

Today's Presenters



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Logo courtesy World Health Organization



Let's Move in Libraries:

Food & Physical Activity in Libraries



A Presentation by
Dr. Noah Lenstra, MLIS

Assistant Professor of Library &
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Logo courtesy U.S. Institute of Museum and
Library Services

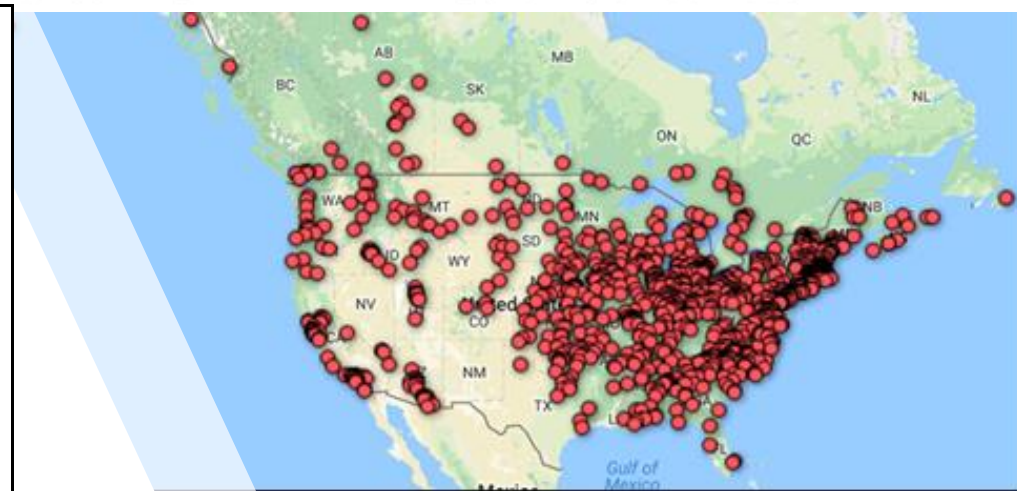
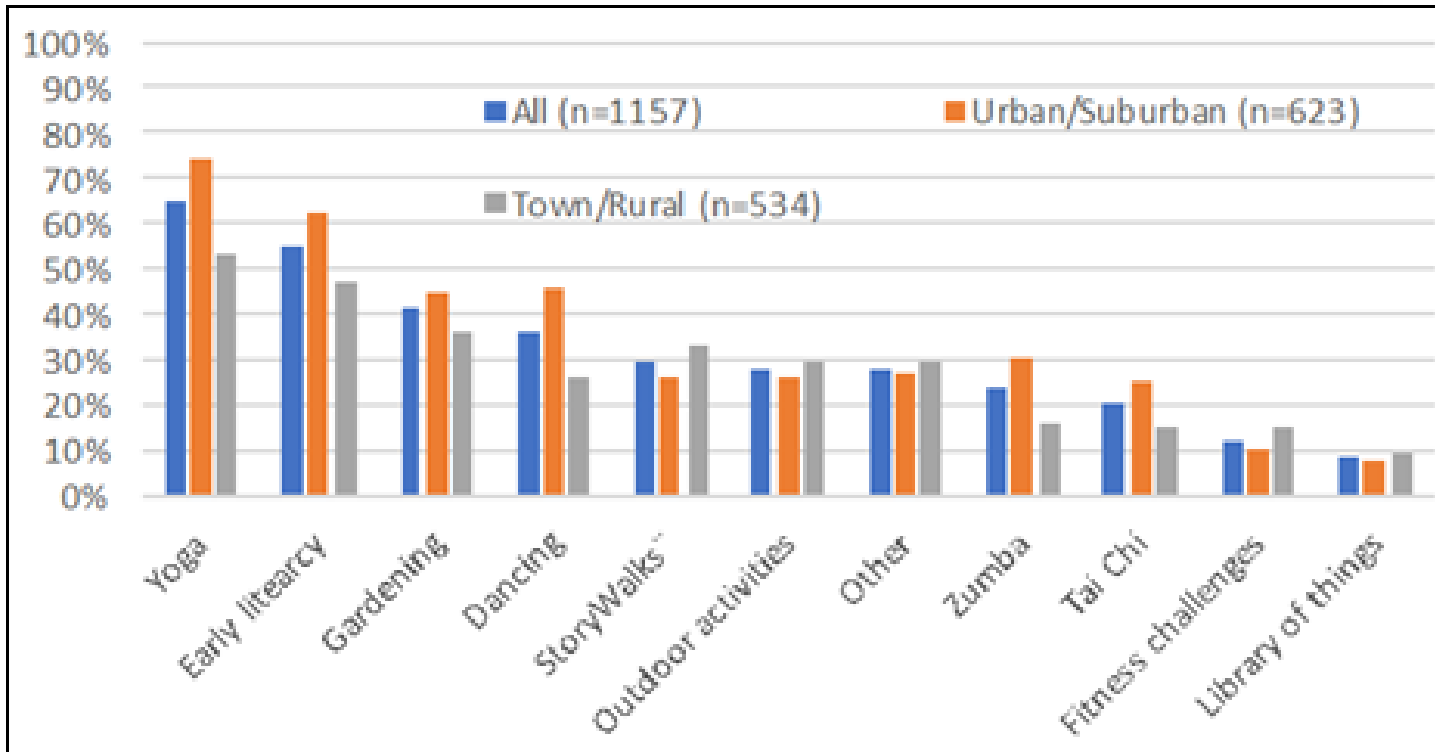


