

WALNUT, MISSISSIPPI

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# 2015 Healthy Hometown Application



Town of Walnut  
March 2015

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## Contact Information

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Municipality's Population: **755**

County Location: **Tippah**

Municipality Website: [www.walnut.ms](http://www.walnut.ms)

Facebook: <https://www.facebook.com/pages/Walnut-Mississippi/207915841650>

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## Section I: Tobacco Free Community

*25% of the residents in our community smoke. There's a smoker in almost every household. Average usage in Tippah County is higher than Mississippi (23%) and much higher than the United States (14%). We realize that cutting tobacco use in a big way will require big changes. Changing the social norms that "approved" smoking and tobacco over the past few decades will take some time. We must create social and legal climates in which harmful practices become less desirable, acceptable and attainable. We understand that policies and marketing campaigns are necessary building blocks. State and National campaigns are welcome tools, but the catalyst for moving toward tobacco-free status relies solely on us--the local community.*



1. The Town of Walnut passed a comprehensive smoke-free ordinance on 5 November, 2013. Walnut's policy goes beyond provisions of the sample ordinance by prohibiting the use of e-cigarettes and prohibiting smoking in all hotel rooms. Further, all oral smoking devices, such as hookahs are prohibited. The complete Walnut ordinance may be reviewed in the Ordinances section (page 38).
2. All health care facilities, including clinics, pharmacies and other businesses are included in section 1004 of the smoke-free ordinance.
3. The Walnut Health and Wellness Committee has taken aggressive action to promote smokeless tobacco cessation. The Health and Wellness Committee anchored the Fall Wellness Festival. Our team gave out brochures that describe the dangers of smokeless tobacco. Behind the table was a large poster that showed what can happen when a person uses smokeless tobacco (see Figure 1).



Figure 1 Smokeless Tobacco Display Board

We segmented user groups into four categories: citizens with advanced age and/or chronic conditions, citizens in relatively good health, high school/college students, and Pre-K/elementary students. The following matrix shows activities targeting each group and the current status of each activity:

User Segment	Activity	Current Status
Citizens with advanced age and/or one or more chronic conditions	Provide brochures, counseling and encouragement to engage in cessation programs and self-management classes.	Both of our nurse practitioner clinics discuss dangers and complications with their patients who use tobacco. In addition to counseling, the committee is partnering with local NP's to deliver chronic disease management classes to the public.
Citizens in relatively good health	Promotion/marketing tobacco cessation on Town of Walnut social media, web page, email marketing; informational booths set up at local 5K races, sporting events, fall health festival, and farmer's market.	This group is the most vocal and garners the most of our attention. They also have the most to gain from tobacco cessation. We publish our message via Facebook, web page, brochures, flyers, posters, radio and newspaper, including facts on tobacco use as well as links for users to take action or get more information. ( <i>see figures 4 &amp; 5</i> )
High School & College Students	Facebook ( <i>see figure 3</i> ), Web page, baseball games, other sporting events, fall festival,	The Walnut School Health and Wellness Initiative shares tobacco free as a common goal. New this year is the campaign to prevent (or stop) tobacco use at baseball games. (baseball & tobacco "go" together)
Pre-K and Elementary Students	Coordinated RAT Pack presentation with school ( <i>see figure 2</i> ), fall festival (scavenger hunt to highlight prevention)	The Walnut School Health and Wellness Initiative shares tobacco free as a common goal.

Figure 3 Facebook Motivators



Figure 2 RAT Pack Presentation



Our focus on tobacco prevention and cessation has been aggressive. In August, we contacted the University of Mississippi Medical Center to request their support in locating an ACT Center for Tobacco Treatment, Education and Research in Walnut. The program sponsor is not planning to expand the service to our community. They recommended that residents in North Tippah visit facilities in Tupelo or Batesville to take advantage of the ACT program. These cities are more than an hour away from Walnut. Access to support services like tobacco cessation is but one of our community's many challenges. We have much work ahead in creating a new pathway. For our tobacco cessation initiatives to be effective, we will have to involve and influence people in their daily environment and forge partnerships with state and local organizations to change the culture in our community.

**Figure 4 Dangers of Second-Hand Smoke**



Walnut's Health and Wellness Committee is building support for the tobacco-free community. Our High-School baseball coach readily agreed to allow an information booth at select baseball games. Smoke-Free Mississippi ambassadors provide an interactive experience for visitors as well as games and giveaways.

Our next big thing is the summer league ball program. When play begins in late May, the Health and Wellness Committee will be there to provide information and encouragement to stop using tobacco products. There are 500 children signed up to play tee-ball, baseball and softball at the municipal park. They will bring parents and grandparents and older siblings to their games. Lots of them. We will be able to engage all four segments of our target populations at the ballpark. It will be our most visible campaign to begin changing that culture.



**Figure 5 Health Tips Example**

## Section 2: Community Leadership and Involvement



1. The Town of Walnut chartered a committee on August 1, 2013 to improve the health and wellness of Walnut and the surrounding communities. The group has a regular monthly meeting plus additional updates provided to the Board of Alderman and North Tippah School Board. An agenda is published in advance and attendance is tracked with a sign-in sheet. Sample documents for these meetings are provided in “Attachments”, on pages 59-63. The Board designated Alderman Greg James as the health and wellness champion to liaise with the Board, and Alderman Kevin Winter as vice chair. Committee members were selected based on expertise that covers a large demographic of professional, business, and leadership throughout the community. They include:

- ✦ Greg James, Alderman, Town of Walnut; Project Manager, NEMCC; Certified Municipal Official; Healthy Hometown Committee Chair; Youth Leadership Council Vice Chair
- ✦ Dr. Kevin Winter, Alderman, Town of Walnut; Pharm. D., Walmart Neighborhood Market; Healthy Hometown Committee Vice Chair; Youth Leadership Council Chair
- ✦ Cody Clifton, UMC Pharmacy Student
- ✦ Kim Cutberth, PTA,
- ✦ Jimmy Dillinger, Business Owner, Shopezy Supermarket
- ✦ Mark Franz, Associate Principal, Walnut Elementary School
- ✦ Randall Hall, Chief, Walnut Volunteer Fire Department; Industry Rep.
- ✦ Caleb James, Engineer, Mississippi Department of Transportation
- ✦ Tena James, Teller, The Peoples Bank
- ✦ Dr. Norris Howell, DDS, Howell Dental Clinic
- ✦ Sherie Norton, NP, Walnut Medical Clinic
- ✦ Vicki Skinner, Mayor, Town of Walnut, Certified Municipal Official, Emergency Medical Technician, Walnut Volunteer Fire Department
- ✦ Beth Smith, Biology Teacher, Walnut High School
- ✦ Dr. Amanda Wilburn, Pharm. D., CDE, CPT, Duncan’s Pharmacy, Diabetes Counselor
- ✦ Haley Winter, entrepreneur, Health & Wellness Supplements



2. The Healthy Hometown Committee has taken steps to improve health and wellness by involving various facets of our community:

- a. **Businesses:** The local markets (*see figures 6-8*) have made available fresh fruits, vegetables and lean proteins as part of our global approach to promote healthy choices for our citizens. Additional products have been added to store shelves, including whole wheat grains, low fat/low calorie milk options. The 24-hour convenience store has added healthy alternatives to the usual fried/sweet menu. All of the businesses in town have adapted to the smoke-free ordinance. Many of our business partners provided support and donations of UVA and UVB sunscreen to give away at the fall festival. More than 400 units of sunscreen was distributed. Both Duncan's Pharmacy and Walmart Pharmacy have hosted public health screenings in the past few months.



Figure 6 Shopezy Supermarket



Figure 8: Walmart Neighborhood Market



Figure 7 Walmart Neighborhood Market

- b. **Schools:** The Walnut Youth Leadership Council under the direction of Chairman Winter continues to be an integral part of the wellness initiative. The council, comprised of students in the 9<sup>th</sup>-12<sup>th</sup> grade from Walnut High School, act as ambassadors during the annual Fall Festival. The festival is designed around the health and wellness initiative. The YLC hosted a health-themed scavenger hunt for younger children, providing pedometers as prizes to all who completed the hunt.

Healthy Hometown committee member Amanda Wilburn, Pharm. D, CDE, CPT provided in-service training on diabetes management for teachers in all North Tippah Schools as part of our service to the community. Topics included a diabetes primer for school personnel, skills training for actions required of each stakeholder, tools used to prevent, manage and treat highs and lows, responsibilities, resources, and a glossary of diabetes terms. Teachers and staff members were able to receive

CEUs while developing necessary skills to provide care for type 1 and type 2 cases and make the school experience safe for students with diabetes.

The Health and Wellness Committee coordinated a RAT Pack event (Reject All Tobacco) with the elementary school. The RAT Pack arrived with a message for students and parents to reject all tobacco (*see figure 2, page 4*).

During baseball season, the committee presented dangers of smokeless tobacco at the Wildcat (high school) varsity and junior varsity games. We find there is a correlation between dipping and baseball, and we wanted to stress the correlation between dipping and cancer, cardiovascular, and other problems.

#### c. Faith-Based Organizations:

Early on, the Healthy Hometown Committee engaged local churches to promote health and wellness events. Since October of 2013, the committee has been publishing a monthly church bulletin insert, which is distributed to churches around the Walnut community (*figure 9, left*). The insert is titled Mission: Romans 12:1. Distribution now stands at around 20 churches that reach almost 1,500 families in the area.

Total readership is about 4,000 people (note: our Town's population is 755). The articles are written by various members of the Health and Wellness Committee and by members of the Board of Aldermen and printed and distributed by City Hall. The gospel radio station in Walnut, WLRC

850 AM, runs promotional ads for the health and wellness initiative and provides technical support in planning and running the sound system during our festival and other events. We continue to partner with church leadership in the area to engage more and more people in the "Live a Better Life" campaign.

- d. **Lose A Ton** was launched at the annual Firehouse 5k the first weekend in October, 2013. (*figure 10*) Our goal was to encourage citizens of the Walnut community to lose 2,000 pounds within twelve months. Registration was simple, requiring only their

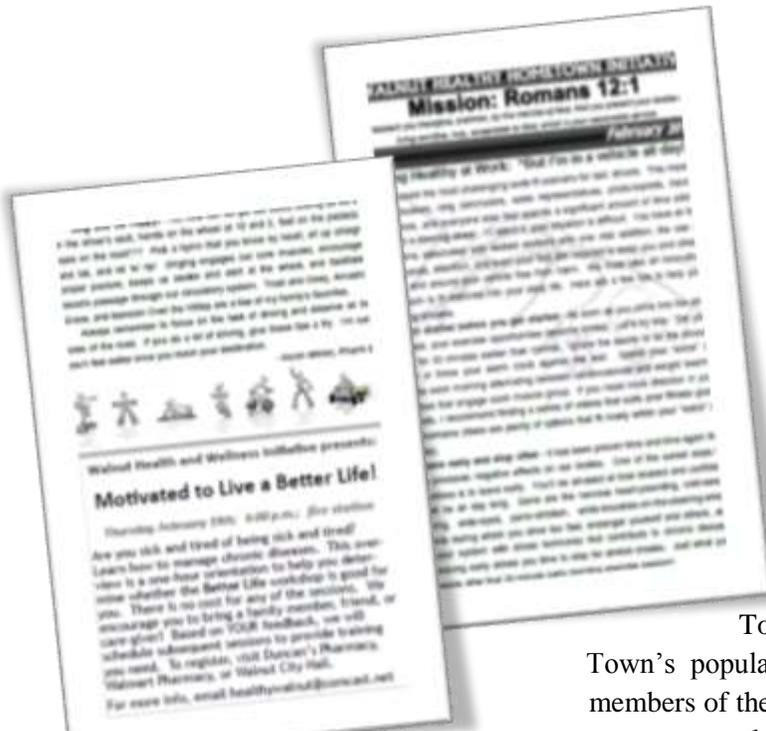


Figure 9 HWC Church Bulletin Insert



Figure 10 Lose A Ton

name, email address, and number of pounds they were going to lose. Response came slowly at first, but frequent inclusion on the Town's Facebook page and direct reports to those participating eventually garnered more and more support. On September 23, 2014, we reported participants had exceeded our 2,000 pound goal by 65 pounds. Two weeks before year-end! A similar program (OKC Million) was promoted by Oklahoma City in 2011. They [rightfully] received national media attention for their amazing accomplishment and were called the "healthiest city in America." They lost 1.6 pounds per capita. Walnut lost 2.7 pounds per capita. The participation rate was identical for Walnut and Oklahoma City at 8% of residents.



Figure 11 Walnut Scouts' Operation Gratitude

e. **Scouting:** Lose A Ton (Healthy Choices) is supported by Walnut Scout Pack 238. The scouts collect excess candy on the Saturday following Halloween and donate it to Operation Gratitude. More than 120 pounds of candy was collected and shipped to service men and women overseas. Further, it prevented more than 80 pounds of weight being gained by area residents! (Figure 11, left)

The Scouts continue to support Healthy Hometown, making safety, healthy food choices, and exercise a routine part of their weekly agenda and programs and participate in some capacity for every event that the Health and Wellness Committee sponsors.

f. **Fall Wellness Festival:** In 2013, the Wellness initiative unintentionally took over the annual Fall Festival. In 2014, we intentionally celebrated health and wellness. In just one year, our town has realized improvement in quality of life. During the festival in 2014, we announced:

- The community had committed to losing 2065 pounds—exceeding our goal of a ton.
- An agreement had been reached with the North Tippah School Board: we would pursue a wellness center built around the high school gym. The gym would be upgraded as well.
- The Town of Walnut received Healthy Hometown Status from Blue Cross and Blue Shield of Mississippi Foundation as its Healthiest Small Town. (Figure 12)

The Health and Wellness Committee/Town of Walnut booth was located in the center of

the festival and anchored by key partners of the wellness initiative, including Walnut Runs, Smokefree Mississippi, Duncan's Pharmacy, Eli's Allies, and Walnut Scout Pack 238.

Collectively the group promoted healthy lifestyles:



Figure 12 Walnut Health & Wellness Committee & Friends

cardio/fitness training, nutrition, tobacco cessation, health screenings (BP, BG, HR), administered flu shots, awareness/education of Type 1 & Type 2 Diabetes, and community service. The Youth Leadership Council staffed the Smokefree Mississippi display and assisted with health screenings. They also administered the scavenger hunt, which included health-themed questions and assignments such as, “How often should you change your toothbrush?”; “What is SPF?”; and “Get an adult to walk the track with you”. The Cub Scouts presented colors at the beginning of the festival.

- g. **Running Community:** Walnut’s Firehouse 5K has been around for more than a decade. It’s a neat race that begins with an actual shotgun start and ends inside the fire station under the United States flag. A few years ago, Walnut Elementary added the Timmy Bryant Memorial 5K as a tribute to a respected principal who died unexpectedly. This year, the wellness initiative was adapted and expanded by local organizers who were interested in promoting walking and running in the community. Walnut Runs was born (*see figures 14 and 15*).



Figure 14 Walnut Runs at the Firehouse 5K

Their purpose is to lift up and encourage each other working toward fitness goals. The group, open to all ages, walkers and runners, advocates cardio training and represents Walnut at area races from fun runs to marathons. They also sponsor events to promote family fitness, like the family fun run in downtown Walnut, and the weekly Walnut Runs gathering in which members “run the town”. Membership is now at 70+, representing almost 10% of our town’s population! Participation in Walnut Runs activities continues to rise as more people are convinced it’s time to get moving.

The newest 5K is sponsored by Eli’s Allies, a Juvenile Diabetes Research Foundation team.

The *Color Me Cured* inaugural race in November (*figure 13*) attracted almost 200 runners and was coordinated by members of the Health and Wellness Committee (who are also members of Eli’s Allies). The Youth Leadership Council provided staffing and support. Altogether, there were approximately 40 volunteers...more than 200 people working together toward a cure for T1D. More than \$4,400.00 was raised

for JDRF. (Matching funds from an anonymous donor raised the total for JDRF to more than \$7,200.00!)

Figure 13 Eli’s Allies JDRF Color Me Cured 5K





- h. **Community Survey:** The Committee administered a survey in January to determine critical success factors and current issues facing our community. We learned that 60.42% believe access to wellness facilities is the most important factor for improving our quality of life. Health care costs are the major concern of 50%. Time to prepare healthy food is a top concern. Heart disease is the most prevalent condition, followed by diabetes and high blood pressure. Being overweight, lack of exercise and poor eating habits are our risky behaviors. 58% of respondents report physical or emotional health has affected them socially; 75% report it affected their mood; 35% their ability to get out; 62.5% their ability to sleep; 31% their ability to work; 60% their ability to enjoy recreational activities; and 50% their enjoyment of life. All of these results can be improved with strength and cardio training. Better fitness levels reduce health care costs. Classes on healthy cooking can teach the lost art of cooking real food and improving eating habits. Heart disease, diabetes (Type 2), high blood pressure, and obesity can be eliminated or greatly reduced through cardio training. Funding from Blue Cross and Blue Shield of Mississippi Foundation will be used toward construction of a wellness center. Here are reasons why (source: County Health Rankings 2014):

- 27% of us are in poor health, compared to 22% MS; 14% US
- We use 5.1 poor health days annually, (4.1 MS; 2.5 US)
- 38% of us pursue no physical activity (33% MS; 21% US)
- 48% of Tippah residents have access to exercise opportunities. Unfortunately, the 48% live in South Tippah...18 miles away. There are no facilities in North Tippah. In the U.S., 85% of the population has access to exercise facilities.

*Additional survey results can be viewed in the Attachments section, pages 66-70.*

There is overwhelming support and demand in the community for a wellness center. Cold winters and scorching summers are demotivating to the elderly, parents of young children, and those just starting a healthy journey. We are planning a center that welcomes all ages and provides support, guidance and encouragement to all residents of our community, regardless of their fitness level. A gift from the Foundation will help us in actual construction of the facility. We have successfully negotiated a shared-use agreement with North Tippah Schools to renovate the Walnut High School Gym and add facilities for a half-court for basketball practice, cardio equipment, limited strength training (for therapy), a large classroom/meeting room and an indoor track. Plans for the wellness center have been produced (*reference Attachments, page 64*) and are being used to recruit partnerships with physicians, health care providers, physical therapists, health clubs, county government, local business and industry and health insurance providers. The estimated price tag is around \$1 million. The facility is perfectly situated adjacent to the town's walking track and baseball fields. It is located at the center of campus, providing easy access to students, teachers and staff of Walnut School. The wellness center is going to serve a vulnerable group of citizens, boosting their immune systems, raising energy levels, and decreasing risk of metabolic disease. Most of the population across Mississippi, including Walnut,

does not get the proper amount of physical exercise during the day. There are no indoor community health alternatives that do not incur an hour of drive time. Premium services, such as yoga, spin or aerobics classes, personal trainers, and swimming could be provided at low cost. Data and information on the well-being of our community will be documented at baseline levels and monitored for improvement trends. When performance trends are not improving at the desired rate, adjustments in offerings will be made. Our community’s fitness levels will be recorded and tracked at the center. Progress can be demonstrated through monitoring blood pressure, fasting blood glucose, body composition and BMI every three months.

The funds from Blue Cross Blue Shield Foundation will be used to increase match money for additional grants or secondary investments toward low or no-interest loans. Local businesses and industries are being invited to invest in the center. They know that creating a healthier workforce improves productivity and reduces absenteeism. A partnership between a business entities and the local community is a good marketing tool to recruit and retain better workers. For the employee, healthy behaviors such as proper diet and amounts of physical exercise reduce out-of-pocket expenditures on office visits and medications. They also provide a conduit to relieve stress, contributing to an improved psychological sense of well-being. The result is a happier, healthier, more productive employee. Employers will spend less money on direct medical costs, worker compensation, and lost productivity due to injured or ill personnel. Everybody wins.

We would be happy to give a presentation on Walnut’s health and wellness journey to municipalities and other entities that would benefit from our story. A partnership between the Municipality and School System is essential (see figure 16).



