



Extension

UNIVERSITY OF WISCONSIN-MADISON

KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

STAND UP AND MOVE MORE

A health education workshop
FREE for adults 55+



Sit more than 6 hours/
day?
Learn how and why to
Stand Up and Move More!

- **Stand Up and Move More** is a four-week group health education workshop that meets via ZOOM
- Meetings are 1.5-2 hours long
- The program involves: taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

Get off the couch! | Get motivated! | Be more active!
YOU CAN DO IT!

Classes will be held September 7, 14, 21 and 28 from 2:00pm-4:00pm
over ZOOM video

Questions? Interested in participating? Then call:

Jess DePas at Kewaunee County Public Health Department at

920-388-7160

Stand Up is not a fitness program, but rather a health education program.



How to Create Resilient Communities in Wisconsin by Focusing on Behavioral Health

Everyone deserves an opportunity to thrive in Wisconsin. And to thrive, we need to be healthy and safe in our communities. The conditions of the places where we live, learn, work and play, influence overall health and impact the behavioral health of communities. Communities can prioritize behavioral health, which includes mental health and substance use disorders, through equitable practices and policies. These practices and policies can create more resilient and connected communities where there are opportunities for everyone to be healthy and feel connected to their environment. Resilient communities also offer a source of support during times of stress and buffer from common effects of community-wide trauma or challenges. While the goal is to create better opportunities for all to persevere during times of stress and trauma, communities should make specific behavioral health considerations for priority settings or populations that are most impacted.

SOCIAL CONNECTEDNESS AND ENGAGEMENT

Social support improves individual resilience and reduces mental health and substance use disorders. It also strengthens connection to the community and empowers individuals to care for others. This can be especially important after disruptive community-wide events such as a pandemic or natural disaster.

SUPPORTING A HEALTHY ENVIRONMENT

The environment influences the community's ability to be resilient and healthy. The environment can refer to both the built, physical environment and also the social or economic conditions that shape people's ability to thrive and be healthy. It is important to understand how social and economic factors can shape behavioral health and how they can be addressed through local practices and policies. Communities can use the following suggestions to consider how their environment is impacting the well-being of their community.

https://extension.wisc.edu/files/2020/06/BehavioralHealth_06-29-20-copy.pdf

SUPPORTING ACCESS TO MENTAL HEALTH CARE AND SERVICES

Access to mental health care and services is an important factor influencing behavioral health. Communities can examine what care is available, who has access to receive care and what other barriers exist in their community to receive services.

STIGMA

Stigma surrounding mental health and substance use is a considerable issue in communities and socially influences the health of the community. Stigma impacts how communities and individuals deal with behavioral health concerns. Reducing stigma in the community can create more opportunities to share experiences and build a shared sense of accountability for improving well-being. Communities can consider the following questions and program examples to encourage open discussion of behavioral health to decrease stigma.

https://extension.wisc.edu/files/2020/06/BehavioralHealth_06-29-20-copy.pdf

OPPORTUNITIES TO BUILD SKILLS

Individual behaviors and actions are dependent on the environment in which people live. Resilient communities provide healthy opportunities for all residents to build stress coping skills. Coping skills help individuals effectively manage stress or other mental health issues on a day to day basis. UW-Madison Extension offers opportunities to build stress coping skills.

For more information, visit the UW-Madison Division of Extension Behavioral Health Program online.

<https://extension.wisc.edu/health/>



The Learning Store
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

Making your own compost is an easy, practical, and satisfying way to make use of yard waste and table scraps. With this publication, designed for the home gardener, you'll be composting like a pro in no time. Download your free copy here:

<https://learningstore.extension.wisc.edu/collections/urban-community-gardens>

Did you know that composting can be used to reduce the volume of organic waste sent to landfills? It can also be used to help establish green spaces, urban tree planting, rain gardens, and green roofs. Get your copy of composting practices here:

<https://learningstore.extension.wisc.edu/products/use-of-compost-by-municipalities-and-homeowners>

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