

# Making a Difference in the Community's Health

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**UNC GREENSBORO**  
School of Education

# Ripped from the headlines



gbtribune.com

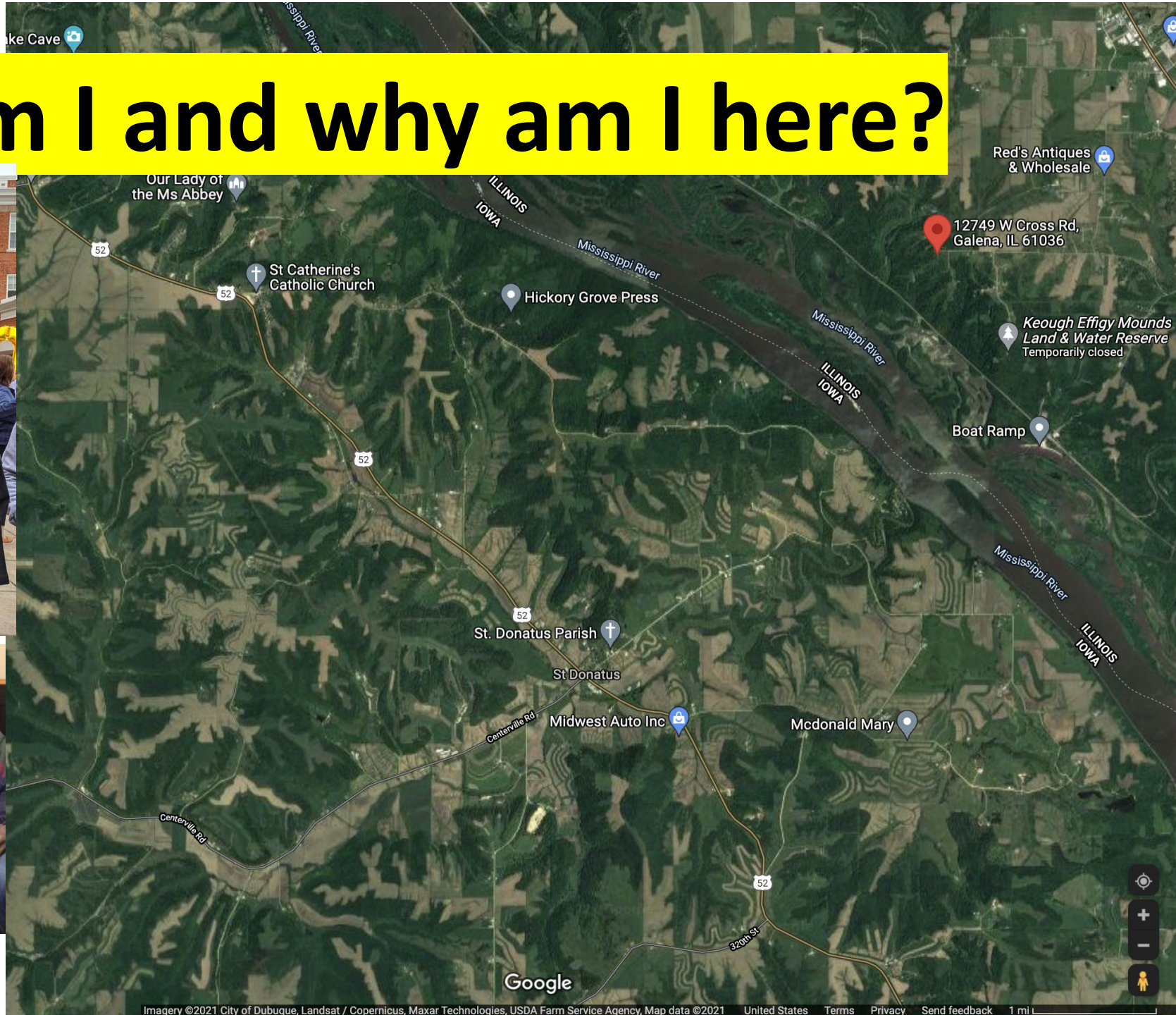
Great Bend Public Library receives staff health and wellness grant

The Great Bend Public Library has been awarded a \$5,000 grant from the Kansas Library Association to support staff health and wellness. ...

"According to Library Director Gail Santy, the library will use the grant money to provide fresh fruit and vegetables to employees through a grocery store gift card for \$20 each month in 2022. Fresh produce is part of the library's Fuel Up for Work and Play health and wellness initiative, which focuses on caring for each employee as a whole person and not just during work hours."



# Who am I and why am I here?





**MICHELLE OBAMA'S**

**LET'S  
M<sup>Apple</sup>OVE**

**CAMPAIGN**





## Library Journal - Volume 72 - Page 33



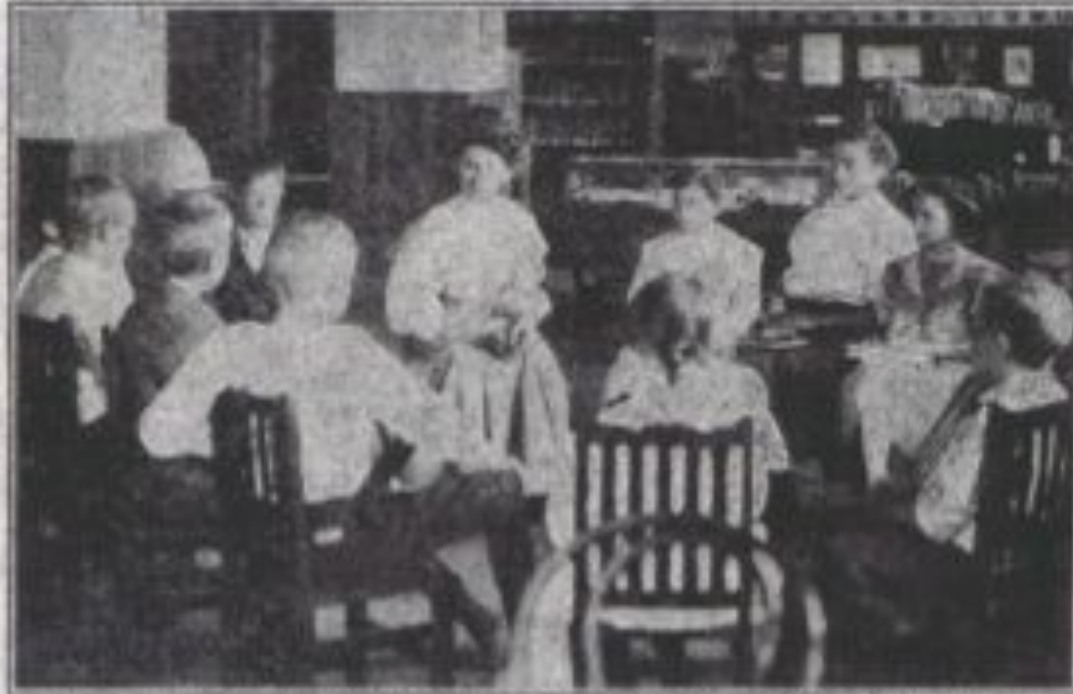
<https://books.google.com/books?id=grXgAAAAMAAJ>

Melvil Dewey, Richard Rogers Bowker, L. Pylodet - 1947 - Snippet view - [More editions](#)

The county **nurse** recommended a small maternity center to which mothers could be brought and be assured of a doctor's care. The doctors responded with enthusiasm. ... Not only did the bookmobile circulate books and pamphlets but it also circulated the **nurse**. She went along to explain and hand ... they may buy some of their own. ^It was also in Georgia that county officials, the weekly JANUARY 1, 1947 33 **LIBRARIES ATTACK COMMUNITY PROBLEMS**—by Jean and Jess Ogden.

