Bonner County Coalition for Health, Panhandle Health District 1, Sandpoint, ID

As a result of the 2016 needs assessment that revealed the fact that 38% of Bonner County citizens are considered low income and 34% of residents suffer from a high rate of obesity/overweight, The Bonner County Coalition for Health (BCCH) was formed in 2016. The defined mission was to implement policy, system and environmental changes to improve the county’s health. The almost 100-member coalition separated into four distinct groups focused on unique solutions. One group is called “Change for Change” which focuses on improving access to healthy foods and beverages. Another group, “Bonner County Resources for Health and Wellness” is increasing access to resources with a Healthy Lifestyle Non-pharmaceutical prescription program and easy access to resources online. The “Bonner County Communications” group further supports these efforts by establishing and maintaining a coalition website and linking it to the already existing Sandpoint Community Resource Center website. Lastly, “Harvesting Our Health” is interested in establishing community gardens throughout the county. All of these groups meet at least monthly and are focused on improving the health of Bonner County citizens.

We successfully completed our first objective to increase the number of people in Bonner County with improved access to environments with healthy food and beverage options. We accomplished this by increasing the number of grocery stores with new on-site and in-store placement and promotion strategies for healthy foods in the target community. Each week a WIC approved recipe is made available for free to Bonner County residents as they enter the local grocery store. Four items from the recipe are featured and offered at a 10% or greater discount. If one of the featured items is purchased, a $1.00 off coupon is generated at the register. If all four items are purchased, a $5.00 off coupon is generated. The coupons can be used within 30 days of receipt to make future healthy food purchases at the grocery store. Another success in improving access to healthy foods was in establishing community gardens. Our initial garden site became unavailable so we contacted the school district and quickly switched gears to support school gardens that were in need of assistance. We decided to branch out further in the county by establishing gardens at the Senior Center and the Early Head Start program.

To increase the number of people in Bonner County with improved access to opportunities for chronic disease prevention, risk reduction or management through community and clinical linkages we integrated with the Sandpoint Community Resource Centers’ efforts. They have an established website and volunteer run physical location where individuals can go to find out what resources are available in our county. BCCH has updated and added to their resource list. Additionally, we have created “Healthy Lifestyle Prescription Pads” for physicians to use to encourage their patients to improve their lifestyle behaviors. These prescription pads include the web address for Sandpoint Community Resource Center to make it easy for patients to find the resources needed to implement healthy lifestyle behavior changes as recommended.

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CHANGE FOR CHANGE
Choose healthy foods and earn cash rewards!

Special prices for fruits, vegetables, low-fat dairy and whole grain items to keep your family healthy.
Visit Super 1 Foods in Sandpoint to see what healthy foods are discounted today!
624 Larch St, Sandpoint, ID 83864

- Receive $1.00 reward when you purchase any of the healthy food items on special
- Receive $5.00 reward when you purchase ALL 4 items
- Submit your healthy recipe using Change for Change items and you’ll be entered to win a $100 shopping spree!

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Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least $25.00 to participate.

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