Figure 16 Wellness Initiative Partners

3. Lower than average income levels drive residents to purchase lower cost and less nutritious food items. In addition to financial concerns, lack of individual support is a major barrier. Everyone *intends* to get fit, but working alone with no encouragement and insufficient knowledge is the single largest reason that people fail to improve their fitness level. Our committee's credentials provide the ability to advise residents on using the right equipment, exercise patterns, weight loss programs, anti-aging methods, diabetes treatments and other remedies. We must stay on task, motivating and encouraging our community. Practicing healthy choices and maintaining balance with life styles can boost health and mental status. The health concerns in our community continue to expand. Only with assistance from external sources will we be able to improve the quality of life for every man, woman and child in our community. Each member of the Healthy Hometown Committee serves as role models for good health in the community as shown in our bio's. We are pleased to introduce you to an amazing team of devoted, talented and giving people:
  - ✚ Alderman **Greg James** is the Healthy Hometown Champion. He is Project Manager for the Division of Workforce Training and Economic Development at Northeast Mississippi Community College. Greg has presented multiple seminars on leadership, resolving conflict and violence prevention. He volunteers with Relay for Life, Juvenile Diabetes Research Foundation, and Smoke-Free Mississippi. He publishes the Mission Romans 12:1 bulletin insert, manages and provides monthly support and encouragement to Lose A Ton campaign participants, manages the Town's Facebook Page, and coordinates activities of the healthy hometown committee among partners like the Youth Leadership Council, Scouts, Walnut Fire, Police and Utility Departments, churches, Delta Health Collaborative, etc. Greg has lost a total of 60 pounds and continues to press toward his goal weight. He is a member of Eli's Allies, Sue Crew, and Walnut Runs. Over the past twelve months, he completed 1,000,000 steps in 83 days, compiled more than 1,000,000 Nike fuel points, and met training goals for 254 straight days (on the way to a full year). He walked the Walnut Runs Fun Run, Firehouse 5K, Color Me Cured 5K, and the MML 5K in Jackson, promoting Eli's Allies and Walnut Runs.
  - ✚ Alderman **Kevin Winter** is the Pharm. D. at Walmart Neighborhood Market in Walnut and vice chair of the health and wellness committee. He is a regular contributor for the church bulletin insert and an advocate for immunizations and vaccinations. Kevin can often be found running the streets of Walnut and encouraging others to join him. He actively participates in raising awareness of the benefits of healthy choices and improving people's attitudes toward healthy living. Kevin is a motivator, and is member of Eli's Allies, a team supporting research of T1D with the Juvenile Diabetes Research Foundation. He is a founding member of Walnut Runs and has competed in a number of races in the region, from the Walnut Runs Fun Run to the Tanglefoot Trail half-marathon. Kevin recently finished first at the inaugural MML 5K in Jackson. As chairman of the Youth Leadership Council, Kevin ensures each meeting closes with relevant health and wellness topics/challenges. He has personally lost 30 pounds, surpassing his personal goal via shareable methods of exercise, clean diet, and proper supplementation.

- ✦ **Cody Clifton** is a third year pharmacy student who actively participates in health events at Ole Miss. While home during school breaks, he works at Walnut's local pharmacy. He loves interacting with patients and members of the community, taking advantage of opportunities to promote and encourage healthy living. He supports initiatives vital for community members to be active and stay active. In February, Cody completed a community assessment project of Walnut and helped us develop the 2015 survey questions, which include defining how current health conditions affect various facets of life. Cody is a member of Walnut Runs and runs regularly at the local track and plays tennis. Cody sets a good example for others to be proactive in managing their health.
- ✦ **Jimmy Dillinger**, business owner, operates Shopezy Supermarket in Walnut. Jimmy providing insight and guidance as we navigate the healthy initiative. He has on multiple occasions modified stock at his supermarket to facilitate healthier choices.
- ✦ **Mark Franz** is the associate principal of Walnut Elementary School. Mark invests his time in encouraging students (and parents) to become more active and regularly oversees sports and recreational activities at the elementary school. He also coaches the high school golf team and last year took our small school to the state playoffs in Jackson. Mark is an avid golfer and enjoys fishing and hunting. He stays fit with healthy food and activity.
- ✦ **Randall Hall** works for a local manufacturer and also serves as chief on the Walnut Volunteer Fire Department. Randall is a beacon of light in the community and is always ready to lend a hand. He is also responsible for bringing the “grilled chicken” alternative (instead of fried fish or chicken or barbeque) to the various fire department fundraisers.
- ✦ **Caleb James** is an Engineer with the Mississippi Department of Transportation. The job site is an active zone that requires its workers to be attentive and willing to walk miles per day. Caleb frequently plays tennis in his spare time. He also coaches summer league baseball to inspire younger generations to learn the importance of teamwork while having fun. Other activities Caleb partakes in include: Walnut Runs, Eli's Allies and Health and Wellness events.
- ✦ **Tena James** is a teller at The Peoples Bank in Walnut. Primarily working the drive-through, there are often health tips and notices of current health and wellness events posted at her station. Tena and a group of friends walk four miles every morning. On rainy days, she uses an elliptical trainer. She also enjoys participating in her bank's annual Relay for Life Midnight 5k and the Walnut Firehouse 5k. She is a member of Eli's Allies, Sue Crew and Walnut Runs.
- ✦ **Dr. Norris Howell** is a dentist in Ripley. His practice tends to the teeth, but his influence reaches throughout every aspect of healthy living. He is one of Walnut's most influential cheerleaders and serves on our committee in an advisory capacity. He maintains close contact with us and provides support and resources as requested. He and chairman James recently shared the Walnut Wellness story with the Ripley Rotary Club, challenging Ripley to get on board the wellness train.

- ✚ **Sherie Norton** is a nurse practitioner at Walnut Medical Clinic. In addition to providing instructions for health care, she counsels all of her patients to lose weight, discusses patient concerns about exercise, and provides education about proper diet and healthy living. Sherie provides valuable input on current trends and conditions affecting the community. She champions the “Live a Better Life” seminars, indicating all of her patients would benefit.
  
- ✚ **Vicki Skinner** serves as mayor of the Town of Walnut. She has been an EMT with the Walnut Volunteer Fire Department for many years and is usually first on the scene to provide care to patients. Vicki provides fire prevention, safety and awareness training to various groups and classes. She distributes the Mission Romans 12:1 bulletin inserts to local churches. This task gives her opportunity to interact with church leaders and gather vital feedback on current issues affecting their congregations.
  
- ✚ **Beth Smith** is the biology teacher at Walnut High School. Her service on the Healthy Hometown committee provides insight from the high school student perspective. For many years, the Walnut Science Team has scored top honors in competitions across Mississippi. Virtually all of the science team members over the past two decades have become viable, successful members of the communities in which they live—many in the healthcare segment. Beth is one of the leaders of the Walnut Healthy Schools initiative and a member of Walnut Runs.
  
- ✚ **Amanda Wilburn** is the Pharm. D. at Duncan’s Pharmacy in Walnut. She also holds CDE, CPT, is a diabetes educator, chairs a Relay for Life team, serves on the Alcorn Relay for Life committee, leads a JDRF team (Eli’s Allies), and provides material for the church bulletin insert. She and her husband also work with the local Scout Pack 238 and are responsible for bringing Operation Gratitude to the town. Amanda is responsible for writing the curriculum and initiating the Empower Diabetes Education Class at Bennett’s Apothecary in Corinth, MS. She was able to obtain ADA and AADE accreditation for that program and has been associated with it since 2005. She is currently implementing a similar program at Duncan’s Pharmacy, hoping to obtain accreditation for the program “Taking Care of Diabetes” in 2015. Amanda and her 9 year-old son, Eli, have been asked to serve as ambassadors for JDRF in Tippah County. They hope to ease the change in lifestyle for newly diagnosed T1D’s in the area. She is a member of Walnut Runs.
  
- ✚ **Haley Winter** serves on the Health and Wellness committee and is one of the founders of Walnut Runs. They encourage and challenge each other toward a healthy clean diet and increased cardio via weekly meetings and social media. She is also a distributor for health and wellness supplements, a member of Eli’s Allies JDRF team, and a mom. Personal health and wellness achievements include a 35.2 pound weight loss over the past two years and completion of numerous 5k’s in the region. She recently completed her longest run, 8 miles, around the Town of Walnut.

4. Health and Wellness information is shared on the Town's Facebook page, located at: <https://www.facebook.com/pages/Walnut-Mississippi/207915841650> Monthly tips and



Figure 17 Live a Better Life Facebook Posts



teasers are posted along with reminders about the dangers of tobacco use, Lose A Ton campaign, safety, and event postings, like “Live a Better Life” (*ref. Figure 17*). The Facebook page is followed by more than 1,475 “fans”, representing a mix of town residents, community residents, and people who call Walnut their hometown, but may be living in other locations. In the early days of our new term (July 2013), we set up a poll asking for input on what type items the new board of Wellness was a top priority. We began posting health facts, conditioning the townsfolk to become acquainted with making healthy choices and improving their quality of life. We posted an announcement concerning a new direction for our community and invited people to join us on the journey. They responded.

Our 2015 survey added some new insight to the community's views on health. Asking questions indirectly about depression and quality of life provides fuel not only to continue the health and wellness initiative, but increase its velocity. Our people want help. They want to do better. They just need to learn and re-learn how. Invitations to complete the survey were posted on the Facebook page, web page and included in the monthly bulletin insert. Survey results are provided beginning on page 65 in the Attachments section.



Figure 18 www.walnut.ms

We continue to share updates and encouragement on our pages for improving quality of life. The walnut.ms web site includes pages dedicated to the Health and Wellness initiative (*see Figure 18*). In addition to electronic media, flyers are published and made available from various locations around town, including City Hall. Posters announcing upcoming health and wellness events are posted all over town in high traffic locations, such as Kidz Town, Ballpark, Walking Track, Library, City Hall, and in local businesses. The Healthy Hometown committee sets up booths at various town events to promote healthy choices and encourage people to accept the Lose a Ton challenge.

5. The Town of Walnut modified zoning ordinances this year to add a design form requirement to the system. The effect is obvious with new commercial development sites around town with addition of sidewalks and pedestrian areas. The new Walmart Neighborhood Market was designed according to the new standards. We are a rural community and sidewalks are not available in all locations of the Town. This is one of several areas in which we need assistance. Using an assessment tool provided by our partnership with the Delta Health Collaborative, we completed a walkability checklist. Following are our findings and scores:

- ✚ Did you have room to walk? No. Problems included broken and cracked sidewalks, blocked with poles, overgrowth, no sidewalks or paths exist, and too much traffic to walk on the street safely. Score: 1 out of a possible 6
- ✚ Was it easy to cross streets? No. Problems included no striped crosswalks or traffic signals, no curb ramps, trees blocked view of traffic, all intersections were dark. No lighting or lighting defective. Score: 1 out of a possible 6
- ✚ Did drivers behave well? Yes, however, some drove too fast and they are not used to yielding to pedestrians. Score: 3 out of a possible 6
- ✚ Was it easy to follow safety rules? Subjects could not cross at crosswalks so they could be seen by drivers (there are no crosswalks). Subjects could not walk on sidewalks or shoulders facing traffic because there are no sidewalks and very few shoulders. Score: 1 out of a possible 6
- ✚ Was your walk pleasant? No. Problems were: needed more grass, flowers, trees; there were scary dogs; scary people; the areas were not well lighted; dirty, lots of trash; large skunk population in Spring and Fall. Score: 1 out of a possible 6

Out of a possible 30 points, the walkability was scored at 7. According to the checklist, the Town of Walnut is “a disaster for walking!”

We have researched the “Safe Routes to Schools” program administered by MDOT, but funded by the federal government. When federal funding was suspended as a result of congress’ failure to enact a budget, these funds dried up. We estimate \$236,000.00 would be required to complete sidewalks that are important for the safety and welfare of our community. We need to build sidewalks around each of the city parks and connect the parks to each other: one is a multi-field ballpark encircled by a walking track (which also serves the school), and the other is a municipal park which contains tennis courts, public pool, and Kidz Town playground. The three-block area would then link City Hall downtown to the public library and the high school football field on the opposing corner.

6. The Town of Walnut has an active helmet ordinance adopted by the Board on March 4, 2014.
7. The Town of Walnut Helmet Ordinance has been provided in the Ordinances section, beginning on page 51.
8. The Healthy Hometown Committee and the Town of Walnut have good relations with local print and radio media. Our primary contact with the Southern Sentinel frequently visits our town and covers every health and wellness event. The contact is a former graduate of Walnut High School, and has indicated she is very pleased at the progress we've made in providing opportunities for our youth (YLC) and in the promotion of becoming healthier, feeling better, being better. After a flurry of stories in the newspaper, Sentinel staff decided to publish a special edition of "Vibe", the newspaper's magazine. Their photo shoot coincided with Walnut Runs Family Fun Run. When the Fall/Winter edition printed, the reporter indicated Walnut was "Making the Shift to Health and Wellness" (*reference*

*Figure 15 on page 11*). When the committee needs to share information about upcoming events or accomplishments, the paper welcomes news releases, like the announcement of our Live a Better Life seminar (*Figure 19*). Additional newspaper articles are shown in *Figure 20, page 20*. The local Walnut radio station, WLRC 850AM, is a constant partner with town events, sponsoring promotion and providing soundstage equipment and running the sound board at the Fall Festival, in which health and wellness were center stage. SuperTalk Mississippi, 94.3FM in Corinth has promoted all of our events. Greg and Kevin have been interviewed live on both radio stations, promoting our brand of healthy hometown all over northeast Mississippi.



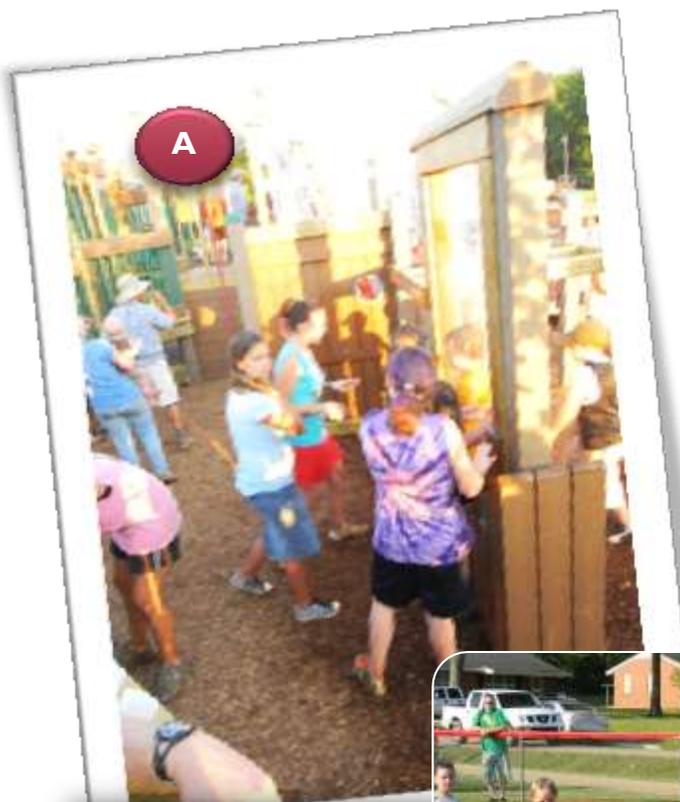
Figure 19 Press Release



Figure 20 Newspaper Coverage

### Section 3: Promotion, Support and Encouragement of Exercise

1. Photos provided below of (a) Kidz Town, (b) pool, (c) tennis courts, (d) ballfields.



- 1a. **Kidz Town** is a newer playground built in 2010 and sits adjacent to a double pavilion. Families regularly use this facility for birthday parties, Easter egg hunts, family reunions, and picnics. Since the facility is lighted, use is extended into the evening hours...perfect for those hot summer nights.

**Walnut Pool** is one of a kind in North Mississippi. Most public pools in our region have been closed down or converted to private facilities due to maintenance costs and safety requirements. The pool opens on Memorial Day in May and stays open until Labor Day in September. Private parties are hosted by reservation after hours for birthdays, ball teams, or reunions. Swimming lessons by professionally trained staff are provided during off-hours. All of the guards are certified and all equipment at the pool is a.d.a compliant. While maintenance expenses absorb most of the revenue from the pool, the Town hopes to continue to provide this service to the community.

**Tennis Courts** are located across the driveway from the pavilion. The board of aldermen added lights to the court early in the last term to serve those who play at night. The lights are on a timer so that they will extinguish after an hour unless the players reset the lights.

**Ball Fields** are located on the West side of town adjacent to the high school gym. The fields are encompassed by the walking track. Like the saying, "If you build it, they will come", our summer league program is consistently full of young people and activity from April through the first of July. 500 players bring along their parents, siblings, grands and friends and the whole community shares in the triumphs and defeats. The town's program offers tee-ball for ages as young as three years old and baseball or softball for ages up to 15. Games are scheduled every Monday, Tuesday and Thursday night with standing make-up days of Friday and sometimes Saturday. Three of the four fields back up to a central concession/restroom area. The fourth field hosts the tee-ball games with easy access between fields or around the track.

A few months ago, the Board of Aldermen agreed to light Field 3 on certain nights during the week. With the sun going down so early during the winter months and most people at work during daylight hours, the Board hoped the lighted field would attract people to get moving. Yes. Adult softball players showed up for fielding and batting practice and dozens more showed up to walk the now brightly-lit track. Success. The Lady Wildcats play their high-school games on field 2 during the fall and spring. Our ballpark was the result of one of the original shared-use agreements between a municipality and a county school board three decades ago. The property was owned by the school. The Town of Walnut came along and provided a service the entire community desired. We would like to do that again with the Wellness Center!

2. Photos provided below of Walnut track (.44 mile route)



3. The walking track is used daily from about 4 a.m. until about midnight. For twenty hours per day, there is a good chance someone will be on it. Being a small town, most people are well-acquainted with the administration and staff at City Hall, so if anything goes wrong like a light going out, we usually know within a few hours. The track is regularly reviewed by town personnel during the evening hours and all lighting issues are usually resolved within a day or two. The track is resealed every few years to minimize damage from exposure to sunlight, rain, and ice. Town utility crews and the park director monitor whether the track is safe and well maintained.

Because the track encompasses the ball fields, during the season it provides moms and dads an opportunity to complete their daily steps between games. It also provides easy access between and around all the fields to take care of the crowds of spectators. During the cold season when days are short, the ballpark is lit at least one night per week to provide a space for individuals and families to take the field for a little practice. It also provides additional lighting around the walking track to encourage more people to get moving.

Each Saturday morning, the Walnut Runs group uses the track as its meeting place (*see Figure 21*). Photos are posted each week on the Walnut Runs Facebook page.



**Figure 21 Walnut Runs "at the track"**

4. Several community-wide events provided opportunity to increase awareness of health and wellness. They include:

- a. **Fall Festival.** As discussion progressed and our attention to waning health issues in the community persisted, we decided in 2013 to give the festival a health and wellness theme. Partnerships have been formed between the Youth Leadership



Figure 22 Fall Festival

Council, Scouts, Police, Fire, Town Office staff, churches, National Guard, Smoke Free Mississippi, Tippah County Health Services, businesses and civic organizations. All booths are required to benefit non-profit organizations. Competitions turned from the usual fried foods toward grilled chicken and healthy alternatives. Health screenings are provided free of charge and flu shots are provided, accepting covered insurance plans and minimal charges for patrons outside the system. In 2014, we continued our focus on health and wellness. Most of the local businesses volunteered time and effort to promote initiatives such as tobacco cessation, sun screen usage, fire safety, diabetes education, health screenings and flu shots (see Figure 22). We revealed a better use for pie: several local leaders volunteered to get a pie thrown in their face as a fundraiser for the wellness initiative. The top-three fundraisers were, of course, the police chief, the mayor, and the high school principal. With an audience of around 1,000 festival-goers, we took advantage of the opportunity to share important health and wellness information with the community, such as: Tippah County is ranked 76<sup>th</sup> out of 82 counties for Quality of Life.

While Mississippi is known for great hospitality, great food, great music, and a generous, giving attitude, we are the most obese state in the most obese country in the world. Tippah County is ranked in the bottom half of the state for obesity. We have more smokers per capita than more than half the state. While 85% of the United States enjoys access to exercise opportunities, only 46% of Tippah County has access...and they all live in South Tippah. We know our community. If our people are inspired to feel better and be better, we will begin to change our culture and improve our quality of life. It didn't take long for the community to get behind this initiative. Never mind our presence on Facebook and the internet, it was the face-to-face discussion of hard facts that engaged our community to support the wellness initiative.

- b. **Walnut Firehouse 5K.** Now in its 8<sup>th</sup> year, the Firehouse 5K brings 120-200 participants to Walnut in October from Tennessee, Alabama, Mississippi, and as far away as New York and Florida. It is one of the biggest fundraisers for the fire department. The event begins on the Main Street Bridge south of town with an actual shotgun start (see Figure 23). It winds through the town's streets and ends inside the fire



Figure 23 Firehouse 5K



station under a giant U.S. flag. Walnut hospitality at its best. Each year, the Health and Wellness committee staffs an information booth providing tips and information on everything from upcoming events to healthy choices to tobacco cessation.



Figure 25 Operation Gratitude

c. **Operation Gratitude.** Held the first Saturday after Halloween, Cub Scout Pack 238 collects candy which is repackaged and shared with service men and women in the armed forces (see Figure 25). The scouts receive, sort, weigh and repackage the candy for shipment. In addition, they include cards and notes from the Walnut community thanking our military men and women for their service. Boxes are shipped for distribution to troops all over the world. The U.S. Military can burn those calories more efficiently than most Walnut residents!



Figure 24 Timmy Bryant Memorial 5K

- d. **Timmy Bryant Memorial Scholarship 5K.** Held annually in April, the run/walk starts and finishes at Walnut Elementary School in memory of Principal Timmy Bryant. Anywhere from 80-150 people will walk or run the course (see Figure 24). The funds raised go toward a scholarship fund that is awarded annually to low income students.
- e. **Healthy School Project.** An annual school tour sponsored by the Town of Walnut and Northeast Mississippi Community College, an instructor provides one-on-one education to children on making healthy food choices and staying fit. Materials and guidelines are sent home for the children to share and challenge their parents to get involved (ref Figure 26).