# *The Library-Gymnasium Movement*

*An  
Effort  
to Redeem  
the Waste  
Places  
Among  
Our  
Young and  
Old*



THE STORY HOUR—CHILDREN'S LIBRARY

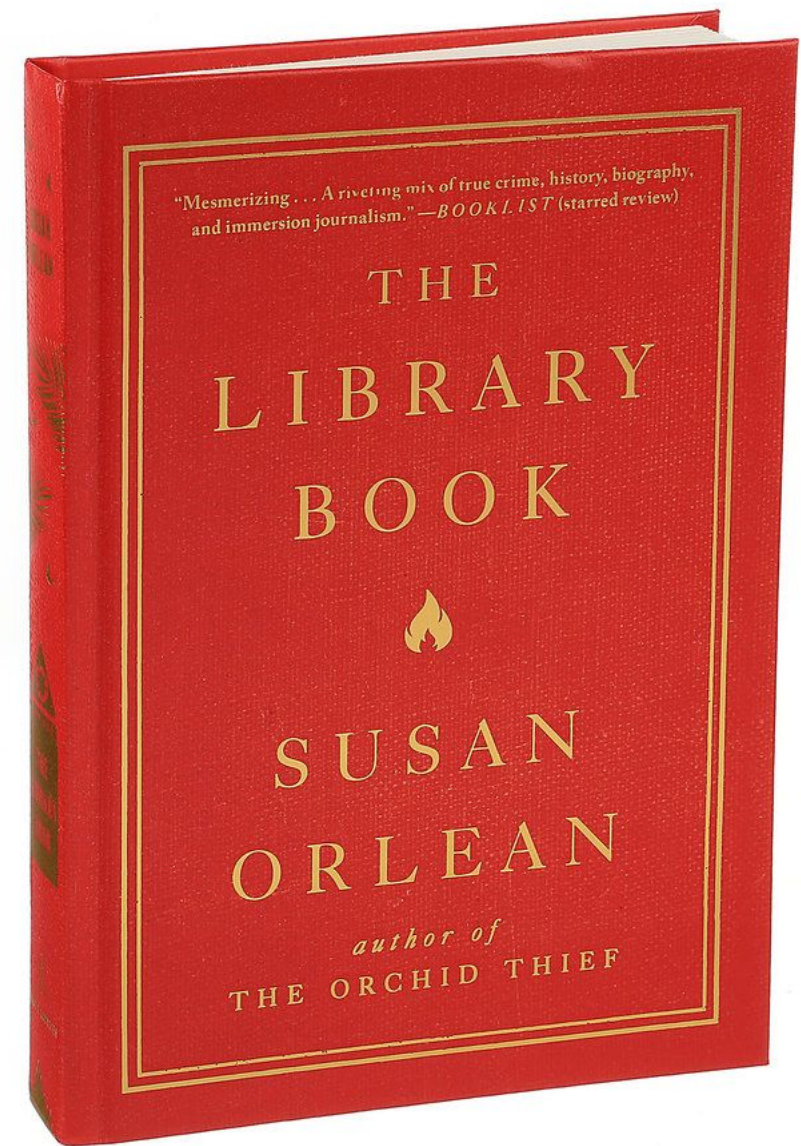
*No City is  
Educationally  
Complete  
Without a  
Library  
and  
Gymnasium*

PUBLISHED BY THE UTAH LIBRARY-GYMNASIUM COMMISSION  
JANUARY, 1909



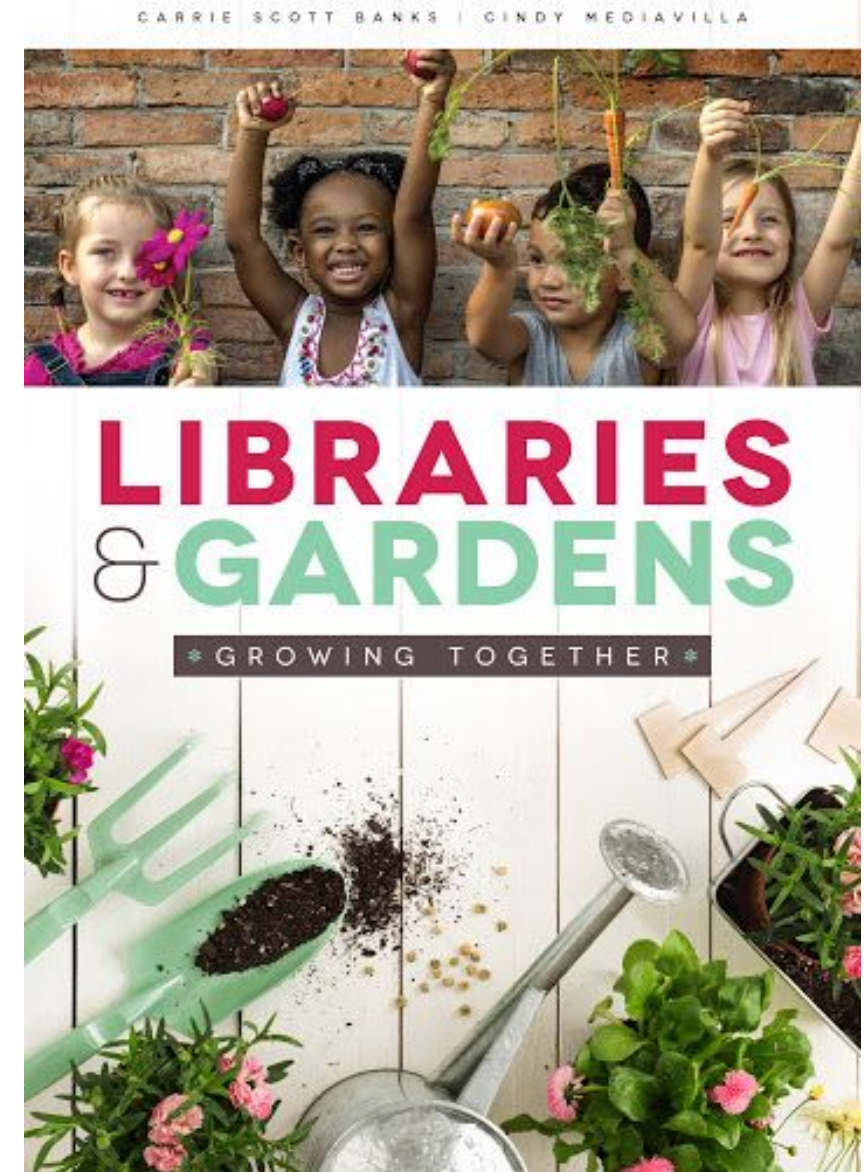
# History

In the 1890's Los Angeles city librarian "hoped the library could begin loaning more than books; she pictured a storeroom of tennis racquets, footballs ... 'the whole paraphernalia of healthy, wholesome amusement that is out of the reach of the average boy and girl'" (p. 127)



# History

A California librarian stated in an oral history that, “It was a fairly common sight . . . to see librarians in Levis and other suitable garb at work on their spring garden in the library’s back yard” (p. 4) during World War II





# WHAT ARE OUR GOALS FOR TODAY?

- Talk about public health and how you may ***already*** be supporting it at your library
- Talk about how you may be able to ***strategically*** work with partners to ***support*** public health
- This is the start of a conversation:  
Let's keep talking!

<https://www.webjunction.org/events/webjunction/public-libraries-and-public-health-partners.html>

# What steps will we take to get there?

1. Start (or extend) the conversation about public health and YOUR public library
2. Start strategizing ways you and your library can get in the mix of community health



What do you think of when you hear the term “public health”?

# Here is what I think of

[There was a session on this at this public library program at year's American Public Health Association Conference]

## TUSCALOOSA STORYWALK®

taking **SMALL STEPS**  
with **BIG IMPACT**

towards equity in health and literacy in  
Tuscaloosa County by creating outdoor  
learning environments for youth and their families

Read and walk?!

**YES!**

You can enjoy all  
the wonders of nature  
while reading along  
with a fun story!





## The StoryWalk® story

**From the beginning, it was all about partnerships (and health):**

**“Blue Cross Blue Shield of Vermont contributed \$4410 for the StoryWalk program during its first year [2007]”**

**Health + Libraries + Outdoor Recreation**

# Librarians = Trusted Models

“[When] the book bike comes, people are reminded that we have a bike trail system that allows the library to come see us using their bike.

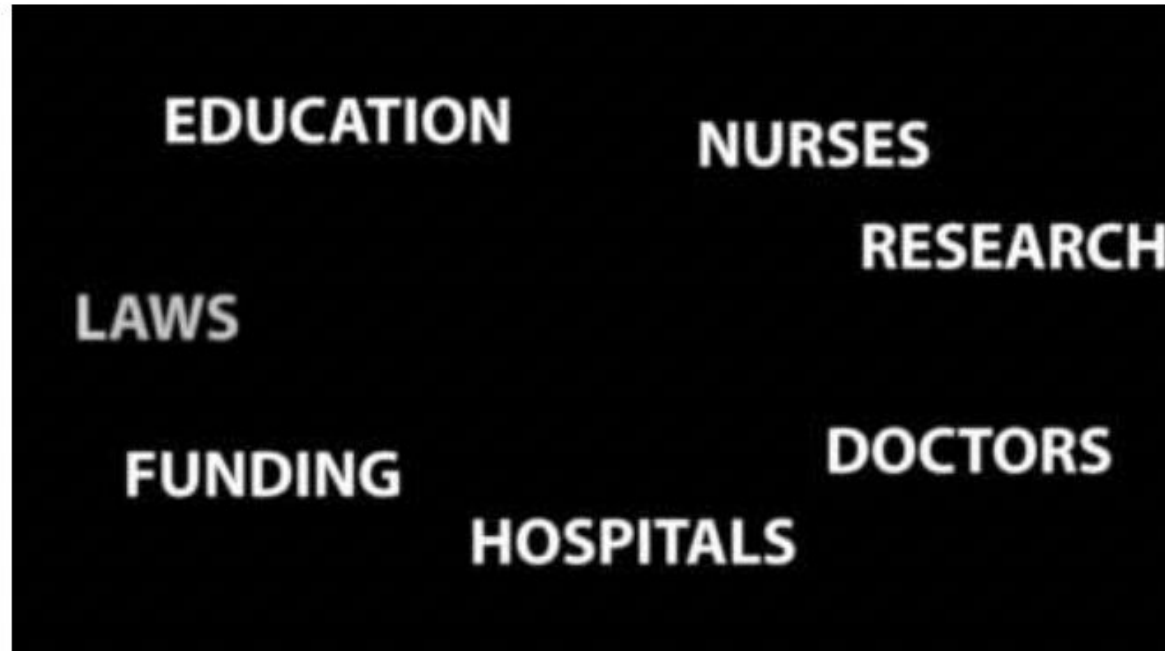
Having a librarian ride their book bikes: They're wearing their bicycling gear - really helps remind the public that everybody can be healthy” Head of Main Street Organization





# Public Health is.....

It's your family, it's your community, it's YOU!



