

Quarterly Report – February 1, 2010

Name and address of reporting institution:

Spanish Peaks Library District
415 Walsen Ave.
Walsenburg, CO 81089

Project Title: Spanish Peaks Library Health & Wellness Initiative

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Reporting Period start date: November 1, 2009

Reporting Period end date: February 1, 2010

Publicity:

Library staff continue to attend a number of community events and participate in various county-wide organizations where library services are promoted, including the local Chamber of Commerce, the Family Resource Center monthly staffing, the Hospital Foundation Board, and the elementary school.

Outreach:

During this quarter, we attended a luncheon for local organizations that provide program support to the local Head Start. Two lower-level high school reading classes were brought to the Library for an introduction to our services. The American Red Cross and the Census 2010 staff are using the Library several times during 2010 for meetings, interviews, trainings and promotional activities.

Other accomplishments:

Everything is finally up and running. One weekend we tested running the health videos and actually had a couple of young men watching the videos. I asked them to return the next week so they could spend time helping us learn all of the functions of the TV and DVD player. One of them was arrested that weekend; the second young man may have been involved in the theft of the TV that took place February 13 (next quarterly report). A large book order arrived and has been cataloged. In addition to the health station, the Library purchased an additional TV monitor for the teen/intergenerational space and a Wii. This quarter we finally started using the Wii Fit and found mostly children and teens interested. The local Youth Services organizations recently purchased 3 Wii Fit stations and will be teaching teens how to use them. A local physical therapist reported that older patients who use the Wii Fit have shown improved balance.

Target audience:

Our target audience continues to be adults and children in our community and surrounding areas. As more promotion is done, we hope to encourage non-library patrons to come in to the Library and use the health station.

Goals, Outcomes, Objectives:

We will continue to promote the health information available at the Library, especially to health care providers in the county. The immediate goal for the remaining 7 months of the grant is to have the Nurse from the Health Department staff the health station in the Library at least one hour a week. This time will be used to try out media, display books and materials, encourage library patrons to explore what is available, make follow-up appointments if requested, hand out surveys as appropriate and plan a media campaign for late Spring.

Evaluation:

We will be using the survey for the coming quarter and have some indication of how users feel about the information available in the health information station.

Impacts and Observations:

Since this report is late I am including the just released County Health Rankings (www.countyhealthrankings.org) for our community. For *Health Outcomes*, our county ranks last in the State. The ranking for *Health Factors* is closer to the middle mostly due to our number 2 ranking on "Physical Environment". We have no doubt that the health information station will provide a most needed service.

Planned Activities:

Children's staff and the Director are preparing to have activities and displays at the upcoming Caring for Kids Carnival, hosted by the Spanish Peaks Regional Health Center Outreach Clinic and Huerfano County Youth Services. Recent book purchases have been cataloged, but are waiting processing and placement on the shelves.

Once the equipment was up and running, we started running videos just to get regular users familiar with what we were planning; unfortunately, no one staff person had time to take on the task of being sure something was running at all times and so this will be a goal for the next quarter. With a commitment from the two project personnel to spend a minimum of one hour each per week actually at the health station we expect that we will have sufficient experience to provide more useful information in the next report.