



The Wellness Coalition

# Partners in WELLNESS

September 2024

Partner With The Wellness Coalition To Improve Wellness In Our Community



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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

 **Sep 24** **Trusted Messenger Committee Meeting**  
10am | Zoom | [Click to RSVP](#)

 **Sep 25** **Milk Haven Committee Meeting**  
9am | Zoom | [Click to RSVP](#)

 **Sep 25** **Healthy Voices Committee Meeting**  
11am | [Click to RSVP](#)

 **Oct 15** **Program Partnership Interest Meeting**  
Health Ministries, Food Pantries, Food Voucher/Prescription Program, Community Design in Physical Activity, Lactation Spaces, Adult Vaccination

Montgomery County Health  
Department Auditorium  
3060 Mobile Highway  
Montgomery, AL 36108

1pm | [Click to learn more.](#)

## Program Updates

# Engagement Activities & Accomplishments

Since our last issue, The Wellness Coalition:

- Hosted our virtual breastfeeding summit, Pump Up for Breastfeeding: Supporting Mothers in Their Breastfeeding Journey
- Conducted a “Walk Audit” in Lowndes County to get feedback from local residents on ways to make walking to everyday locations safer and more accessible
- Provided vaccination educational materials to Rhema Health and Wellness
- Assessed 23 locations and provided outreach with the goal of helping local businesses carry fresh fruits and vegetables in their communities



## Recent Updates & Announcements from CDC

### Updated Resource: Food and Security Planner

[Access Updated Resource](#)

The Association of State Public Health Nutritionists has updated their Food and Nutrition Security Primer to include a definition for “Food Sufficiency” and info on how Food Sufficiency and Food Insufficiency are measured.

### New Resources: Pedestrian First: Tools for a Walkable City

[Access Resource](#)

This tool will facilitate the understanding and the measurement of the features that promote walkability in urban environments around the world at multiple levels.

### Upcoming Webinar: Advancing Food and Nutrition Security Through Supportive Breastfeeding Strategies

Wednesday, September 25, 2024 | 3–4pm Eastern Time

[Register for Webinar](#)

This webinar will explore the critical role of breastfeeding in promoting food and nutrition security, how states are addressing barriers and fostering inclusive environments and breastfeeding strategies that advance health equity.

# For Consultants and Providers

## Requests for Proposals

The Wellness Coalition is accepting proposals to assist with our Racial and Ethnic Approaches to Community Health (REACH) cooperative agreement. All RFPs and links to proposal instructions can be found below.

**All proposals must be submitted by October 4, 2024.**

### **Adult Vaccination Provider**

The Wellness Coalition seeks four (4) providers to offer and administer adult vaccinations to individuals with little or no health insurance during vaccination clinics. The chosen entities will conduct six (6) clinics throughout the year, either at the provider's location or at events in collaboration with community partners. [Click here for Adult Vaccination Provider scope of services and submission instructions.](#)

### **Breastfeeding Consultant**

The Wellness Coalition seeks a breastfeeding consultant to assist in implementing breastfeeding interventions. The selected individual should provide evidence of being an International Board of Lactation Consultant Examiner (IBLCE)\*, Lactation Consultant (CLC), Certified Breastfeeding Educator (CBE), Certified Childbirth Educator (CCE), and/or Certified Lactation Educator (CLE). [Click here for Breastfeeding Consultant scope of services and submission instructions.](#)

### **Program Evaluation Support**

The Wellness Coalition seeks an individual or organization to provide professional program evaluation services related to developing and enhancing policies, systems, and environmental changes in the River Region. The selected entity will provide program evaluation support, working with the lead evaluator in evaluating the REACH program interventions in Autauga, Lowndes, Macon and Montgomery Counties in Alabama. [Click here for Evaluation Consultant scope of services and submission instructions.](#)

### **Food Service Guidelines and Food Voucher Program Nutrition Consultant**

The Wellness Coalition seeks a consultant to help with program implementation. The individual should have a background as a Registered Dietitian (RD), Nutritionist (LD/LN), Registered Nurse (RN), Certified Health and Wellness Coach (CHWC), and/or Certified Health Education Specialist (CHES). [Click here for Nutrition Consultant scope of services and submission instructions.](#)