Who am I and how did I get here?



ment-Based Programs
ic Libraries: The

Movement-Based Programs
in Public Libraries: Best



ing at Your
oma County

Be Well at NPL: A Health
Wellness Initiative of

nth ago

107 views • 1 month ago

Read more at: <https://bit.ly/2R0fbvw>

Start with YOU!

Adopt National Alliance for
Nutrition and Activity
(NANA) **Healthy Meeting
Guidelines** for your library
(some already have!)

www.healthymeeting.org



Whatever you do ... DON'T DO IT ALONE!

“The Community Catalyst Initiative ***challenges*** museums and libraries to ***transform*** how they ***collaborate*** with their ***communities***.”

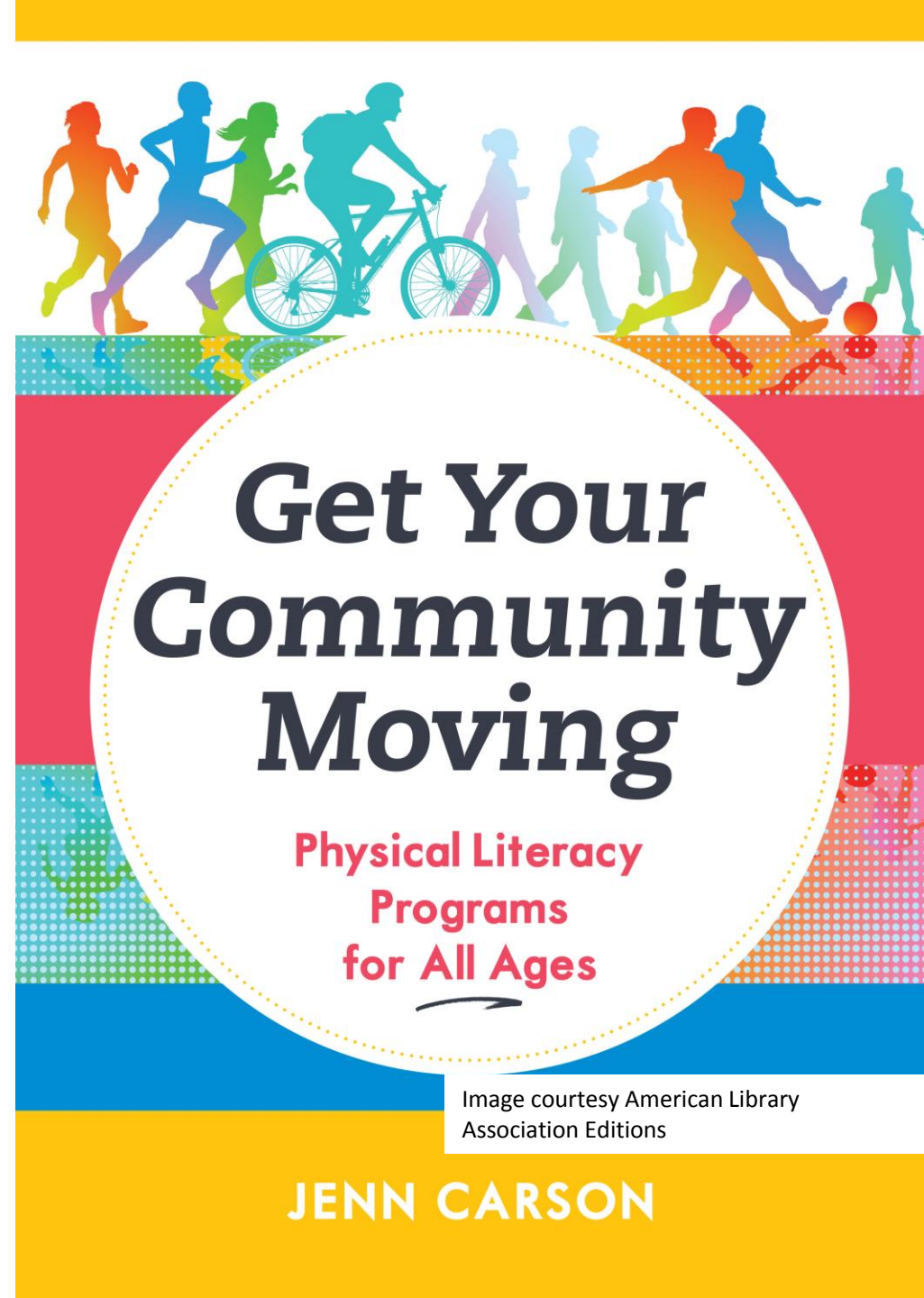


Logos courtesy U.S. Institute of Museum and Library Services

<https://www.imls.gov/issues/national-initiatives/community-catalyst-initiative>

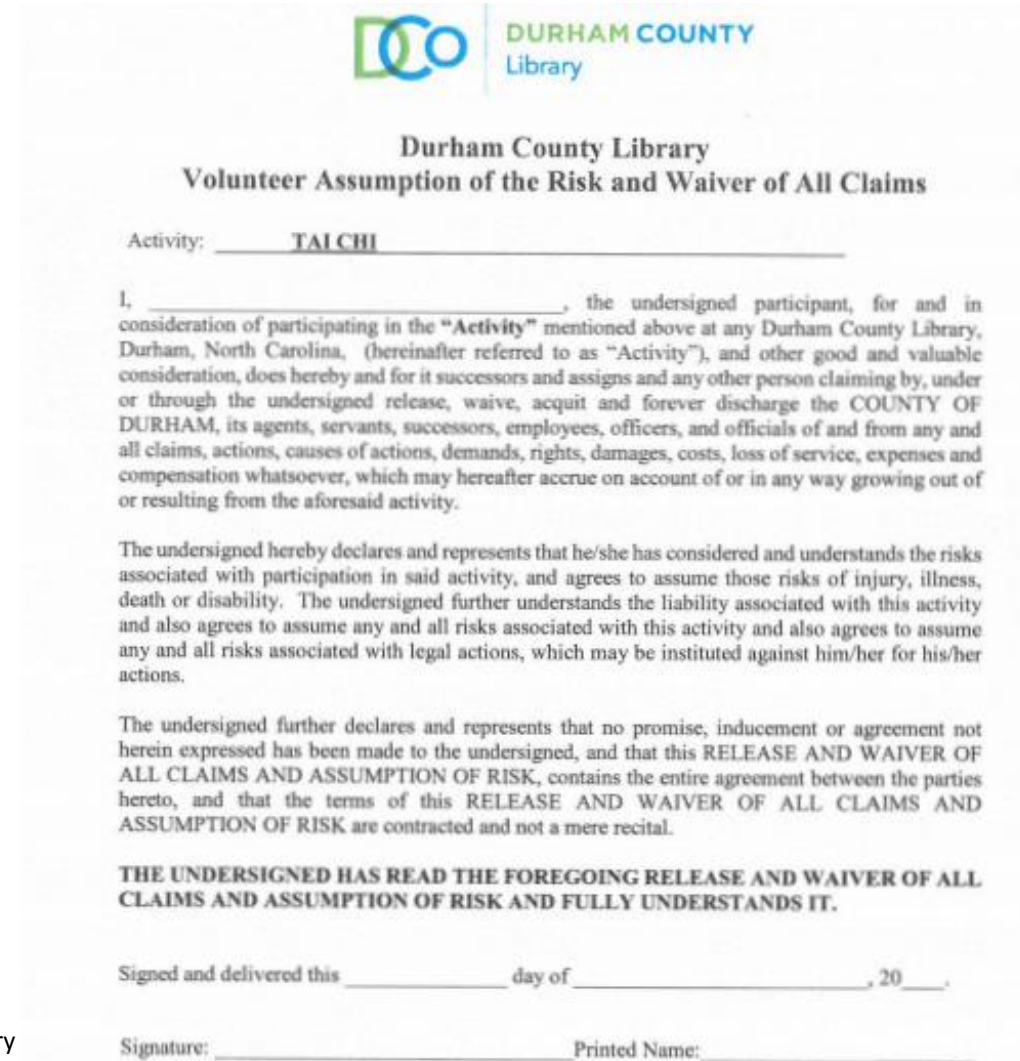
Get support from other librarians

- [NNLM Regional Libraries](#)
- [PLA Health Initiative newsletter](#)
- [Libraries are Champions of Healthy Communities](#) Facebook group
- [Let's Move in Libraries](#) – Monthly newsletter, Program Ideas, Stories of success on Social Media – All about YOU!
- Let your state library / state association / consortium know this issue is important and you want support developing it!



