



The Wellness Coalition

Partners in WELLNESS

May 2024

Partner Updates On Efforts To Improve Wellness In Our Community



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Join Our In-Person Diabetes Prevention Program

Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

UPCOMING EVENTS

- May 24** Virtual Briefing: Nutrition and Behavioral Design
10am | [Facebook Live Stream](#)
- June 7** Virtual Briefing: Breastfeeding and Baby-Friendly Hospitals
10am | [Facebook Live Stream](#)
- June 15** A Tour of Wellness Community Health Fair in Tuskegee
9am–1pm | [Click to Learn More](#)
- June 21** Virtual Briefing: Long COVID
10am | [Facebook Live Stream](#)
- June 29** A Tour of Wellness Community Health Fair in Hayneville
9am–1pm | [Click to Learn More](#)

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(334) 293-6502

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Program Updates

Engagement Activities & Accomplishments

Since our last issue, The Wellness Coalition:

- Provided Facebook Live briefings on the importance of physical activity and CDC's updated respiratory virus guidance
- Implemented standing desks for all staff
- Hosted the Tuskegee Parks and Recreation Director for a presentation on "A Bigger Need for Recreation in a Small Area" at the Trailblazers Task Force meeting.
- Provided breastfeeding educational materials to local diaper bank, Express-O of Love, in Montgomery
- Provided vaccination educational materials at multiple events in the River Region



Brittanie and Lindsey at the River Region Healthy Living Expo on March 28, 2024

Recent Updates & Announcements from CDC

Upcoming Webinar: Building Pediatrician and Hospital System Capacity to Promote Food Security

Tuesday, June 25, 2024 | [Register Here](#)

The five-part webinar series, *Building Pediatrician and Hospital System Capacity to Promote Food Security*, explores how pediatricians and other healthcare professionals can promote food security at the clinical, community, state, and national level.

Call for Papers: Rural Health Disparities: Contemporary Solutions for Persistent Rural Public Health Challenges

[Submit Here](#)

Preventing Chronic Disease (PCD) is welcoming submissions now through July 19, 2024, for its upcoming collection, *Rural Health Disparities: Contemporary Solutions for Persistent Rural Public Health Challenges*. Public health challenges have been documented in rural geographical areas and remain persistent. The goal of this collection is to capture current solutions to these challenges; peer-reviewed articles appearing in this collection will help advance the discourse on rural public health beyond biomedical models for chronic disease prevention.

Employee Spotlight

Q&A with Yvette Gilbert

Why is what you do at TWC important to you?

My role as the T.R.O.Y. Health Project Community Liaison allows me to inform and educate community health workers (CHWs), search for and build partnerships, present about the CHW training program to community groups, agencies, and healthcare providers, and work with T.R.O.Y. Health evaluators to ensure program evaluation data is collected and submitted. This role is important to me because I make a difference in people's lives. My primary purpose is to be of service. I empower community partners to place my CHWs for the 60 hours they need to complete the CHW training program. I am also called upon to listen to students and help them reach positive outcomes.

What motivates you at work?

My motivation comes from the energy and dedication of the TWC team. It inspires me to do my best when I see and hear others doing the same. Like the saying goes, you can't soar like an eagle if you're still playing pigeon. I'm an eagle and so is everyone I work with.

What advice would you give to someone who might want to join our company?

Have a "servant's heart," stay humble yet helpful, count your many blessings and then pass them on to someone who may need one.

What's the best trip you've ever taken?

For my 50th Birthday, I went on a 7-day cruise! We docked at Cozumel, Mexico where I walked the ancient ruins and felt the warmth of a tropical sun. We also docked in Belize, where I went horseback riding through a dewy rain forest and listened to the bird calls and the monkeys howl. From there, we rode to a golden, sun-kissed beach where they served beverages from a freshly cut coconut. On board the cruise ship, I enjoyed exotic cuisine and even dined at the captain's



Yvette Gilbert, T.R.O.Y. Health Project Community Liaison

table. I met so many new friends and enjoyed the many on-board activities.

Where did you grow up and how has it influenced you?

My father was a career United States Air Force military man. So, from my earliest memories, I was always in an airplane going overseas. I am very fortunate to have had this worldwide exposure to different people, different cultures, and different environments. I am influenced by these wonderful experiences by being open-minded, tolerant, peace-loving, and willing to live, work, and play with all mankind. The most important lesson I learned is that "we're all the same." We may look, talk, and act differently, but we all really want the same things...love, peace, prosperity, home, family, and a good steak.



