

Activate Buffalo County Coalition Updates

Community Gardens

Interested in being a part of a community garden in your neighborhood, school or faith community? Learn more about community gardens at the Activate Buffalo County Website: www.ActivateBuffaloCounty.org

Walk Out on Your Job

Wellness Works will be held on May 18 at UNK. For more information: www.wellnessworksne.org

National Walk to School Day is April 20. Activate your local parent group to engage youth in walking or biking to school. Find resources about walking to school at www.saferoutesne.org or email activatebuffalocounty@gmail.com

Implementing Healthy Policies: Good Samaritan Hospital

Recently Valley Vending Services implemented "Balanced Choices" at Good Samaritan Hospital. Balanced Choices are vending items meeting the following criteria: 7 grams or less of fat, 260 milligrams or less of sodium and 260 or less calories.

These items are labeled as such inside the vending machine so consumers know which selections meet the Balanced Choices criteria.

"In conducting rounds yesterday," said Jan Hankey, Director of Nutrition Services, "I noticed nearly all the Balanced Choices foods were sold out or the inventory was almost out."

This indicates consumers are purchasing the healthier options compared to the other options.

If your organization would like to launch healthy policies in the workplace, please contact Megan Bebb with the Activate Buffalo County coalition, (308)865-2286 or staff@bcchp.org.

Youth Trip to Capitol Snowed

Over 80 youth registered from area schools to go to Lincoln on March 8. A snow storm deterred their adventure east, but has not slowed them down in advocating for issues of importance to today's youth.

Last month, Dr. Diane Duffin, Political Science Professor from University of Nebraska at Kearney provided an advocacy training through the Educational Service Unit 10 long-distance learning network. Schools participating in the training were from Kearney High, Horizon Middle School, Ravenna, Amherst, Shelton and Pleasanton. The Buffalo County Youth Advisory Board worked with UNK student, James Smith, to develop a priority list of issues in which to advocate at the Capitol. James was hired by Community Partners as the legislative intern to book over 30 senator meetings on March 8.

Funding for this program, was secured by three members of the Buffalo County Youth Advisory Board. Jack Anderson, Kearney High School; Griffin Mims, Horizon Middle School; and Alyssa Van Arnam, Ravenna High School submitted a Region 3 Behavioral Health Mini-Grant to support the costs of the Youth Advocacy Day.

UNK Works with Community Partners on "It Ain't Pretty"

By Ismael Torres and Samantha Mitchell

In an effort to educate students on what binge drinking is and the dangers associated with it, a dozen students gathered at an off campus apartment to simulate a house party. The final product was a 30-second web spot for the University of Nebraska at Kearney Peer Health Education's It Ain't Pretty Campaign (www.itaintpretty.org).

This social norms media campaign aimed at reducing binge drinking at UNK is funded by the Nebraska Department of Health and Human Services' "Nebraska Strategic Prevention Framework State Incentive Grant" (SPF SIG). This grant is a part of the Positive Pressure Coalition's comprehensive plan in reducing substance abuse.

This unique campaign was and continues to be developed by UNK students and staff in the hopes of educating students on the dangers of binge drinking. Through their Website, the campaign provides resources to students and links them to different services both on and off campus regarding high-risk drinking prevention. Using various social networking sites such as Facebook, Youtube, and Flickr, students will be able to be in constant connection with the Website and our information.



Using both traditional and new media, the It Ain't Pretty Campaign gained valuable exposure in the early fall semester. Posters, door decorations for UNK on-campus residents, videos, and blog posts are a few ways students can learn about our message. We have also distributed trifold business cards we had created entitled, "knowing your limit." The cards presented both male and females with blood alcohol level charts, the definition of both a standard drink and binge drinking.

Most recently, Nebraska Public Television premiered a television special called "Binge" in which some of the focus was on our Annual Alcohol-Free Night, OkSOBERfest sponsored in part by SPF-SIG.

Youth Advisory Board Applications Available, Due June 1

The Youth Advisory Board is seeking to fill seven open seats for the coming schools year. Qualified applicants will be in 6th-12th grades during the 2011-2012 school year. YAB members represent their community on this county-wide, student-led board.

There are open seats in the following communities: Amherst (1 seat), Elm Creek (1 seat), Gibbon (2 seats), Ravenna (2 seats), and Shelton (1 seat).

Applications are available on the BCYAB Website at www.bcyab.org





PO Box 1466
Kearney, NE 68848
www.bcchp.org

Find us on Facebook:
www.facebook.com/bcchp

Our Mission

Buffalo County Community Partners is a county-wide, non-profit organization with a mission to assess, promote and strengthen the health of Buffalo County citizens. Community Partners facilitate change through the recruitment and training of volunteers and the creation of coalitions to impact priority issues that reach all corners of the county.

Partner with us!

If you would like to be a partner with Buffalo County Community Partners through a financial donation, please contact Denise Zwiener or donate online at www.bcchp.org

Buffalo County Community Partners Contact Information:

Denise Zwiener, Director
308/865.2280
dzwiener@bcchp.org

Bob Smoot, Board Chairman
308/865-7100 ext. 2239
robertsmoot@catholichealth.net

Lacrica Olson, Coalition Coordinator
308/865.2283
lolson@bcchp.org

Megan Bebb, Marketing Coordinator
308/865.2286
staff@bcchp.org

Heidi Anderson, Office Manager
308/865.2284
info@bcchp.org

Calendar of Events

- **Activate Buffalo County** meets on the first Monday of each month, 1:30-3 p.m., Cash-Wa Board Room. For more information: staff@bcchp.org or www.ActivateBuffaloCounty.org
- **Positive Pressure Coalition** meets on the first Tuesday of each month, 12-1 p.m., Region 3 Conference Room. For more information: lolson@bcchp.org or www.bcchp.org
- **Buffalo County Tobacco Free Coalition** meets on the first Thursday of each month, 1:15-1:15 p.m., Region 3 Conference Room. For more information: jbrown@region3.net
- **Buffalo County Health Ministry Network** meets on the second Thursday of each month, 12-1 p.m., Holy Cross Lutheran Church. For more information: (308)865-7741
- **Youth Advisory Board** For more information: www.bcyab.org
March 8: Youth Day at the Capitol, Buffalo County Youth travel to the State Capitol to meet with Senators.
- **Buffalo County Housing Coalition** meets on the fourth Monday of each month, 1:15 p.m., Miller & Associates. For more information: candy@miller-engineers.com
- **Buffalo County Housing Senate** meets on the fourth Monday of each month, 7 p.m., Location TBD. For more information: candy@miller-engineers.com
- **TIPS Trainings** For more information: lolson@bcchp.org or www.bcchp.org

Build YOUR managerial skills

MBA in Human Services

Our distinctive point of view:
**Empowering YOU
to be an effective leader.**

You are:
Committed. Experienced. Capable.

Now, shape your future career;
achieve a professional edge!!

Give us a buzz at **308-865-8346**
Email us at skarkala@unk.edu
Visit us @ www.unk.edu/mba
Chat on skype: UNK_MBA_program
Or, better still, come see us at 135C West Center, UNK
We look forward to visiting with **you!**

An MBA from UNK:

Ignite your career.

Power your future.

*The best business
decision you will
ever make!!*



COLLEGE OF BUSINESS
& TECHNOLOGY



Convenient. Affordable. Credible. Personal. PERIOD.