Figure 26 Healthy School Partnership

- f. There are at least three **Relay for Life** teams operating out of the Walnut community. Al's Pals, Fighting Chance, and the Sue Crew raised almost \$5,000 collectively for The Cure.
- g. Eli's Allies is a team supporting the **Juvenile Diabetes Research Foundation** to find a cure for Type 1 Diabetes. The Walnut-based team has participated in JDRF walk/runs, color runs, the Hope Run for a Cure Half-Marathon, and hosted its own



Figure 27 Eli's Allies Color Me Cured 5K

JDRF-sanctioned color run in Walnut last November (ref. Figure 27). Approximately 200 people signed up, making it one of the largest “get moving” events in town. Starting at the Destination Downtown location, participants are blasted with color at each kilometer by members of the Youth Leadership Council. The run is an untimed event, focusing rather on sharing information and awareness of Type 1 Diabetes. It is one of our community workshops for educating residents on how to manage chronic illness and diseases. The Health and Wellness Committee, along with all our partners, are on-hand to administer a safe and efficient event. To date, Eli's Allies have raised over \$7,000 and built a partnership with The Peoples Bank as one of its official charities. Additional matching funds were donated to JDRF on behalf of Eli's Allies by an anonymous organization.

#### h. **Live a Better**

**Life** workshops. This fiscal year, we began a partnership with the Delta Health Collaborative. The State Department of Health Services

hails the collaborative as a best-practice and expanded their focus beyond the delta region. Walnut was among the first communities outside the delta to take advantage of the program. The benefits are global in that we have improved our farmers' market, completed the walkability assessment, championed smoke-free initiative and organized our meetings and recordkeeping. The biggest impact has come from a program called, “Live a Better Life” (see Figure 28). Targeting participants who live with chronic diseases (and those who provide care for them), the program covers a variety of topics to prepare students to deal with pain and tiredness, eat for better health, deal with symptoms, and how to relax and enjoy life. The workshops are presented each week for six weeks. Specific information is provided on arthritis, asthma, cancer, diabetes, depression, heart disease and hypertension.

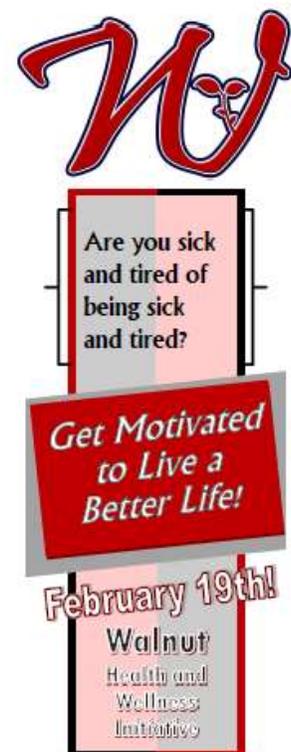


Figure 28 Live a Better Life

- i. A new event this year was sponsored by Walnut Runs. A **Family Fun Run**, was held downtown starting at the Destination Downtown area on September 20th. Walnut PD provided traffic control and The Walnut Volunteer Fire Department got into the action by providing a fun and refreshing turnaround spot (*Figure 29*). This event seeks to engage runners and walkers of all ages and fitness levels by keeping the distance to a minimum and fun to the maximum. For their participation in the event, all of the young participants received the positive reinforcement and encouragement of a personal medallion presentation at the finish line. The Walnut Runs club was so pleased with this event, they plan on holding these runs twice a year, in May and September.



**Figure 29 Family Fun Run**

- j. We are humbled by the opportunity to encourage other entities to support a health and wellness effort. We successfully engaged Walnut Schools and Northeast Mississippi Community College in the BCBS Healthy Schools initiatives. As the Wellness Center idea provided answers for all of our community's wellness needs, we knew it would involve organizations outside our small town. Greg & Kevin scheduled a meeting with North Tippah Schools Superintendent Junior Wooten to share the committee's ideas and get his thoughts on feasibility, how to share the information with the school board, and how to build the support we need. On our arrival at the district office, Mr. Wooten had invited Nick Hopper, the NTSD Director of Technology and Programs to join us. As we shared background information identifying the need for access to exercise equipment and the idea to modernize the high school gym, Mr. Wooten indicated his complete agreement with our direction. He was very happy to provide support, citing the good relationship the Town of Walnut has with the school board in our original shared-



**Figure 30 Healthy Schools Team at School Board, Our Turning Point, 10/9/14**

wellness center happen. The school board passed the resolution unanimously.

Immediately following this line item, the school committee, including students and champions, made their presentation to the board asking for support to pursue Healthy Schools status (*ref. Figure 30*). Again, the board voted unanimously to support the healthy schools initiative. We were two for two. It was a turning point in our community. (*see attachments for school board minutes, page 81, items 3 and 3a.*) We are awaiting news from BCBS on how Walnut Schools performed. At minimum, the feedback report will be a valuable tool in improving the health and wellness of our children and our community—and the effectiveness of our school.

One activity of which we were most pleased, was Walnut High and Elementary Schools' combined participation in National Walk-to-School Day on October 8<sup>th</sup>. With the Committee's encouragement and the aid of the town's resources such as PD traffic control, all students, parents, faculty, and staff were invited to walk to school. All school employees pitched in. The buses stopped in nearby parking lots and allowed the children, with proper guidance, to stretch their legs and enjoy the benefits of brisk cardiovascular exercise prior to mental engagement. The feedback from students and teachers was unanimously and overwhelmingly positive. The Health and Wellness Committee was proud to be the catalyst for this particular event.



**Figure 31 NEMCC FitNess Celebration 3/27/15**

Meanwhile, Greg had been talking to Craig Ellis-Sasser at Northeast Mississippi Community College about the Healthy Hometown initiative. At a recent conference, we learned that Blue Cross Blue Shield of Mississippi Foundation was working with colleges and universities. We gave Craig Ellis the information and Northeast pursued the criteria as well. And won! The project, entitled **FitNess**, was awarded \$25,000. The celebration was held on 3/27/15 with the grant presentation at 10 a.m. followed by 30 minutes of activity for college staff (zumba, walking, yoga) then a healthy lunch beginning at 11 (*ref. Figure 31*). Northeast introduced the new fitness director who will promote and maintain the program. The influence our small town had on Walnut School and Northeast Mississippi Community College were absolute blessings for our community. For these blessings we are thankful.

5. The Town of Walnut encourages a healthy work environment for city employees by providing support and resources. A safe and healthy work environment is a goal that everyone associated with the Town of Walnut shares. Safety and health policies set minimum standards but the Walnut team works together to ensure the best possible outcomes. The Board of Aldermen provide necessary funding and equipment to protect the health and safety of all employees. This year, the employee handbook was revised to include one-point lessons delivered by the department manager each week. Topics can include safety, health, or wellness tips. The topic outline is signed by the team and

maintained in the file as training records. Each of our employees understands that they make an impact on the health of the community. If residents don't have clean, safe places to live, or are threatened by violence, or if utility services like water, gas and sewer are contaminated or interrupted, their health will suffer. It is a nice thing to envision tree-lined streets with neat yards and lots of parks and open spaces, but it's an essential thing to provide reliable and sustained infrastructure. Like a healthy human body, that foundation helps to make a healthy community—one in which all systems and departments function as they should. The promotion of health and wellness among city employees begins with the work environment. We try to make it a source of stimulation, rather than stress. Employees need and deserve to be respected. Policy and procedures should be followed. Compensation should be fair and productivity expectations should be reasonable. All of these items contribute to environments that improve everyone's quality of life. We provide incentives for employees to quit smoking, and provide support and encouragement through personal contact. In order to engage our staff in the health and wellness initiative, we listened and learned from them. Many of the policies and procedures were developed with their insight and input. Some of the employees participated in the Lose a Ton challenge, and some have quit smoking and dipping.

6. The Town of Walnut has adopted a policy that allows employees to walk or exercise every day during business hours.
7. A copy of the Town's Healthy Behaviors Policy for all employees is provided in the Attachments section, page 54.
8. The local businesses and industries have varying degrees of wellness programs in place for employees. One of the requests we receive from most businesses is that they would like to have a wellness center conveniently located in the vicinity. Most of the larger employers have provisions in their health care plans or company policies that encourage fitness, but there are no local outlets in the community for employees to record progress and learn how to improve their lifestyles. That's another reason we need to build our wellness center. Did we mention our plans on page 64?

Many locally owned businesses (Abby Manufacturing, Abby Farm Supply, Tomlinson's Farm and Building Supply, The Peoples Bank, Duncan's Pharmacy, Treesap Medical Clinic, Shopezy, Shakerz Pizza, Walmart Neighborhood Market, Walnut Parts, WLRC, Chapman's Restaurant) co-sponsor community-wide health and wellness events including the Fall Festival, Firehouse 5K, Eli's Allies Color Me Cured 5K, and the Timmy Bryant Memorial Scholarship 5K.

The Peoples Bank, for example, sponsors a Midnight Run 5K in the County to benefit Relay for Life. Employees at the local branch bank run and walk the race every year as a team from Walnut to support the American Cancer Society.

Walmart Neighborhood Market encourages their associates to volunteer in groups that improve quality of life in a community. They have implemented a "Volunteerism Always Pays" plan to contribute additional funds to a non-profit on behalf of hours volunteered by their associates. The Walnut Health and Wellness initiative was a beneficiary of the program this year as a result of the many hours Dr. Kevin Winter invested in our initiative. ThyssenKrupp Elevator has recently pursued LEEDs certification at their local facilities. The process included investments in equipment and in training to achieve their goals. As a result, the workforce has a better understanding of how to take care of the environment and improve their quality of life.

## Section 4: Encouragement of Healthy Community Nutrition

1. There are no vending machines on municipal property.
2. n/a
3. Most of Walnut's local restaurants have always offered healthy options on their menus. The Healthy Hometown committee is partnering with business owners to develop a campaign for flagging healthy choices that are available to patrons.
  - a. **Shakerz Pizza**, accepting a challenge from the Healthy Hometown committee, has developed new recipes including wheat crust pizza. They will be promoted as Healthy Hometown choices paired with nutritious toppings, like mushroom and onion.
  - b. **Subway** was the first fast-food restaurant in the U.S. to earn the American Heart Association Heart Check for heart-healthy meals. Offerings include black forest ham, turkey, roast beef and veggie delight. When paired with apple slices and water, meals are labeled fresh and fit for both adults and children.
  - c. **Camo Café** offers plate lunches every day that include steamed vegetables which can be chosen as a side item instead of baked potato or fries.
  - d. **Burgers and Stuff** provides healthy choices on their menu, featuring grilled chicken. They also offer plate lunches with vegetables that often includes roast beef and chicken.
  - e. All of the restaurants offer various salad combinations.
4. Only one convenience store in Walnut offers food items. They provide a variety of salads with light dressing choices. During the past few months, they have added fruit as an alternative to all the brown crispy items under the heat lamps.
5. The Town of Walnut launched a farmer's market in 2014 with assistance from an Appalachian Community Learning Project team, headed by "Sparkplug" Alderman David Nabors (see Figure 32).
6. Using funds from the Appalachian Regional Commission, a vacant lot in downtown was developed to include a large grassy area surrounded by a parking lot. In addition to launching the farmers' market, we wanted to create a park that would bring life back to Main Street and the downtown area. The market was open to vendors from May through



Figure 32 Farmers' Market

October. On Saturdays, local bands or solo artists were invited to do acoustic sets, including Last Ditch Effort featuring Kevin Winter and Greg James (*see figure 33*). The project was a success. More than 2,100 visitors supported the market which averaged five vendors per week. Actual revenue was almost three times higher than goal. Volunteers from Healthy Hometown and the Youth Leadership Council provided support and relief for the Sparkplug team throughout the year. Overall, more than 450 volunteer hours were logged. In addition to Farmers' Market, the park was scheduled with additional events to bring people downtown. It was the destination for our July 4 celebration, and also hosted the Walnut Runs Family Fun Run, Eli's Allies Color Me Cured 5K for JDRF, and Meet the Wildcats.



**Figure 33 LDE unplugged at Farmers' Market**

7. We re-introduced residents to the downtown market on July 4<sup>th</sup>. The town sent invitations to all residents who had served in the armed forces inviting them to be our special guest at the celebration. Walnut Cub Scouts Pack 238 presented colors and the national anthem was sung by a local resident. After a short welcome, the Town received a flag that had flown in battle. Patriotic music cranked up and the 2,000 plus people in attendance watched a really cool fireworks show that lasted about 15 minutes. (That's big for a town our size!) Needless to say, the next Saturday morning market was one of our best all season. People began coming to it not only to buy fruit and vegetables, but to hang out and visit.

A month later as school was beginning, we introduced them downtown again. This time, to Meet the Wildcats. Cheerleaders and football players marched from the high school to the downtown market and were introduced individually to a large crowd of cheering Wildcat fans. The following Saturday was another big market day.

To keep interest going, both the Walnut Runs Family Fun Run and the Eli's Allies Color Me Cured 5K both anchored their events downtown. Finally, Christmas on Main was redirected to the market area. The community is looking forward to opening day of Farmers' Market. This year we plan to add a family movie night on the green. We think that will be fun. Part of the ACLP team's goal will be to continue to promote the farmers' market and engage as much of the community as possible, organizing other community events around the site to increase traffic flow. We will include announcements and events in the Mission Romans 12:1 church bulletin insert, Facebook, web, and involve local radio and print media.

8. The Town of Walnut currently does not have a community garden. Learning from past deployments of "new" items, we believe the initial step is to educate the public on why they need a community garden. Our biggest challenge now is to get them to purchase fresh vegetables instead of frozen. Or frozen vegetables instead of canned. Or canned instead of nothing resembling a vegetable. We are considering how to deploy a garden. Based on historical data, collective gardens are almost certain to fail every year. Best results seem to be when people are assigned a specific plot or row that they can manage as they please. The committee has the community garden approach on the agenda for the April meeting.

## Section 5: Ensuring Healthy School Environments

1. Yes. Walnut Schools are aligned with the 2007 Healthy Students Act.
2. The **Local School Wellness Policy** promotes the fact that Health is Academic. Requirements are addressed for nutrition education, physical activity, measures of how the wellness policy is being implemented, and involvement of the community. The Policy is provided in the Attachments section, page 89.

**School Health Council Members** include Lindsey Cardwell, who is the chair and primary contact for the Healthy Schools initiative. Lindsey is the English I and II teacher. She sponsors the Beta Club and the Youth Leadership Council. Lindsey is a seasoned runner, and enjoys competing in 5ks, 10ks, and half-marathons. She models healthy habits to students and faculty members. She also started a running club for the Town of Walnut, and does a wonderful job motivating citizens to incorporate exercise into their lives. Beth Smith is Vice Chair of the Healthy Schools initiative. She is the Biology teacher. She sponsors the Beta Club and Science Team. Beth is an emerging runner, and has competed in several 5Ks during the past year. She incorporates health and wellness objectives into all of her classes, and serves on the Town of Walnut Health and Wellness Committee. Jay McCoy is the principal of Walnut High School, and he is very supportive of providing more opportunities for the students and faculty to become healthy. Bonnie Jones is the principal at Walnut Elementary School, and she very supportive of providing more opportunities for the faculty and students at WES to increase their overall health and wellness. Amy Dollar is a nurse that specializes in diabetic care and dialysis. She is an avid runner and has completed marathons. Audra Braddock is the guidance counselor. She offers her expertise in mental health and wellness. Corey Bennett is the high school P.E. teacher and the assistant football and baseball coach. Kevin Winter is a town alderman and our local pharmacist. He offers his knowledge and expertise in nutrition and medicine. Landon Meeks is Senior Class President, Beta Club President, Chairperson of the Youth Leadership Council, & a member of the varsity basketball team. Armani Linton is recognized as a 2014 Dandy Dozen Athlete (football) & has signed with the University of Mississippi to play for Coach Freeze and the Rebels. He also was a state champion in Walnut High School track & field. Rico Cheairs is a member of the Beta Club & is recognized for his leadership & motivational skills. Monterio Hunt is a member of the varsity football and basketball teams. KaDarius Jones is a member of the varsity football team. Javon Norton is a member of the varsity football team, Fellowship of Christian Athletes, varsity basketball. Elizabeth Franz is a Beta Club member & member of the varsity softball team. Rosalyn Nabors is a member Youth Leadership Committee, yearbook Taylor Smith is softball & All American Cheerleader. Erin Glissen is Beta Club. Kelsey Clifton is Beta Club, Science Team, Softball. Savanna Pulliam is Beta Club, Softball. *See Figure 29, page 28 for photo.*



- A copy of the minutes from a recent school health council meeting is provided in the attachments section, page 107.
3. A proposal for North Tippah Schools to enter a shared-use agreement with the Town of Walnut was presented on October 9<sup>th</sup>, 2014. Alderman James presented options on behalf of the Town of Walnut and the Health and Wellness Committee to construct a wellness center around the north end of the Walnut High School gym (see Proposal in the Attachments section, page 64). The school board voted 5-0 in favor of proceeding with the plans. Also present at the meeting were the principals of Walnut High and Walnut Elementary, and the Healthy Schools team champions and members (*see Figure 29, page 28*). The new shared-use agreement will be the second between the school system and the Town of Walnut. The ballpark adjacent to the gym was developed by the town but belongs to the school district. Summer league ball is played on these fields by the community and the walking track is used year-round by all, while the elementary school often uses the ballpark for spring and fall recess breaks and the high school girls' fast-pitch and slow-pitch softball teams use the municipal ballpark for practice and all home games. All high-school sports teams and elementary school physical education classes use the municipal track for training and conditioning.
  4. Minutes from the November 4, 2014 meeting of the Town of Walnut designating Greg James and Kevin Winter to represent the town on the share-use agreement negotiations (as construction advances) can be found in the attachments section, page 70. Minutes from the North Tippah School Board indicating approval for the school to enter the shared-use agreement with the town can be found in the attachments section, page 80. The initial shared-use agreement, which will be modified as roles and responsibilities for managing and operating the facility are defined, can be found in the attachments section, page 104.
  5. Healthy Hometown Committee members have conferred with school administration



**Figure 34 All Grades Ballgame**

officials to confirm all the requirements of the standard are met, including adequate levels of physical activity and physical education for grades K-12. The schools provide a healthy environment for its stakeholders as outlined in the Wellness Policy. For the past school year, evidence was provided that the school voluntary engaged students and faculty in events such as: all-grades ballgame (ref. Figure 34), field day (100

yard dash, tug of war, half-mile run, etc.), fire safety training, etc. Physical fitness statistics are collected on 5<sup>th</sup> graders in sit-ups, pushups, and a half-mile run.

As part of the North Tippah School District, Walnut's cafeteria philosophy mirrors Senate Bill 2369 and complies with meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.

Teachers and administration have volunteered to participate in 5Ks, walking, golf and other activities in order to stay fit and model healthy behaviors. The staff abides by the same meal plans and vending guidelines as the students. Webinars via ActiveHealth are available to all staff members to keep current with latest trends in health and wellness topics including stress relief, proper sleep hygiene, blood pressure control, physical fitness among others. [healthyschools.ms.org](http://healthyschools.ms.org) access is also provided.

6. The school meets all of the requirements of the State Board of Education's Vending Regulations for Mississippi Public Schools.
7. The school engages parents through the School Health Council inviting participation in cafeteria plans and by publishing letters adopted from "Changing the Scene" (Journal of the United States Department of Agriculture) on improving the school nutrition environment. Other events that engage parents are National Walk to School Day; Timmy Bryant Memorial Scholarship 5K; JDRF National Diabetes Awareness Day. (Students wore blue on this day to support T1D awareness.); and the Susan G. Komen Race for the Cure. Walnut has been the SGK overall fundraising school for the past four years. When the RAT pack rolls into town, you can be sure that students will take home important information to their parents. And the Fall Festival involves all the partners working together to share vital information about health and wellness. In our small town, most of the people in our groups, councils, packs and committees are also involved in multiple other groups. We all wear many hats. A quick review of the Walnut Health and Wellness Committee bio will confirm this fact (reference pages 14-16).
8. Last year, the goals and objectives of the North Tippah School Operations were a bit weak pertaining to health and wellness. This year, with a renewed spirit of partnership, the Walnut Health and Wellness committee made several suggestions to the North Tippah School Board that would promote wellness and improve the quality of life in our community. We suggested the school board consider its role pertaining to health and wellness in the following areas for administrators, faculty and staff:
  - a. How encouraging healthy behaviors affects the overall wellness needs of the population.
  - b. How nourishment and physical activity fosters health and wellness.
  - c. Focus on areas that improve quality of life.

Working with the Technical and Programs Director, Health and Wellness Committees from the Town of Walnut and The Walnut School System came up with a revised Goals and Objectives Mission statement. For a complete listing of all goals and objectives for the schools, please review Board Operations Goals and Objectives Mission Statement in the attachments section, pages 87 and 88. The North Tippah School Board met on November 13, 2014 and reviewed the proposed revision. They voted unanimously to adopt the new goals and objectives effective immediately (*reference page 84, item 17*). Health and Wellness is now featured in the NTSD Mission, Goals AND Objectives. All three!

