

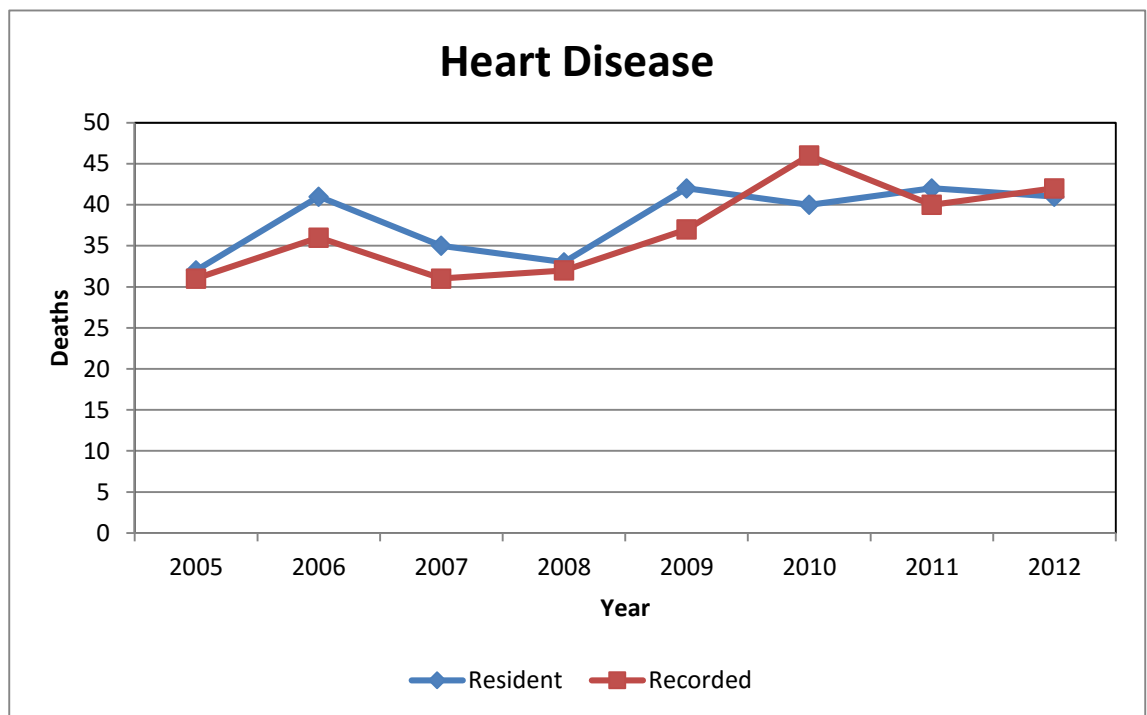
St. Clair County Nutrition and Physical Activity Resources

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Maternal and Child Health Services Contract.

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St. Clair County Heart Disease Mortality: Resident vs Recorded, 2005-2012 (prov.)

	2005	2006	2007	2008	2009	2010	2011	2012
Resident	32	41	35	33	42	40	42	41
Recorded	31	36	31	32	37	46	40	42



According to the data from MICA 2003 Henry/St. Clair County adults that were obese (>30BMI) was 267. In 2007 the number had risen to 755 a 9.11% increase. According to WIC, children ages 24 to 59 months overweight (BMI) in 2008 was 24 at 16.7%. Death due to heart disease in St. Clair County between 1998 to 2008 were 446. Hospitalized

were 1,351 at 193.3% compared to State at 160.61%. ER visits were 926 at 16.1% compared to State at 12.87%. Obesity ranks #1 in prioritization of selected risk factors in St. Clair County with 66.5% followed by overweight mother at 59.5%. St. Clair County is a rural county with little less than 9500 people and not much activity unless associated with schools or farming.

Summary of CDC's Recommended Community Strategies and Measurements to Prevent Obesity in the United States

Strategies to Promote the Availability of Affordable Healthy Food and Beverages

Strategy #1 Communities Should Increase Availability of Healthier Food and Beverage Choices in Public Service Venues

Measurement A policy exists to apply nutrition standards that are consistent with the Dietary Guidelines for Americans to all food sold (e.g. meal menus and vending machines) within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

Lakeland School District has healthy food vending machines with fruit and other healthy snacks to include healthy beverages.