American Public Health Association video,  
[Healthiest Nation in One Generation](#)

## Taking Care of Self, Staff, and Community

Brenda Hough and Betha Gutsche / Published: 13 October 2021

Self-care has long been recommended and recognized as important. It's easy to find articles about the value of self-care: eat healthy, get plenty of sleep, exercise regularly. It can get exhausting just reading about all the things we should be doing to feel better. How can we help self-care feel less like a burden and more like genuine kindness and nurturing? What if we could tap into our larger community to bolster our own well-being while increasing social cohesion for all? There is a continuum – from self-care to staff (workplace) care to community care – that gets stronger as... [Read more](#)

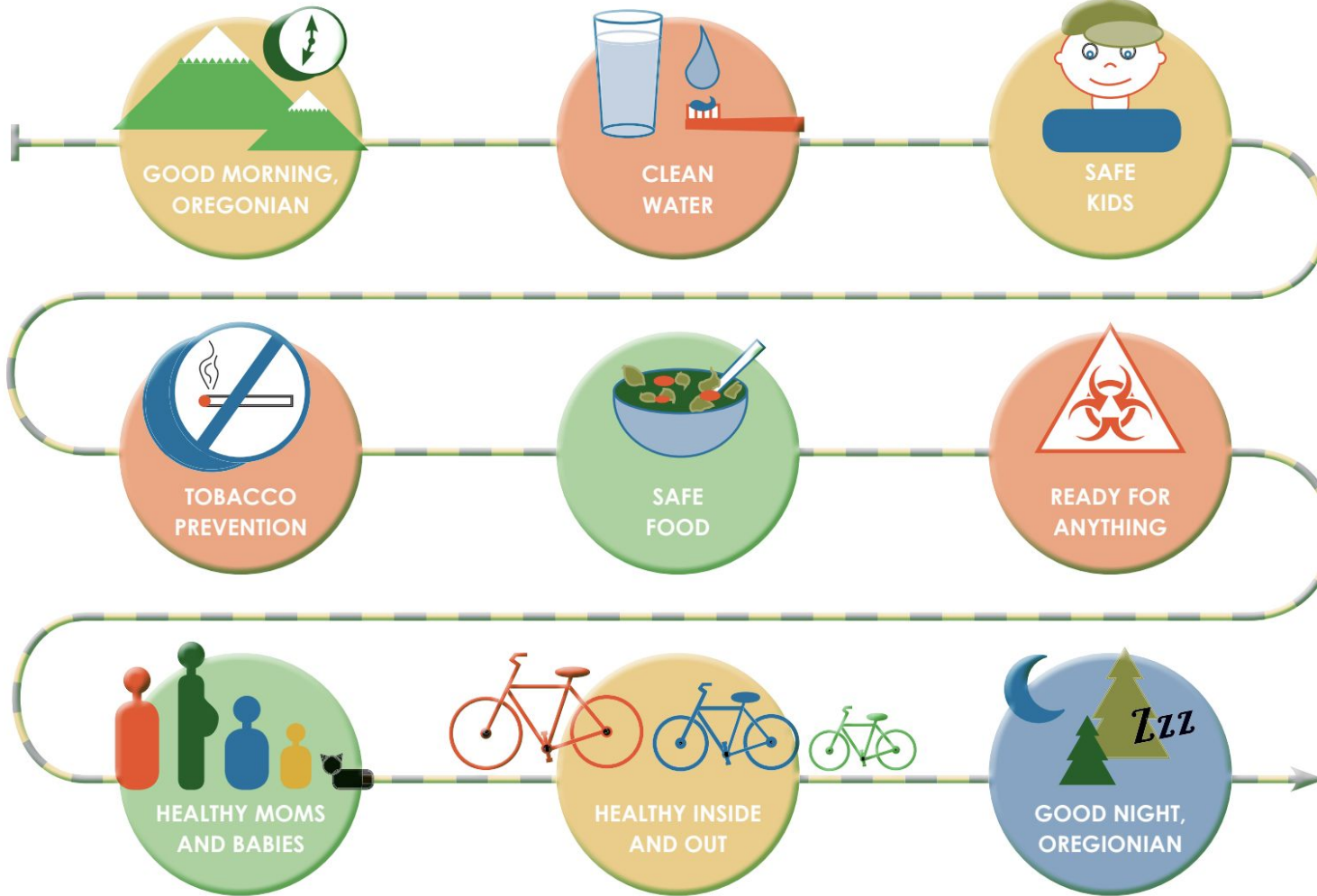


Recent WebJunction article  
[Taking Care of Self, Staff, and Community](#)



# *A day in the life of* OREGON PUBLIC HEALTH

→ PH 2015



# *A day in the life of* **OREGON PUBLIC HEALTH**

**H 2015**



**GOOD MORNING, OREGONIAN:** It is the morning and your alarm clock buzzes. You get out of bed to begin your day.



**CLEAN WATER:** You head for the shower and then brush your teeth with clean water. Local public health works with communities to assure you have clean and safe drinking water.



**SAFE KIDS:** You take your child to school knowing they will be protected from serious childhood diseases, like measles and polio, because they received their childhood vaccinations. Local public health works with pediatricians, parents, schools and childcare facilities to ensure the community is protected.



**TOBACCO PREVENTION:** You're now off to work, and upon walking into your building you pass a "No Smoking" sign and are grateful that all workplaces in Oregon are smoke-free because of the Indoor Clean Air Act. Local public health works tirelessly to protect children and adults from second-hand smoke, and to create environments that support people who want to quit smoking.



**SAFE FOOD:** During your lunch hour you and a co-worker head to your favorite nearby restaurant, you naturally assume the food is safe to eat. Local public health inspects and licenses restaurants in Oregon.



licenses restaurants in Oregon.



**READY FOR ANYTHING:** It is the end of your workday, as you are driving home the radio news is reporting on a disease outbreak across the country, thankfully local public health is coordinating with hospitals, schools, and emergency preparedness managers to be prepared.



**HEALTHY MOMS AND BABIES:** You arrive home and greet your family. The phone rings, it is your sister calling. She tells you she just had a Babies First! appointment with a public health nurse home visitor. Your niece is doing well, and the nurse made referrals so your sister could take your niece to her Well Child Care visit and her first dental appointment.



**HEALTHY INSIDE AND OUT:** You go for a bike ride with your family on a local trail. Local public health works with different community partners to create healthy environments for Oregonians to live, work, learn and play in.



**GOODNIGHT, OREGONIAN:** You've had dinner with your family, some time to unwind, and now it is time to get ready for bed. These are just some examples of how local public health has touched your life. You may not always see the work they do, but you are safer and healthier because of it.



**Coalition of Local Health Officials**

For more information please contact Morgan Cowling, Executive Director  
oregonclho@gmail.com | 503-329-6923 | oregonclho.org





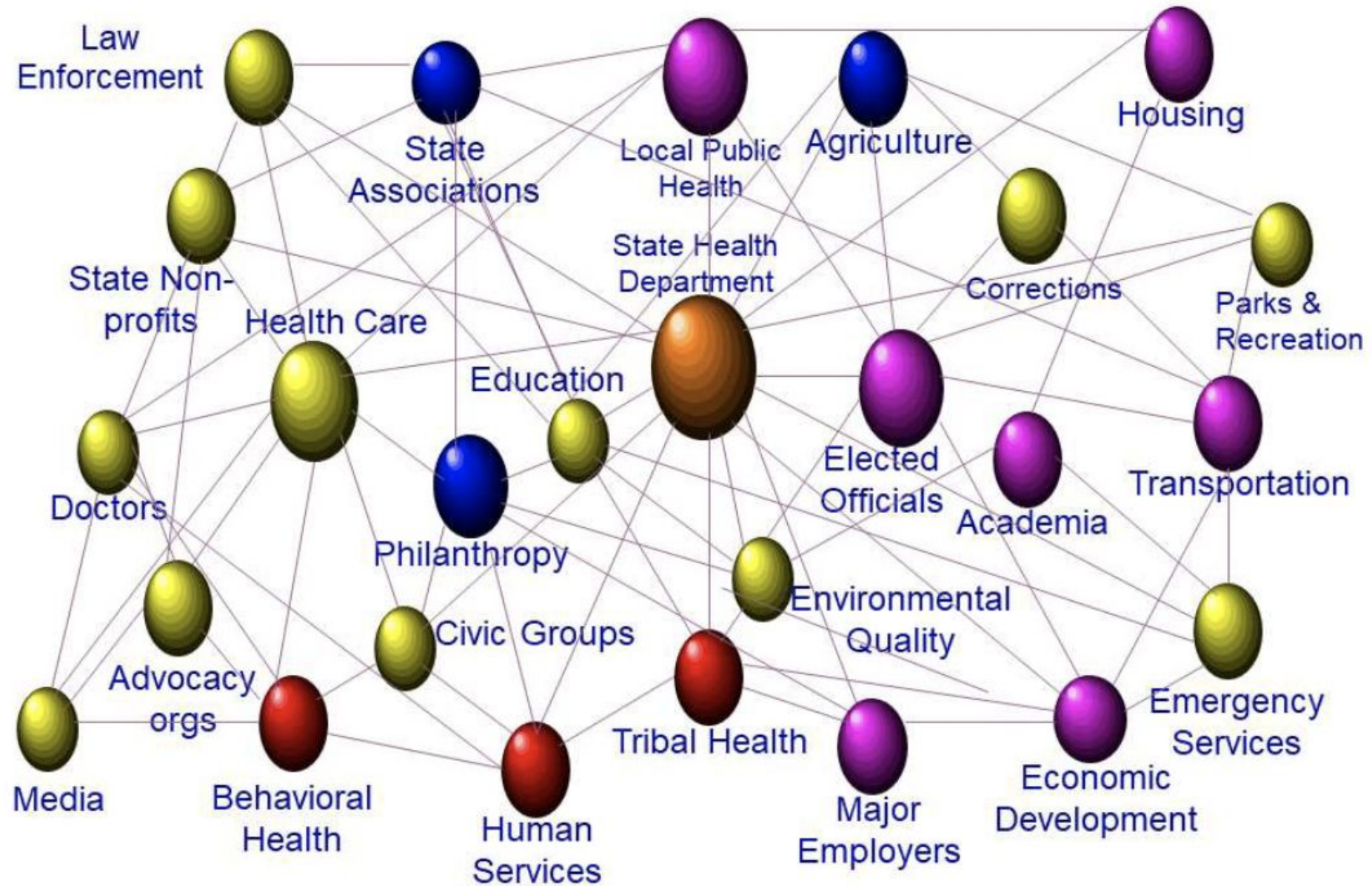
AMERICAN PUBLIC HEALTH ASSOCIATION  
*For science. For action. For health.*