**Mission:** "...conscious of the developmental, health and wellness needs...engagement in healthy behaviors and overall wellness..."

**Goals:** "Schools should foster health and wellness in students, faculty and staff by providing proper nourishment and ample opportunities for physical activity"

**Objectives:** "consistently focusing on the entire student, faculty member, and administrator, and tirelessly pursuing avenues to improve their overall quality of life."

**Ordinances**



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## **Town of Walnut Ordinance Prohibiting Smoking in all Workplaces and Public Places (100% Smokefree)**

### **Sec. 1000. Title**

This Article shall be known as the Town of Walnut Smokefree Air Ordinance of 2013.

### **Sec. 1001. Findings and Intent**

The Mayor and Board of Aldermen of the Town of Walnut do hereby find that:

The 2006 U.S. Surgeon General's Report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, has concluded that (1) secondhand smoke exposure causes disease and premature death in children and adults who do not smoke; (2) children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory problems, ear infections, and asthma attacks, and that smoking by parents causes respiratory symptoms and slows lung growth in their children; (3) exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer; (4) there is no risk-free level of exposure to secondhand smoke; (5) establishing smokefree workplaces is the only effective way to ensure that secondhand smoke exposure does not occur in the workplace, because ventilation and other air cleaning technologies cannot completely control for exposure of nonsmokers to secondhand smoke; and (6) evidence from peer-reviewed studies shows that smokefree policies and laws do not have an adverse economic impact on the hospitality industry. (U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.) According to the 2010 U.S. Surgeon General's Report, *How Tobacco Smoke Causes Disease*, even occasional exposure to secondhand smoke is harmful and low levels of exposure to secondhand tobacco smoke lead to a rapid and sharp increase in dysfunction and inflammation of the lining of the blood vessels, which are implicated in heart attacks and stroke. (U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.)

Numerous studies have found that tobacco smoke is a major contributor to indoor air pollution, and that breathing secondhand smoke (also known as environmental tobacco smoke) is a cause of disease in healthy nonsmokers, including heart disease, stroke, respiratory disease, and lung cancer. The National Cancer Institute determined in 1999 that secondhand smoke is responsible for the early deaths of approximately 53,000 Americans annually. (National Cancer Institute (NCI), "Health effects of exposure to environmental tobacco smoke: the report of the California Environmental Protection

Agency. Smoking and Tobacco Control Monograph 10," *Bethesda, MD: National Institutes of Health, National Cancer Institute (NCI)*, August 1999.)

The Public Health Service's National Toxicology Program (NTP) has listed secondhand smoke as a known carcinogen. (Environmental Health Information Service (EHIS), "Environmental tobacco smoke: first listed in the Ninth Report on Carcinogens," *U.S. Department of Health and Human Services (DHHS), Public Health Service, NTP*, 2000; reaffirmed by the NTP in subsequent reports on carcinogens, 2003, 2005.)

Based on a finding by the California Environmental Protection Agency in 2005, the California Air Resources Board has determined that secondhand smoke is a toxic air contaminant, finding that exposure to secondhand smoke has serious health effects, including low birth-weight babies; sudden infant death syndrome (SIDS); increased respiratory infections in children; asthma in children and adults; lung cancer, sinus cancer, and breast cancer in younger, premenopausal women; heart disease; and death. (California Air Resources Board (ARB), "Appendix II Findings of the Scientific Review Panel: Findings of the Scientific Review Panel on Proposed Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant as adopted at the Panel's June 24, 2005 Meeting," *California Air Resources Board (ARB)*, September 12, 2005.)

There is indisputable evidence that implementing 100% smoke-free environments is the only effective way to protect the population from the harmful effects of exposure to secondhand smoke. (World Health Organization (WHO), "Protection from exposure to secondhand smoke: policy recommendations," *World Health Organization (WHO)*, 2007.)

In reviewing 11 studies concluding that communities see an immediate reduction in heart attack admissions after the implementation of comprehensive smokefree laws, the Institute of Medicine of the National Academies concluded that data consistently demonstrate that secondhand smoke exposure increases the risk of coronary heart disease and heart attacks and that smokefree laws reduce heart attacks. (Institute of Medicine (IOM) of the National Academies, Board on Population Health and Public Health Practice, Committee on Secondhand Smoke Exposure and Acute Coronary Events, "Secondhand smoke exposure and cardiovascular effects: making sense of the evidence," *Washington, DC: National Academies Press*, October 2009.)

A significant amount of secondhand smoke exposure occurs in the workplace. Employees who work in smoke-filled businesses suffer a 25-50% higher risk of heart attack and higher rates of death from cardiovascular disease and cancer, as well as increased acute respiratory disease and measurable decrease in lung function. (Pitsavos, C.; Panagiotakos, D.B.; Chrysohoou, C.; Skoumas, J.; Tzioumis, K.; Stefanadis, C.; Toutouzas, P., "Association between exposure to environmental tobacco smoke and the development of acute coronary syndromes: the CARDIO2000 case-control study," *Tobacco Control* 11(3): 220-225, September 2002.)

Studies measuring cotinine (metabolized nicotine) and NNAL (metabolized nitrosamine NNK, a tobacco-specific carcinogen linked to lung cancer) in hospitality workers find dramatic reductions in the levels of these biomarkers after a smokefree law takes effect. Average cotinine levels of New York City restaurant and bar workers decreased by 85% after the city's smokefree law went into effect. ([n.a.], "The State of Smoke-Free New York City: A One Year Review," *New York City Department of Finance, New York City Department of Health & Mental Hygiene, New York City Department of Small Business Services, New York City Economic Development Corporation*, March 2004). After the

implementation of Ontario, Canada's Smokefree Indoor Air Law, levels of NNAL were reduced by 52% in nonsmoking casino employees and cotinine levels fell by 98%. (Geoffrey T. Fong, et. al., "The Impact of the Smoke-Free Ontario Act on Air Quality and Biomarkers of Exposure in Casinos: A Quasi-Experimental Study," *Ontario Tobacco Control Conference, Niagara Falls, Ontario*, December 2, 2006.)

Following a Health Hazard Evaluation of Las Vegas casino employees' secondhand smoke exposure in the workplace, which included indoor air quality tests and biomarker assessments, the National Institute of Occupational Safety & Health (NIOSH) concluded that the casino employees are exposed to dangerous levels of secondhand smoke at work and that their bodies absorb high levels of tobacco-specific chemicals NNK and cotinine during work shifts. NIOSH also concluded that the "best means of eliminating workplace exposure to [secondhand smoke] is to ban all smoking in the casinos." (*Health hazard evaluation report: environmental and biological assessment of environmental tobacco smoke exposure among casino dealers*, Las Vegas, NV. By Achutan C, West C, Mueller C, Boudreau Y, Mead K. Cincinnati, OH: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, NIOSH HETA No. 2005-0076 and 2005-0201-3080, May 2009.)

Secondhand smoke is particularly hazardous to elderly people, individuals with cardiovascular disease, and individuals with impaired respiratory function, including asthmatics and those with obstructive airway disease. (California Environmental Protection Agency (Cal EPA), "Health effects of exposure to environmental tobacco smoke", *Tobacco Control* 6(4): 346-353, Winter, 1997.) The Americans With Disabilities Act, which requires that disabled persons have access to public places and workplaces, deems impaired respiratory function to be a disability. (Daynard, R.A., "Environmental tobacco smoke and the Americans with Disabilities Act," *Nonsmokers' Voice* 15(1): 8-9.)

The U.S. Centers for Disease Control and Prevention has determined that the risk of acute myocardial infarction and coronary heart disease associated with exposure to tobacco smoke is non-linear at low doses, increasing rapidly with relatively small doses such as those received from secondhand smoke or actively smoking one or two cigarettes a day, and has warned that all patients at increased risk of coronary heart disease or with known coronary artery disease should avoid all indoor environments that permit smoking. (**Pechacek, Terry F.; Babb, Stephen**, "Commentary: How acute and reversible are the cardiovascular risks of secondhand smoke?" *British Medical Journal* 328: 980-983, April 24, 2004.)

Given the fact that there is no safe level of exposure to secondhand smoke, the American Society of Heating, Refrigerating and Air Conditioning Engineers (ASHRAE) bases its ventilation standards on totally smokefree environments. ASHRAE has determined that there is currently no air filtration or other ventilation technology that can completely eliminate all the carcinogenic components in secondhand smoke and the health risks caused by secondhand smoke exposure, and recommends that indoor environments be smokefree in their entirety. (Samet, J.; Bohanon, Jr., H.R.; Coultas, D.B.; Houston, T.P.; Persily, A.K.; Schoen, L.J.; Spengler, J.; Callaway, C.A., "ASHRAE position document on environmental tobacco smoke," *American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)*, 2005.)

During periods of active smoking, peak and average outdoor tobacco smoke (OTS) levels measured in outdoor cafes and restaurant and bar patios near smokers rival indoor tobacco smoke concentrations. (Klepeis, N.; Ott, W.R.; Switzer, P., "Real-time measurement of outdoor tobacco smoke particles," *Journal of the Air & Waste Management Association* 57: 522-534, 2007.) Nonsmokers who spend six-hour periods in outdoor smoking sections of bars and restaurants experience a significant increase in levels of cotinine when compared to the cotinine levels in a smokefree outdoor area. (Hall, J.C.; Bernert, J.T.; Hall, D.B.; St Helen, G.; Kudon, L.H.; Naeher, L.P., "Assessment of exposure to secondhand smoke at outdoor bars and family restaurants in Athens, Georgia, using salivary cotinine," *Journal of Occupational and Environmental Hygiene* 6(11): 698-704, November 2009.)

Residual tobacco contamination, or "thirdhand smoke," from cigarettes, cigars, and other tobacco products is left behind after smoking occurs and builds up on surfaces and furnishings. This residue can linger in spaces long after smoking has ceased and continue to expose people to tobacco toxins. Sticky, highly toxic particulate matter, including nicotine, can cling to walls and ceilings. Gases can be absorbed into carpets, draperies, and other upholsteries, and then be reemitted (off-gassed) back into the air and recombine to form harmful compounds. (Singer, B.C.; Hodgson, A.T.; Nazaroff, W.W., "Effect of sorption on exposures to organic gases from environmental tobacco smoke (ETS)," *Proceedings: Indoor Air 2002*, 2002.) Tobacco residue is noticeably present in dust throughout places where smoking has occurred. (Matt, G.E.; Quintana, P.J.E.; Hovell, M.F.; Bernert, J.T.; Song, S.; Novianti, N.; Juarez, T.; Floro, J.; Gehrman, C.; Garcia, M.; Larson, S., "Households contaminated by environmental tobacco smoke: sources of infant exposures," *Tobacco Control* 13(1): 29-37, March 2004.) Given the rapid sorption and persistence of high levels of residual nicotine from tobacco smoke on indoor surfaces, including clothing and human skin, this recently identified process represents an unappreciated health hazard through dermal exposure, dust inhalation, and ingestion. (Sleiman, M.; Gundel, L.A.; Pankow, J.F.; Jacob III, P.; Singer, B.C.; Destailats, H., "Formation of carcinogens indoors by surface-mediated reactions of nicotine with nitrous acid, leading to potential thirdhand smoke hazards," *Proceedings of the National Academy of Sciences of the United States of America (PNAS)* 107(15): 6576-6581, February 8, 2010.)

Unregulated high-tech smoking devices, commonly referred to as electronic cigarettes, or "e-cigarettes," closely resemble and purposefully mimic the act of smoking by having users inhale vaporized liquid nicotine created by heat through an electronic ignition system. After testing a number of e-cigarettes from two leading manufacturers, the Food and Drug Administration (FDA) determined that various samples tested contained not only nicotine but also detectable levels of known carcinogens and toxic chemicals, including tobacco-specific nitrosamines and diethylene glycol, a toxic chemical used in antifreeze. The FDA's testing also suggested that "quality control processes used to manufacture these products are inconsistent or non-existent." ([n.a.], "Summary of results: laboratory analysis of electronic cigarettes conducted by FDA," *Food and Drug Administration (FDA)*, July 22, 2009; <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm> Accessed on: October 22, 2009.) E-cigarettes produce a vapor of undetermined and potentially harmful substances, which may appear similar to the smoke emitted by traditional tobacco products. Their use in workplaces and public places where smoking of traditional tobacco products is prohibited creates concern and confusion and leads to difficulties in enforcing the smoking prohibitions. Therefore, the indoor use of e-cigarettes shall likewise be prohibited according to the provisions of this Article.

The Society of Actuaries has determined that secondhand smoke costs the U.S. economy roughly \$10 billion a year: \$5 billion in estimated medical costs associated with secondhand smoke exposure and \$4.6 billion in lost productivity. (Behan, D.F.; Eriksen, M.P.; Lin, Y., "Economic Effects of Environmental Tobacco Smoke," *Society of Actuaries*, March 31, 2005.)

Numerous economic analyses examining restaurant and hotel receipts and controlling for economic variables have shown either no difference or a positive economic impact after enactment of laws requiring workplaces to be smokefree. Creation of smokefree workplaces is sound economic policy and provides the maximum level of employee health and safety. (Glantz, S.A. & Smith, L., "The effect of ordinances requiring smokefree restaurants on restaurant sales in the United States." *American Journal of Public Health*, 87:1687-1693, 1997; Colman, R.; Urbonas, C.M., "The economic impact of smoke-free workplaces: an assessment for Nova Scotia, prepared for Tobacco Control Unit, Nova Scotia Department of Health," *GPI Atlantic*, September 2001.)

There is no legal or constitutional "right to smoke." (Graff, S.K., "*There is No Constitutional Right to Smoke: 2008*," Tobacco Control Legal Consortium, 2d edition, 2008.) Business owners have no legal or constitutional right to expose their employees and customers to the toxic chemicals in secondhand smoke. On the contrary, employers have a common law duty to provide their workers with a workplace that is not unreasonably dangerous. (Graff, S.K.; Zellers, L., "*Workplace Smoking: Options for Employees and Legal Risks for Employers*," Tobacco Control Legal Consortium, 2008.)

Smoking is a potential cause of fires; cigarette and cigar burns and ash stains on merchandise and fixtures causes economic damage to businesses. ("The high price of cigarette smoking," *Business & Health* 15(8), *Supplement A: 6-9*, August 1997.)

The smoking of tobacco is a form of air pollution, a positive danger to health, and a material public nuisance.

Accordingly, the Mayor and Board of Aldermen of the Town of Walnut find and declare that the purposes of this ordinance are (1) to protect the public health and welfare by prohibiting smoking in public places and places of employment; and (2) to guarantee the right of nonsmokers to breathe smokefree air, and to recognize that the need to breathe smokefree air shall have priority over the desire to smoke.

### **Sec. 1002. Definitions**

The following words and phrases, whenever used in this Article, shall be construed as defined in this Section:

- A. "Bar" means an establishment that is devoted to the serving of alcoholic beverages for consumption by guests on the premises and in which the serving of food is only incidental to the consumption of those beverages, including but not limited to, taverns, nightclubs, cocktail lounges, and cabarets.
- B. "Business" means a sole proprietorship, partnership, joint venture, corporation, or other business entity, either for-profit or not-for-profit, including retail

- establishments where goods or services are sold; professional corporations and other entities where legal, medical, dental, engineering, architectural, or other professional services are delivered; and private clubs.
- C. “E-cigarette” means any electronic oral device, such as one composed of a heating element, battery, and/or electronic circuit, which provides a vapor of nicotine or any other substances, and the use or inhalation of which simulates smoking. The term shall include any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, or under any other product name or descriptor.
- D. “Employee” means a person who is employed by an employer in consideration for direct or indirect monetary wages or profit, and a person who volunteers his or her services for a non-profit entity.
- E. “Employer” means a person, business, partnership, association, corporation, including a municipal corporation, trust, or non-profit entity that employs the services of one or more individual persons.
- F. “Enclosed Area” means all space between a floor and a ceiling that is bounded on at least two sides by walls, doorways, or windows, whether open or closed. A wall includes any retractable divider, garage door, or other physical barrier, whether temporary or permanent and whether or not containing openings of any kind.
- G. “Health Care Facility” means an office or institution providing care or treatment of diseases, whether physical, mental, or emotional, or other medical, physiological, or psychological conditions, including but not limited to, hospitals, rehabilitation hospitals or other clinics, including weight control clinics, nursing homes, long-term care facilities, homes for the aging or chronically ill, laboratories, and offices of surgeons, chiropractors, physical therapists, physicians, psychiatrists, dentists, and all specialists within these professions. This definition shall include all waiting rooms, hallways, private rooms, semiprivate rooms, and wards within health care facilities.
- H. “Hookah” means any device or method of smoking employing pipes used to pass charcoal-heated air through a tobacco mixture and ultimately through a water-filled chamber. The charcoal or burning embers are placed on top of a perforated aluminum foil and the tobacco mixture is placed below. The user inhales the water-filtered smoke through a tube and mouthpiece. The water lowers the temperature of the smoke.
- I. “Place of Employment” means an area under the control of a public or private employer, including, but not limited to, work areas, private offices, employee lounges, restrooms, conference rooms, meeting rooms, classrooms, employee cafeterias, hallways, construction sites, temporary offices, and vehicles. A private residence is not a “place of employment” unless it is used as a child care, adult day care, or health care facility.
- J. “Playground” means any park or recreational area designed in part to be used by children that has play or sports equipment installed or that has been designated or landscaped for play or sports activities, or any similar facility located on public or private school grounds or on [City or County] grounds.
- K. “Private Club” means an organization, whether incorporated or not, which is the owner, lessee, or occupant of a building or portion thereof used exclusively for club purposes at all times, which is operated solely for a recreational, fraternal, social, patriotic, political, benevolent, or athletic purpose, but not for pecuniary gain, and which only sells alcoholic beverages incidental to its operation. The affairs and management of the organization are conducted by a board of directors, executive committee, or similar body chosen by the members at an annual meeting. The organization has established bylaws and/or a constitution to govern its activities.

- The organization has been granted an exemption from the payment of federal income tax as a club under 26 U.S.C. Section 501.
- L. "Public Place" means an area to which the public is invited or in which the public is permitted, including but not limited to, banks, bars, educational facilities, gaming facilities, health care facilities, hotels and motels, laundromats, public transportation vehicles and facilities, reception areas, restaurants, retail food production and marketing establishments, retail service establishments, retail stores, shopping malls, sports arenas, theaters, and waiting rooms. A private residence is not a "public place" unless it is used as a child care, adult day care, or health care facility.
  - M. "Restaurant" means an eating establishment, including but not limited to, coffee shops, cafeterias, sandwich stands, and private and public school cafeterias, which gives or offers for sale food to the public, guests, or employees, as well as kitchens and catering facilities in which food is prepared on the premises for serving elsewhere. The term "restaurant" shall include a bar area within the restaurant.
  - N. "Service Line" means an indoor or outdoor line in which one (1) or more persons are waiting for or receiving service of any kind, whether or not the service involves the exchange of money, including but not limited to, ATM lines, concert lines, food vendor lines, movie ticket lines, and sporting event lines.
  - O. "Shopping Mall" means an enclosed public walkway or hall area that serves to connect retail or professional establishments.
  - P. "Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or in any form. "Smoking" also includes the use of an e-cigarette which creates a vapor, in any manner or in any form, or the use of any oral smoking device, including hookahs, for the purpose of circumventing the prohibition of smoking in this Article.
  - Q. "Sports Arena" means a place where people assemble to engage in physical exercise, participate in athletic competition, or witness sports or other events, including sports pavilions, stadiums, gymnasiums, health spas, boxing arenas, swimming pools, roller and ice rinks, and bowling alleys.

### **Sec. 1003. Application of Article to [City-Owned or County-Owned] Facilities and Property**

All enclosed areas, including buildings and vehicles owned, leased, or operated by the Town of Walnut, as well as all outdoor property adjacent to such buildings and under the control of the Town of Walnut, shall be subject to the provisions of this Article.

### **Sec. 1004. Prohibition of Smoking in Enclosed Public Places**

Smoking shall be prohibited in all enclosed public places within the Town of Walnut, including but not limited to, the following places:

- A. Aquariums, galleries, libraries, and museums.
- B. Areas available to the general public in businesses and non-profit entities patronized by the public, including but not limited to, banks, laundromats, professional offices, and retail service establishments.

- C. Bars.
- D. Bingo facilities.
- E. Child care and adult day care facilities.
- F. Convention facilities.
- G. Educational facilities, both public and private.
- H. Elevators.
- I. Gaming facilities.
- J. Health care facilities.
- K. Hotels and motels.
- L. Lobbies, hallways, and other common areas in apartment buildings, condominiums, trailer parks, retirement facilities, nursing homes, and other multiple-unit residential facilities.
- M. Polling places.
- N. Public transportation vehicles, including buses and taxicabs, under the authority of the Town of Walnut, and ticket, boarding, and waiting areas of public transportation facilities, including bus, train, and airport facilities.
- O. Restaurants.
- P. Restrooms, lobbies, reception areas, hallways, and other common-use areas.
- Q. Retail stores.
- R. Rooms, chambers, places of meeting or public assembly, including school buildings, under the control of an agency, board, commission, committee or council of the Town of Walnut or a political subdivision of the State, to the extent the place is subject to the jurisdiction of the Town of Walnut.
- S. Service lines.
- T. Shopping malls.
- U. Sports arenas, including enclosed places in outdoor arenas.
- V. Theaters and other facilities primarily used for exhibiting motion pictures, stage dramas, lectures, musical recitals, or other similar performances.

