Dear Rachel,

Thanks to all of your comments and suggestions, we are pleased to bring you our first Healthy Lifestyle Initiative of 2012. Over the next few months we'll be trying out a few different format options. Please feel free to give us your feedback on layout, contents, and what would better suit your needs!

Sincerely,

Your On-Campus HLI Team!
Ann, Dale, Margie, Nancy, Arlene, Flavia, Kristin and Rachel

Introducing Our New HLI Team Member - Flavia!

**Flavia Araujo da Silva**

Flavia received a BS in Natural Resources and Environmental Management (NREM) from the University of Hawai‘i at Manoa. Prior to coming to MU, she worked with the United Nations World Food Program Timor-Leste country office as the National Program Officer for Vulnerability Analysis and Mapping mainly dealing with food security issues. Her interests include NREM, food security, sustainable agriculture, rural development and gender issues. Flavia is a Fulbright student and is currently pursuing her Master of Science degree in Rural Sociology focusing on agriculture and community development. Her internship responsibilities with HLI include: assisting with data collection and analysis of community gardens in HLI supported communities; repeat of the initial survey of adults and youth; and assisting with the VISTA community gardening projects in Boone and Cooper counties. Flavia will be with the HLI team until April 30th.

New HLI Website Coming Soon!

Our new, improved, and user friendly website should launch by February 6th! Be sure to check it out at the same current web address: [www.extension.missouri.edu/healthylife](http://www.extension.missouri.edu/healthylife). On the site you'll find clear expectations and support for achieving each step of the HLI process as well as excellent resources for meeting your community's needs.

2012 Healthy Communities Movement Summit - April 12 & 13
Hampton Inn & Suites - Columbia

Registration, lodging, travel and meals will be provided for four people from your community to participate in the 2012 Healthy Communities Movement Summit

- Deepening Partnerships
- Building Skills for Place Based Change
Monte Roulier, president of Community Initiatives, will facilitate the summit designed to foster partnerships and build capacity among those engaged in the healthy eating and active living movement in Missouri. Community Initiatives is a network of individuals and partner organizations dedicated to building healthy and whole communities.

Through presentations, workshops, peer exchanges and networking, participants will be able to:

- Develop connections and strengthen relationships with colleagues from throughout Missouri
- Improve community facilitation skills
- Examine policy development and environmental changes to promote healthy eating and active living
- Explain the economic impact of improving local opportunities for healthy eating and active living

By March 9th, email the following information for each participant to Margie Meyer at meyermmm@missouri.edu:

Name: _____________________________________________________________

HLI Community: ____________________________

Work Phone Number: ____________________________

Cell Phone Number: ____________________________

Email Address: ______________________________________________________

Roommate Preference: ______________________________________________

LODGING: Reservations will be made for HLI community participants to stay in double rooms at Hampton Inn & Suites.

For additional information or questions, contact Margie Meyer at 573-884-8711 or meyermmm@missouri.edu

Seasonal and Simple App and Web Program

The University of Missouri is releasing Seasonal and Simple for mobile phones, tablets, and the web Spring 2012!

To learn more and stay up-to-date on the release, visit http://seasonalandsimple.info.

PhotoVoice Involves Students Advocating for Healthier Communities

By Arlene Enderton and Jon Stemmle

Several HLI communities have recently begun to use photovoice as a way to include high school and middle school students in their efforts to advocate for a healthier community. Seven counties - Dallas, Dent, Lafayette, Mercer, Putnam, Ralls, and Shelby - and the Tower Grove South community in St. Louis are involved in Photovoice Missouri, which is supported by the Health Communications Research Center (HCRC) at the Missouri School of Journalism and HLI.
"We're thrilled to be able to work with middle and high school students from around the state on this project," said Jon Stemmle, associate director of the Health Communication Research Center at the Missouri School of Journalism. "Our hope is that the students learn to look at their communities in a different way and see how they can have a voice to foster positive change. This project should lead students and members of the communities into an open discussion about improving the health of the places they live and work and move toward real positive changes." Photos will be judged by a panel of experts by how well they illustrate the photovoice method and Healthy Lifestyle Initiative ideals. Students will be recognized on April 13th at the Healthy Communities Movement Summit. The winning student will receive an iPad2 to recognize his or her accomplishments.