<https://www.youtube.com/watch?v=ABMSfiozfig>

- ☐ Aging and Public Health
  - ☐ Integrative, Complementary and Traditional Health Practices
  - ☐ Alcohol, Tobacco, and Other Drugs
  - ☐ International Health
  - ☐ Applied Public Health Statistics
  - ☐ Law
  - ☐ Chiropractic Health Care
  - ☐ Maternal and Child Health
  - ☐ Community Health Planning and Policy Development
  - ☐ Medical Care
  - ☐ Community Health Workers
  - ☐ Mental Health
  - ☐ Disability
  - ☐ Occupational Health and Safety
  - ☐ Environment
  - ☐ Oral Health
- ☐ Epidemiology
  - ☐ Pharmacy
  - ☐ Ethics
  - ☐ Physical Activity
  - ☐ Food and Nutrition
  - ☐ Public Health Education and Health Promotion
  - ☐ Foot and Ankle Health
  - ☐ Public Health Nursing
  - ☐ Health Administration
  - ☐ Public Health Social Work
  - ☐ Health Informatics Information Technology
  - ☐ School Health and Wellness
  - ☐ HIV/AIDS
  - ☐ Sexual and Reproductive Health
  - ☐ Injury Control and Emergency Health Services
  - ☐ Vision Care









Just as public health leaders are challenged to become chief health strategists,

Public library leaders are challenged to become community access and equity strategists

In both cases, we do this work through collaboration and engagement in networks

# Where does your library fit in?

Given this new understanding of public health, how would you say your public library already contributes to public health outcomes?



# Taking care of ourselves



"If I don't walk, it's really not a great day" - Seattle Public Library's Nancy Pearl

"Last year, Pearl started combining her two greatest pleasures — reading and walking."



HERALDNET.COM

**America's action figure librarian walks a good book for exercise | HeraldNet.com**



Nora Bird, Jenn Carson and 199 others

4 Comments 15 Shares



# Taking care of ourselves

Jenn  
Carson  
.com

## TAKING CARE OF US

Advice for Library Staff

**Feel like you are running full-throttle? Immobilized during downtime because there is just so much to catch up on? Exhausted and overwhelmed? Here are some tips that can help you take care of yourself:**

**SLEEP.** The dishes can wait. **Everything looks better** after eight straight hours of shut-eye.

**EAT FOOD** that makes you feel good. Not too much of it. Eat it **mindfully**. Alone or with friends. You will be surprised by what (and how much) you put in your mouth when you really start paying attention to how it makes you feel.

**DON'T BE RIGID.** Rigidity is the enemy of fun. And I guarantee if you are reading this, **you need more fun.**

**DO SOMETHING THAT SCARES YOU**, in a good way. Just for you, **not to show off** or to post it on social media.

**LAUGH.** Don't take yourself too seriously. Or anyone else. Picture everyone who annoys you **wearing a clown nose** à la Bernie Glassman. Or to borrow from Elizabeth Lesser, remember we are all just "bozos on the bus."

**MOVE YOUR BODY.** A lot. You are less cranky when you walk on your lunch break, or go to the gym and lift weights, or run as hard as you can, or snowshoe with a friend, or play outdoors with your kids, or just use the stairs at work instead of the elevator. Even those of us with mobility issues can find ways to **be active**. Swimming and yoga are great low-impact activities.

**MAKE ART.** Colour. Dance. Grow things. Get your hands dirty. Play music. **With no agenda**, just because it feels good. Hug someone you love. Let yourself be helped when someone offers. Pet an animal.

**BREATHE.** When we're stressed or uncomfortable we tend to hold our breath or breathe shallowly. Take some deep, slow breaths. **Right now.** It can be helpful to put a reminder on your phone/desktop/ watch every 30 minutes to remind you to breathe and to get up and move around.

**RECONNECT** with your spiritual or religious practice, whatever that may be. Try going for a walk in the woods and clearing your head. It can really help you **feel grounded** and connected. Or listen to some uplifting music with your eyes closed.

**MORE ON THE WEB:**  
[www.programminglibrarian.org](http://www.programminglibrarian.org)  
[www.yogainthelibrary.com](http://www.yogainthelibrary.com)  
[www.physicaliteracyinthelibrary.com](http://www.physicaliteracyinthelibrary.com)

Written and produced by Jenn Carson  
Designed by Brendan Helmuth

### FURTHER READING

*The Art of Extreme Self Care* by Cheryl Richardson. Especially the chapter "Let Me Disappoint You."

*This is How* by Augusten Burroughs. Remember when your people-pleasing nature gets the best of you that "you're not a bottle of Valium."

## DE-STRESS AT YOUR DESK

[www.yogainthelibrary.com](http://www.yogainthelibrary.com)



Hands on desk, feet planted, let head hang.



Inhale, turn to right, exhale. Repeat on other side.



Inhale, lean to right, exhale. Repeat on other side.



Inhale, lean back, exhale.



Inhale, lean forward, exhale.



Open and close fists, slowly and then as fast as you can.



Bring hands towards you.



Send hands away.



Turn hands out.



Turn hands in.



Rub palms to create friction and warm them. Place over closed eyes for sensory break.



Place arm at ninety degree angle to body, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Place arm higher up wall, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Plant feet flat on floor. Inhale. Twist to right. Exhale. Repeat on other side.



Stand behind chair and grip back. Lift right leg slightly behind you. Lower. Repeat on left.



Lift leg and arm out to the side. Lower. Repeat on other side.

Photography and design by Brendan Helmuth

Produced by and featuring Jenn Carson, MSLIS, CYT, CCYT

LetsMoveInLibraries.org



UNC  
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Department of Library and Information Science



# Taking care of ourselves



## Healthy Eating and Active Living Toolkit for Community Educators



by: Staff

Posted: Dec 4, 2018 / 10:34 PM GMT-0400 / Updated: Dec 4, 2018 / 10:34 PM GMT-0400

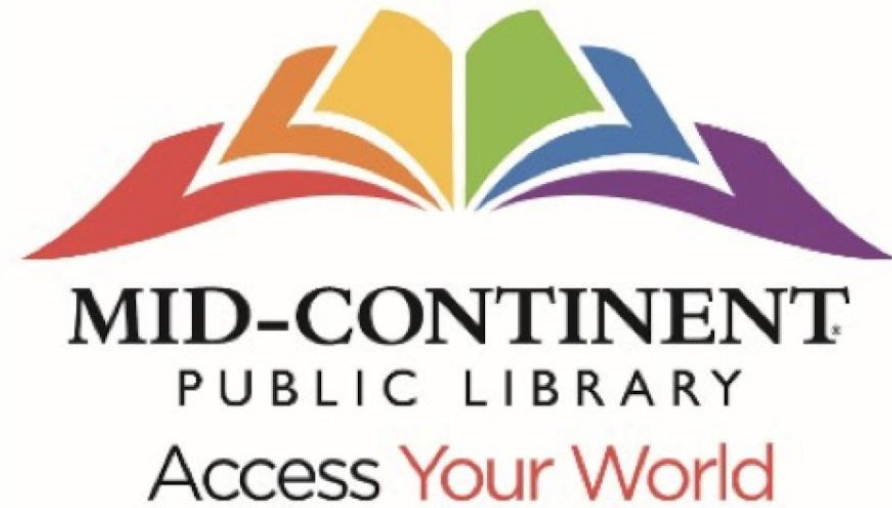
A local library is looking to help leave a healthier mark on the community.

Your Home Public Library in Johnson City has passed a resolution to adopt the National Alliance for Nutrition and Activity or NANA Healthy Meeting Guidelines.

The library received a \$500 award through the Broome County Health Department's Creating Healthy Schools and Communities Initiative.