### **Sec. 1005. Prohibition of Smoking in Enclosed Places of Employment**

- A. Smoking shall be prohibited in all enclosed areas of places of employment without exception. This includes, without limitation, common work areas, auditoriums, classrooms, conference and meeting rooms, private offices, elevators, hallways, medical facilities, cafeterias, employee lounges, stairs, restrooms, vehicles, and all other enclosed facilities.
- B. This prohibition on smoking shall be communicated to all existing employees by the effective date of this Article and to all prospective employees upon their application for employment.

### **Sec. 1006. Prohibition of Smoking in Private Clubs**

Smoking shall be prohibited in all private clubs.

### **Sec. 1007. Prohibition of Smoking in Enclosed Residential Facilities**

Smoking shall be prohibited in the following enclosed residential facilities:

- A. All private and semi-private rooms in nursing homes.
- B. All hotel and motel rooms that are rented to guests.

### **Sec. 1008. Prohibition of Smoking in Outdoor Public Places**

Smoking shall be prohibited in the following outdoor places:

- A. Within a reasonable distance of 25 feet outside entrances, operable windows, and ventilation systems of enclosed areas where smoking is prohibited, so as to prevent tobacco smoke from entering those areas.
- B. On all outdoor property that is adjacent to buildings owned, leased, or operated by the Town of Walnut and that is under the control of the Town of Walnut.
- C. In, and within 25 feet of, outdoor seating or serving areas of restaurants and bars.
- D. In all outdoor arenas, stadiums, and amphitheaters. Smoking shall also be prohibited in, and within 25 feet of, bleachers and grandstands for use by spectators at sporting and other public events.
- E. In, and within 25 feet of, all outdoor playgrounds.
- F. In, and within 25 feet of, all outdoor public transportation stations, platforms, and shelters under the authority of the Town of Walnut.
- G. In all outdoor service lines, including lines in which service is obtained by persons in vehicles, such as service that is provided by bank tellers, parking lot attendants, and toll takers. In lines in which service is obtained by persons in vehicles, smoking is prohibited by both pedestrians and persons in vehicles, but only within 25 feet of the point of service.
- H. In outdoor common areas of apartment buildings, condominiums, trailer parks, retirement facilities, nursing homes, and other multiple-unit residential facilities, except in designated smoking areas, not to exceed twenty-five percent (25%) of the total outdoor common area, which must be located at least 25 feet outside entrances, operable windows, and ventilation systems of enclosed areas where smoking is prohibited.

### **Sec. 1009. Prohibition of Smoking in Outdoor Places of Employment**

- A. Smoking shall be prohibited in all outdoor places of employment where two or more employees are required to be in the course of their employment. This includes, without limitation, work areas, construction sites, temporary offices such as trailers, restroom facilities, and vehicles.
- B. This prohibition on smoking shall be communicated to all existing employees by the effective date of this Article and to all prospective employees upon their application for employment.

### **Sec. 1010. Where Smoking Not Regulated**

Notwithstanding any other provision of this Article to the contrary, smoking shall not be prohibited in private residences, unless used as a childcare, adult day care, or health care facility.

### **Sec. 1011. Declaration of Establishment or Outdoor Area as Nonsmoking**

Notwithstanding any other provision of this Article, an owner, operator, manager, or other person in control of an establishment, facility, or outdoor area may declare that entire establishment, facility, or outdoor area as a nonsmoking place. Smoking shall be prohibited in any place in which a sign conforming to the requirements of Section 1012(A) is posted.

### **Sec. 1012. Posting of Signs and Removal of Ashtrays**

The owner, operator, manager, or other person in control of a public place or place of employment where smoking is prohibited by this Article shall:

- A. Clearly and conspicuously post “No Smoking” signs or the international “No Smoking” symbol (consisting of a pictorial representation of a burning cigarette enclosed in a red circle with a red bar across it) in that place.
- B. Clearly and conspicuously post at every entrance to that place a sign stating that smoking is prohibited.
- C. Clearly and conspicuously post on every vehicle that constitutes a place of employment under this Article at least one sign, visible from the exterior of the vehicle, stating that smoking is prohibited.
- D. Remove all ashtrays from any area where smoking is prohibited by this Article, except for ashtrays displayed for sale and not for use on the premises.

### **Sec. 1013. Nonretaliation; Nonwaiver of Rights**

- A. No person or employer shall discharge, refuse to hire, or in any manner retaliate against an employee, applicant for employment, customer, or resident of a multiple-unit residential facility because that employee, applicant, customer, or resident exercises any rights afforded by this Article or reports or attempts to prosecute a violation of this Article. Notwithstanding Section 1015, violation of this Subsection shall be a misdemeanor, punishable by a fine not to exceed \$1000 for each violation.
- B. An employee who works in a setting where an employer allows smoking does not waive or otherwise surrender any legal rights the employee may have against the employer or any other party.

### **Sec. 1014. Enforcement**

- A. This Article shall be enforced by the Mayor of the Town of Walnut and the Police Department thereof or an authorized designee.
- B. Notice of the provisions of this Article shall be given to all applicants for a business license in the Town of Walnut.
- C. Any citizen who desires to register a complaint under this Article may initiate enforcement with the Mayor of the Town of Walnut.
- D. The Health Department, Fire Department, or their designees shall, while an establishment is undergoing otherwise mandated inspections, inspect for compliance with this Article.
- E. An owner, manager, operator, or employee of an area regulated by this Article shall direct a person who is smoking in violation of this Article to extinguish the product being smoked. If the person does not stop smoking, the owner, manager, operator, or employee shall refuse service and shall immediately ask the person to leave the premises. If the person in violation refuses to leave the premises, the owner, manager, operator, or employee shall contact a law enforcement agency.
- F. Notwithstanding any other provision of this Article, an employee or private citizen may bring legal action to enforce this Article.
- G. In addition to the remedies provided by the provisions of this Section, the Mayor of the Town of Walnut or any person aggrieved by the failure of the owner, operator, manager, or other person in control of a public place or a place of employment to comply with the provisions of this Article may apply for injunctive relief to enforce those provisions in any court of competent jurisdiction.

### **Sec. 1015. Violations and Penalties**

- A. A person who smokes in an area where smoking is prohibited by the provisions of this Article shall be guilty of an infraction, punishable by a fine not exceeding fifty dollars (\$50).
- B. Except as otherwise provided in Section 1013(A), a person who owns, manages, operates, or otherwise controls a public place or place of employment and who fails to comply with the provisions of this Article shall be guilty of an infraction, punishable by:

1. A fine not exceeding one hundred dollars (\$100) for a first violation.
  2. A fine not exceeding two hundred dollars (\$200) for a second violation within one (1) year.
  3. A fine not exceeding five hundred dollars (\$500) for each additional violation within one (1) year.
- C. In addition to the fines established by this Section, violation of this Article by a person who owns, manages, operates, or otherwise controls a public place or place of employment may result in the suspension or revocation of any permit or license issued to the person for the premises on which the violation occurred.
- D. Violation of this Article is hereby declared to be a public nuisance, which may be abated by the Mayor of the Town of Walnut by restraining order, preliminary and permanent injunction, or other means provided for by law, and the Town of Walnut may take action to recover the costs of the nuisance abatement.
- E. Each day on which a violation of this Article occurs shall be considered a separate and distinct violation.

### **Sec. 1016. Public Education**

The Mayor and Board of Aldermen of the Town of Walnut shall engage in a continuing program to explain and clarify the purposes and requirements of this Article to citizens affected by it, and to guide owners, operators, and managers in their compliance with it. The program may include publication of a brochure for affected businesses and individuals explaining the provisions of this ordinance.

### **Sec. 1017. Governmental Agency Cooperation**

The Mayor and Board of Aldermen of the Town of Walnut shall annually request other governmental and educational agencies having facilities within the Town of Walnut to establish local operating procedures in cooperation and compliance with this Article. This includes urging all Federal, State, County, and School District agencies to update their existing smoking control regulations to be consistent with the current health findings regarding secondhand smoke.

**Sec. 1018. Other Applicable Laws**

This Article shall not be interpreted or construed to permit smoking where it is otherwise restricted by other applicable laws.

**Sec. 1019. Liberal Construction**

This Article shall be liberally construed so as to further its purposes.

**Sec. 1020. Severability**

If any provision, clause, sentence, or paragraph of this Article or the application thereof to any person or circumstances shall be held invalid, that invalidity shall not affect the other provisions of this Article which can be given effect without the invalid provision or application, and to this end the provisions of this Article are declared to be severable.

**Sec. 1021. Effective Date**

This Article shall be effective thirty (30) days from and after the date of its adoption.

SO ORDAINED, and ORDERED, THIS THE 5<sup>TH</sup> DAY OF NOVEMBER, 2013.

Ray James Alderman James

Paul Nabors Alderman Nabors

Scott Pulliam Alderman Pulliam

Kim S. Winter Alderman Winter

Michael Wyse Alderman Wyse

Vicci J. Skinner Mayor Skinner



## Town of Walnut Helmet Ordinance

ORDINANCE OF THE MAYOR AND BOARD OF ALDERMEN OF THE TOWN OF WALNUT, MISSISSIPPI TO REQUIRE ALL PERSONS TO WEAR PROTECTIVE HELMETS WHEN RIDING ON A BICYCLE OR ALTERNATIVE TRANSPORTATION

WHEREAS, the Mayor and Board of Aldermen of the Town of Walnut are charged with the obligation to protect and preserve public health, safety, and welfare; and,

WHEREAS, research has determined that 67% of the deaths from bicycle/vehicle crashes are from traumatic brain injury; and,

WHEREAS, one in eight cyclists with reported injuries had a brain injury; and,

WHEREAS, an estimated 45% to 88% of cyclist brain injuries can be prevented by a helmet; and,

WHEREAS, the Mayor and Board of Aldermen of the Town of Walnut, Mississippi find that it would be in the best interest of its citizens that all operators and passengers of any bicycle or alternative transportation (including electric-assisted bicycle, in-line skates, roller skates, skate shoes, motorized foot scooter, scooter, Segway, unicycle, motorcycle, ATV or skateboard) within the-public areas of the Town of Walnut should wear protective helmets as a means to protect and preserve the public health, safety and welfare of its citizens and visitors.

NOW, THEREFORE, BE IT ORDAINED, by the Mayor and Board of Aldermen of the Town of Walnut, Mississippi as follows, to-wit:

### Section 1.

It shall be unlawful for any person from the ages of 1 to 16 to operate, ride, or be a passenger upon a device on any highway, street, road, sidewalk, bikeway, trail, or other public property, unless that person wears a protective helmet that is properly fitted and fastened. This requirement shall apply to a passenger who rides upon a device while in a restraining seat which is attached to the device or in a trailer towed by the device.

### Section 2.

No parent or guardian of any un-emancipated minor under eighteen (18) years of age shall knowingly allow the minor to violate this section.

### Section 3.

Violation of this section shall constitute a civil offense and shall be punishable by a fine of not less than \$25.00 and more than \$75.00 for each offense.

#### Section 4.

The first time a person is charged with a violation with this section, the court may dismiss the charge upon presentation of evidence that the person has purchased or obtained a protective helmet.

#### Section 5.

For purposes of this section, "protective helmet" means a helmet containing a manufacturers' certification that it meets the standards of the American National Standards Institute (ANSI), the American Society of Testing and Materials (ASTM), or the United States Consumer Products Safety Commission (CPSC).

#### Section 6.

If a child in violation of this ordinance is sixteen (16) years of age or younger, any citation shall be issued to the parent, legal guardian, or adult with custody or temporary custody, rather than to the child. If a child in violation of this ordinance is at least sixteen (16) years of age and is under eighteen (18) years of age, a citation shall be issued to the child or to the parent, legal guardian, or adult with custody or temporary custody.

#### Section 7.

This ordinance shall be in effect thirty (30) days from and after its passage. **ORDAINED, ADOPTED AND APPROVED** by the Mayor and Board of Aldermen of the Town of Walnut, Tippah County, Mississippi at its regular meeting held on the 4<sup>th</sup> day of March, 2014.

**MOTION** made to adopt the foregoing Ordinance was made by Alderman Kevin Winter and **SECONDED** by Alderman David Nabors and the foregoing, having first been reduced to writing, was submitted to a roll call vote, the result was as follows:

Alderman <b>Greg James</b>	Aye
Alderman <b>David Nabors</b>	Aye
Alderman <b>Scott Pulliam</b>	Aye
Alderman <b>Kevin Winter</b>	Aye
Alderman <b>Michael Wyse</b>	Aye

Whereupon, the Mayor declared the Ordinance carried and the Ordinance adopted. The foregoing Ordinance is approved this the 4th day of March, 2014.

TOWN OF WALNUT, MISSISSIPPI

**Vicki Skinner**, Mayor

*Vicki J. Skinner*  
ATTEST:

By: *Dana Hopkins*  
**Dana Hopkins**, Town Clerk

Helmet Ordinance





## Town of Walnut Healthy Behaviors Policy

### Purpose:

- To improve the overall health and well-being of Town of Walnut employees.
- To reduce workplace related stress and the negative consequences thereof.
- To improve productivity in the workplace and ultimately Town of Walnut customer satisfaction.
- To promote employee job satisfaction.
- To attract and retain quality employees.

Whereas the Town of Walnut is concerned about the health and well-being of our employees and whereas the negative effects of physical inactivity and improper dietary habits have been adequately documented as well as the benefits of routine physical activity and a health-conscious diet toward the prevention and treatment of many

chronic diseases including, but not limited to, cardiovascular disease, depression, stroke, pulmonary diseases, obesity, and diabetes and whereas we have the ability to encourage our employees to adopt and adhere to these healthy behaviors,

#### **Physical Activity Break Provision**

The Town of Walnut offers all full time employees the option of using 10 compensated minutes per 8 hour work day to participate in cardiovascular exercise/physical activity.

This optional 10 minute Physical Activity Break will be in addition to an employee's regular morning and afternoon paid breaks.

- Physical Activity Breaks, like all breaks, must be approved by the employee's immediate supervisor to ensure the Department's operations will be maintained.
- Employees, with the approval of their supervisor, may use the 10 minutes in conjunction with their regular morning or afternoon break time, however, supervisors may not authorize employees to use the 10 minutes to delay arrival for scheduled shift(s) or at the end of the workday, allowing employees to leave work early.
- Exercise time is not cumulative (that is, unused exercise time cannot be carried over into any subsequent day or week).
- To ensure the Town of Walnut does not incur unnecessary overtime costs, optional Physical Activity Breaks shall be suspended on weeks during which an employee is required to work overtime.

- Workload demands may cause an employee's exercise time to be suspended either for a specific time period or indefinitely. This determination shall be made by the employee's immediate supervisor and may be enacted at any point.
- Authorization to participate in this policy is neither an employee right nor a guaranteed benefit and may be revoked if the provisions of this policy are violated or if it interferes with the employee's ability to accomplish work assignments and duties.
- Employees participating in this program do so at their own risk. The Town of Walnut is not responsible for ~~any~~ and all injuries, illnesses, or other consequences, actual or perceived, suffered as a result of an employee's participation in this program.
- Employees are encouraged to consult with their personal health care provider prior to participation in this or any exercise.
- "Exercise" during work time that is a bona fide job requirement is not subject to this policy.

To participate, an employee must read this written policy, indicate in writing the preferred days/times of physical exercise, obtain supervisor's signature of approval and maintain documentation of such approval and participation in conjunction with Town Hall staff.

#### **Healthy Meeting Provision**

The Town of Walnut will strive to build physical activity breaks into all lengthy meetings, conferences, and events. Effort will be made to ensure that healthy, wholesome, and

nutritious options for any and all refreshments, meals, beverages, and snacks are available at all Town meetings during which such are served.

#### **Workplace Wellness and Safety One-Point-Lesson Provision**

Once monthly, by the Monday following the regularly scheduled meeting of the Board of Aldermen, each department head will be responsible for conducting a One-Point-Lesson on a pertinent workplace wellness and/or safety topic with his/her departmental employees. A One-Point-Lesson consists of a single simple and focused tip that typically take no more than 15 minutes to prepare and 5-10 minutes to conduct. Documentation, either printed or electronic, of the content, presenter (if delegated), and attendees of each monthly One-Point-Lesson shall be maintained in conjunction with Town Hall staff.

This policy effective January 1, 2015.

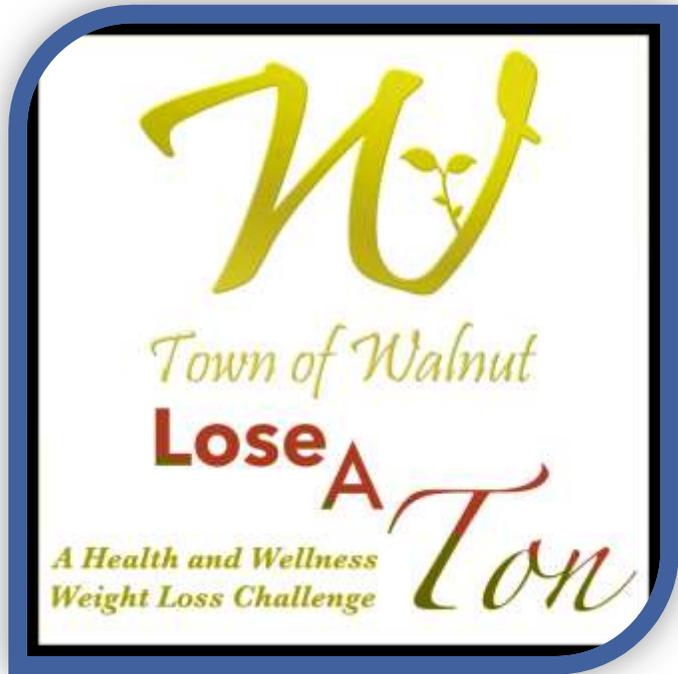
Signed:

Mayor: Dicki J. Skinner



*Jana Perkins*

**Attachments**



## Health and Wellness Committee Agenda

2 February 2015; 7 p.m.

Walnut City Hall

1. Welcome
2. Review Wellness Center New Plan Proposals
3. NEW BCBS Foundation “Project” planning (identify baselines, outcomes, target audience, and process)
4. 2015 BCBS Healthy Hometown Application: Deadline 1 April (need pics, stories, documentation, etc.)
5. Bulletin Inserts: Call for articles from your particular viewpoint and experience
6. Timmy Bryant 5K: In what way can HWC provide support and resources?
7. Final planning/promotion for Live a Better Life Seminar (Alice Griggs, MSDH, 19 February 2015; 6p; Fire Station)
8. Tobacco Cessation outreach program (Emily McGrath) at select baseball games; If scheduling permits, SFM can provide giveaways, games, etc. Coach Bennett supports; School approvals needed
9. Fundraising:
  - a. Talk to *anyone* to build support; business, industry, legislators, etc (Bain, Steverson, et al)
  - b. Concert Series or event; corporate sponsors? (Coke? Engage Traci King or Amy Smith)

Now that we’ve dug through all the opportunities and challenges from last year’s HH application, this meeting should be lively, engaging and punctual. Thank you all soooo much for participating on this most important initiative to provide a better quality of life for our community!!! YOU are doing a good work!

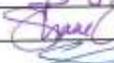
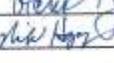
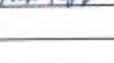
## Health and Wellness Committee Meeting Minutes

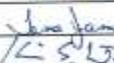
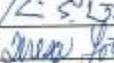
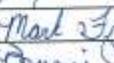
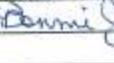
2 February 2015; 7 p.m.

