motion** initiative for the city of Waltham.
- Serves on School Health Advisory Committee, CHNA (Community Health Network Area) 17 and 18 steering committees, Waltham's Safe Schools/Healthy Students coalition, and Waltham Interagency Council, among others
- Coordinates, with Waltham Public Schools Food Service, a Vegetable of the Month program to promote increased fruit and vegetable consumption.
- **Learning Gardens** – Healthy Waltham initiated and oversees 8 learning gardens in the city of Waltham – 4 at schools, one at the Waltham Boys and Girls Club and 3 at subsidized housing projects. In all cases we work with children's and youth programs to enhance their afterschool and summer experience through gardening and healthy snack preparation at no charge to any facility.
- **Nutrition Programs** – working with the Waltham Family School, Jewish Family and Childrens' Services, the Waltham Fields Community Farm, Waltham Recreation Department, Waltham Boys and Girls Club, Waltham Community Police and Housing Authority and other Waltham organizations, HW provides nutrition information resources and some cooking demonstrations and classes targeted at low income residents at no charge to any facility.
- **Events and Outreach** – HW helps to organize and participates in numerous community events to promote messages of healthy eating and increased physical activity. HW also maintains a website with information, writes a monthly column for the Waltham News Tribune, and publishes a monthly e-mail newsletter.

Current Funding Sources of Healthy Waltham:

MA Department of Public Health, Mount Auburn Hospital, Wayside Youth and Family Support Services, CHNA 18 (with JF&CS and WFCF), CHNA 17 (food policy grant), CDBG funds through the city of Waltham, Hannaford Supermarket, and other direct donations.

Current Healthy Waltham team members: Judy Fallows, Executive Director; Maria DiMaggio, Communications and Project Coordinator; Leslie Glynn, Chef Instructor and Healthy Dining Coordinator, Louise Forrest, Garden Facilitator.

Healthy Waltham, Inc. Board members: Nadene Stein, President (Principal, Northeast Elementary School and President, Waltham Land Trust); Laura Goldin, Vice-President (Beth Toolan, Treasurer (Executive Director, Waltham Partnership for Youth); John Peacock, Clerk (Executive Director, Waltham West Suburban Chamber of Commerce); Desire Charlot, member (Community Health Worker, Joseph M Smith Community Health Center)

Funding for our work is currently provided by MA Department of Public Health, Mount Auburn Hospital, Wayside Youth and Family Support Services, CHNA 17 (Food Policy grant), CDBG funds through the city of Waltham, Hannaford Supermarket, Whole Kids Foundation, Foundation for Metrowest, Jones Partnership Fund, and other direct donations.

For more information, please visit our website at <http://www.healthy-waltham.org> or contact info@healthy-waltham.org.