Example: (Liability - #1 Question I get asked!)

- Answer: **We got this!**
- See what paperwork other libraries use and adapt for your library
- letsmovelibraries.org/resources



The image shows a document from Durham County Library titled "Volunteer Assumption of the Risk and Waiver of All Claims". At the top left is the Durham County Library logo, which consists of a stylized 'D' and 'C' in green and blue, followed by the text "DURHAM COUNTY Library". The title is centered. Below the title, the activity is listed as "TAI CHI". The document contains several paragraphs of text, including a declaration of understanding of risks and a statement that the undersigned has read and understood the release and waiver. At the bottom, there are lines for the date of signing and the signature and printed name of the participant.

Durham County Library
Volunteer Assumption of the Risk and Waiver of All Claims

Activity: TAI CHI

I, _____, the undersigned participant, for and in consideration of participating in the "Activity" mentioned above at any Durham County Library, Durham, North Carolina, (hereinafter referred to as "Activity"), and other good and valuable consideration, does hereby and for it successors and assigns and any other person claiming by, under or through the undersigned release, waive, acquit and forever discharge the COUNTY OF DURHAM, its agents, servants, successors, employees, officers, and officials of and from any and all claims, actions, causes of actions, demands, rights, damages, costs, loss of service, expenses and compensation whatsoever, which may hereafter accrue on account of or in any way growing out of or resulting from the aforesaid activity.

The undersigned hereby declares and represents that he/she has considered and understands the risks associated with participation in said activity, and agrees to assume those risks of injury, illness, death or disability. The undersigned further understands the liability associated with this activity and also agrees to assume any and all risks associated with this activity and also agrees to assume any and all risks associated with legal actions, which may be instituted against him/her for his/her actions.

The undersigned further declares and represents that no promise, inducement or agreement not herein expressed has been made to the undersigned, and that this RELEASE AND WAIVER OF ALL CLAIMS AND ASSUMPTION OF RISK, contains the entire agreement between the parties hereto, and that the terms of this RELEASE AND WAIVER OF ALL CLAIMS AND ASSUMPTION OF RISK are contracted and not a mere recital.

THE UNDERSIGNED HAS READ THE FOREGOING RELEASE AND WAIVER OF ALL CLAIMS AND ASSUMPTION OF RISK AND FULLY UNDERSTANDS IT.

Signed and delivered this _____ day of _____, 20____.

Signature: _____ Printed Name: _____

What I've found works

FOUR ways libraries feed us

1. Distribute food at the library
2. Teach and support community agriculture
3. Teach how to cook, prepare, & eat healthily
4. Offer the library's support to food programs

6 ways libraries get us moving

1. Make movement part of existing programs
2. For FUN! (e.g. dance, Nerf capture the flag)
3. New collections
4. New spaces and infrastructures
5. Get people active **outdoors**
6. Fitness and movement classes

Get "Smyrna Strong" at Smyrna Library, Rent Fitness Equipment with Library Card

March 20, 2018 - by Mary Moore



You don't have to do it all...
... But do something!!!

Images courtesy (from left) Healthy Ireland at Your Library, Smyrna Library, Eudora Schools Foundation, Tuzzy Consortium Library, Saint Louis County Library, and Walkertown Library

Healthy Ireland at your Library
Walk your way to a healthy, happy life

Who's it for? Men and Women of all ages and physical activity levels
Where? Castletimmer - Starting Castletimmer Library
When? Wednesday 17th October 10-11am
Duration? 6 weeks
Cost? FREE

What's the programme? 6 week Guided walks around the community of Castletimmer which also includes health check and nutrition talk.

Please register for the event at <https://www.eventbrite.ie>
Queries to KRSP at 0858048137

KRSP
KILKENNY RECREATION & SPORTS PARTNERSHIP

LIBRARY MOON WALK

Miles Moved: 31,165 Miles

207,735 Miles to Go

Input your Exercise

Steps, Miles, or Minutes

Enter Your Distance or Time

☐ Steps ☐ Miles ☐ Minutes

Enter Your Zip Code

submit



Tap for Reliable Health
Information: MedlinePlus



Tap for Library
Health Programs

**MOHAWK VALLEY
LIBRARY SYSTEM**
Connecting libraries to the future

**SOUTHERN ADIRONDACK
LIBRARY SYSTEM**

**UPPER HUDSON
LIBRARY SYSTEM**
Together. For Better Libraries.

Who's ready to train like an astronaut at the library for Summer Reading 2019?



