



The Wellness Coalition

Partners in WELLNESS



January 2024

Partner Updates On Efforts To Improve Wellness In Our Community

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Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

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Montgomery, AL 36108

[thewellnesscoalition](https://www.thewellnesscoalition.org)

(334) 293-6502

[thewellnesscoalition.org](https://www.thewellnesscoalition.org)

UPCOMING EVENTS

JAN
22

**Diabetes Prevention
Community Meeting**
5:30–6:30pm • Online

Join us for a FREE virtual community meeting to learn how our diabetes prevention program, *Change Your Lifestyle. Change Your Life. (CYL²)*, can improve your quality of life and reduce the risk of developing type 2 diabetes.

[CLICK TO REGISTER](#)

JAN
29

**Diabetes Prevention
Community Meeting**
5:30–6:30pm • Online

Join us for a FREE virtual community meeting to learn how our diabetes prevention program, *Change Your Lifestyle. Change Your Life. (CYL²)*, can improve your quality of life and reduce the risk of developing type 2 diabetes.

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A Silver Milestone

Celebrating 25 Years of Community Service

In 1999, the challenge of treating the healthcare needs of uninsured adults in the Montgomery area was falling on local emergency rooms and straining important medical resources.

To confront this burden, a group of nine safety net healthcare providers came together to share information and seek solutions to reduce the economic impact of serving the uninsured and to increase patients' quality of life.

The group included:

- Alabama Department of Public Health Area VIII
- Baptist Health
- Community Care Network
- Health Services, Inc.
- Jackson Hospital
- Joint Public Charity Hospital Board
- Medical Outreach Ministries
- Montgomery Area Mental Health Authority
- Montgomery County Health Department

These organizations joined forces to form what is now known as The Wellness Coalition. Today, TWC provides services for Autauga, Elmore, Lowndes, Macon, and Montgomery counties.

“

We thank everyone who has supported us over the years and we look forward to all the great things we can accomplish together in the future. We couldn't do it without each and every one of you.

Ghandi Daniels
Executive Director



The Wellness Coalition

The Wellness Coalition's work now includes direct services to residents, at no cost to them. The hallmark of these services is wellness case management, a service to help those with little or no health insurance—including those who use emergency rooms for regular care—find a doctor, get needed medications, and connect to other services to manage chronic diseases.

Wellness case managers also work one-on-one with their clients to help them set wellness goals and work to achieve them. Additional programs offered by TWC also provide:

- Chronic disease self-management
- Diabetes self-management and prevention
- Health insurance enrollment assistance
- Guidance for setting up health ministries in churches
- Adult vaccination education and clinics
- Breastfeeding support and resources
- Healthy nutrition education
- Physical activity education
- Worksite partnerships for employee wellness
- Training of lay leaders to provide wellness education to their communities
- Continuing education for nurses, social workers, and other healthcare providers

The key to The Wellness Coalition's ability to offer so many services is the dedication to collaborating with community leaders, agencies, and partners. Call (334) 293-6502 to learn more about ways you can participate in making the River Region a healthier place for everyone.

Program Updates

Engagement Activities & Accomplishments

Since our previous issue, The Wellness Coalition successfully:

- Engaged 14 churches about launching health ministries in Autauga, Lowndes, Macon, and Montgomery counties
- Hosted virtual briefings about seasonal flu, RSV, COVID-19, and adult vaccinations
- Engaged local clinics and organizations regarding partnerships for adult vaccination clinics
- Developed a database of breastfeeding- and baby-friendly hospitals and clinics
- Launched a new events feature on our website at thewellnesscoalition.org



Recent Updates & Announcements from CDC

New Webinar Series: CHAMPS Tuesday Trainings: Breastfeeding Competencies

Under Baby-Friendly USA's 6th edition Guidelines and Evaluation Criteria, hospitals are required to assess staff competency according to 70 performance indicators, including knowledge-based indicators and indicators that assess skills and attitudes. CHAMPS' virtual Tuesday Trainings series will support hospitals in planning and executing training and competency verification of your staff under the latest requirements. Webinars will be held January – July 2024 on the fourth Tuesday of each month. Email CHAMPSbreastfeed@gmail.com to register.

New Resource: AAP Resources on Breastfeeding Support Policies for Medical Trainees

The American Academy of Pediatrics (AAP) released the ["Breastfeeding & Lactation Support Policies for Medical Trainees" web page](#), featuring resources for institutions creating or revising their breastfeeding and lactation policies that support their medical trainees.

Updated Resource: Quarterly State of States: Transportation Alternatives Program

The Safe Routes Partnership has analyzed the states' implementation of the Transportation Alternatives Program. While many states are awarding and obligating the massive amounts of new money from the Bipartisan Infrastructure Law, five states transferred funds out of the program, even with the new requirements that should serve as a deterrent to doing so. [Check in on how your state is doing.](#)



Quick Health Tips:

Why Walk? Why Not!

The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can help decrease the risk of chronic diseases such as heart disease, cancer, or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment.

[Click here](#) for CDC resources related to walking and physical activity to help you get started.

Get Involved Champions of Change

On January 8, 2024, The Wellness Coalition hosted our first Champions for Change meeting. A total of 23 community partners joined the meeting. You can also become a Champion of Change!

Champions of Change:

- Attend quarterly meetings to share ideas about ways to build a healthier community
- Inspire others to make healthy changes
- Share updates and event information in their community circles
- Speak up for safer places to be active in the outdoors
- Assist with promoting healthy nutrition promotion, physical activity promotion and access, breastfeeding promotion, and access to adult vaccination uptake
- Help with upcoming event planning
- Volunteer for at least 2 events (vaccination clinic, "A Tour of Wellness" health fairs, Baby Cafes, Breastfeeding Summit, Adult Vaccination webinars, etc.)
- Inform decision-makers about health issues in our community

Join our team of Champions for Change and play a vital role in transforming our community's well-being. To learn more about the position or to apply, visit bit.ly/CHAMPFORCHANGE.