West Central Head Start in Appleton City uses the "Eat Smart" program at the intermediate level.

Strategy #2 Communities Should Improve Availability of Affordable Healthier Food and Beverage Choices in Public Service Venues

Measurement A policy exists to affect the cost of healthier foods and beverages (as defined by IOM, 2005) relative to the cost of less healthy foods and beverages sold within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

Gordon's Orchard on Hwy 13 South has produce.

Some Amish sell produce from their homes.

Lakeland School has healthy choice vending machines.

Strategy #3 Communities Should Improve Geographic Availability of Supermarkets in Underserved Areas

Measurement The number of full-service grocery stores and supermarkets per 10,000 residents located within the three largest underserved census tracts within a local jurisdiction.

Local grocery stores are:

Appleton City - Food Fair

Osceola - Carney's

Collins - Buzz's

Iconium - Scott's

Osceola – Joe's Market is rebuilding.

Strategy #4 Communities Should Provide Incentives to Food Retailers to Locate in and/or Offer Healthier Food and Beverage Choices in Underserved Areas

Measurement Local government offers at least one incentive to new and/or existing food retailers to offer healthier food and beverage choices in underserved areas.

No incentives exist.

Strategy #5 Communities Should Improve Availability of Mechanisms for Purchasing Foods from Farms

Measurement The total annual number of farmer-days at farmers' markets per 10,000 residents within a

local jurisdiction.

Farmer's Market in Osceola at the Public Health Department on Tuesdays from 8:00 am - noon during summer months.

Farmer's Market in Appleton City every Saturday during Summer at Forest Park from 8:00 am to noon during summer months.

Strategy #6 Communities Should Provide Incentives for the Production, Distribution, and Procurement of Foods from Local Farms

Measurement Local government has a policy that encourages the production, distribution, or procurement of food from local farms in the local jurisdiction.

Farmer's Market in Osceola at the Public Health Department on Tuesdays from 8:00 am - noon.

Farmer's Market in Appleton City every Saturday during Summer at Forest Park from 8:00 am to noon.

Gordan's Orchard has produce during May to November.

Strategies to Support Healthy Food and Beverage Choices

Strategy #7 Communities Should Restrict Availability of Less Healthy Foods and Beverages in Public Service Venues

Measurement A policy exists that prohibits the sale of less healthy foods and beverages (as defined by IOM, 2005) within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

Lakeland School restricts use of vending machines to healthy choices during school.

Strategy #8 Communities Should Institute Smaller Portion Size Options in Public Service Venues

Measurement Local government has a policy to limit the portion size of any entree (including sandwiches and entrée salads) by either reducing the standard portion size of entrees or offering smaller portion sizes in addition to standard portion sizes within local government facilities within a local jurisdiction.

Local government facilities do not have cafeterias or food served in their facilities.

Strategy #9 Communities Should Limit Advertisements of Less healthy Foods and Beverages

Measurement A policy exists that limits advertising and promotion of less healthy foods and beverages within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

No policy exists and no promotions exist in our government facilities or our schools.

Strategy #10 Communities Should Discourage Consumption of Sugar-Sweetened Beverages

Measurement Licensed child care facilities within the local jurisdiction are required to ban sugar-sweetened beverages, including flavored/sweetened milk and limit the portion size of 100% juice.

WIC has restrictions on supplemental foods through their program.

Strategy to Encourage Breastfeeding

Strategy #11 Communities Should Increase Support for Breastfeeding

Measurement Local government has a policy requiring local government facilities to provide breastfeeding accommodations for employees that include both time and private space for breastfeeding during working hours.

No policy exists.

Strategies to Encourage Physical Activity or Limit Sedentary Activity Among Children and Youth

Strategy #12 Communities Should Require Physical Education in Schools

Measurement The largest school district located within the local jurisdiction has a policy that requires a minimum of 150 minutes per week of PE in public elementary schools and a minimum of 225 minutes per week of PE in public middle schools and high schools throughout the school year (as recommended by the National Association of Sports and Physical Education).