Activities

Click on the [Languages](#) links below to select the activities in your language!

These activities include educational investigations which are designed for science classes and train like an astronaut missions are designed for physical education classes.

About Physical Activities

These physical activities, illustrated in the Mission Handouts, utilize the same body parts/systems as astronauts do in training and on missions in space. The activities may be used by individual students or delivered to an audience of students by educators.

Each Mission Handout contains a crew member mission, mission briefing, mission assignment, and mission purpose, plus vocabulary and related NASA facts. Safety guidelines are also provided for a successful completion of each mission! The Mission Handout physical activities can be practiced over time – simultaneously or one per week.

These handouts should be reviewed and understood by the student prior to participation in the physical activity.

Correlated to the National Education Standards, the Mission Handout Educator Guide provides NASA background information and also give hints on delivery of the physical activity to students. Monitoring and assessment questions are included in the guide for use before, during and after the delivery of the physical activities. Additional resources and career links can be accessed as extensions to the Mission Handouts.

About Educational Activities



<https://librarymoonwalk.sals.edu/>

<https://go.nasa.gov/2CecUES>

Sources Southern
Adirondack Library
System & NASA

Let's stay connected!



Let's Move in
Libraries

LetsMoveLibraries.org – We're on Facebook, Instagram, Twitter, and YouTube

lenstra@uncg.edu - PLEASE REACH OUT
with any questions you may have!!!!

Health Literacy Begins at Your Library

The Oklahoma Story

Leslie Gelders Literacy Director
leslie.gelders@libraries.ok.gov (405) 522-3242

Oklahoma
Department **of Libraries**

Health literacy is

the degree to which

an individual has the *capacity*

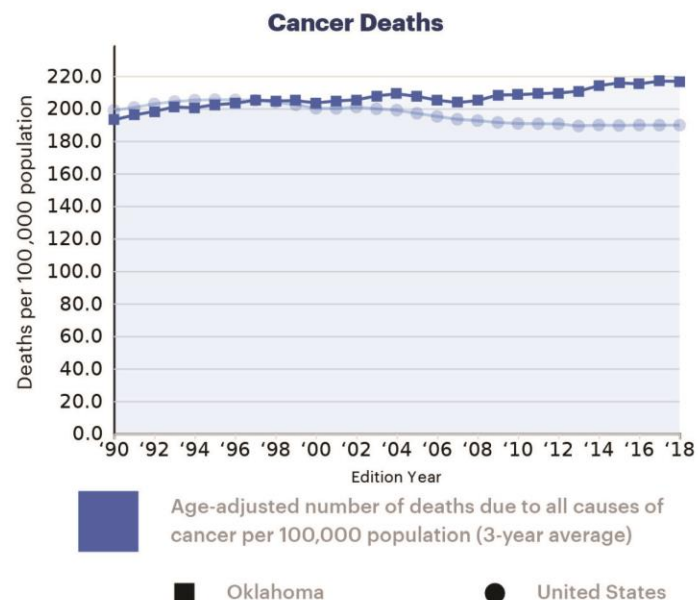
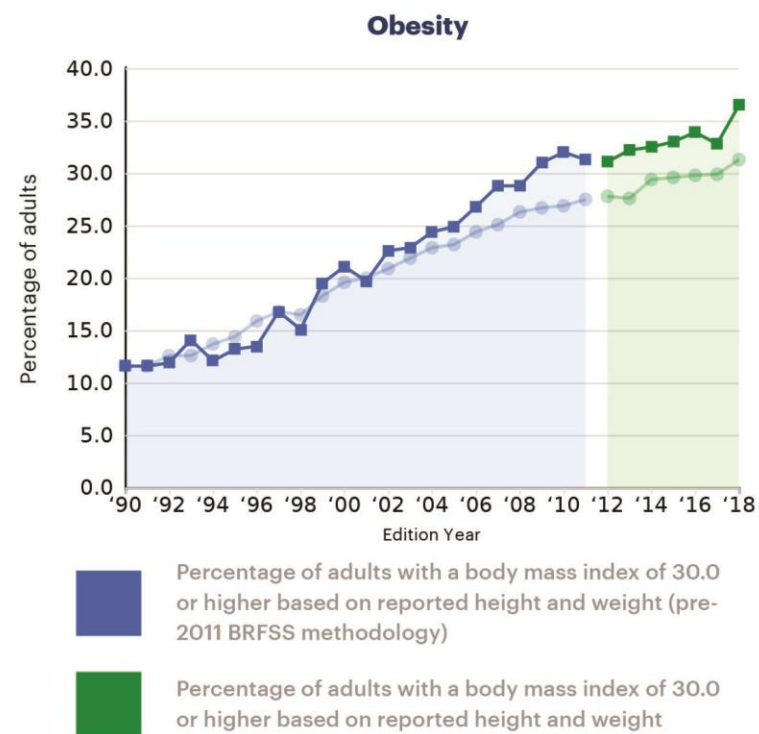
to obtain, communicate, process