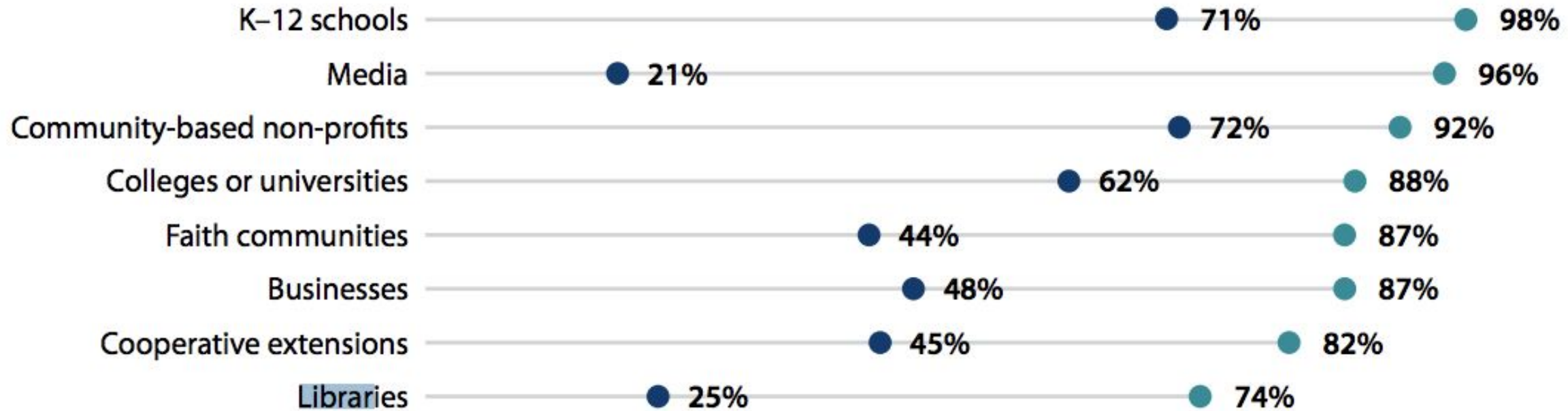
Mid-Continent Public Library has found that when we consider healthy options for the public the staff benefits and healthy staff options create a better experience for the public.



● Percent of LHDs working with organization in any way

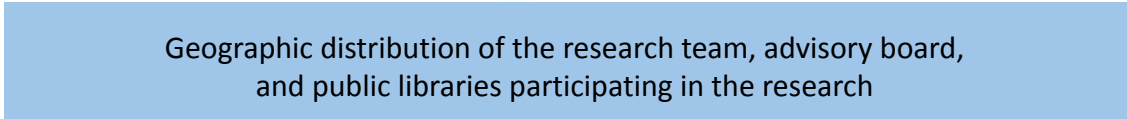
● Percent of LHDs regularly scheduling meetings, have written agreements, or share personnel/resources with organization

**Community-based partners (e.g., education, non-government)**



NATIONAL  
**PROFILE**  
OF LOCAL HEALTH DEPARTMENTS

## Community Health and Wellness: Small and Rural Library Practices, Perspectives, and Programs



Graphic Credit: Ginny Schneider, Abbie Rose, Rebecca Floyd



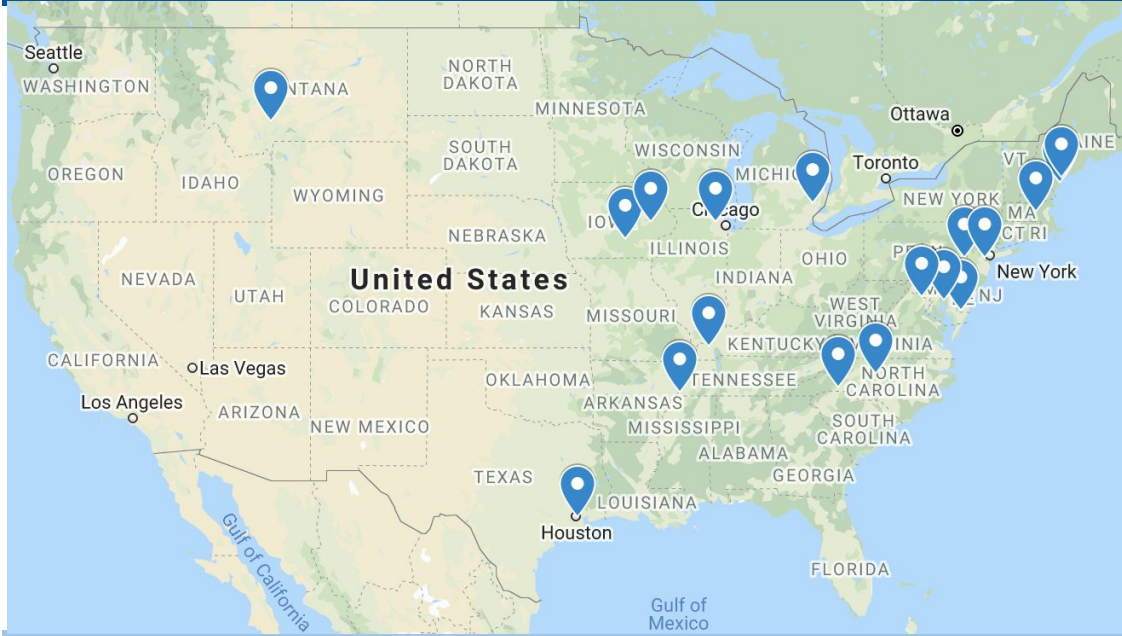
Ellen L. Rubenstein & Susan K. Burke



# Noah Lenstra



Christine D'Arpa



## Geographic distribution of case study communities

Project website:

<https://letsmovelibraries.org/about-us/health/>



Noah Lenstra

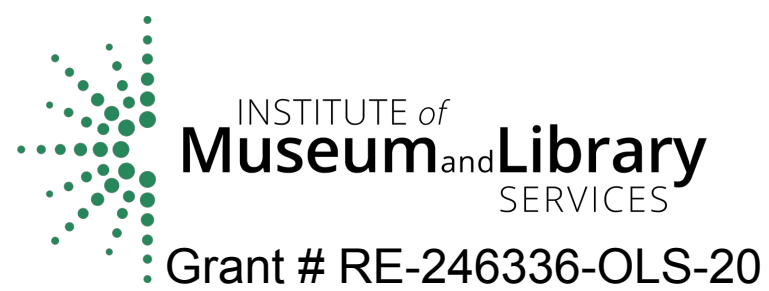


This project was made possible in part by the Institute of Museum and Library Services, Ig-18-19-0015-19

This project was made possible in part by the Institute of Museum and Library Services, RE-246336-OLS-20



# Research



	# Interviews
Library front-lines	44
Library leadership	25
Total	69

Sector																
#	16	6	4	4	4	3	5	4	2	5	2	2	1	1	1	60
	Non-profit	Hospital	Cooperative Extension	Individual Volunteer	Business	K-12 School	Parks and Recreation	SNAP-Ed	City Government	Health Department	Senior Agency	United Way	Boys and Girls Club	Community coalition	YMCA	Total

Semi-Structured interviews with individuals from organizations that have worked with public librarians on community-based **Healthy Eating and Active Living** initiatives

# Partner evolution in thoughts about public libraries

- Stage 1: Library => Book Repository
- Stage 2: Library => Trusted Resource  
(Always there, people turn to them, stable, trusted:  
Space to *use* for food distribution, programs, meetings, etc.)
- Stage 3: ***Librarian*** => ***Partner***  
(We work ***together*** to figure out what to do)
- [IT STARTS WITH A CONVERSATION!]

