



COMMUNITY WELLNESS FOR ALL PROGRAM

MID YEAR UPDATE

The Community Wellness for All Program was established to ensure that all residents of Valley City/Barnes County have access to health and wellness programs and activities regardless of their socio-economic status. Thanks to a \$25,000 commitment from the John Deere Foundation, the program began in May 2015. A summary of the data and results from the program through the first five months is included below.

The program began by operating on a variety of levels:

- Provide vouchers to low income individuals, allowing them the opportunity to participate in youth programs offered by VC Parks & Recreation
- Offers the youth summer track program and adaptive programs at no-cost for all participants
- Pool memberships for low income individuals and families.

Vouchers were provided to individuals and families who provided a letter from Social Services indicating they were eligible for services. Individuals and families were notified of this opportunity through backpack inserts, social services, and the spring/summer recreation program booklet.

THE RESULTS

164 individuals and 39 families who were eligible participated in the Community Wellness for All Program.

88 children between the ages of 3-18 years old participated in various summer rec programs.

34 individuals with disabilities ages 11-36 years old participated in adaptive programs.

42 children ages 3-11 years old participated in swimming lessons.

39 families received summer pool pass (approximately 5 per family).

300 children participated in the summer track program (no eligibility required).

In September a survey was sent out requesting feedback on the program so far. A 50% response was received. The following are some of the statistics:

55% reported their child extremely increased their physical activity

63% stated they would **not** have participated without the funding

73% reported physical or mental health changes due to increased physical activity

100% would use the program if offered again

A sample of the comments provided:

“It eased the financial burden we face with keeping our kids involved in physical activities. We really appreciated this break!”

“My children were able to participate in more programs that they have always wanted to but just couldn’t afford but one activity. They were busy all summer long and had a blast.”

“Being a foster parent, it was certainly easier financially when the extra burden is not on the foster family. Very much appreciated as we are not sure if we would have been able to have them as active if the funding program wasn’t provided. Thank you once again.”

“This funding allowed my children to participate in activities that otherwise would not have been an option for them due to financial costs.”

“My children tried new sports they had always wanted to but without this program they would not have been able to.”

“This is an excellent program that allows Valley City residents who are on limited income or have disabilities, to participate and maintain their physical health and wellbeing. Thank you for caring and helping our VC citizens who need a little extra help to improve their lives.”

NEXT STEPS

It is projected that \$20,000 of the funds awarded will be used for youth programs through December 2015. We are in the process of setting up the parameters to use the remaining \$5,000 for free or reduced fitness center memberships.

In 2016 we expect to see significantly more demand for the program for a number of reasons:

1. More youth program demands due to it being the 2nd year of the program.
2. Increased demand for memberships when the Valley City Health, Wellness and Physical Education Center opens in Fall 2016.
3. Ability to serve more families through the Wellness Center and the increase in programs offered.

The Community Wellness For All Program is making a great amount of impact to many children, individuals with disabilities and families in Valley City and Barnes County.