



## Warren County Health Services

301 N Buxton, Suite 203 Indianola IA 50125

<https://healthservices.warrencountyia.org/>

515-961-1074 or 1-877-961-1074



August 22, 2018

Dear Community Leader,

My name is Jodene DeVault, I am the Warren County Public Health Administrator. It is my pleasure to inform you Warren County is partnering with United Way of Central Iowa, Blank Children's Hospital, Visiting Nurse Services of Des Moines and Wellmark Insurance to increase Warren County community's awareness of the evidenced based program **5-2-1-0 Healthy Choices Count!** in Warren County. These partners will be reaching out to all schools and medical providers in our communities to provide additional specific information to them. I am writing to see if you would consider participating or appointing someone to participate with implementation of this project in your area through involvement in our 5-2-1-0 Healthy Choices Count! steering committee. The steering committee is planning to meet September 19<sup>th</sup> at 12:30 pm as well as the first and third Wednesdays in October. The purpose of this steering committee is to complete a community assessment (Healthy Hometown Assessment) as a group, identify messaging strategies that would be successful in your community and identify Healthy Hometown and 5-2-1-0 Healthy Choices Count! tactics and action plans for your community that may be effective to (eventually) lower our childhood obesity rates in our communities, our state, our nation.

**5-2-1-0 Healthy Choices Count!** is promoting health through eating **5** servings of fruits and vegetables every day, limiting screen time to **2** hours or less each day, participating in **1** hour of physical activity every day and **0** sugary drinks in our daily diets. I have attached additional information on this program for your review.

In Iowa, the **5-2-1-0 Healthy Choices Count!** campaign is an endeavor being promoted by the Iowa Healthiest State Initiative. This program originated in the State of Maine approximately ten years ago to target the problem of childhood obesity in our nation. Nearly one in three children in Iowa are overweight or obese. These children have a 70-80% chance of being obese adults and may face all the ill health effects of this chronic disease including heart disease, diabetes and liver disease, most likely in their early adult life. The time to develop strategies to address the most prevalent chronic disease in children (obesity) is NOW. Please consider participating in this initiative.

I have attached some of the Healthy Hometown assessment questions. If you are not able to attend the steering committee meeting I am asking you to complete these questions and return them to me. However, if you are able to represent your community in person I believe there is a better chance your community is better represented. Please email your responses to me at [jodened@warrencountyia.org](mailto:jodened@warrencountyia.org).

Thank you for your consideration in this matter.

Respectfully,

Jodene DeVault RN BSN, Administrator Warren County Health Services.