



Healthy Living Leadership Opportunities

The Healthy Waterbury Initiative is being led by the Child Health and Development Workgroup of the Bridge to Success. Each organization and entity has multiple opportunities within the context of their primary work to have a positive or negative influence over the environment that impacts upon our community's health and wellness. Unfortunately, many of our children are struggling with health and weight as evidence by the 38.6% of StayWell pediatric patients age 0-18 who are overweight or obese.

Below is a list of opportunities and strategies that can be implemented in a multitude of settings to support the healthy choices that staff members or consumers may be trying to make. In some instances, your organization may have the opportunity to introduce new concepts or practices that can lead to healthier outcomes. We invite you to share this with others at your organization or workplace and make one decision at a time that will help us achieve our goal of a healthier community.

Collectively, we can overcome obesity!

- Eliminate sugary drinks from the vending machines at the office.
- Eliminate sugary drinks offered at staff and client meetings.
- Serve healthy food at client meetings.
- Introduce clients to healthy eating by making nutrition literature available.
- Hang 5-2-1-0 posters in the agency.
- Make available 5-2-1-0 coloring pages and crayons to children visiting the agency.
- Sponsor a nutrition workshop at my organization.
- Organize a lunchtime walking group at my organization.
- Other idea: _____.

Recognition Opportunities:

- ✓ Link to Website
- ✓ Articles in paper
- ✓ Certificate

Signed _____ Date _____

Print name _____