Stakeholder Engagement - Maintaining Momentum

The unfortunate reality of community partnerships around the country is that after the first flurry of activity and early successes, participation diminishes, plans are not made for financial sustainability, the energy dissipates, and much effort goes into re-energizing the partnership as a crisis-often financial-is faced.

A wide array of strategies are used to maintain momentum.

- **Develop Proactive Strategies for Sustainability.**
  - The central element in all of these strategies is being proactive. Take time, well before new funding is needed, to explore the status and direction of the partnership. Develop contingency plans. Reexamine the partnership's vision. Explore whether the right partners are still at the table. Analyze funding and work to identify new or reallocated revenue streams early in the life of the partnerships.

- **Deepen and Broaden the Focus.**
  - Many community partnerships start with a specific focus-reducing substance abuse or addressing youth violence-and find that their work is really about a broader topic such as a youth or community development strategy. Many partnerships intentionally expand their work to move beyond their initial area of focus to develop a proactive, prevention-oriented agenda.

- **Expand the Geographical Reach.**
  - Some partnerships find there are requests to expand their work to more schools or more neighborhoods.

- **Develop New or Non-Traditional Partners.**
  - By expanding the partnership to encompass new members, the partnership's focus automatically expands. For example, bringing the school system to the table full of human service providers may dramatically increase opportunities to work with children and youth.

- **Develop an Institutionalization Strategy.**
  - In many instances, the partnership will find it useful to take the services and embed them within mainstream institutions. (For more information, see Toolkit Number 2-Building Sustainability.)

- **Collaborate with other Partnerships.**
  - Partnerships with a focused agenda, such as a school-to-work partnership-might find an array of partnerships focused on the same population of students. These might include efforts to reduce teen pregnancy, reduce substance abuse, and support volunteer service. In fact, there may be some competition and redundancy among these efforts. Some partnerships will tackle the need to build collaboration among other partnerships.

- **Develop a Graceful Exit Strategy**
  - Finally, it is important to recognize that not all partnerships need to or want to survive and thrive. By creating a proactive discussion, a partnership can dissolve on its own terms rather than waiting to run out of money.

It should be clear that the care, feeding, and stewardship of a partnership does not happen by accident. Indeed, quite the opposite. Successful partnerships spend the time necessary to make the partnership work.
Grants and Funding Opportunities

**Lowe's Toolbox for Education**
Deadline: February 17, 2012 (or earlier if 1500 applications are received)

**GreenSchools! Action Project Grants**
Deadline: February 28, 2012
More information: [http://www.plt.org/applyforagrant](http://www.plt.org/applyforagrant)

**Annie's Grants for Gardens**
Deadline: February 29, 2012

**2012 Mantis Awards for Community and Youth Gardens**
Deadline: March 1, 2012

**COS Funding Opportunities**
COS provides the world’s most comprehensive funding resource, with more than 25,000 records worth over $33 billion. To search for funding opportunities you may be eligible for go to:

The HLI team is working extensively to improve our list of funding and grant opportunities for you. More information will be available soon!

Upcoming Dates and Events

**February 22 - The Making of a Successful Farmer’s Market: Lessons Learned**
Warren County Extension Center, Warrenton - 1pm
Informal session with opportunity for discussion and questions. Agenda will include topics and tips on what will make a market work, presentation and problem solving. Additionally, a session on the use of Facebook and how you can apply it to your market and your marketing plan.

**March 26-30 - Community Development Academy**
Mercy Center - St. Louis, MO
Spots still available! To learn more about this excellent opportunity visit: [http://extension.missouri.edu/cd/cda/CDA_2012_Brochure_FINAL.pdf](http://extension.missouri.edu/cd/cda/CDA_2012_Brochure_FINAL.pdf)

**April 12-13 - Healthy Communities Movement Summit**
Hampton Inn & Suites- Columbia, MO
Monte Roulier, president of the Community Initiatives, will facilitate the summit designed to foster partnerships and build capacity among those engaged in the healthy eating and active living movement in Missouri. Registration, lodging, travel and meals will be provided for four people from each HLI community to participate!

**April 27 - Healthy Lives, Healthy Communities: Building Healthy Equity in Missouri One Community at a Time**
Garden Conference Center - Hilton Garden Inn, Columbia
Comments or Suggestions? Let Us Know!

In order to be the most effective we can be for you, we need your feedback! Please feel free to reply to this e-mail or send us an e-mail to hli@missouri.edu to let us know what you thought of this newsletter and what you'd like to see in newsletters to come!