

ACTIVE OTTUMWA



Hy-Vee of Ottumwa agrees to take on oversight of Active Ottumwa!

A City Continuing to Move!

The Active Ottumwa research study is wrapping up our five-year stint of creating and promoting our great program. The goal of Active Ottumwa was always to create a sustainable program for the community to continue long after our grant funding ended. We are happy to announce that Hy-Vee of Ottumwa has seen the value in the work we have done and is committed to continuing our program with the continued support of the University of Iowa staff and faculty and the Active Ottumwa Community Advisory Board (CAB). Thanks to the commitment and passion of our amazing PALs, participants, and CAB members for their continued participation in our program!

Meet Becky Graeve



We are excited to hand Active Ottumwa leadership off to the amazing Becky Graeve! Becky is a dietician at the Ottumwa Hy-Vee, with a passion for health. She has been an Ottumwa community member for many years and is excited to take on her new role as field coordinator of Active Ottumwa.



October 2019

PAL Spotlight



It is not an exaggeration to say that Active Ottumwa would not be a success without Sandy Berto. Sandy brought her sunny disposition and strategic people skills to every task she handled (of which there were so, so many). We are glad Sandy will be lending her expertise to support Becky Graeve in the coming year and cannot overstate how thankful we are for all she and our PALs accomplished.

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A Look Back on Our Success

As we look forward to this welcome transition of Active Ottumwa to the leadership of Hy-Vee of Ottumwa, we feel it is important to also look back at all the success Active Ottumwa has had since we began offering programming in 2016. From June of 2016 to June of 2019, here are some numbers that show success. None of this was possible without our PALs and the support of the Ottumwa community:

63 PALs trained

9 Active Ottumwa Ambassadors



1,685 Free physical activities offered



8,163 Instances of participation

Over 60%

Of participants came to more than one Active Ottumwa class

We look forward to hearing about the continued success and growth under Hy-Vee's leadership. We sincerely thank you for all you have done for the Active Ottumwa program!

What's Next: Active Iowa

With the lessons learned from Active Ottumwa, the University of Iowa research team will now be working to begin similar programs in communities across the state! We are excited to spread the great work Ottumwa has achieved throughout Iowa!



October 2019

Contact

If you have questions about upcoming events or activities of the Active Ottumwa project, contact the new Active Ottumwa field coordinator, Becky Graeve of Hy-Vee.



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