# WHY PARTNER WITH LIBRARIES?



DIVERSE  
COLLECTIONS IN  
MANY FORMATS



COMPUTERS WITH  
INTERNET, ONLINE  
RESOURCES



KNOWLEDGEABLE  
STAFF



INTERGENERATION  
AL PROGRAMS/  
SERVE ALL AGES



STRATEGIES  
BUILDING ON  
SCIENTIFIC  
EVIDENCE



STRONG  
PARTNERSHIPS  
WITH COMMUNITY  
ORGANIZATIONS



REACH TO FAMILIES  
MOST AT RISK



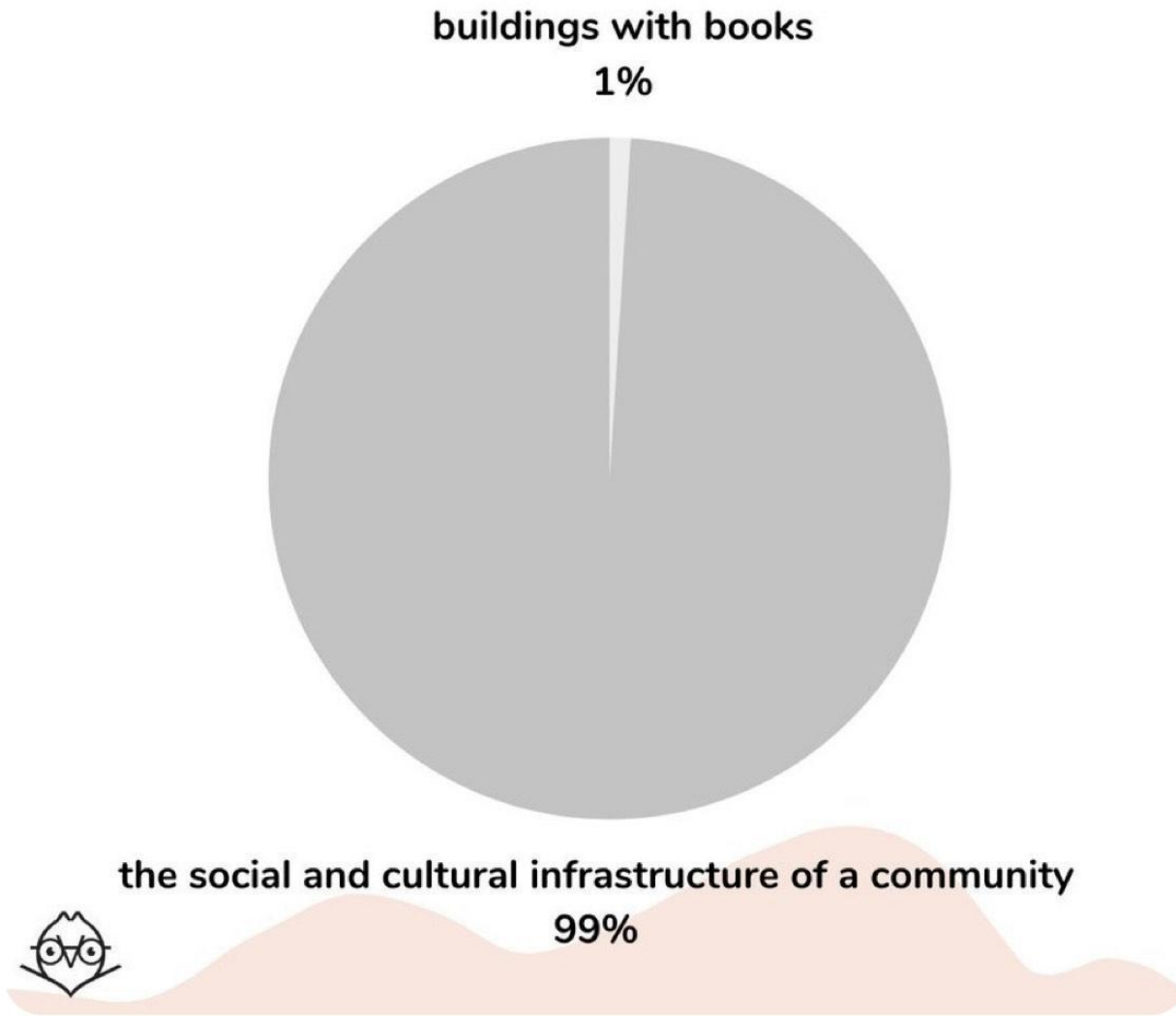
LOCATION,  
LOCATION,  
LOCATION (AND  
FACILITIES)



Imagine you are “pitching your public library as a public health partner” –

What are some of the things you would say about what **you** bring to the table?

# WHAT IS A LIBRARY?

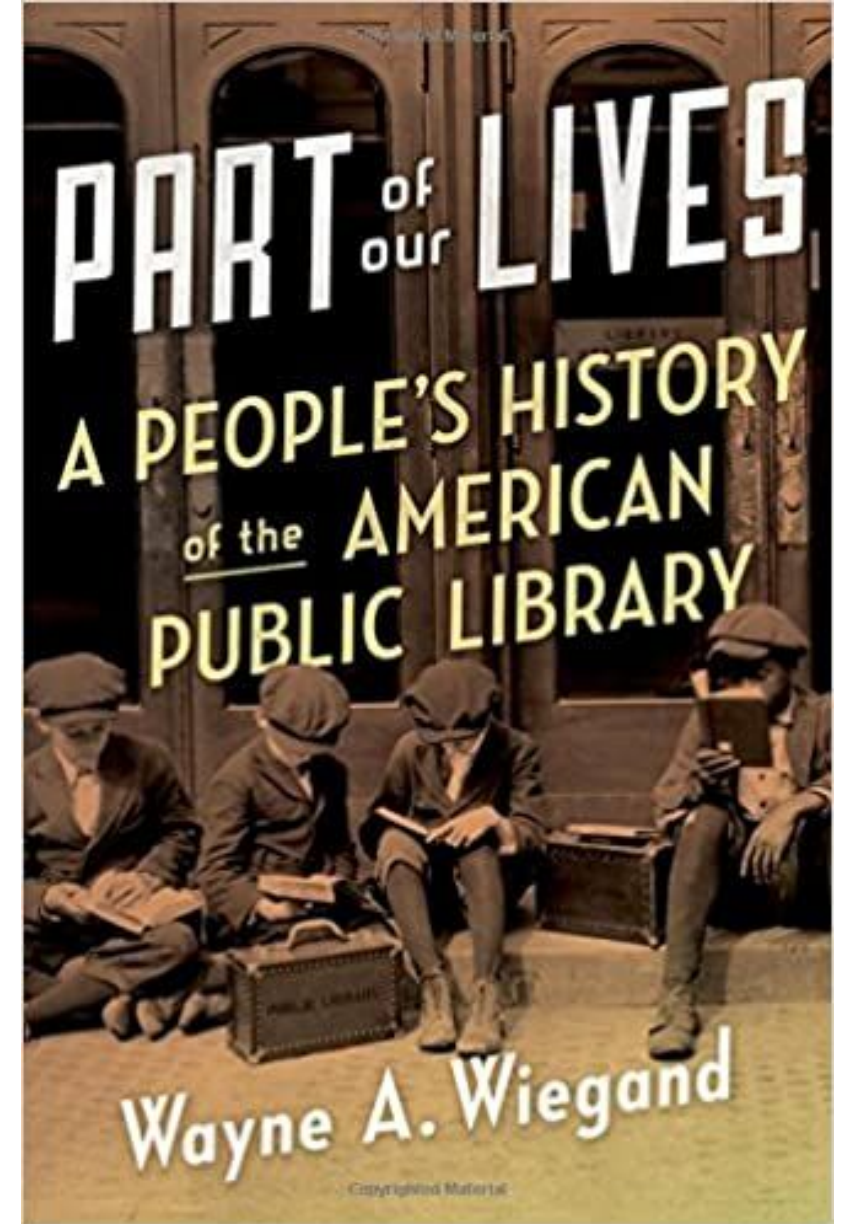


Albany  
Public  
Library

[www.albanypubliclibrary.org](http://www.albanypubliclibrary.org)

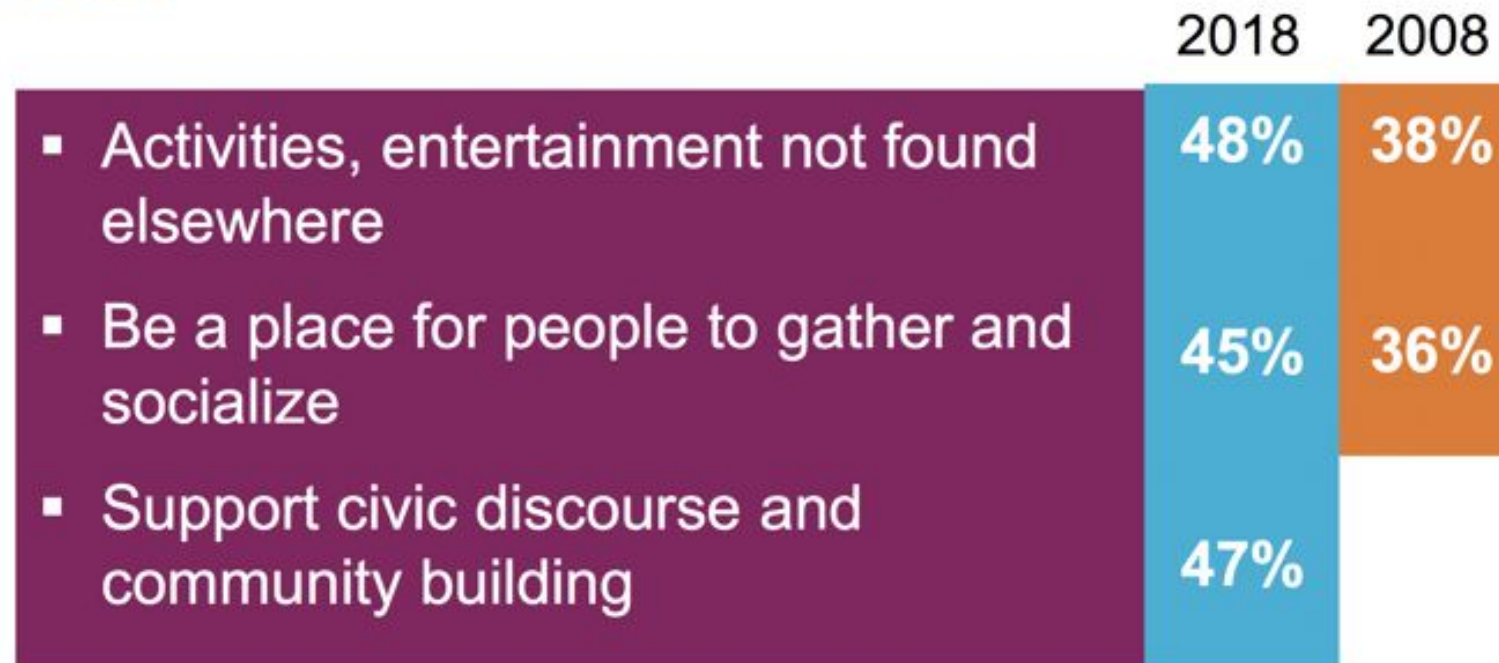
Americans love (and fund)  
libraries for three reasons:

1. Transformative potential  
of reading
2. Useful nature of  
information
3. **Community building  
capacity of public space**





## More voters today say it's important for the library to be a community hub.



American Library Association. (2018). *From awareness to funding: Voter perceptions and support of public libraries in 2018*. <https://bit.ly/2RKJSU4>

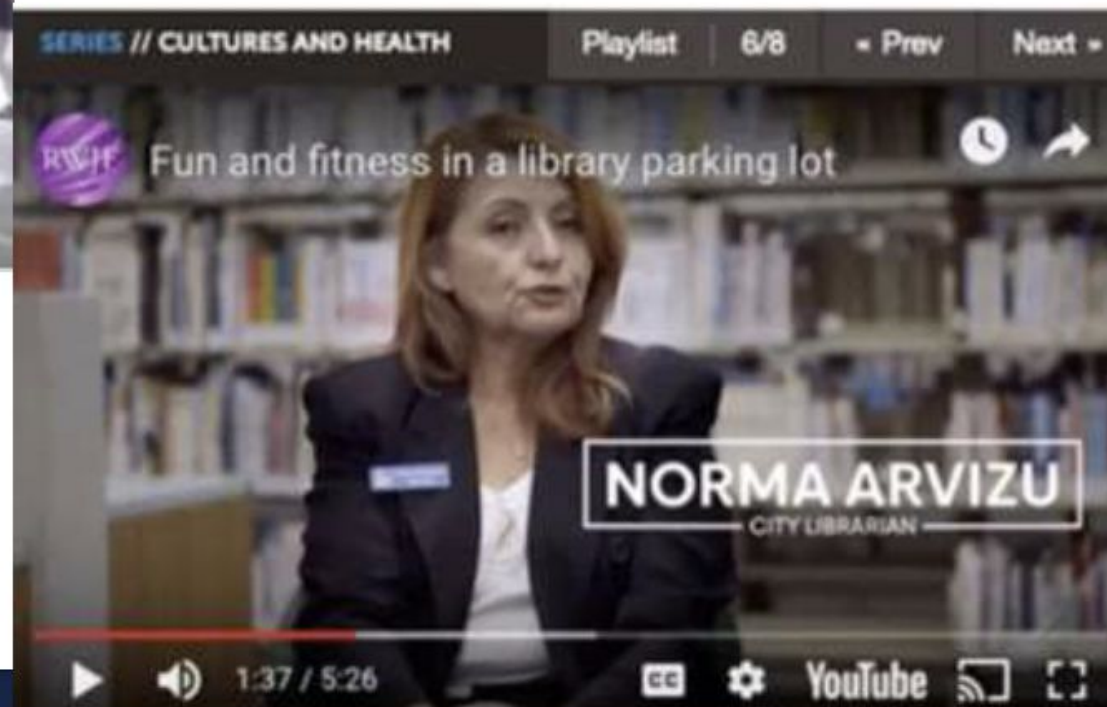
## Shared use

# Embracing the **SHARED USE** of the library



Robert Wood Johnson Foundation. (2017).  
“Achieving Health Equity: Fun and Fitness  
in a library parking lot.”

<https://www.rwjf.org/en/library/features/achieving-health-equity.html>





## Encore Cafe



<https://www.youtube.com/watch?v=AxRh9UmHxz8>

“Libraries often are the de facto senior centers of our growing - and aging - communities. The Marion Public Library embraces this role through program design, community feedback, and strategic partnerships. In addition to "traditional" library programming, the library works to meet the nutritional and social needs of seniors through twice-weekly congregate meals as well as a monthly mobile food pantry visit.”







Leaders in  
Aging Well  
at Home

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# More Than Books: Libraries as Hubs for Social Connection

April 19, 2021



advocacy | action | answers on aging  
0:03 / 59:47

720p

**More Than Books: Libraries as Hubs for Social Connection**

**n4aviddler**

More from this user

Uploaded on Apr 20, 2021 / 108 views / 610 impressions / 0 comments



# Where it *could* lead



PIEDMONT TRIAD REGIONAL COUNCIL  
AREA AGENCY ON AGING

**North Carolina Librarians Trained for A Matter of Balance**



# Getting into the mix

In Portland, Oregon, Bureau of Transport teams up w/ Multnomah County Library for Bike Lane Art Design Contest - could easily be applied to crosswalks, etc.

1st Place - Pre-K to 2nd Grade  
Vivian Jacobsen  
Midland Library  
"Singing Bicycle"

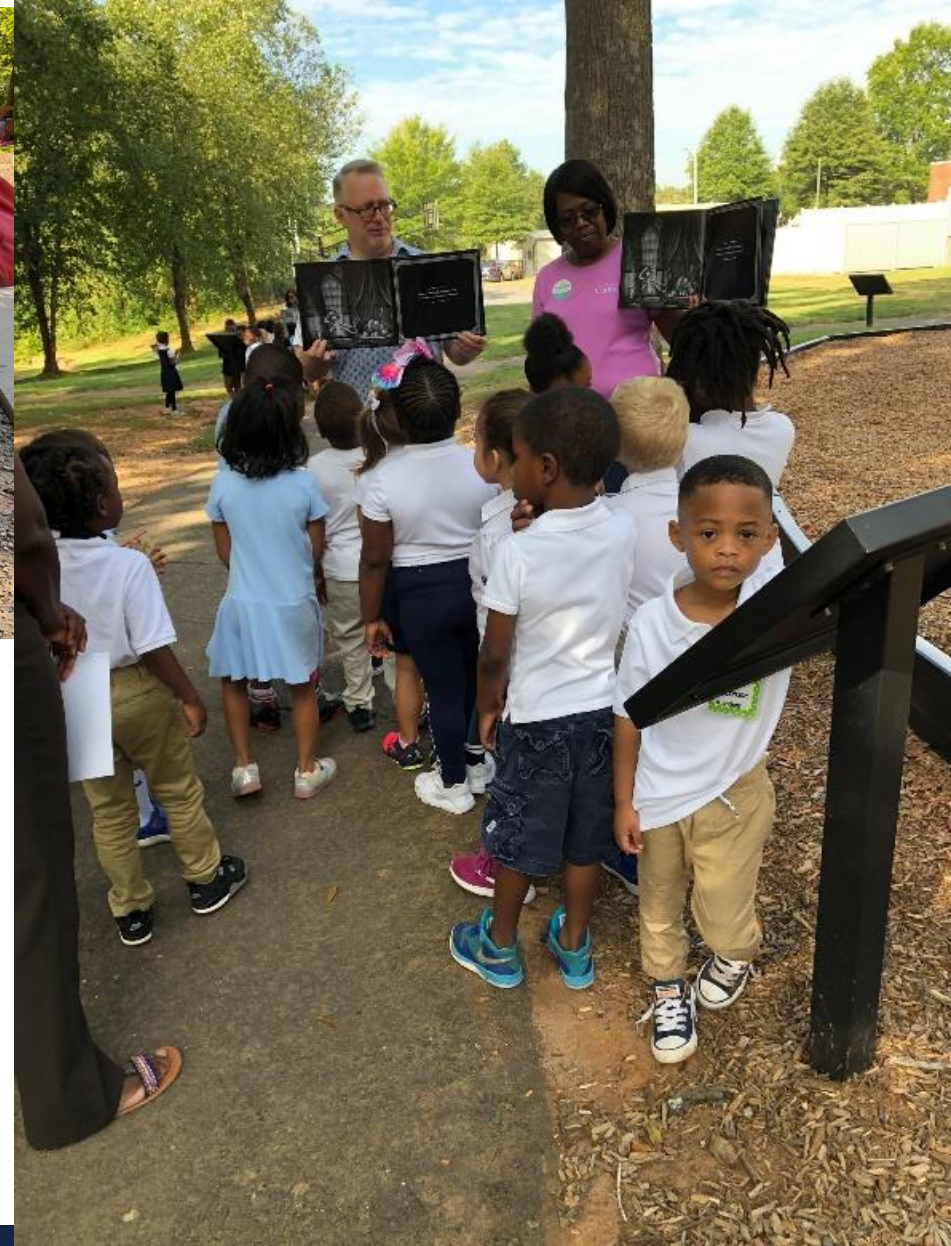


Multnomah County Library Metro PBOT Bike to Books  
www.biketobooks.com





# Getting into the mix



CHARLOTTE-MECKLENBURG  
**LIBRARY**

StoryWalk® in  
Charlotte, North  
Carolina



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[LetsMoveInLibraries.org](http://LetsMoveInLibraries.org)



# Getting into the mix



## LUNCH *at the* LIBRARY



CBC.ca

### How Toronto Public Library branches are becoming food banks during COVID-19

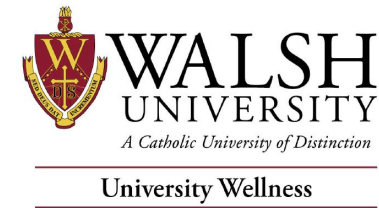
The Daily Bread Food Bank's clients have increased by 53 per cent, now Toronto libraries are stepping up to open their doors and offer space ...