Walnut City Hall

1. Chair Greg James called the meeting to order. Those present included Shane Cardwell (Scott Eng.), Cory Wilburn, Jay McCoy, Vicki Skinner, Nick Hopper, Tena James, Kevin Winter, Teresa Lothenore, Mark Lothenore, Mark Franz and Bonnie Jones.
2. Shane Cardwell reviewed the latest wellness center plans. It is hoped that the doors on the outside of the existing gym can be used to connect to the gym. Jay will meet Greg at the facility on Friday night during the basketball game to review. Results will report back at March meeting.
3. Greg and Kevin explained the new BCBS Foundation “Project” process. The committee will have to identify baselines like existing levels or conditions; define what outcomes we want to affect, identify the target audience, and map out the process by which we will attain our goals. The committee will begin to consider the effect on faculty and staff at the school and incorporate those ideas with how the center will help students. The after-school program got lots of support from the committee.
4. Greg announced the 2015 BCBS Healthy Hometown application deadline is April 1<sup>st</sup>. Committee members were asked to forward pics, stories, and documentation as required. The meeting minutes will be reviewed to ensure all topics covered are reflected in the application.
5. The chair issued a call for articles from each committee member’s particular viewpoint and experience. These articles will be featured in the monthly church bulletin inserts.
6. We offered support and resources to Ms. Jones for the upcoming Timmy Bryant 5K. Her team will let us know how we can be of assistance before race day.
7. Final plans were reviewed for the Live a Better Life Seminar (Alice Griggs, MSDH, 19 February 2015; 6p; Fire Station). The material provides an excellent foundation for improving the quality of life in our community. We are looking forward to the event and getting feedback from the participants.
8. The committee will sponsor a tobacco cessation outreach program at select baseball games; The Tobacco-Free Mississippi organization will

- provide giveaways, games, etc. Baseball Coach Corey Bennett supports the efforts; Jay provided approvals needed for the school.
9. Chairman James encouraged the group to continue to pursue fundraising opportunities: Talk to *anyone* to build support; business, industry, legislators, etc (Bain, Steverson, et al). Kevin recommended we look at a concert (series or event) and maybe corporate sponsors, like Coke or Waste Connections. He and Greg will engage Traci King (WC) or Amy Smith (Refreshments, Inc).
  10. Chairman James thanked everyone for plugging through all the opportunities and challenges identified in last year's BCBS application. He praised the team for working hard to improve the quality of life in our community.
  11. Next meeting will include follow-up from the "Live a Better Life" seminar and a review of the 2015 Healthy Hometown Application. That meeting will be scheduled when a draft version is available. The meeting was adjourned.

Walnut Health and Wellness Initiative				
Committee Meeting Register				
Date:	2-Feb-15	Location:	Walnut Town Hall	
	Printed Name	Signature	email (if updated)	phone (if updated)
1	Greg James			
2	Spene Cardwell			
3	Cory Wilbur			
4	Jay McEly			
5	Vicki Skinner			
6	Nick Hopper			
7				
8				

Walnut Health and Wellness Initiative				
Committee Meeting Register				
Date:	2-Feb-15	Location:	Walnut Town Hall	
	Printed Name	Signature	email (if updated)	phone (if updated)
1	Tena James			
2	Kevin Winter			
3	Teresa Lothene			
4	Mark Lothene			
5	Mark Franz			
6	Bonnie Jones			
7				

## Health and Wellness Committee Meeting Minutes

19 February 2015; 6 p.m.

Walnut Fire Station

Chair Greg James called the meeting to order. Those present included James Taylor, Rhonda Taylor, Amanda Wilburn, Tena James, Bill Winter, Kay Winter, Michelle Webster, Alice Miller, Elaine Dollar, Sherie Norton, Kevin Winter, Randle Hall, and Haley Winter.

Greg introduced Alice Miller and Michelle Webster from the Mississippi Department of Health. They presented a program from the Delta Health Collaborative adopted from Stanford University. The “Motivated to Live a Better Life!” program is a 6-week workshop for people living with or caring for someone with a chronic condition, such as arthritis, diabetes, asthma, lung disease, heart disease, high blood pressure, chronic pain, depression, etc.

The program will teach participants how to exercise and eat properly, use meds appropriately, solve common problems related to their condition, and communicate effectively with their family, friends and health-care providers.

Specifically, Alice provided details on how the Walnut health and wellness committee could become group leaders to provide this training to our community. Guidelines require the leader to adhere to the curriculum, be prepared to present information, facilitate group activities like brainstorming, action plan formulation and feedback, problem-solving and decision-making. The candidate(s) would have to handle difficult group dynamics and problem participants, be comfortable speaking in front of a group, not be judgmental of people or actions, model appropriate behaviors, stick to time schedules, listen and incorporate feedback given by the master trainers, and work closely and cooperatively with other leaders.

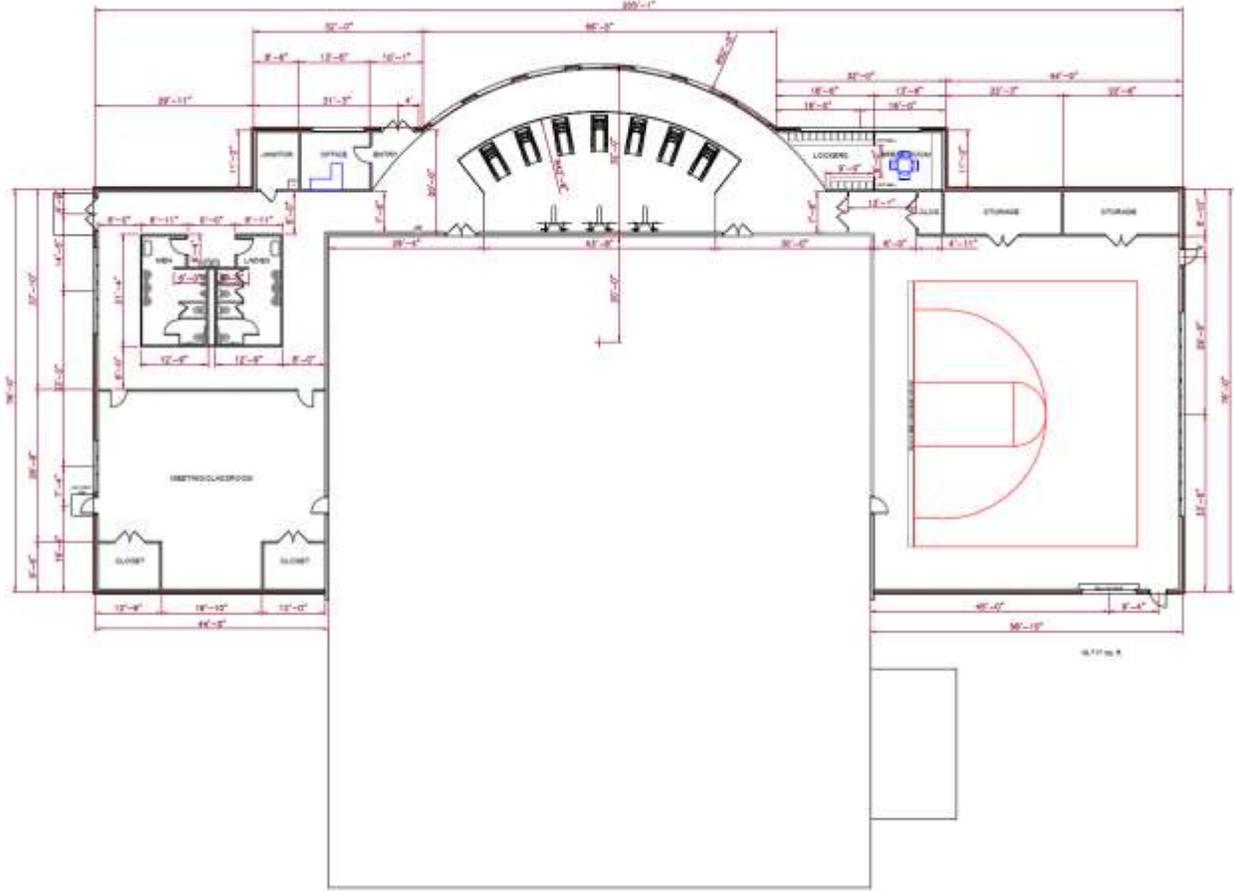
Alice challenged the committee to consider whether we would be willing to commit to providing leaders and delivering training at least annually for the community. The MSDH will cover training material expenses.

The HWC agreed unanimously this is a good program. We will be on the lookout for 1-2 leaders to become proficient at delivering the training. Kevin and Greg will take the matter to the Board of Aldermen to see about covering the travel expenses required.

Next meeting will include further discussion from the "Live a Better Life" seminar and a review of the 2015 Healthy Hometown Application. That meeting will be scheduled when a draft version is available. The meeting was adjourned.

<b>Walnut Health and Wellness Initiative</b>			
<b>Motivated to Live a Better Life (Intro)</b>			
Date:	<u>19-Feb-15</u>	Location:	<u>Walnut Fire Station</u>
Printed Name	Signature	email (if updated)	phone (if updated)
1	<i>Greg James</i>		
2	<i>James Taylor</i>		
3	<i>RICHARD M TAYLOR</i>		
4	<i>Amanda Williams</i>		
5	<i>Tena James</i>		
6	<i>Bill Winter</i>		
7	<i>Ray Winter</i>		
8	<i>Michelle Webster</i>		
9	<i>Alice Miller</i>		
10	<i>Elaine Dallas</i>		
11	<i>Sherie Norton</i>		
12	<i>Kevin Winter</i>		
13	<i>Randie Hall</i>		
14	<i>Heley Winter</i>		
15			
16			
17			
18			
19			
20			

Town of Walnut - North Tippah School District  
Wellness Center

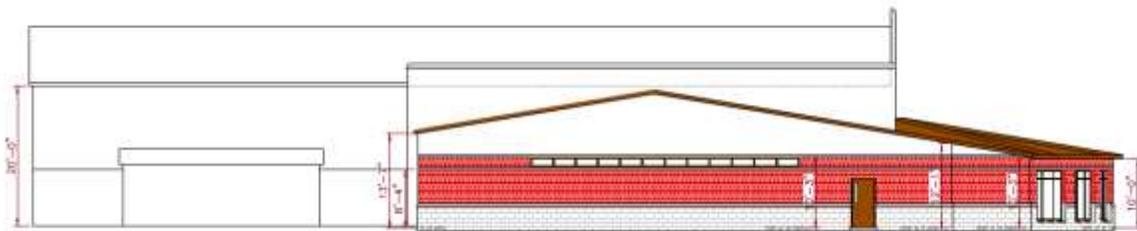


PLAN

Page 1 of 5



NOTE: ALL ROOF PITCHES ARE 2:12 RISE





## Walnut Health and Wellness Initiative

g.james@mermc.edu



2

Countries



78

Started



51

Completed



65.38%

Completion Rate



135

Viewed



27

Drop Out



5 mins

Avg. Time Taken

## Countries Surveyed



2

Countries

United States

77

Unknown

1

## Devices



78%

Smartphones

69% iPhone

31% Android



3%

Tablets

50% iPad

50% Android



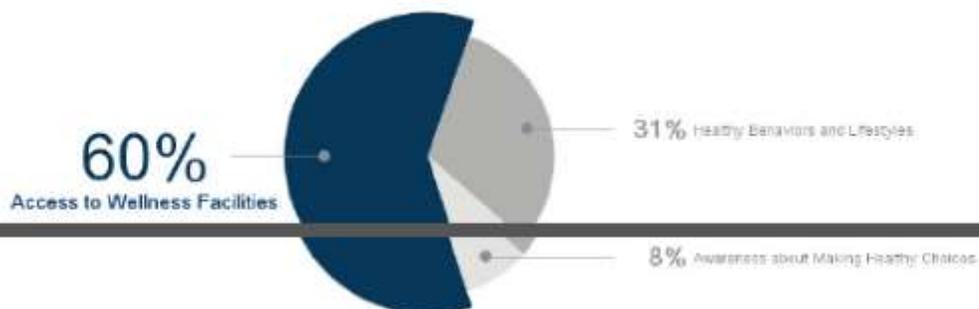
19%

Desktop/Laptop

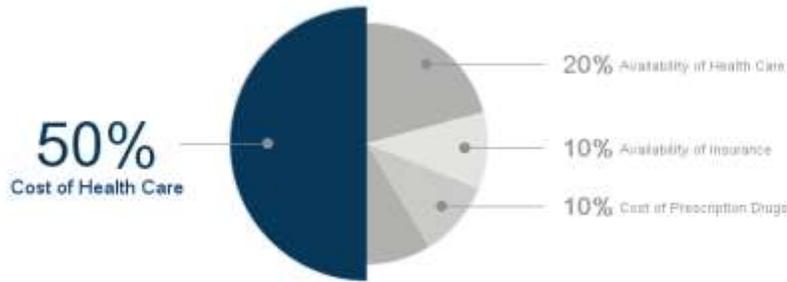
93% Windows

7% Other

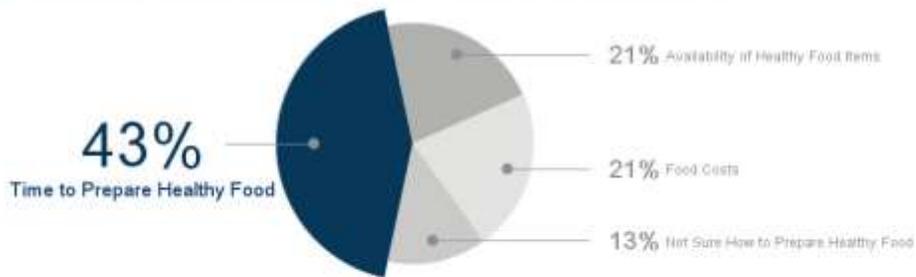
## What is the most important factor for improving the quality of life in a community?



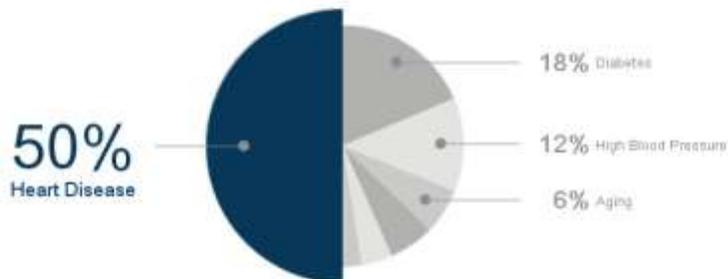
From your perspective, what is the primary concern that affects health care in Walnut?



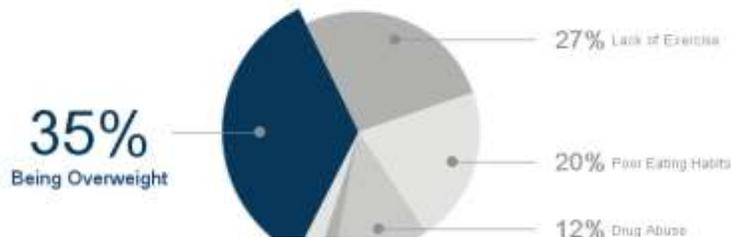
What prevents you from making healthy choices in what you eat?



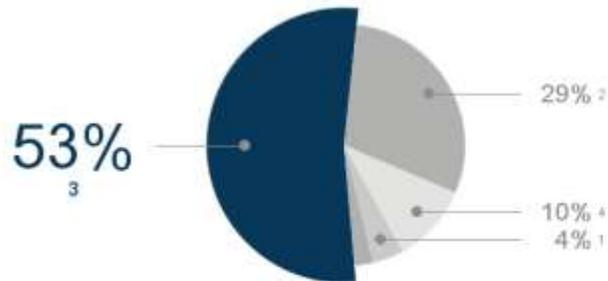
What is the most important health problem that affects our community?



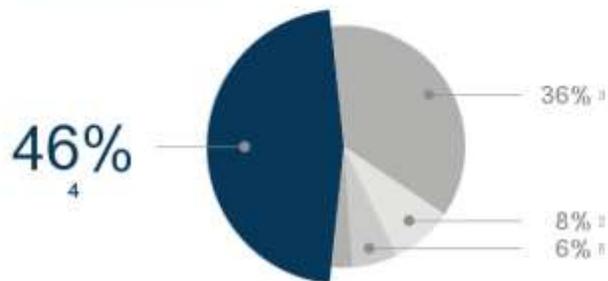
What risky behavior has the greatest impact on overall health in the Walnut community?



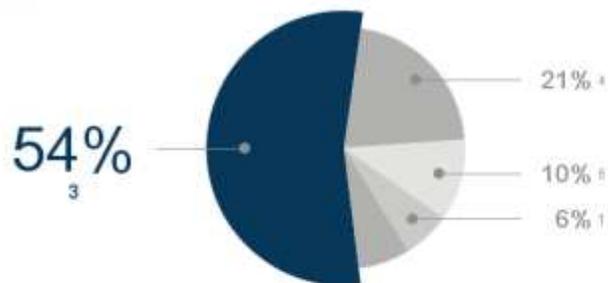
## Walnut Community



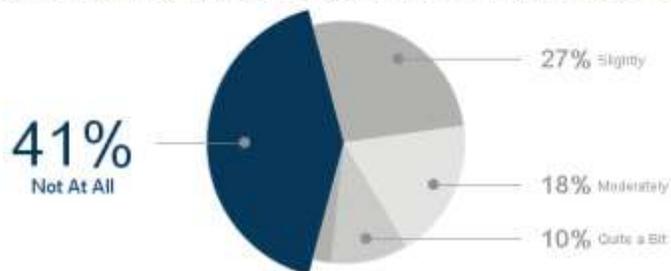
## Your Own Personal Health



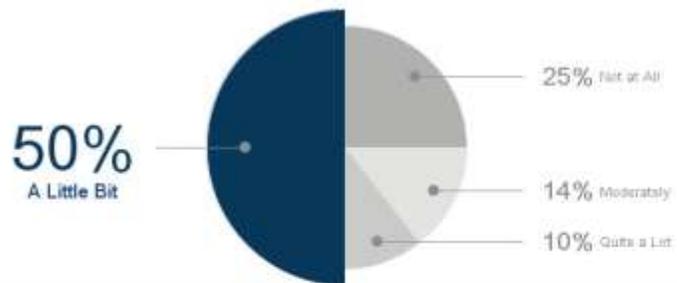
## Walnut Schools



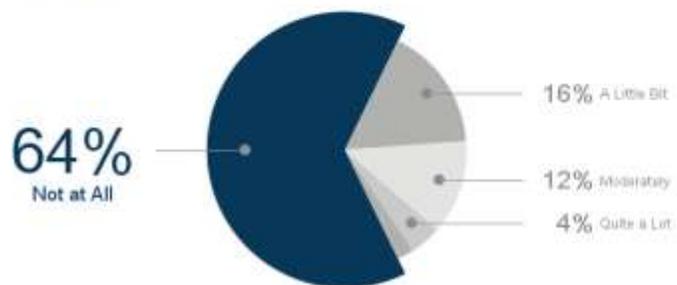
During the past few months, to what extent has your physical health or emotional state interfered with your normal social activities with family, friends, neighbors, church, ...



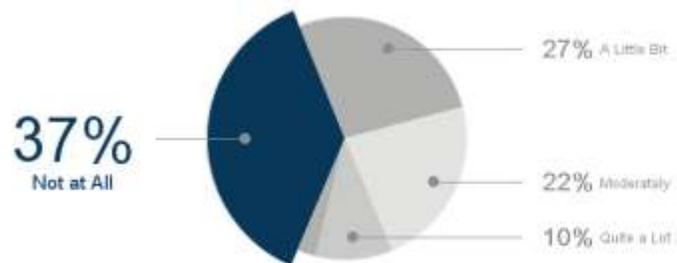
## Your Mood



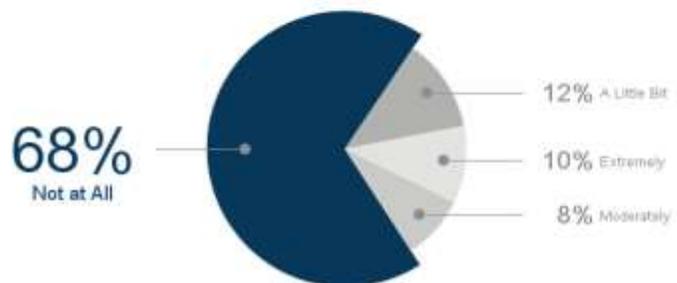
## Ability to Get Out



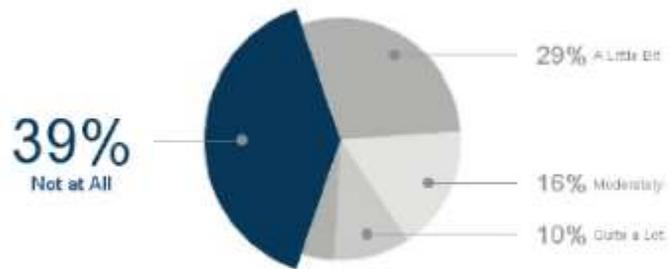
## Your Sleep



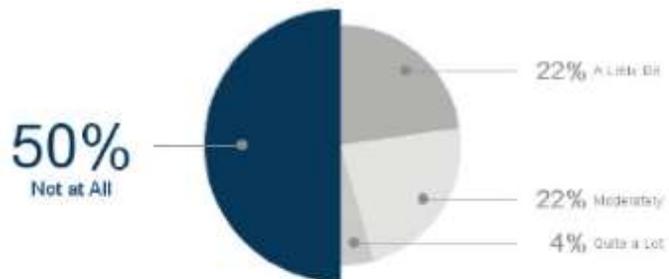
## Ability to Work



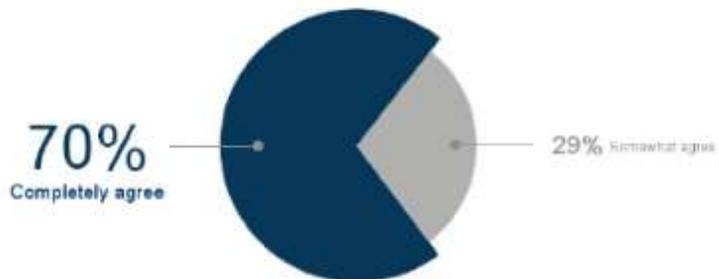
### Recreational Activities



### Enjoyment of Life



### Volunteering in community projects can greatly enhance Walnuts resources.



# MINUTES OF THE REGULAR

NOVEMBER 4, 2014

## MEETING OF THE MAYOR AND BOARD OF ALDERMEN OF THE TOWN OF WALNUT, MISSISSIPPI

**BE IT REMEMBERED** that the Mayor and Board of Aldermen of the Town of Walnut, Mississippi met in Regular Session on Tuesday, the 4<sup>th</sup> day of November, 2014 at six o'clock (6:00) p.m. at the City Hall.

