



NORTHWEST CT

PROGRESS REPORT
2018 - 2019

What is Fit Together?

Fit Together: Northwest CT Healthy Eating & Active Living Initiative

Fit Together, a community collaborative, was formed in 2011 with the initial purpose to identify and implement environmental and social improvements in Torrington and Winsted that help make healthy choices for individuals, easy choices.



Our Mission

To build the healthiest kids, families and communities through sustainable strategies that foster healthy eating and active living.



Our Dream

Our dream is that Torrington & Winsted will be recognized as the healthiest communities in Connecticut. Our future is held by our children and our challenge is to give them the best chance to live long, healthy and productive lives.



PARTNERS



Steering Committee Members

Carla Angevine, Executive Director Fit Together Community Wellness Coordinator, Charlotte Hungerford Hospital

Michelle Brady, Community Health and Wellness

Greg Brisco, CEO, Northwest CT YMCA, Co-leader

Michael Curi, MD, Pediatrics and Adolescent Medicine

Tim Gaffney, Market Edge Writers, Torrington KIDSMARATHON Final Mile

Renee Giroux, Sustainable Healthy Communities

Jennifer Kelley, Winsted Senior Center Director & Municipal Agent

JoAnn Ryan, CEO Northwest Chamber of Commerce

Rista Malanca, Zoning Enforcement Officer, City of Torrington

Brian Mattiello, Vice President for Strategy and Community Development at Hartford HealthCare Northwest Healthcare

Leslie Polito, Torrington Area Health District, Co-Leader

Owen Quinn, Executive Director, United Way of Northwest CT

Anne Vitali, Torrington Public Schools

Rachel Welcome, Winsted Community Volunteer



Fit Together adopted 5-2-1-0 as a central message for all its initiatives which was inspired by the Let's Go! 5-2-1-0 message developed in Maine. The message stands for:

- 5** or more fruits & vegetables
- 2** healthy screen time habits
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

Let's Go! uses a six sector approach to reaching youth and families where they live, learn, work and play to reinforce the importance of healthy eating and physical activity. The six sectors are: early childhood, schools, after-school, workplace, healthcare, and communities.

The NEW “2”

Choose 2 Healthy Screen Time Habits

Screens are everywhere and we realize two hours or less of recreational screen time is a challenging goal. Fit Together has updated our “2” to align with our ever changing media platforms.

For Children < 2 Years Old:

- Read 2 books per day
- Eliminate TV in the bedroom and entertainment screen time.

For Children Ages 2-9 Years Old:

- Tablet use is ok, but discourage personal smart phones
- TV and tablet screens can be distracting in the bedroom, opt for those in the living room only!
- Limit recreational screen time, including gaming, to 2 hours per day
- Encourage kids to play a game or activity instead of binge-watching television
- Aim for 30 minutes of uninterrupted reading each day

For Children Ages 10+ Years Old:

- Personal smart phones are okay
- If your child has a phone, have them charge it in the kitchen or living room
- Eliminate smart phone use in the bedroom
- Have tech free time each day during homework and dinner. This includes going out to restaurants!
- Stay away from multitasking, stick to one activity at a time
- As a parent, check your child’s average hours on their phone

5-2-1-0

GOLD PARTNERS



Charlene Lee from Brooker Memorial

We announced our first GOLD Partner recognitions honoring 10 sites in Torrington and Winsted for their positive impact on children's health. Seven recipients are child care centers who are proactively implementing evidence-based strategies to increase daily healthy habits.

GOLD CHILDCARE

These gold level sites were identified because they instill a positive relationship with food and enthusiasm for healthy choices by promoting evidence based strategies such as limiting or eliminating sugary drinks, promoting water as the drink of choice, prohibiting the use of food as a reward, limiting unhealthy choices during snacks and celebrations, and providing opportunities for physical activity outside of recess on a daily



Janet L. Sosnicki
from Hill Top
Christian Early
Learning Center



Jana Freer from
Torrington YMCA
Childcare



Rachel Tway Grant
and Barbara
Mazzei from
Winsted Area
Childcare



Erica Gammon from Torrington, East School and Winsted Head Start & School Readiness with Carla Angevine and Jessica Stewart from Fit Together

GOLD PEDIATRICIANS

These gold level sites practice specific, obesity prevention program components that include providing consistent 5-2-1-0 messaging in offices, accurately weigh and measure patients, and have a respectful conversation about healthy eating and active living.