350 minutes at Appleton City Middle and High School per week.

60 minutes per week for each student at Roscoe C-1 School.

Lakeland School 50 minutes of PE for K-6, 2 semesters required for 9-12 graders.

Osceola School follows DESE guidelines.

Strategy #13 Communities Should Increase the Amount of Physical Activity in PE Programs in Schools

Measurement The largest school district located within the local jurisdiction has a policy that requires K–12 students to be physically active for at least 50% of time spent in PE classes in public schools.

They follow DESE Guidelines

Strategy #14 Communities Should Increase Opportunities for Extracurricular Physical Activity

Measurement The percentage of public schools within the largest school district in a local jurisdiction that allow the use of their athletic facilities by the public during non-school hours on a regular basis.

The schools are all rural and this would cause an increase in the cost of keeping someone present for entry into the facilities, as well as present during and after use of the facilities.

At Lakeland School each class has at least one and sometimes two recesses per day. K-4 grades spends 40 minutes per day at recess and 5-6 grades spend 20 – 30 minutes per day at recess.

Strategy #15 Communities Should Reduce Screen Time in Public Service Venues

Measurement Licensed child care facilities within the local jurisdiction are required to limit screen time to no more than 2 hours per day for children aged _ 2 years.

Head Start in Appleton City

Little Apple Day Care in Appleton City

Lakeland Early Childhood Center has no Television in their facility.

Strategies to Create Safe Communities That Support Physical Activity

Strategy #16 Communities Should Improve Access to Outdoor Recreational Facilities

Measurement The percentage of residential parcels within a local jurisdiction that are located within a half-mile network distance of at least one outdoor public recreational facility.

We are rural for the most part in St. Clair County.

Appleton City has a pool.

Osceola has a pool.

We have Truman Lake for fishing, skiing, boating, etc.

Strategy #17 Communities Should Enhance Infrastructure Supporting Bicycling

Measurement Total miles of designated shared-use paths and bike lanes relative to the total street miles (excluding limited access highways) that are maintained by a local jurisdiction.

Due to the small size of the cities, bike lanes are not necessary. People feel they can ride their bikes with others watching out for them.

Strategy #18 Communities Should Enhance Infrastructure Supporting Walking

Measurement Total miles of paved sidewalks relative to the total street miles (excluding limited access highways) that are maintained by a local jurisdiction.

Again, due to the small size of our cities, the sidewalks are not needed. However Appleton City did try to get a grant to improve sidewalks in the community in 2013.

Strategy #19 Communities Should Support Locating Schools within Easy Walking Distance of Residential Areas

Measurement The largest school district in the local jurisdiction has a policy that supports locating new schools, and/or repairing or expanding existing schools, within easy walking or biking distance of residential areas.

Lakeland School is rural.

Osceola School is rural.

Roscoe School is in the town but minimal students live in town, also has most students bussed into school.

Appleton City is in the city, but ease of walking is not supported by sidewalks and crosses a highway for half of the city. In 2013 they did try to obtain a grant for sidewalks.

Strategy #20 Communities Should Improve Access to Public Transportation

Measurement The percentage of residential and commercial parcels in a local jurisdiction that are located either within a quarter-mile network distance of at least one bus stop or within a half-mile network distance of at least one train stop (including commuter and passenger trains, light rail, subways, and street cars).

Rural, no bus or train stops.

Strategy #21 Communities Should Zone for Mixed Use development

Measurement Percentage of zoned land area (in acres) within a local jurisdiction that is zoned for mixed use that specifically combines residential land use with one or more commercial, institutional, or other public land uses.

Rural and used for farming and Truman Lake.

Strategy #22 Communities Should Enhance Personal Safety in Areas Where Persons Are or Could be Physically Active

Measurement The number of vacant or abandoned buildings (residential and commercial) relative to the total number of buildings located within a local jurisdiction.

Several Commercial buildings are abandoned due to decay of the buildings from age.

Most residential buildings are older homes.