and understand basic health

information and services *to make*

appropriate health decisions.





Measure	Rating	2018 Value	2018 Rank
BEHAVIORS			
Drug Deaths (Deaths per 100,000 population)	++	20.4	34
Excessive Drinking (Percentage of adults)	+++++	14.1%	5
High School Graduation (Percentage of students)	++	81.6%	36
Obesity (Percentage of adults)	+	36.5%	48
Physical Inactivity (Percentage of adults)	+	32.4%	47
Smoking (Percentage of adults)	++	20.1%	39
Behaviors * (All Behaviors Measures)	+	-0.173	44
COMMUNITY & ENVIRONMENT			
Air Pollution (Micrograms of fine particles per cubic meter)	++	7.9	31
Children in Poverty (Percentage of children aged 0 to 17)	+	21.5%	42
Infectious Disease * (Mean z score of chlamydia, pertussis and Salmonella)	++	0.440	40
Chlamydia (Cases per 100,000 population)	++	548.4	38
Pertussis (Cases per 100,000 population)	+++	4.7	27
Salmonella (Cases per 100,000 population)	+	23.5	42
Occupational Fatalities (Deaths per 100,000 workers)	+	7.9	47
Violent Crime (Offenses per 100,000 population)	++	456	39
Community & Environment * (All Community & Environment Measures)	+	-0.102	43
POLICY			
Immunizations - Adolescents * (Mean z score of HPV, meningococcal and Tdap)	+	-0.963	45
HPV Immunization Females (Percentage of females aged 13 to 17)	+	45.6%	41
HPV Immunization Males (Percentage of males aged 13 to 17)	++	37.5%	38
Meningococcal Immunizations (Percentage of adolescents aged 13 to 17)	+	71.1%	47
Tdap Immunizations (Percentage of adolescents aged 13 to 17)	++	86.7%	37
Immunizations - Children (Percentage of children aged 19 to 35 months)	+	67.3%	43
Public Health Funding (Dollars per person)	+++	\$87	26
Uninsured (Percentage of population)	+	14.0%	49
Policy * (All Policy measures)	+	-0.131	49
CLINICAL CARE			
Dentists (Number per 100,000 population)	++	50.0	38
Low Birthweight (Percentage of live births)	++++	7.8%	19
Mental Health Providers (Number per 100,000 population)	+++++	395.2	6
Preventable Hospitalizations (Discharges per 1,000 Medicare enrollees)	+	59.9	44
Primary Care Physicians (Number per 100,000 population)	++	129.4	36
Clinical Care * (All Clinical Care measures)	++	-0.026	31
ALL DETERMINANTS			
All Determinants * (All Determinants)	+	-0.432	47
OUTCOMES			
Cancer Deaths (Deaths per 100,000 population)	+	216.8	45
Cardiovascular Deaths (Deaths per 100,000 population)	+	338.9	48
Diabetes (Percentage of adults)	+	12.7%	43
Disparity in Health Status (Percentage point difference)	+++	26.5%	21
Frequent Mental Distress (Percentage of adults)	+	15.6%	45
Frequent Physical Distress (Percentage of adults)	+	14.7%	42
Infant Mortality (Deaths per 1,000 live births)	+	7.4	43
Premature Death (Years lost before age 75 per 100,000 population)	+	9,992	44
All Outcomes * (All Outcomes Measures)	+	-0.312	44
OVERALL			
Overall * (Overall)	+	-0.744	47

* Value indicates z score. Negative scores are below US value; positive scores are above US value. For complete definitions of measures including data sources and years, see "Appendix: Core Measures Table".