### **Community Design in Physical Activity Consultant**

The Wellness Coalition is seeking a consultant to guide the implementation of policies, systems, and environmental changes, specifically for organizations that provide infrastructural and physical activity programs in Autauga, Lowndes, Macon, and Montgomery counties. The consultant should have experience in architectural design or engineering, or knowledge of creating and developing policies for the private and governmental sectors, public health, healthcare, fitness, and/or kinesiology. [Click here for Community Design in Physical Activity scope of services and submission instructions.](#)

## Encouraging Healthy Community Design

Healthy community design incorporates elements such as transportation networks, street designs, and zoning/land use policies to promote health and safety.

For example, communities can be designed to locate residences within short walking distance of stores and public transportation. Sidewalks or paths between destinations can be designed and maintained to be well-connected, safe, and attractive. Improving walkability also helps people who bike or use wheelchairs.

Transportation policies can also create or enhance pedestrian and bicycle networks. In addition, public transportation systems can be expanded to encourage active transportation, such as walking or biking.

[Click here to get CDC recommendations for healthy community design.](#)

## Updated Vaccine Information 2024–2025 Flu Season



The composition of flu vaccines has been updated. Flu vaccines for the U.S. 2024-2025 season will contain the following:

### Egg-based vaccines:

- An A/Victoria/4897/2022 (H1N1)pdm09-like virus;
- An A/Thailand/8/2022 (H3N2)-like virus; and (Updated)
- A B/Austria/1359417/2021 (B/Victoria lineage)-like virus.

### Cell- or recombinant-based vaccines:

- An A/Wisconsin/67/2022 (H1N1)pdm09-like virus;
- An A/Massachusetts/18/2022 (H3N2)-like virus; and (Updated)
- A B/Austria/1359417/2021 (B/Victoria lineage)-like virus.

All flu vaccines for the 2024-2025 season are anticipated to be trivalent in the United States. Trivalent flu vaccines are formulated to protect against three flu viruses (an A(H1N1) virus, an A(H3N2) virus, and a B/Victoria virus). Both trivalent and quadrivalent flu vaccines are expected to offer similar protection against the flu viruses they protect against. B/Yamagata flu viruses have not circulated in the population after March 2020, so protection from trivalent and quadrivalent flu vaccines is expected to be similar. More information about trivalent flu vaccines is available.

[Click here to learn more.](#)

### COVID-19 Vaccine Update

FDA approved and authorized the 2024-2025 mRNA COVID-19 vaccines on August 22, 2024. FDA authorized Novavax COVID-19 Vaccine, Adjuvanted (2024 – 2025 Formula) under Emergency Use Authorization on August 30, 2024.



## Resources for Healthcare Providers

# Refer Patients to Chronic Disease Programs



## Chronic Disease Self-Management

Participants learn tools to manage and prevent chronic health issues such as diabetes, hypertension, arthritis, and more. Topics include healthy eating, safe physical activities, proper medication usage, communicating with healthcare providers, making decisions, and dealing with difficult emotions. Participants also make weekly action plans, share experiences, and help each other solve problems.



## Diabetes Prevention

This program is for individuals at risk of developing type 2 diabetes. Participants get the support of a lifestyle coach—for one full year—to teach them how to eat healthy foods and increase physical activity, and manage stress. Many of the topics covered in the chronic disease self-management program are also covered here.



## Diabetes Self-Management

Participants learn how to deal with symptoms of diabetes such as fatigue, pain, high/low blood glucose, stress, depression, and frustration. Participants also learn how to plan healthy meals, exercises for strength and endurance, and how to work with healthcare providers. The program culminates with participants creating and carrying out their own self-management plans.

[Click here to use our HIPAA-compliant form to make a referral for any of these programs.](#)

# Visit a Baby Café!

**The Family Service Center  
Family Guidance Center**

Tuesday, Thursday: 5:30-7:30PM  
Wednesday, Friday: 12-2PM

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**Montgomery Hispanic  
SDA Church**

Second and fourth Saturday: 1-3PM



**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](http://thewellnesscoalition.org/babycafe)  
or call (334) 293-6502.**