AGENCY RESOURCES:

[Physical Activity at Your Level](#)
[Nutrition Tips and Tricks](#)

[Find a Medical Home](#)
[Adult Vaccination](#)

Adult Vaccination

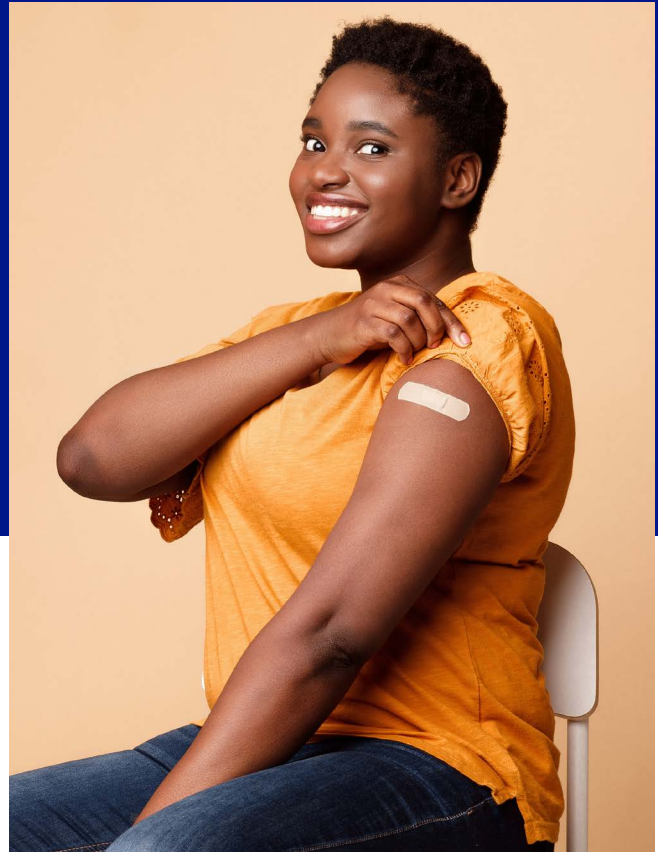
Why Should Adults Stay Vaccinated?

You may not realize you need vaccines throughout your adult life. The protection some vaccines provide can fade over time, and you might need additional vaccine doses (boosters) to maintain protection.

For example, adults should receive a tetanus booster every 10 years to protect against infection from dirty wounds. Talk to your healthcare provider about vaccination to see whether you might have missed any vaccines or need a booster.

Vaccines have saved lives for over 100 years, but serious disease is still a threat. Vaccines have greatly reduced diseases that once routinely harmed or killed babies, children, and adults.

People everywhere, including the United States, still become seriously ill or die from diseases that vaccines can help prevent. Here are 4 more reasons to get and stay vaccinated:



Learn more at thewellnesscoalition.org/vax.

1

Vaccines protect both you and others.

Some people cannot get certain vaccines due to age or health conditions. By getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people who are at risk.

2

Vaccines can prevent serious illness.

Some vaccine-preventable diseases can have serious complications or even lead to later illnesses. For them, vaccination provides protection not only against the disease itself but also against the dangerous complications or consequences that it can bring.

3

The vaccines you receive are safe.

Vaccine safety is a high priority. CDC and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval.

4

Vaccines may be required.

People whose job or situation puts them at risk of catching and spreading preventable diseases need to be vaccinated against them. Some examples include students, military personnel, healthcare workers, and residents of rehabilitation or care centers.

Programs that Work

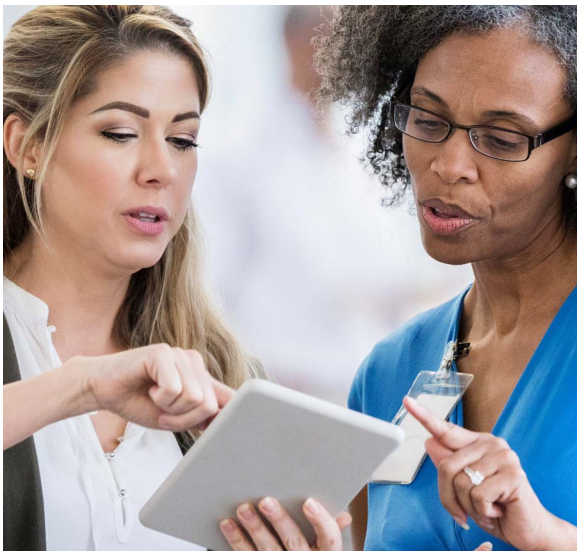
Top Worksite Programs for Employers



Diabetes Prevention & Management

Preventing diabetes is good for business. The Wellness Coalition can help you raise your bottom line with a diabetes prevention program fully recognized by the Centers for Disease Control and Prevention. Call Martine Rocker at (334) 293-6502.

[Click here to calculate your cost savings.](#)



Become a Community Health Worker Employer

The Community Health Worker CHW Apprenticeship Program gives employers the unique opportunity to offer jobs in their community with the ultimate goal of providing knowledge and retention of those service workers in your community.

[Click here to learn more.](#)



Attract Customers with a Baby Café

Each location is licensed by Baby Café USA (BCUSA), a registered non-profit, and will be run in partnership with The Wellness Coalition. BCUSA provides support, resources, and a proven model to make the process of setting up and operating a Baby Café site uncomplicated and time-efficient.

[Click here to learn more.](#)