



HEALTHQUEST NORTHEAST CONNECTICUT

Achieving Healthier Communities Together



HealthQuest Northeast Connecticut is a regional health and wellness coalition formed in 2007

and coordinated by the Northeast District Department of Health. Partners include:

CT Department of Energy & Environmental Protection, Day Kimball Healthcare, EASTCONN, Epilepsy Foundation of CT, Generations Family Health Center, Hale YMCA Youth & Family Center, Northeast Opportunities for Wellness, Northeastern Connecticut Chamber of Commerce, Outdoor RX CT, Quinebaug Valley Community College, Senator Mae Flexer, Senior Resources, Tackle the Trail, TEEG, The Last Green Valley Inc., Town of Pomfret

Town of Putnam Economic & Community Development, Town of Thompson, UCONN Ext – CT Trail Finder, United Services, and WINY Radio.

HealthQuest Northeast Connecticut is a regional coalition of health and wellness partners working together to make northeastern Connecticut a healthier place to live, work, learn, and play. Our successes include:

- **Smoke-Free/Tobacco-Free Campuses** – HealthQuest Leadership Team partners NDDH, Day Kimball Healthcare (with 1200+ employees), Generations Family Health Center, QVCC, and TEEG have all implemented and/or expanded smoke-free/tobacco-free policies for their organizations. Also, the towns of Putnam and Killingly have adopted smoke-free parks and outdoor spaces campaigns.
- The **WriteSteps School Walking Initiative**, a 10-minute start-the-school-day-with-a-walk-program. To maintain instructional time, students discuss an academic topic while on the walk and journal upon return to the classroom. The campaign has been introduced to more than 6,500 students in 13 area schools.
- The **Dr. Robert R. Johnston Community Garden** in Putnam – A 150' x 150' community garden located at 41 Smith Street in Putnam and the home of "Hamelton" the Cabbage. Ground-breaking took place on June 21, 2012. Based on robust community response, plans are underway for expansion of the site.
- **TEEG Community Garden and Mobile Raised Garden Bed Campaign** - TEEG broke ground on a community garden in June 2013. HQ is collaborating with TEEG's Youth Advisory Board and Tourtellotte Memorial High School technical education students to design, build, and place "portable" gardens at area senior centers, day care centers, businesses, and other community sites.
- **Killingly Community Garden** – A partnership of HQ, the Killingly Agriculture Commission, Board of Ed, Windham Gardeners Guild and multiple community partners, this garden, located on the grounds of the former Killingly High School on Westfield Avenue, went from concept to ribbon-cutting in just 5 months!
- **Day Kimball Healthcare's Baby Friendly Hospital Initiative** - This initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding.
- An on-line **worksite wellness toolkit** developed by the NE CT Chamber of Commerce.
- **Putnam Rivertrail "Storywalk"** – An interactive story path for children and families that promotes walking and reading along a nearly one-mile stretch of the Putnam Rivertrail.
- **The Follow the Fifty: Models of Heart Health Campaign** – To promote *The Heart Truth*® Community Action Program, we launched a community counter-attack against heart disease - the number one killer of women. Nearly 130 women who work or live in northeastern Connecticut have maintained a heart healthy lifestyle since March, 2012. The campaign earned national attention and was featured at *The Heart Truth's* Red Dress Collection 2013 Fashion Show in New York City on February 6, 2013.
- **When is Your 10?** – A community-wide physical activity campaign focusing on a 10-minute daily walk.
- **ConNECTicuTRAILS: Connecting Partners, People, and Places to Natural Physical Activity Spaces** - NDDH and community partners are working together to change local environments to create opportunities for physical activity. Increased partner collaboration is resulting in the creation, improvement and greater awareness of local trails use and connecting those efforts to state-wide initiatives such as the [CT Trail Finder](#) project and the OutdoorRxCT social prescribing project where physicians prescribe time in nature for patients.

These initiatives prevent chronic disease and improve health by implementing healthier policies related to increased physical activity, access to better nutrition, tobacco-free living, and expanding clinical and community preventive services.

For more information about HealthQuest Northeast Connecticut, please contact Coalition Coordinator Linda Colangelo at the Northeast District Department of Health at 860-450-2245 (cell), 860-774-7350 x. 114 (work) or lcolangelo@nddh.org.

Find and follow us on [Facebook at: HealthQuest Northeast CT](#)

