



Panhandle Health District

Healthy People in Healthy Communities

Coeur d'Alene Celebrates Top Ranking from *Let's Move!*

COEUR D'ALENE, ID – Today, Panhandle Health District and the City of Coeur d'Alene celebrated the recent Gold Medal Status award from *Let's Move!* with community partners. *Let's Move!* is a comprehensive initiative, for the purpose of combating our country's obesity epidemic. The campaign focuses on long-term, sustainable approaches to incorporate healthy eating and physical activity in communities.

Coeur d'Alene was awarded Gold Medal Status in the following areas:

- *Goal I: Start Early, Start Smart:* Promoting best practices for nutrition, physical activity, and screen time in early care and education settings.
- *Goal II: My Plate, Your Place:* Prominently displaying MyPlate in all municipal or county venues where food is served.
- *Goal III: Smart Servings for Students:* Expanding access to meal programs before, during and after the school day, and/or over summer months.
- *Goal IV: Model Food Service:* Implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans*.
- *Goal V: Active Kids at Play:* Increasing opportunities for physical activity.

Coeur d'Alene is one of just 61 communities to earn this ranking in the United States.

"We are thrilled to be recognized for the efforts our community is making to be a healthy, well-balanced place to live, work and play, but we aren't stopping here," said Erin Whitehead, Panhandle Health District's *Let's Move!* Coordinator. "Now it's time to work on increasing access to parks, affordable, healthy foods, develop more bike-friendly streets and policies, and create more opportunities for children to be physically active."

Panhandle Health District will be presenting the achievements and newest goals to the Coeur d'Alene City Council on February 2nd, in hopes of gaining more support and momentum to make policy and environmental changes that prevent childhood obesity.

The City of Coeur d'Alene and Panhandle Health District have been collaborating with community partners and leaders since February 2015 to reach this status. Those in support include Kootenai Health, Heritage Health, CDA Fire Department, CDA 2030, Bike CDA, Health

GPS, Bike CDA, North Idaho Centennial Trail Foundation, Eat Smart Idaho, University of Idaho Extension, Coeur d' Alene United Way, Coeur d' Alene School District, 2nd Harvest, Inland Northwest Food Network, Salvation Army Kroc Center, Boys and Girls Club, Coeur d' Alene Backpack Program, Coeur d' Alene Library, Head Start, Helbling Benefits and more.

Community members are encouraged to attend the February 2nd City Council meeting to show support for future policies helping young people eat healthy foods and be physically active.