

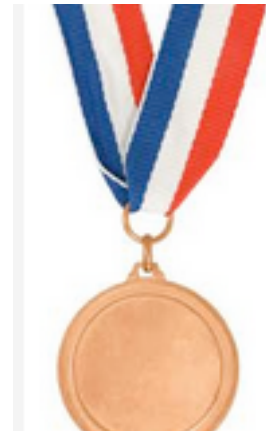
Description and Outcomes

Let's Move! Ketchum is a local initiative aimed at fighting obesity and improving the health of children in Ketchum and throughout the Wood River Valley. It is part of First Lady Michelle Obama's national *Let's Move!* initiative (<http://www.letsmove.gov/>), which is comprised of the following five goals:

- **Goal 1:** helping early childcare providers incorporate best practices for nutrition, physical activity and screen time into their program
- **Goal 2:** prominently displaying [MyPlate](#) in all municipally or county-owned/operated venues (or preferably all venues) where food is served
- **Goal 3:** increasing participation in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP)
- **Goal 4:** implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans in all municipally or county-owned/operated venues that serve food
- **Goal 5:** To increase physical activity, local elected officials commit to mapping local play spaces, completing a needs assessment, developing an action plan, and launching a minimum of three proven policies, programs or initiatives aimed at increasing access to play



Let's Move! Ketchum kicked off with a Task Force meeting in November 2013 and set up a Google Drive of documents including membership, presentation notes, and meeting minutes. Stacy Whitman and Kira Tenney set up a Facebook account with the purpose of gaining recognition of Ketchum's involvement and also providing a place for community education, coordination and inspiration. We are registered with the National League of Cities Let's Move! And have an Initial medal ranking of **bronze**.
<http://www.healthycommunitieshealthyfuture.org/places/#Ketchum%2CID>



Ketchum City Councilman Michael David registered Ketchum as a *Let's Move!* City. He was drawn to the overall benefits of *Let's Move!* as well as the initiative based on nutrition, exercise and healthy living relating to general preventative measures to unhealthy drug and alcohol use.

Outcomes of the initiative include:

- *collaboration among Task Force members resulting in networking opportunities to bring more fresh and local foods into early child care provider locations.
- *dialog between the St. Luke's dietetics department and the Recreation Department to create healthier snack guidelines for sport teams and events.



Thank you to Kira Tenney for preparing this report.