What Public Libraries May Offer

- **non-threatening** environment
- computers and **access to online information**
- print and other health and wellness resources
- **programming** (for children, teens, and adults)
- **awareness**—websites, *Facebook*, blogs, flyers, bookmarks, displays
- **space** for programs
- **possible access to funds**
- **community network**



All photographs are courtesy of the respective organizations.

Step class
Thomas-Wilhite
Memorial Library
Perkins



INTRODUCTION TO SWING DANCE

FRIDAY, JANUARY 26 AT 6 PM
REGISTRATION & WAIVER REQUIRED

Come join us for an evening of Swing Dance
with 3Sixty Entertainment Powerhouse.

Wear comfortable clothes and shoes and
get ready for a night of dancing!

Financial assistance for this special project is made possible with Federal
funds from the Institute of Museum and Library Services administered through
the Oklahoma Department of Libraries.

Oklahoma of
Department
Libraries



Swing class

Moore Public Library



Moore Public Library

225 South Howard | Moore, Oklahoma 73160 | 405-793-5100 |
pioneerlibrarysystem.org/calendar



Walking course
developed by

Stillwater Public Library

Learn About Stroke Prevention

Presented by John Lieber, RN, BSN
& Creek County Literacy Program

What causes a stroke

How to recognize
the signs of a stroke

What you can do to
reduce your risk of a stroke



Thursday, November 1 • 5:30pm

This health literacy project is supported by the
Oklahoma Department of Libraries with federal funds under
the Library Services and Technology Act (LSTA) and
the Institute of Museum and Library Services.



Workshop Location:

Creek County Literacy Program

15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

For more information or to register for this free workshop, call 918-224-9647

Stroke Prevention
class hosted by
**Creek County
Literacy Program**

Self Defense for Children

Learn self
defense skills
from Synergy of
Shawnee

Mondays in June
2 - 3 PM
Registration required



Financial assistance for this special project is made possible with Federal funds from the Institute of Museum and Library Services administered through the Oklahoma Department of Libraries.

Oklahoma of
Department
Libraries



Tecumseh Public Library

114 North Broadway | Tecumseh, Oklahoma 74873 | 405-598-5955 |
pioneerlibrarysystem.org/calendar

Self Defense class Tecumseh Public Library

Kids Cooking class • Blanchard Public Library

Super Cool Cooking School



This activity is part of the Piedmont Public Library's Health Literacy Initiative. Financial assistance for this special project is made possible with Federal funds from the Institute of Museum and Library Services administered through the Oklahoma Department of Libraries.

Kids of all ages are invited to the
Piedmont Library on the

**1st and 3rd Wednesday of each month
at 4:00pm**

to learn simple and fun cooking
techniques, as we make a healthy snack or
light meal to share.

Oklahoma
Department
Libraries

INSTITUTE of
Museum and Library
SERVICES

Learn How to Make Mason Jar Salads

Presented by OSU Extension
& Creek County Literacy Program

Free workshop teaches
how to make
mason jar salads

Secrets to a perfect
salad in a jar

Learn how long
salads in a jar
will stay fresh

Free Recipes



Tuesday, May 16 • 5:30pm

This health literacy project is supported by the
Oklahoma Department of Libraries with federal funds under
the Library Services and Technology Act (LSTA) and
the Institute of Museum and Library Services.

Oklahoma
Department
Libraries

INSTITUTE of
Museum and Library
SERVICES

OKLAHOMA
STATE
EXTENSION

CCLP

Creek County Literacy Program

15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

Workshop limited to 15 Participants.

For more information or to register for this free workshop, call 918-224-9647

Salad class
Creek County Literacy Program

Collaborations Are Key

- **Institute of Museum and Library Services**
- National Network of Libraries of Medicine
- **Oklahoma Cooperative Extension Service**
- Oklahoma Healthy Aging Initiative

Plus more than 230 local organizations, businesses, and healthcare providers





2019

Wisconsin Health Literacy Summit

A sharper view through the lens of health literacy

April 2–3, 2019 • Madison, WI

(pre-Summit sessions on April 1)

You'll hear from respected experts in the field of health literacy. Nationally-known speakers take you beyond everyday discussions and broaden your scope on health literacy.

From community health to academia, literacy to communication, and many other professions, the summit theme focuses on "a sharper view through the lens of health literacy."