**Present were:**

Vicki J. Skinner	Mayor
Greglon C. James	Alderman
David Nabors	Alderman
Scott Pulliam	Alderman
Kevin S. Winter	Alderman
Michael S. Wyse	Alderman

**Also present were:**

Fred Permenter	Board Attorney
Amy Butler	Deputy Town Clerk

Approximately four (4) others were also present.

Mayor Skinner called the meeting to order.

It was confirmed that all members of the Board were present and a quorum established.

Alderman Winter gave the invocation.

Motion was made by Alderman Winter and duly seconded by Alderman Wyse to approve and proceed with the Agenda as printed with the following additions and correction.

**Add:**

Item # 10-2	Gas Meters paid for by grant funds
Item # 11-12	Homeland Security Grant
Item # 11-13	Ripley Insurance Renewal

Correction:

Item # 11-3 to be addressed under the heading of Public Comment  
Motion was unanimously passed.

A motion was made by Alderman James to approve the minutes of the Regular October 7, 2014 meeting, with any corrections, deletions, or additions found necessary. Motion was seconded by Alderman Wyse, put to a vote and passed unanimously.

**Public Comment**

Heath Mathis and Lance Curter addressed the Board with a request to be authorized to turn on the soft ball field lights for practice and assured them that they would take responsibility for turning them off when practice is finished. Motion was made by Alderman Winter and seconded by Alderman Nabors to approve the request until a timer can be put on the lights. Motion was unanimously passed.

**Reports of standing and special committees**

There were no special committee reports.

**Report(s) from Department Heads**

The Christmas Parade Flyer was approved for distribution.

**Financial/budget reports**

Monthly Revenue and Expenditure reports were presented and discussed with no necessary action.

**Personnel comments/concerns/grievances**

There were no Personnel issues presented.

**Unfinished or Business carried forth from previous meeting**

Mayor Skinner advised the Board that the Mema mitigation plan, which was approved at a previous meeting, will have a cost of two hundred dollars (\$200.00).

Motion was made by Alderman Nabors and seconded by Alderman Pulliam to refund account holders who previously paid for gas meters, which had been placed years ago with grant money but never used, to be replaced for connection. Motion was unanimously passed.

### New Business

Motion was made by Alderman Pulliam and seconded by Alderman Nabors to approve Ed Boman to work for the Town under the Northeast Mississippi Community Service program, at no cost to the town. Motion was unanimously passed.

Natural gas in the City of Middleton, TN was discussed with no action necessary.

Motion was made by Alderman Wyse and seconded by Alderman Pulliam to appoint Aldermen James and Winter to represent the Town in presenting a proposal for the shared use agreement with the North Tippah School District. Motion was unanimously passed.

The purchase of a Christmas tree was authorized and Alderman Nabors agreed to order it.

Motion was made by Alderman James and seconded by Alderman Pulliam to authorize the Fire Department to apply for an AFG grant. Motion was unanimously passed.

Motion was made by Alderman Nabors and seconded by Alderman Pulliam to commission Fred Permenter as legal counsel for the Shared Use Agreement with the North Tippah School District. Motion was unanimously passed.

Alderman Winter recused himself from the meeting.

Motion was made by Alderman Wyse and seconded by Alderman Nabors to commission Scott Engineering for initiating the plan to work for the Shared Use Agreement with the North Tippah School District. Motion was unanimously passed.

Motion was made by Alderman Winter and seconded by Alderman Pulliam to discontinue the use and distribution of "door hangers" to utility customers who are approaching the cut-off date for non-payment and to enforce the cut-off date of the 20<sup>th</sup> of each month. Motion was unanimously passed.

Motion was made by Alderman Wyse and seconded by Alderman Nabors to approve the building permit fees for residential properties. Motion was unanimously passed.

Motion was made by Alderman James and seconded by Alderman Winter to proclaim the third week in November Geography Awareness Week. Motion was unanimously passed.

Motion was made by Alderman James and seconded by Alderman Winter to accept the Homeland Security Grant and to authorize a Police Department representative and or the Mayor to sign the Memorandums of Understanding for the MSWIN System. Motion was unanimously passed.

Motion was made by Alderman James and seconded by Alderman Winter to accept "Alternate 1" as presented by Ripley Insurance for the Health Insurance Policy for Town employees. Motion was unanimously passed.

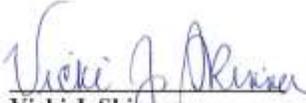
Issues with Claims Dockets or Payment of Expenses

The Claims Dockets, for the month of October 2014, were consented to and approved via unanimous signature of same.

Adjournment

There being no further business to come before the Mayor and Board of Aldermen, a motion was made by Alderman Winter and duly seconded by Alderman Pulliam and then receiving a unanimous affirmation, this meeting was declared adjourned.

THE 4<sup>th</sup> DAY OF NOVEMBER 2014.

  
Vicki J. Skinner  
Mayor

ATTEST

  
Amy Butler  
Deputy Clerk

(SEAL)  
  
Dana Hopkins



# MINUTES OF THE REGULAR

DECEMBER 2, 2014

## MEETING OF THE MAYOR AND BOARD OF ALDERMEN OF THE TOWN OF WALNUT, MISSISSIPPI

**BE IT REMEMBERED** that the Mayor and Board of Aldermen of the Town of Walnut, Mississippi met in Regular Session on Tuesday, the 2<sup>nd</sup> day of December, 2014 at six o'clock (6:00) p.m. at the City Hall.

Present were:

Vicki J. Skinner	Mayor
Greglon C. James	Alderman
David Nabors	Alderman
Scott Pulliam	Alderman
Kevin S. Winter	Alderman
Michael S. Wyse	Alderman

Also present were:

Fred Permenter	Board Attorney
Amy Butler	Deputy Town Clerk
Dana Hopkins	Town Clerk
Tommy Garrett	Police Chief

Approximately three (3) others were also present.

Mayor Skinner called the meeting to order.

It was confirmed that all members of the Board were present and a quorum established.

Alderman Nabors gave the invocation.

Motion was made by Alderman Wyse and duly seconded by Alderman James to approve and proceed with the Agenda as printed.

A motion was made by Alderman Wyse to approve the minutes of the

Regular November 4, 2014 meeting, with any corrections, deletions, or additions found necessary. Motion was seconded by Alderman James, put to a vote and passed unanimously.

#### Public Comment

A complaint was presented from Michael Graycloud regarding stray dogs on Proctor Street. The Board was advised that the Animal Rescue of Tippah County had been contacted and agreed to take the dogs if the Town would bring them down to the Animal Clinic of Tippah County in Ripley. Motion was made by Alderman James and seconded by Alderman Winter to pick up the dogs and take them to the Vet's office as directed. Motion was unanimously passed. A work order directing the maintenance staff to pick up and deliver the dogs was filled out and a copy is attached to these minutes.

#### Reports of standing and special committees

There were no special committee reports.

#### Report(s) from Department Heads

The Grand Marshal and gift card amounts for winners of Christmas Parade were approved.

Motion was made by Alderman Nabors and seconded by Alderman Pulliam to place an infrared heater in the Town Office. Motion was unanimously passed.

In order to make every effort to ensure that confidential information is protected from fraud and identity theft, Motion was made by Alderman Wyse and seconded by Alderman Nabors to begin using Shred-It™ services for document destruction, provided the monthly fee does not exceed sixty dollars (\$60.00). Motion was unanimously passed.

#### Financial/budget reports

Monthly Revenue and Expenditure reports were presented and discussed with no necessary action.

#### Personnel comments/concerns/grievances

\* See Executive Session section of Minutes

#### Unfinished or Business carried forth from previous meeting

There was no unfinished business to address.

**New Business**

The Minutes of the second Public Hearing for the Home Investment Partnerships Program Homeowner Rehabilitation/Reconstruction Project, held on November 6, 2014 at 2:00 p.m. were read. Motion was made by Alderman Pulliam and seconded by Alderman James to approve and accept the minutes as written. Motion was unanimously passed.

The need to clarify the non-emergent out of state services provision on the proposed Health Insurance Policy was discussed with no action taken.

Motion was made by Alderman James and seconded by Alderman Winter to resolve to establish authority of the Town to secure public loans from Northeast Mississippi Planning and Development District should they offer the lowest interest rate. Motion was unanimously passed and a copy of said Resolution is attached to these Minutes.

Motion was made by Alderman James and seconded by Alderman Winter to approve and adopt the Healthy Workplace Policy effective January 1, 2015. Motion was unanimously passed.

The Mid-winter MMI Legislative Conference was discussed and the Town Clerk directed to register and make reservations for the Mayor and four (4) Aldermen.

Motion was made by Alderman Winter and seconded by Alderman Pulliam to approve the request for payment by the VFD in the amount of Five thousand five hundred fifteen dollars (\$5,515.00) for runs. Motion was unanimously passed.

Motion was made by Alderman James and seconded by Alderman Winter to re-zone a parcel on Hwy 15 from commercial to residential, correcting an error that occurred during the original zoning process. Motion was unanimously passed.

Motion was made by Alderman Pulliam and seconded by Alderman James to name the AlumaForm driveway AlumaForm Way. Motion was unanimously passed.

Motion was made by Alderman Winter and seconded by Alderman Nabors to authorize Randle Hall to have Karaoke night at the Fire Department on December 19, 2014 at 6 pm. Motion was unanimously passed.

Motion was made by Alderman Pulliam and seconded by Alderman Nabors to approve and adopt the Personnel Policy as revised, effective January 1, 2015. Motion was unanimously passed and a copy of said Policy is attached to these Minutes.

Issues with Claims Dockets or Payment of Expenses

The Claims Dockets, for the month of November 2014, were consented to and approved via unanimous signature of same.

*At this point in the meeting, Motion was made by Alderman Nabors and seconded by Alderman Winter to enter executive session to discuss Police Department personnel matters. The motion unanimously passed and Alderman James recused himself and left the building and did not return for the remainder of the meeting.*

*Motion was made by Alderman Winter and seconded by Alderman Nabors to come out of Executive session and motion was unanimously passed.*

Police Chief, Tommy Garrett, presented his written resignation, effective December 5, 2014 a copy of which is attached to these Minutes.

Motion was made by Alderman Winter and seconded by Alderman Nabors to appointment Officer Tim James as interim Police Chief, effective December 5, 2014, at the chief's current rate of pay, until a permanent replacement can be found. Motion was unanimously passed. Tim was called and agreed to accept the interim position.

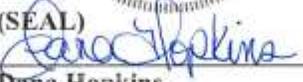
Motion was made by Alderman Wyse and seconded by Alderman Nabors to advertise for the Chief's position with the ad beginning as soon as possible. Motion was unanimously passed and a copy of said advertisement is attached to these Minutes.

There being no further business to come before the Mayor and Board of Aldermen, a motion was made by Alderman Winter and duly seconded by Alderman Pulliam and then receiving a unanimous affirmation, this meeting was recessed until December 18, 2014 at 6:15 p.m.

**THE 2<sup>nd</sup> DAY OF DECEMBER 2014.**



ATTEST

(SEAL)  
  
Dana Hopkins  
Town Clerk

  
Vicki J. Skinner  
Mayor



NORTH TIPPAAH SCHOOL DISTRICT  
JUNIOR WOOTEN, SUPERINTENDENT  
P.O. BOX 65  
TIPLERSVILLE, MS. 38674  
PHONE-223-4384  
FAX-223-5379

**BOARD OF EDUCATION:**

5-RON ALEXANDER    CHAIRMAN  
1-HOLLY HICKS     SECRETARY  
2-TODD MCELWAIN   MEMBER  
3-ALLEN MCMILLIN   MEMBER  
4-JESSE CUTRER     MEMBER

141            **DISTRICT OFFICE**

MINUTES      OCTOBER 9TH, 2014 AT 5:30

1. MOTION TO APPROVE AGENDA.

ACTION:      APPROVE

MOTION:      AM:            SECOND:      JC:            VOTE: ALL: \_X\_AB: \_\_

2. MOTION TO APPROVE MINUTES OF PREVIOUS MEETING.

ACTION:      APPROVE

MOTION:      AM:            SECOND:      JC:            VOTE: ALL: \_X\_AB: \_\_

3. RELATIONSHIP BETWEEN PUBLIC AND SCHOOL DISTRICT- MR. GREG JAMES AND MR. KEVIN WINTER. HEALTHIEST SCHOOL GRANT

ACTION: APPROVED

WALNUT HEALTH AND WELLNESS COMMITTEE'S PROPOSAL FOR NORTH TIPPAH SCHOOLS

MOTION: AM: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

3-A RELATIONSHIP BETWEEN PUBLIC AND SCHOOL DISTRICT LINDSEY CARDWELL AND BETH SMITH

NO ACTION

4. MOTION TO APPROVE CLAIM DOCKET NUMBERS 48694 TO 48870.

ACTION: APPROVE

MOTION: AM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

5. MOTION TO APPROVE TRANSMITTAL COVER SHEETS ON ACTIVITY FUNDS.

ACTION: APPROVE

MOTION: JC: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

6. MOTION TO APPROVE FUND RAISERS.

ACTION: APPROVE

MOTION: AM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

7. MOTION TO APPROVE DISTRICT FINANCIAL STATEMENTS AND AMENDMENTS.

ACTION: APPROVE

MOTION: JC: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

8. MOTION TO APPROVE LUNCHROOM FINANCIAL STATEMENTS AND AMENDMENTS.

ACTION: APPROVE

MOTION: AM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

9. MOTION TO APPROVE DISPOSAL OF PROPERTY.

ACTION: APPROVE

MOTION: TM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

10/09/2014

RON ALEXANDER CHARIMAN

Ron Alexander

HOLLY HICKS SECRETARY

Holly Hicks

TODD MCELWAIN MEMBER

Todd McElwain

ALLEN MCMILLIN MEMBER

Allen McMillin

JESSE CUTRER MEMBER

Jesse Cutrer



## 4. MOTION TO APPROVE CLAIM DOCKET NUMBERS 48871 TO 49025.

ACTION: APPROVE

MOTION: HH: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

## 5. MOTION TO APPROVE TRANSMITTAL COVER SHEETS ON ACTIVITY FUNDS.

ACTION: APPROVE

MOTION: HH: SECOND: JC: VOTE: ALL: \_X\_AB:\_\_

## 6. MOTION TO APPROVE FUND RAISERS.

ACTION: APPROVE

MOTION: TM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

## 7. MOTION TO APPROVE DISTRICT FINANCIAL STATEMENTS AND AMENDMENTS.

ACTION: APPROVE

MOTION: AM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

## 8. MOTION TO APPROVE LUNCHROOM FINANCIAL STATEMENTS AND AMENDMENTS.

ACTION: APPROVE

MOTION: TM: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

## 9. MOTION TO APPROVE DISPOSAL OF PROPERTY.

ACTION: APPROVE

MOTION: JC: SECOND: AM: VOTE: ALL: \_X\_AB:\_\_

## 10. MOTION TO TAKE ACTION ON REQUEST FOR RELEASE OR ACCEPTANCE.

ACTION: NO ACTION

11. MOTION TO APPROVE BIDS ON 2000 CHEVOROLET MALIBU- WALNUT HIGH SCHOOL.

ACTION: APPROVE TERRY BARNES BID ON CAR.

MOTION: AM: SECOND: JC: VOTE: ALL: \_X\_AB:\_\_

12. MOTION TO ADD NEW CLUB ACCOUNT FOR JR. HIGH BETA CLUB FHS.

ACTION: APPROVE

MOTION: AM: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

13. MOTION TO HIRE STACIE RUSSELL TEACHER ASSISTANT CHALYBEATE ELEMENTARY SCHOOL..

ACTION: APPROVE

MOTION: JC: SECOND: HH: VOTE: ALL: X\_AB:\_\_

14. MOTION TO APPROVE MS. STATEWIDE TESTING PROGRAM-DISTRICT SECURITY PLAN 2014-2015.

ACTION: APPROVE

MOTION: JC: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

15. MOTION TO ACCEPT DONATION.

ACTION: APPROVE

MOTION: JC: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

16. ASSIGNED ACCREDITATION STATUS FOR SCHOOL YEAR 2014-2015.

NO ACTION-ACCREDITED

17. MOTION TO APPROVE HEALTH MISSION STATEMENT.

ACTION: APPROVE

MOTION: JC: SECOND: HH: VOTE: ALL: \_X\_AB:\_\_

18. E-RATE FUNDING-MR. HOPPER.

ACTION: TO TAKE BIDS

MOTION: JC: SECOND: TM: VOTE: ALL: \_X\_AB:\_\_

19. MOTION TO ADJOURN.

ACTION: APPROVED

MOTION: JC: SECOND: AM: VOTE: ALL: \_X\_AB: \_

11/13/2014

RON ALEXANDER CHARIMAN

Ron Alexander

HOLLY HICKS SECRETARY

Holly Hicks

TODD MCELWAIN MEMBER

Todd McElwain

ALLEN MCMILLIN MEMBER

Allen McMillin

JESSE CUTRER MEMBER

Jesse Cutrer

**District:** North Tippah School District

**Section:** B - School Board Operations

**Policy Code:** BA - Board Operations Goals and Objectives Mission Statement

**BOARD OPERATIONS GOALS AND OBJECTIVES MISSION STATEMENT**

MISSION STATEMENT OF THE North Tippah School District

The educational philosophy of the North Tippah School District is to provide each child opportunities for intellectual stimulation, self realization, and physical and emotional growth in an effort to prepare him, within the limits of his potential to function effectively as a member of an ever changing society. The North Tippah School District desires to be an employer that is conscious of the developmental, health and wellness needs of its employed faculty and staff while providing innovative approaches to encourage professional development, engagement in healthy behaviors and overall wellness of the individual.

These educational opportunities must, therefore, be appropriate to the needs of the community and society served. Education must be dynamic and diverse; continuously adjusted and improved.

The following philosophical hypotheses underlie this district's commitment to continual improvement of its educational process:

- Almost all students are capable of achieving excellence in learning the essentials of formal schooling.
- The instructional process can be changed to improve learning.
- Schools should foster health and wellness in students, faculty and staff by providing proper nourishment and ample opportunities for physical activity.
- Success influences self-concept; self-concept influences learning and behavior.
- Schools can maximize the learning conditions for all students by:
  1. establishing a school climate which continually affirms the worth and diversity of all students,
  2. consistently focusing on the entire student, faculty member, and administrator, and tirelessly pursuing avenues to improve their overall quality of life.
  3. specifying expected learning outcomes,
  4. expecting that all students perform at high levels of learning,
  5. ensuring that all students experience opportunities for personal success,
  6. varying the time for learning according to the needs of each student and to the complexity of the task,
  7. having staff, students, and parents take responsibility for successful learning outcomes,
  8. determining instructional assignment directly through continuous

- assessment of student learning, and
9. certifying educational progress whenever demonstrated mastery is assessed and validated.

This statement of mission directs the educational goals of the North Tippah School District. The district's policies, regulations, and procedures must be consistent with the mission. Therefore, implementation of the mission statement shall not be limited to particular classrooms or schools, but understood to apply to all school situations. This statement shall be under constant scrutiny to determine appropriate revisions so that it may accurately reflect the educational philosophy of the North Tippah School District. CROSS REF.: Policies ABB - Board Powers and Duties CEB - Duties of Superintendent

**Adopted Date:** 11/13/2014

**Approved/Revised Date:** 11/13/2014

## North Tippah School District Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.2) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. Federal Legislation has established minimum requirements that must be included in the plan; however, districts may add additional goals as necessary when deemed appropriate to meet the needs of their schools and the community.

The following **minimum** requirements are established by the federal legislation. This law places responsibility of developing a school wellness policy at the local level, so individual needs of each school can be addressed most effectively. States and schools may choose to require or add additional components. Specifically, the federal legislation requires:

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

This eight-component model of a coordinated approach to school health, developed by the Centers for Disease Control and Prevention, depicts the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.



This Wellness Plan is a North Tippah School District policy that has been adopted for use at the following schools: Chalybeate Elementary, Falkner Elementary, Falkner High School, Walnut Elementary, and Walnut High School. The North Tippah District Wellness Policy committee members are:

1. Superintendent: Junior Wooten
2. Federal Programs Director: Linda Gunn
3. Food Service Director: Darlene Cox
4. CES Principal: Scott Smith, Teacher: Jackie Vuncannon
5. FES Principal: Bonita Cross, Teacher: Debby Harrison
6. WES Principal: Troy Shaw, Teacher: Bonnie Jones
7. FHS Principal: Bo Seago, Teacher: Phyllis Clemmer
8. WHS Principal: Jay McCoy, Teacher: John Meeks
9. School Nurse: Angie Moss

Principals at each school will invite parents and members of the community to serve on the local School Health Council (SHC). The principal at each school will ensure that the Wellness Plan is implemented and evaluated on a yearly basis.

- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011), [www.healthyschoolsms.org/MSHealthyStudentsAct.htm](http://www.healthyschoolsms.org/MSHealthyStudentsAct.htm).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
  - A. Healthy food and beverage choices;**
    1. A minimum of one fresh fruit or vegetable choice should be offered to students each day.
    2. School menus shall offer a minimum of three different fruits and five different vegetables weekly. Schools will try to serve dark green, leafy vegetables and/or orange vegetables or fruits three times per week.
    3. Schools shall offer milk choices with a maximum milk fat of 1%. Flavored nonfat, low-fat, or reduced-fat milk shall contain no more than 160 calories per 8-ounce serving.
    4. Schools shall only offer 100% fruit and vegetable juice with no added sugar.
  - B. Healthy food preparation;**
    1. Schools shall comply with the existing USDA NSLP/SBP meal pattern requirements. This includes meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and the maximum levels of 30% calories from fat and less than 10% calories from saturated fat.
    2. District School Food Service shall develop and implement a food safety program. In addition, each school shall have a HACCP system plan as required by the Child Nutrition reauthorization Act of 2004.
    3. Schools shall secure a Food Service Operational Permit through the Mississippi Department of Health for approval to operate under the National School Lunch/National School Breakfast Program.
    4. Schools shall be inspected by the Mississippi State Department of Health two times per site per school year.
    5. Schools shall implement healthy school food preparation techniques using training materials developed through sources such as USDA, National Food Service Management Institute, or Mississippi Department of Education. All training shall be kept on file by the Food Service Director for review by the Mississippi Department of Education.
    6. Schools shall limit fried foods whenever possible and practical. Schools shall develop a long range plan for reducing and/or eliminating fried products in the lunch and breakfast menus.
  - C. Marketing of healthy food choices to students and staff;**
    1. Include administration, faculty, staff, students, and parents in the implementation of the North Tippah Wellness Policy.
  - D. Food preparation ingredients and products;**
    1. Adopt the Dietary Guideline recommendation to keep Trans fatty acids "as low as possible".
    2. Wherever possible and practical, school lunch and breakfast programs shall include products labeled 0 grams trans-fat.
    3. Schools shall incorporate whole grain products into daily and weekly lunch and breakfast menus based on product availability and student acceptability at least three days per week.

**E. Minimum/maximum time allotted for students and staff lunch and breakfast;**

1. North Tippah Schools shall include at least a minimum of 20-25 minutes to ensure an adequate eating time for school lunch.
2. Since school breakfast is not factored into the regular school day, schools will take into consideration the recommended time of 15-20 minutes for a child to eat school breakfast.

**F. Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;**

1. North Tippah Schools shall comply with the Mississippi Board of Education Policy on competitive Food Sales as outlined in the Mississippi Board of Education Policy.
2. Schools may sell extra-items in portions not to exceed the menu portion serving size.
3. Schools will use marketing, pricing, and nutrition education strategies to encourage healthy extra-sale selections.

**G. Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs;**

1. The Food Service Director will prepare monthly lunch and breakfast menus and distribute to parents and students at each school.
- Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

## Commitment to Food Safe Schools

### *Minimum requirements:*

**The North Tippah School District will ensure that all food/safety guidelines are followed.**

### **North Tippah Schools will:**

- Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture, Mississippi Department of Education, and Office of Child Nutrition Programs while ensuring that the food service permit is current for the school site.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® ([www.fightbac.org](http://www.fightbac.org)) and other national standards for safe food handling at home and in school.
- Ensure that all staff members have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign a pre and post-test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: [http://healthyschoolsms.org/ohs\\_main/instructionalvideo.htm](http://healthyschoolsms.org/ohs_main/instructionalvideo.htm).
- Ensure that all school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Ensure adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.

- Ensure the food safety assurance plan addresses strategies that minimize risks for students and staff who have food allergies and intolerances.
- Provide adequate time for students to eat and enjoy school meals ( a minimum of at least 15-20 minutes at breakfast and a minimum of at least 20-25 minutes for lunch)

## **Commitment to Physical Activity/Physical Education**

### ***Minimum requirements:***

**The North Tippah School District will ensure that each school incorporates physical education in the curriculum.**

### **North Tippah Schools will:**

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- Ensure that Kindergarten students participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Require fitness testing for all 5<sup>th</sup> grade students.
- Require fitness testing for high school students; during the year they should acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Base instruction on the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Ensure that graduation requirements for 9<sup>th</sup> through 12<sup>th</sup> grade students include ½ Carnegie unit in physical education. (High School only)

**Physical activity resources can be downloaded at**

**[www.healthyschools.ms.org/ohs\\_main/initiatives/school\\_wellness\\_policy.htm](http://www.healthyschools.ms.org/ohs_main/initiatives/school_wellness_policy.htm).**

## **Commitment to Comprehensive Health Education**

### ***Minimum requirements:***

**The North Tippah School District will ensure that Comprehensive Health Education guidelines and regulations are implemented at each school.**

### **North Tippah Schools will:**

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A). (High School only)
- Ensure that instruction is based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
- Implement graduation requirements for 9<sup>th</sup> through 12<sup>th</sup> grade students that shall include ½ Carnegie unit in physical education.
  - A. Offer comprehensive health education in grades K-8 (2006 Mississippi Comprehensive Health Framework).
  - B. Implement the nutrition and disease strand of 2006 Mississippi Comprehensive Health Framework.

## Commitment to a Healthy School Environment

### *Minimum requirements:*

**The North Tippah School District will ensure that each school facility promotes a healthy school environment conducive to learning.**

### **North Tippah Schools will:**

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet [www.msdssearch.com](http://www.msdssearch.com)).
- Refer to the U.S. Consumer Product Safety Commission's [Handbook for Public Playground Safety \(www.cpsc.com\)](http://www.cpsc.com); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in each school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.

**Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).**

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate, a commercial driver's license and operate the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)

**Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).**

- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school

campus and at school functions.

- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at [www.edi.msstate.edu](http://www.edi.msstate.edu)).
- Provide air conditioning in all classrooms, Code §37-17-6(2) (2000).

**Comply with the requirements for Safe and Healthy Schools:**

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: [http://www.healthyschoolsms.org/healthy\\_school\\_environment/school\\_safety.htm](http://www.healthyschoolsms.org/healthy_school_environment/school_safety.htm).
- Abide by the State Board Policy EBB (1990) which prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm or any other instrument considered to be dangerous and capable of causing bodily harm or who commits a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibit students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.

## Commitment to Quality Health Services

**Minimum requirements:**

The North Tippah School District will seek to provide quality health services for all students.

**North Tippah Schools will:**

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.

## Commitment to Providing Counseling, Psychological and Social Services

**Minimum requirements:**

The North Tippah School District will hire qualified staff to provide counseling, psychological, and social services to students.

**North Tippah Schools will:**

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and score a minimum of 70 on the ASWB basic exam.

- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
  - Academic and personal/social counseling
  - Student assessment and assessment counseling
  - Career and educational counseling
  - Individual and group counseling
  - Crisis intervention and preventive counseling
  - Referrals to community agencies
  - Educational consultations and collaborations with teachers, administrators, parents, and community leaders
  - Education and career placement services
  - Follow-up counseling services
  - Conflict resolution
  - Other counseling duties or other duties as assigned by the school principal

### **Commitment to Family and Community Involvement**

#### ***Minimum requirements:***

The North Tippah School District will encourage family and community involvement.

#### **North Tippah Schools will:**

- Provide parents and community the opportunity to serve on the School Health Council.

### **Commitment to Marketing a Healthy School Environment**

#### ***Optional policy statements (must adopt a minimum of one policy as appropriate for local school goals):***

The North Tippah School District will be committed to working to market a healthy school environment at each site in the district.

#### **North Tippah Schools will:**

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.

## Commitment to Implementation

### *Minimum requirements:*

The North Tippah School District will adopt a School Wellness Policy and designate persons to ensure the policy is implemented.

### North Tippah Schools will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written. (The principal of each school in the District shall implement this policy.)
- Establish and support a School Health Council (SHC) at each individual school that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134). (The principal shall develop and oversee the Council at each school.)
- Ensure that the School Health Council meets 3 times a year and maintains minutes for documentation at each meeting.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement. (Annual review conducted by principal)
- Prepare and submit a yearly report to the Superintendent and school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary. (Reports shall be submitted by principal at each school)



# Walnut Health and Wellness Committee

## PROPOSAL FOR NORTH TIPPAH SCHOOLS

October 9, 2014



To improve the health and wellness of Walnut and the surrounding communities by providing exemplary leadership, promoting healthy behavior, and engaging all stakeholders.

**The Walnut Health and Wellness Mission**

Walnut's Health and Wellness Committee launched several initiatives to improve the quality of life in our community. These include:

- Smoke-Free Ordinance (complete)
- Health Fair at Fall Festival (complete)
- UVA/UVB Protection (ongoing)
- Lose A Ton Campaign (93% of goal!)
- Health Campaigns at Schools (ongoing)
- Wellness Facility (BCBS target: Shared-use agreement with school board)
- Helmet Ordinance (complete)
- Engage Churches (complete)
- BCBS Healthy Hometown (complete)
- Get Active/Fit/Moving (ongoing)
- Environmental Focus (ongoing)



October 2014



## The News:

### ***Walnut is Mississippi's Healthiest Small Hometown in 2014.***

On October 25, The Town of Walnut will receive a check from Blue Cross/Blue Shield of Mississippi for \$25,000. The celebration will take place during our Fall Festival at the ballpark. The festival will again feature health screenings, healthy food options, promotion of healthy choices, and flu shots, along with the usual festival events. All booths will be non-profit organizations. The event is being co-sponsored by the Town of Walnut, Community Involvement Task Force, Youth Leadership Council and, of course, the Health and Wellness Committee.

Because your schools were a big part of our application and award, we invite the North Tippah School Board to participate in the celebration, including taking a victory lap around the track together after the check presentation.

## The Journey Continues

Next step? Assigning a use for the \$25,000. The HWC conducted surveys among the residents of the community. We asked people of all walks of life to identify the biggest obstacles to wellness in North Tippah County. Responses included:

- **People:** the culture of generations making poor decisions pertaining to food choices, tobacco use, checkups, health care, fitness, lifestyle, and activity.
- **Processes:** Some events, training and activities are offered, however, coordination between municipal, business and education segments is limited. Policies are adopted to meet requirements, rather than being deployed for the betterment of the community.
- **Resources:** although each entity has made investments to provide facilities for recreation, large groups of people are excluded from taking advantage of these resources for a variety of reasons. Adequate facilities that would meet the needs of our residents are located 20-30 miles away, requiring in total an additional hour of drive time (inconvenient).

Conclusion: A wellness center will help to remove most of the obstacles listed by survey participants.

*Survey Results (left column)*

### Primary Concerns



### Focus on:



October 2014



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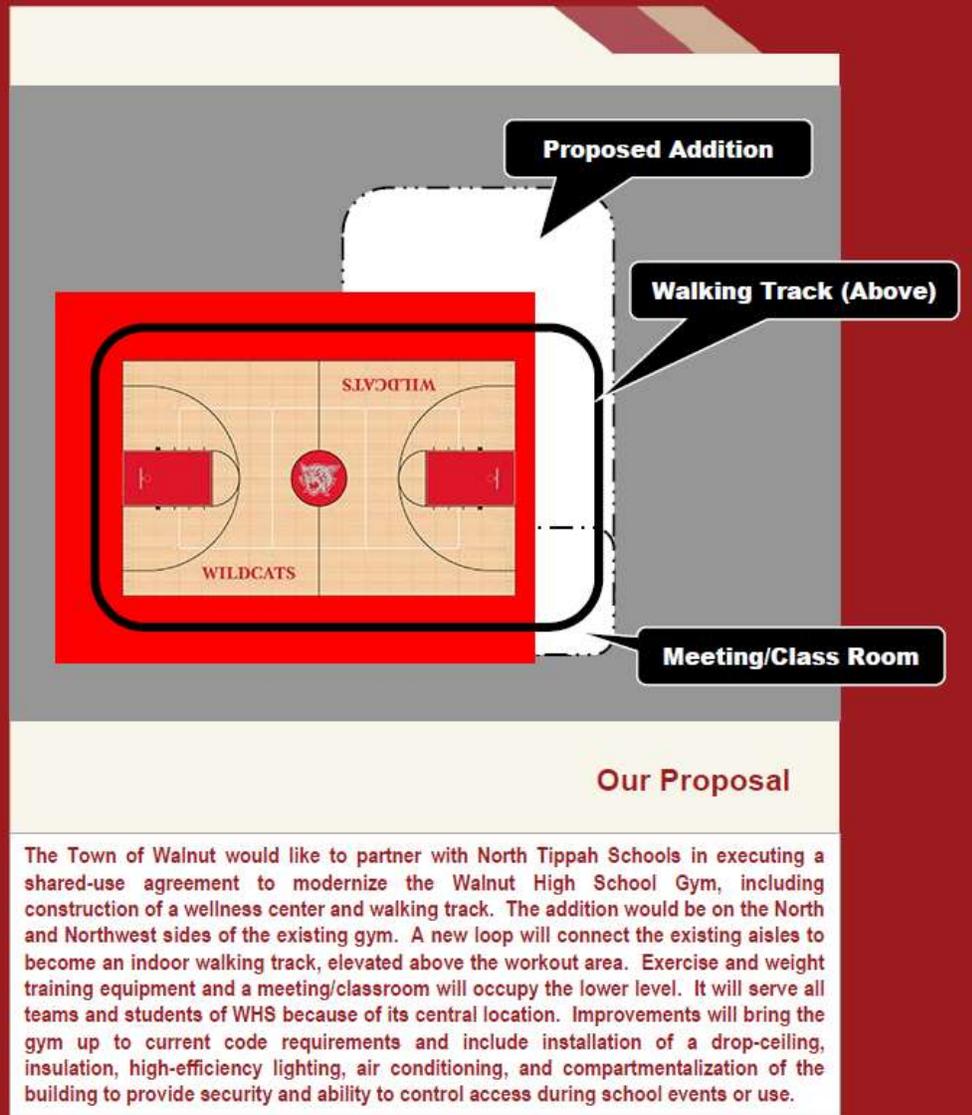
*Survey Results (left column)*

### Primary Concerns



### Focus on:





## Next Steps

The North Tippah School Board and the Town of Walnut would jointly name a task force to draw up a shared-use agreement per guidelines set forth by House Bill 540, which went into effect on July 1, 2012. The bill encourages school districts to partner with local government entities for purposes of recreation and sports and authorizes local school boards to partner with municipalities in offering school property for public use. It also limits the liability of school districts and their employees. The task force will:

- Identify community and school needs.
- Identify potential properties and partner organizations.
- Work with risk management and legal counsel throughout the process of negotiating and drafting the agreement, which clearly defines responsibilities of the North Tippah School Board, Walnut High School, and the Town of Walnut.
- Identify and resolve employment issues.
- Develop a communication protocol.
- Identify and reach agreement on issues involving "third party" use.
- Agree upon improvements and improvement protocol.
- Agree upon how to determine and allocate costs.
- Determine the term of agreement, methods of evaluation and the renewal process.
- Identify training needs and develop a training plan.
- Develop an "exhibits" section to the agreement.
- Receive formal approval from governing entities.



## TOWN OF WALNUT

Health and Wellness Committee  
[healthywalnut@comcast.net](mailto:healthywalnut@comcast.net)

**SHARED USE AGREEMENT BETWEEN  
THE NORTH TIPPAH CONSOLIDATED SCHOOL DISTRICT  
AND THE TOWN OF WALNUT, MISSISSIPPI**

WHEREAS, MS House Bill 540-2012 Regular Session ("the Act") authorizes and encourages school districts to enter into shared use agreements with community organizations and local government agencies for use of school facilities for recreation or other purpose of importance to the community; and

WHEREAS, the Act expressly authorizes local government entities to enter into shared use agreements with school districts, and/or to expend public funds and/or to use public labor and/or equipment and/or commodities in furtherance of the purpose of such agreements; and

WHEREAS, the North Tippah Consolidated School District ("District") owns certain school property that could be used by the Town of Walnut, Mississippi ("Town") for the purposes set out in the Act; and

WHEREAS, such school property should be used to increase and maximize recreational opportunities for the community; and

THEREFORE, the District and the Town hereby agree to the following, to-wit:

1. DEFINITIONS

- (a) "Recreation" means any indoor or outdoor game or activity, either organized or unorganized undertaken for exercise, relaxation, diversion, sport or pleasure.
- (b) "School property" means all indoor or outdoor structures, facilities and land, whether owned, rented or leased by the school or school district.
- (c) "Sport" means an activity requiring physical exertion and skill and which, by its nature and organization, is competitive and generally accepted as being a sport.

2. PURPOSE

The purpose of this shared use agreement ("agreement") is to make school property available to community members during non-school hours for recreational activities in order to support active living, reduce obesity, reduce health care costs associated with obesity, increase community safety, maximize community resources, and promote community resources, and promote community support for schools.

3. DURATION

The duration of this agreement shall be for the fiscal year of \_\_\_\_\_, unless terminated sooner.

#### 4. TERMS OF USE

- (a) The school property subject to this agreement is as follows:

*(Description of property)*

- (b) The school property described herein may be used by the Town as follows:

*(Permissible use of the property)*

- (c) Such property will be available for use by the Town as follows:

*(Set out the times and dates/days Town may use property).*

- (d) The obligations of the District are as follows:

*(Set out what the District will do, such as provide a point of contact, ensure access to property during hours of use and secure facilities after hours of use, provide equipment, security, supervision, etc).*

- (e) The obligations of the Town are as follows:

*(Set out what the Town will do, such as provide a point of contact, use reasonable care in using school property, report any misuse or damage of school property, provide equipment, security, supervision, etc.)*

- (f) School property shall be available for use by the Town during non-school hours only. Under no circumstances will the Town's use of such property interfere with the use of property for school activities.

#### 5. ADMINISTRATION

The provision of this agreement will be administered for the District by its Superintendent, or his/her designee, and for the Town by its Mayor, or his/her designee. No separate legal or administrative entity shall be created by this agreement.

#### 6. LIMITATION OF LIABILITY

District and district employees may not be held liable for any claim resulting from a loss or injury arising from the use of indoor or outdoor school property or facilities made available for public recreation or sport pursuant to this agreement. However, this limitation of liability is subject to the provisions of the Act and the Mississippi Tort Claims Act. Nothing in this agreement shall be deemed to create or increase the liability of any person.

## 7. AMENDMENT

The provisions of this agreement may be amended only by the written consent of both parties. Any amendment shall be executed and approved in the same manner as this agreement.

## 8. ASSIGNMENT

The rights and obligations conferred upon the District and the Town pursuant to this agreement shall not be assigned or transferrable.

## 9. TERMINATION

Either party may terminate this agreement by giving notice, in writing, to the other party at least three (3) days prior to the date of termination.

## 10. MISCELLANEOUS PROVISIONS

- (a) The governing bodies of both the District and the Town have each approved this agreement in accordance with controlling law.
- (b) This agreement shall in no way affect title and ownership to any real or personal property involved.
- (c) If any provision of this agreement shall be held illegal, unenforceable or in conflict with any law, the validity of the remaining provisions of the agreement shall not be affected.

(d) This agreement is authorized per the Act, and is not subject to the provisions of the Interlocal Cooperation Act of 1974, Miss. Code Ann §17-13-1, et seq.

## 11. ENTIRE AGREEMENT

The agreement set forth herein constitutes the entire agreement by and between the District and the Town.

APPROVED AND EXECUTED in duplicate originals on the dates indicated.

\_\_\_\_\_  
 NORTH TIPPAH CONSOLIDATED      Date  
 SCHOOL DISTRICT  
 BY: JUNIOR WOOTEN, SUPERINTENDENT

  
 \_\_\_\_\_  
 TOWN OF WALNUT      Date  
 BY: VICKI SKINNER, MAYOR

Walnut High School  
WHS Health Committee Minutes  
March 26, 2015  
11:30a

Those present:

Teachers: Lindsey Cardwell, Beth Smith

Committee members: Landon Meeks, Armani Linton, Monterio Hunt, Erin Glissen, Kelsey Clifton, KaDarius Jones, Rico Cheairs, Rosalyn Nabors, Javon Norton, Savanna Pulliam, Elizabeth Franz, Taylor Smith

Others: Beta Club members

1. Beth Smith welcomed the members and students. She reminded them that the Timmy Bryant 5K Race was a week from Saturday. She encouraged them to participate and/or volunteer to help with race activities.
2. Lindsey Cardwell reminded students about the Walnut Runs club that meets on Saturdays and encouraged their participation in that. She then distributed the race forms for the Timmy Bryant 5K to those students who were interested.
3. Armani Linton encouraged his track team members to participate in both the 5K and the Walnut Runs club.

The meeting adjourned at 11:45a. The next meeting is scheduled for April 28, 2015