Leah Drouin, PA and Jessie Mangs, PA
from Litchfield Hills Pediatrics



Dr. Jessica Magda and Dr. Michael Curi



Dr. Sophia Grant from Litchfield County
Pediatrics

MINI GRANTS

Fit Together awarded nine mini grants to Northwest CT organizations that support projects that align with Fit Together NWCT's mission and strategies Spring 2018-Spring 2019.

TORRINGTON KIDS MARATHON

Fit Together mini grant helped support the 2018 and 2019 final mile event



CAFE YUM

Charlene Dutka of Ciesco Catering Company travelled to the Torrington Schools with Café Yum. The tastings gave students the opportunity to try healthy and delicious snack alternatives that they can make on their own.



SENSORY HALLWAYS

Torrington and Forbes sisters schools plan to install these indoor pathways specifically designed for children. The sensory hallways consist of floor decals that are made of colorful images and pictures which promote physical movement.

MIDDLE SCHOOL FITNESS TRAIL

Phase one of this community fitness trail on the TMS campus will provide students, faculty and the community the opportunity for physical



activity. The plan is to compliment the already existing nature trail with workout stations that wrap around the school campus. Each station allows for varying physical skills and ages.



TORRINGTON KIDS GOLF

Coming to the Torrington PE classes grades K-5 in conjunction with local PGA professionals to promote the game from the school to the community and neighboring golf courses. The schools were awarded the appropriate golf equipment to service the four elementary schools.

THE GILBERT WELLNESS

Plans to use the mini grant funds to revive their outdated fitness room for both students and faculty members.



WINSTED SENIOR CENTER

"Farm to Senior Center Table" program will supply thirteen weekly NWCT Food Hub Community Supported Agriculture deliveries of fresh, local and seasonal fruits and vegetables delivered to the Winsted Senior Center.



TORRINGTON COMMUNITY GARDEN



EdAdvance community garden collaboration started in 2018. The garden needed a shed and new equipment to increase its capacity. Fit Together was there to help!

PAL TOUCHLESS WATER FOUNTAIN

Torrington's Police Activities League purchased and installed a new water fountain to promote water over sugary sweetened beverages.



NEW 5-2-1-0 **IN OUR SCHOOLS**

TORRINGTON MIDDLE SCHOOL



Healthy snacks at the after-school program.



FORBES AND TORRINGFORD WELLNESS FAIRS



Forbes expanded their 2018 fair to include their sister school in 2019. More than 300 participants attend these community events.

COMMUNITY

MAKING HEALTHIER CHOICES TOGETHER

FIT TOGETHER FAMILIES

HEALTHY WEIGHT AND YOUR CHILD PROGRAM

The Northwestern CT Y received a grant to implement a weight management program for children who carry excess weight and their families. 2018 the Y and Fit Together staff went through extensive training in preparation for the intense 25 session program launching in 2019.

The family-based weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight.



COMMUNITY INITIATIVES

BIKE RACK SPONSORSHIP PROGRAM

20 bike racks were purchased to promote physical activity and provide safe and convenient places for people to park their bikes while they do errands, go to the park, stop at the library or go to school. They will be installed throughout Torrington and Winsted in 2019. Sponsors include:

Bicron Electronics Company

Torrington Savings Bank

Liberty Tax

Center Subaru

Charlotte Hungerford Hospital

Northwestern Community College

Ebersol, McCormick, Reis & Steck, LLC.

UNICO

Brooks, Todd & McNeil

RBC Aircraft Products

Nickerson General Contractors

Gilbert Class of 2018

Highland Lake Watershed Association

Rotary Club of Winsted and Torrington

J. Michael Curi MD and Jessica L. Magda MD

BIKE RACK LOCATIONS:



- Torrington Teen Center
- 635 Main St. Torrington
- Armory
- Oliver Wolcott Technical High School
- Sue Grossman Greenway
- Torrington High School
- Torrington Middle School
- Y- Torrington
- Winsted School Pearson
- Y- Winsted
- Community Health and Wellness Winsted
- The Gilbert School
- Highland Lake- Resha Beach
- Northwestern CT Community College

SUE GROSSMAN GREENWAY



Fit Together hosted their first [Family Bicycle Rally](#) on Sunday September 22 on the Sue Grossman Greenway. The free family event attracted more than 50 participants and included a strider bike obstacle course, raffle prizes and healthy snacks. Families had the choice to ride as little or as much as they wanted. A few families took advantage of the sunning last day of summer and complete two loops or 10 miles!

LINEAR FITNESS TRAIL



Fit together funded the install of six fitness stations placed along the SG greenway. The trail sees over 20,000 visits per year. This interactive linear fitness park promotes physical activity for all ages and abilities.