Appleton City just received a grant to remove abandoned residential buildings.

Strategy #23 Communities Should Enhance Traffic Safety in Areas Where Persons Are or Could be Physically Active

Measurement Local government has a policy for designing and operating streets with safe access for all users which includes at least one element suggested by the National Complete Streets Coalition (<http://www.completestreets.org>)

There are no policies.

Strategy to Encourage Communities to Organize for Change

Strategy #24 Communities Should Participate in Community Coalitions or Partnerships to Address Obesity

Measurement Local government is an active member of at least one coalition or partnership that aims to promote environmental and policy change to promote active living and/or healthy eating (excluding personal health programs such as health fairs).

St. Clair County has a C.H.A.R.T. Coalition and a Coalition on poverty prevention and improvement of those in poverty. The CHART Coalition helps provide information needed on health in the communities.

After August 14, the MMWR Report, *Recommended Community Strategies and Measurements to Prevent Obesity in the United States* and the *Implementation and Measurement Guide* will be posted at www.cdc.gov/nccdphp/dnpao/publications/index.html

Division of Nutrition, Physical Activity and Obesity
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
U.S. Department of Health and Human Services
www.CDC.gov/nccphp/dnpao

Nutrition

Websites:

ChooseMyPlate.gov
Health.mo.gov/wic
www.nutrition.gov
nutritiondata.self.com/
www.cdc.gov/nutrition/
www.mypyramid.gov
mealsmatter.org
medicineworld.org
www.nutritionexplorations.org/
www.nlm.nih.gov/medlineplus/nutrition.html
www.who.int/topics/nutrition/en/
fnic.nal.usda.gov/
www.ncagr.gov/cyber/kidswrld/nutrition/
www.nal.usda.gov/fine/foodcomp/searcharborcom.com/
www.nutritionexplorations.org/kids.php

Local Sources

Education

University of Missouri Extension Center – 106 W. 4th Street, Osceola – 660-646-2419

Schools

Appleton City R-2 – 408 W. 4th, Appleton City – 660-476-2161
Lakeland R-3 – 12530 Lakeland School Drive, Deepwater – 417-644-2223
Osceola Public - Hwy. WW, Osceola – 417-646-8333
Roscoe C-1 Main Street, Roscoe – 417-646-2376

Hospitals

Ellett Memorial Hospital – 610 N. Ohio, Appleton City – 660-476-2111
Sac-Osage Hospital – Jct. Hwy 13 and Bus. 13, Osceola – 417-646-8181

Clinics

Appleton City Clinic – 610 N. Ohio, Appleton City – 660-476-2121
Tri-County Clinic – 855 Arduser Drive, Osceola – 417-646-8153
Morton Clinic – 101 Giesler Drive, Osceola – 417-646-8123
Compass Health Wellness – 101 Hospital Drive, Osceola – 417-646-8158

WIC – St. Clair County Health Center – 530 Arduser Drive, Osceola – 417-646-1269

St. Clair County Senior Center – 120 Pine, Osceola – 417-646-8292

Day Cares

WCMCAA Head Start in Appleton City – “Eat Smart Program” – 214 S. Beech,
Appleton City – 660 -476-5877

Little Apple Learning Center – 409 E. Dover, Appleton City – 417-476-2252

Lakeland Early Childhood Center – 12530 Lakeland School Drive, Deepwater –

417-646-2223

Grocery Stores

Food Fair in Appleton City – 309 W. 4th, Appleton City – 660-476-2131
Carney's in Osceola – Bus. 13, Osceola – 417-646-2209
Scott's in Iconium – 12770 NE Hwy C, Osceola – 417-646-2221
Buzz's in Collins - , Collins – 417-275-4360
Joe's Market in Osceola (rebuilding) – 417-646-2354

Health care

West Central Missouri Community Action Agency – 106 W 4th, Appleton City –
660-476-2185
St. Clair County Health Center – Public Health – 530 Arduser Drive, Osceola –
417-646-8332