Registration will open January 20, 2019

wisconsinliteracy.org/health-literacy/training-conferences/health-literacy-summit.html

For more information
on libraries' roles
in health literacy
please visit

**[www.webjunction.org/
explore-topics/ehealth.html](http://www.webjunction.org/explore-topics/ehealth.html)**

MPL HEALTH LITERACY PROJECT

Marcia Johnson
1/8/19



Photo by Miami Public Library staff, used with permission

STARTING A HEALTH LITERACY PROJECT AT YOUR LIBRARY

- Gather statistics
- Enlist partners
- Plan activities
- Evaluate impact

GATHER STATISTICS

America's Health Rankings 2018

www.americashealthrankings.org

State Dept. of Health

County Health Rankings and Roadmaps

www.countyhealthrankings.org

500 Cities: Local Data for Better Health

www.cdc.gov/500cities

Ottawa County, Oklahoma		www.countyhealthrankings.org/app/oklahoma/2018/rankings/ottawa/county/outcomes/overall/snapshot										☆			☆			☆		
Rank	County	Ottawa County	Trend	Error Margin	Top Performers	Overall value for the entire state	Rank (of 77)													
		Health Factors					61													
		Health Behaviors					72													
14	Woodward (WD)	Adult smoking	21%	21-22%	14%	20%														
15	Tulsa (TU)	Adult obesity	37%	32-43%	26%	33%														
16	Custer (CS)	Food environment index	6.8		8.6	5.9														
17	McClain (MC)	Physical inactivity	36%	31-42%	20%	30%														
18	Washington (WS)	Access to exercise opportunities	57%		91%	74%														
19	Ellis (EL)	Excessive drinking	12%	11-13%	13%	13%														
20	Beaver (BE)	Alcohol-impaired driving deaths	33%	25-41%	13%	28%														
21	Grady (GD)	Sexually transmitted infections	548.2		145.1	542.2														
22	Grant (GN)	Teen births	57	52-63	15	42														
		Additional Health Behaviors (not included in overall ranking) +																		
		Clinical Care					56													
23	Harmon (HA)	Uninsured	20%	18-22%	6%	16%														
24	Garfield (GA)																			
25	Major (MA)																			
26	Comanche (CM)																			
27	Oklahoma (OL)																			
28	Osage (OS)																			
29	Tillman (TI)																			
30	Washita (WH)																			
31	Marshall (MR)																			
32	Stephens (ST)																			

STATISTICS - OTTAWA CO.

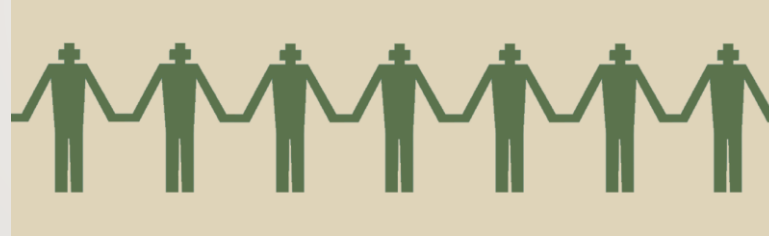
Oklahoma State Dept. of Health State of Ottawa County's Health Report

- Obese adults 37.9%
(OK 36.5%)
- Physical inactivity 35.5%
(OK 32.4%)
- Diabetes 15.4%
(OK 12.7%)

ENLIST POTENTIAL PARTNERS

- County Health Dept
- Hospitals and Clinics
- Community Wellness Coordinator
- Municipal Depts. (Fire, Police, Parks, etc.)
- County Extension Agency
- Farmers Market
- https://libraries.ok.gov/literacy/health_literacy/health-literacy-partners/

OUR
PARTNERS
(H_ELPP)



PLAN ACTIVITIES

- Cooking class or demonstration w/county extension agent
- Diabetes classes with diabetes instructor
- Children's nutrition program with ChooseMyPlate.gov

ACTIVITIES

The Health Literacy Project 2013-2018





Photos by Miami Public Library staff, used with permission



Photos by Miami Public Library staff, used with permission



Photos by Miami Public Library staff, used with permission

EVALUATE OUTOMES AND IMPACT

- Statistics
 - Attendance
 - Number of programs
- Surveys
 - Grant requirements
 - www.projectoutcome.org
- Anecdotal stories
- “The library is now considered a partner in community health and wellness.” – Leslie Gelders

Survey Results of 2017/18 Health Literacy Project

Attendance	711
I learned something new by participating	694 Strongly Agreed/Agreed
I feel confident in using what I learned	679 Strongly Agreed/Agreed
I am likely to apply what I learned	679 Strongly Agreed/Agreed
I am more aware of services/resources at library	646 Strongly Agreed/Agreed
I am more likely to use other services/resources at library	637 Strongly Agreed/Agreed

CONTACT INFO

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- www.miamipl.okpls.org
- <https://www.facebook.com/miamipubliclibrary>

Thank You!



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