Wellness Tips & Resources

Diabetes Prevention & Management

If someone is at risk of type 2 diabetes, we can help them prevent or delay diabetes and learn to:

- Reduce stress
- Eat well
- Sleep better
- Get more active
- Improve your health

If someone already has type 2 diabetes, we can help them with:

- Emotional well-being
- Self-monitoring
- Problem-solving
- Lowering risks
- Simple lifestyle changes

Take a 1-minute quiz to see if the program is right for you
bit.ly/CYL2TWC



 SCAN ME

FREE EVENT! A TOUR OF WELLNESS Community Health Fair

Bouncy House!

Fun Activities!

Door Prizes!

Each year, The Wellness Coalition hosts A Tour of Wellness community health fair series in River Region counties. The events are free and feature local organizations, vendors, and activities focusing on health and wellness. Events for 2024 include:

TUSKEGEE

Saturday, June 15, 2024
9am-1pm
Tuskegee Town Square

HAYNEVILLE

Saturday, June 29, 2024
9am-1pm
Hayneville Town Square

Scan the code, or visit
thewellnesscoalition.org/TOW
for more info.



 SCAN ME



Sleep and Overall Wellness

Alabamians Not Getting Enough Sleep

CDC's Behavioral Risk Factor Surveillance System (BRFSS) looks at how much sleep U.S. adults 18 and older get. The percentage of adults not getting enough sleep varies by state and county. As many as 41.4% of Alabamians do not get enough good sleep. The BRFSS also reports that the following percentages of residents do not get enough good sleep in these counties:

- Autauga - 37.5% of residents
- Elmore - 37.8% of residents
- Lowndes - 46.3% of residents
- Macon - 46.0% of residents
- Montgomery - 42.4% of residents



Key Points

- **Good sleep is essential for our health and emotional well-being.**
- **Getting enough sleep and good sleep quality are essential for healthy sleep.**
- **The amount of sleep you need changes as you age.**
- **Healthcare providers are an important resource for people who have problems sleeping.**

Sleep Quality

Quality sleep means a person is getting uninterrupted and refreshing sleep. Getting quality sleep is not just about how many hours someone sleeps, but how well they sleep. Signs of poor sleep quality include:

- Trouble falling asleep
- Repeatedly waking up during the night
- Feeling sleepy or tired even after getting enough sleep

Health Benefits of Good Sleep

Getting enough sleep can help people:

- Get sick less often
- Improve metabolism and stay at a healthy weight
- Reduce stress and improve mood
- Lower the risk of chronic conditions like type 2 diabetes, heart disease, high blood pressure, and stroke
- Lessen the risk of motor vehicle crashes
- Improve attention and memory

What To Do

Better sleep habits can help people get a good night's sleep. Habits that can improve sleep include:

- Going to bed and getting up at the same time every day
- Keeping your bedroom quiet, relaxing, and at a cool temperature
- Turning off electronic devices at least 30 minutes before bedtime
- Avoiding large meals and alcohol before bedtime
- Avoiding caffeine in the afternoon or evening
- Exercising regularly and eating a healthy diet

[Click here to learn more about getting good sleep.](#)



Don't You Deserve to Feel Good?

Join our in-person diabetes prevention program for a year of support to meet your goals!

With our **Change Your Lifestyle. Change Your Life.** program, you'll get a coach and support system for a year in 24 one-hour sessions to help you meet your wellness goals. Classes begin:

Thursday, May 23 | 11AM

In-Person Classes with LaQuantas
NCC Safe Harbor
500 Eastdale Loop
Montgomery, AL 36117

Classes will be held weekly for the first 4 months, and then bi-weekly for the next 8 months.

To enroll, call Martine Rucker at (334) 293-6502.

Take a 1-minute quiz to see if the program is right for you:
bit.ly/CYL2TWC



SCAN ME



The Wellness Coalition



This advertisement is supported by a Centers for Disease Control and Prevention grant, however, it does not represent the official views of the CDC or the Department of Health and Human Services.

Visit a Baby Café!

**The Family Service Center
Family Guidance Center**

Tuesday, Thursday: 5:30-7:30PM

Wednesday, Friday: 12-2PM

**Montgomery Hispanic
SDA Church**

Second and fourth Saturday: 2-4PM



Baby Cafés are a FREE place for every parent who needs support with breastfeeding services.

- ✓ Inclusive and accessible for parents of all cultures and lifestyles
- ✓ Located in welcoming community-based spaces
- ✓ Staffed by approved breastfeeding counselors

No appointment or insurance necessary.

**For more information, visit thewellnesscoalition.org/babycafe
or call (334) 293-6502.**