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Mental Health

Pathways – 101 Hospital Drive, Osceola – 417-646-8158

Coalition

St. Clair County Community Health Assistance Resource Team (C.H.A.R.T.) – 530 Arduser
Drive, Osceola – 417-646-8332

Physical Activities

Websites:

Fitness Partner: Activity Calorie Calculator: <http://www.primusweb.com/fitnesspartner>
www.cdc.gov/physical_activity/
www.health.gov/paguidelines/
www.presidentschallenge.org
www.bam.gov/sub-physicalactivity/everyone/health/index.html
www.who.int/topics/physical_activity/en/agorneyfitness.yolasite.com
www.shapeup.org/interactive/phy1.php
newhealthguide.info
www.physicalfitness.org
www.physicalactivitycouncil.com/
www.nhlbi.nih.gov
www.mypyramidtracker.gov
www.heart.org/.../PhysicalActivity/Physical-Activity_UCM_001080
wilerdom.com/games/PhysicalActivities.html
www.choosemyplate.gov/foodgroups/physicalactivity.html
www.fitness.gov/
www.aap.org/healthtopics/physact.cfm

www.ncpad.org/
www.ncppa.org/
www.aahperd.org/
www.pecentral.org/
www.physicalactivityplan.org/
www.primusweb.com/fitnesspartner

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Physical Activity Structure and Opportunities in the Community

Area	City	Activity
Appleton City	City	Pool during summer
		Pee Wee Football
		Pee Wee Basketball
		Horseshoe Pits
		Tennis (being built)
		Sand Volleyball (being built)
	Hospital WCMCAA School	3 Parks (with Basketball at one park)
		Arthritis Exercise
		Employee Program
		Cheerleading
		Basketball
		Football
		Track
		Volleyball
		Girls On the Run

			PRIDE – Jr. High Girls on the Run Use of Gym sign waiver and \$1.00 per person nothing
Collins Lowry City Lakeland	City School		Gym rental ½ day for \$25.00, whole day \$50.00 Baseball Cross Country Basketball Volleyball Cheerleading Youth League Girls On the Run No adult use Pool during summer Ball Field Sand Volleyball Park Basketball Skateboard – in storage
Osceola	City		
	Senior Center	Ty Chi	
	David	Tae Quan Doe	
	Assembly of God Church	12-18 youth meet	
		Adults twice a week	
	Health Department	Exercise equipment - \$35.00/month	
	Saddle Club	Horseback riding	
	School	Football Volleyball Basketball Baseball Softball Track Strength Club – weight lifting Adults can use the facilities by going through proper protocols	
Roscoe	School	Girls On the Run Nothing Go to Osceola for activities	

On Your Own or With Someone

Fishing (fly)	Horseback Riding	Swimming
Basketball	Volleyball	Softball
Baseball	Football	Lift weights
Farming	Bale Hay	Ranching
Gardening	Rake Leaves	Walk/Jog/Run/Hike
Water Aerobics	Zumba	Ti Chi
Tia Quan Do	Karate	Judo
Mixing Marshall Arts	Trampoline	Play on the playground
Hunting	Scuba	Snorkle
Kayake	Water Ski	Climbing (Rock)

Archery	Golf	Pottery
Caning	Rowing	Snow Boarding
Down Hill Skiing	Lacrosse	Table Tennis
Water Polo	Painting	House Work
Yard Work	Exercise Machines	Resistance bands
Pushups	Sit-ups	Pull-ups
Digging/Shoveling – heavy gardening		Yoga
Soccer	Softball	Racket ball
Dodge ball	Dancing – Aerobic or Ballroom or Belly	
Jazzercise/Jazz Dancing	Ballet	Tap Dance
Crochet	Badmitten	Jump Rope
Skip	Hop	Rollerblade/Skate
Cross Country Skiing	Football (flag)	Hockey (field & ice)
Bowling	Ultimate (frisbie)	Climb stairs or a tree
Handball	4-square	Volleyball (water)
Track	Horseshoes	Stand up and sit down
Stand on one foot then the other		Wood working
Hop Scotch	Twister	Ride Bicycle
Tennis	Push Lawnmower	Play WII
Row a boat	Work out on exercise equipment	