Apr 11, 2020





# Into the mix



Search

search in ☒ Catalog ☐ Website

[Find](#) [Ask](#) [Explore](#) | [About the Library](#) | [Find a Location](#) | [Programs & Services](#)

Home > Programs & Services > Culinary Literacy Center

## CULINARY LITERACY CENTER

ABOUT  
GALLERY  
CLASSES  
BLOG  
CONTACT



*All participants are encouraged to receive their physicians' clearance before starting any suggested exercise.  
Perform exercises at your own risk and judgement.*

### Lunges

1. In upright position with eyes forward, chin up, and shoulders relaxed, step forward with one leg lowering your hips.
2. Inhale as you lower yourself to the ground with one leg forward and one leg back.
3. Both knees should be at a 90-degree angle with front knee directly above your ankle and back knee should not touch the floor (but come close to the floor).
4. Keep weight on the back of your heels.
5. Breathe outward as you return to the original starting position.
6. Repeat a total of 3 sets, lunge down the row of books and lunge back up the row of books. Rest 30 seconds between sets.



Department of Library and Information Science

[LetsMoveInLibraries.org](https://LetsMoveInLibraries.org)

# Into the mix

In New Haven CT Department of Transportation, Traffic & Parking "kicked off the 'Safe Streets for All' program last June with planning sessions at various public library branches"

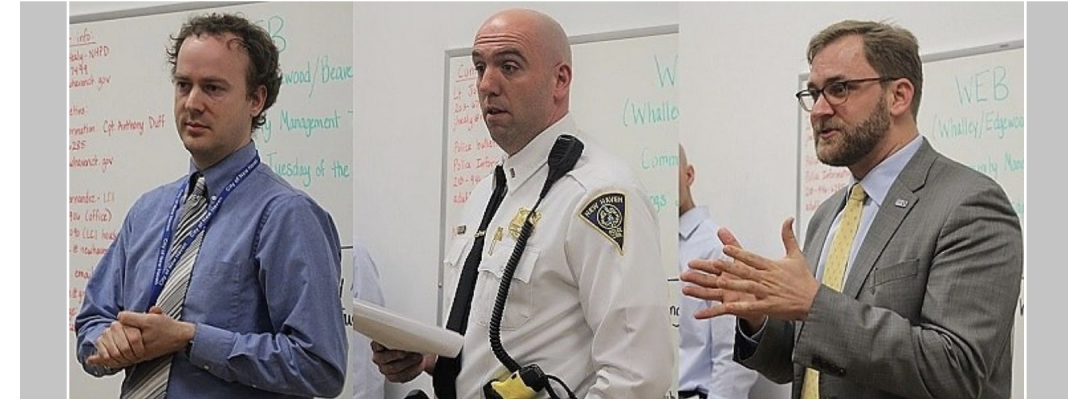


### Government Seeks Safe Streets Solutions

by **THOMAS BREEN** | Feb 28, 2020 8:46 am

**(13) Comments** | [Commenting has been closed](#) | [E-mail the Author](#)

Posted to: [Transportation](#), [Whalley](#), [True Vote](#)



THOMAS BREEN PHOTOS

City Engineer Giovanni Zinn, Lt. Sean Maher, and city transit chief Doug Hausladen: The city is responding.





Class at the library was the “**most diverse class ever taught**,” included new Americans, retirees, college students, men and women, all of whom built relationships through “sharing of recipes”

- Nutrition Educator for SNAP-Ed agency

[HEAL \(Healthy Eating and Active Living\) at the Library](#) study



Delaware Journal of

# Public Health

Volume 6 | Issue 3  
September 2020

A publication of the Delaware Academy of Medicine / Delaware Public Health Association



## Public Libraries & Public Health

Featured in  
this issue



Dolly Parton's Imagination Library | [delawarelibraries.org/imagination](http://delawarelibraries.org/imagination)

Inspire a love of reading! Kids who read, succeed!



[https://issuu.com/dam-dpha/docs/delaware\\_journal\\_of\\_public\\_health\\_-\\_public\\_librari](https://issuu.com/dam-dpha/docs/delaware_journal_of_public_health_-_public_librari)



*One of the telehealth kiosks launching in three Sussex County libraries.*





# WHY LIBRARIES AND SUMMER MEALS?

Libraries are free and open to all, welcome children and teens, offer engaging programs, and typically have a community meeting room or space where food may be served.



## BENEFITS TO THE LIBRARY:

Access to new groups, especially underserved and marginalized populations.



Increased visibility of the library as a community asset.

Opportunities for new partnerships.



Support for summer library program through increased attendance.



## WHAT'S NEEDED?\*

- Staff and/or volunteers.
- Designated room or space, inside or outside.
- A sponsor.

\*There are also eligibility guidelines for the USDA Summer Food Service Program. See the USDA and CSLP links for details.

## GETTING STARTED

- Establish room or space to use.
- Determine what days and hours to serve and which meals to serve.
- Find a sponsor.
- Complete training and any paperwork.



## HELPFUL LINKS

<https://www.fns.usda.gov/sfsp/summer-food-service-program>

<https://www.cslpreads.org/libraries-and-summer-food/>



Why More Public Libraries Are Doubling As Food Distribution Hubs  
Efforts that ramped up during the pandemic have succeeded thanks to partnerships with school districts, food banks and other ...

nextcity.org

<https://www.webjunction.org/news/webjunction/hunger-and-libraries.html>

<https://www.cslpreads.org/libraries-and-summer-food/>



# Libraries Responding to the Opioid Crisis

- More than 40 states indicated **recent increases in opioid-related deaths** (American Medical Association, March 2021)
- Rural areas continue to be **impacted heavily**
- 2020 overdose deaths were nearly **30 percent higher** than in 2019 (CDC, [provisional data](#))

## New Resources Coming!

Expand on research, [Public Libraries Respond to the Opioid Crisis with Their Communities](#), to provide libraries with resources that align with five recommended areas for action:

- Evaluate local health data
- Seek community partners
- Educate staff and community members on the issue
- Consider staff care needs
- Offer programs and services that support local needs

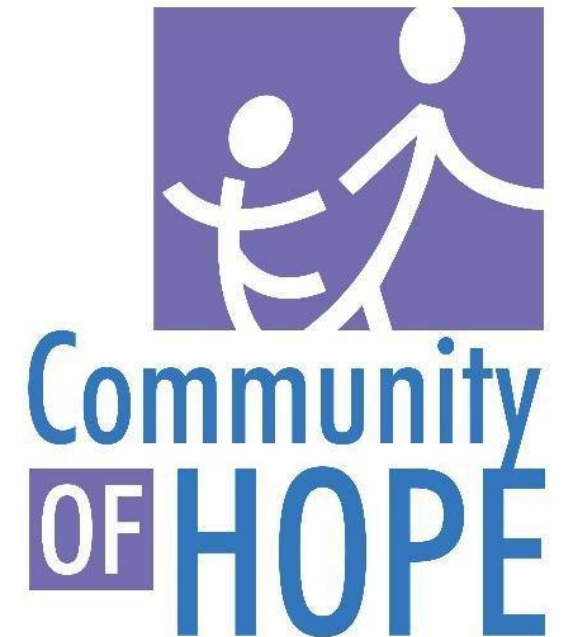


How would you characterize your library's current efforts to “get into the mix” of community and regional efforts to improve public health?



### How and why were the relationships started?

- Geographical proximity
- Library known as central hub
- Community coalitions
- Intermediaries connect library and health department
- Plant the seed!!!



# Getting started

Based on the information presented today, as you work to prioritize your next steps some action items may include the following:

- Facilitating conversations among your library staff, board, or Friends of the Library about public health, and the roles public libraries **can** play as partners
- Assessing how your library may already support public health, and developing talking points unique to your library about how you see yourself as a public health partner.
- Reaching out to new potential partners, including hospitals, health departments, SNAP-Ed IA's, extension agents, community colleges, etc.



Learn more

NOAH LENSTRA

# HEALTHY LIVING AT THE LIBRARY



HOME

ABOUT US

GET STARTED

LET'S MOVE STORIES

EVENTS

CONTACT US

SEARCH 



## STORYWALK(R) AND SCAVENGER HUNT

### RINGTOWN AREA LIBRARY, PENNSYLVANIA

How has this library supported healthy living?

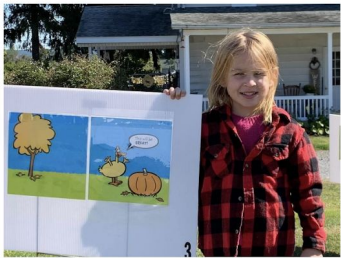
During the COVID-19 stay-at-home order in Pennsylvania, the Ringtown Area Library started monthly scavenger hunts around the community, relating to a children's story when possible (green sheep for Mem Fox's Where is the Green Sheep? and strawberries for Don Wood's The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear.) The library began offering StoryWalk(R) programming during summer 2020, and in September 2020 unveiled the 4th StoryWalk(R) of the year at a local farm's pumpkin patch, choosing Pumpkin Trouble by Jan Thomas.



What impacts have you seen this work have?

The scavenger hunts and StoryWalk(R) both provided no-contact, fun activities that got families moving and kept them engaged with the library while it was temporarily closed and/or after reopening but with limited services and capacity. In addition to encouraging families to get out for a walk, these outreach efforts brought awareness of our library to many people who rarely or never utilize traditional library services. The library also believes that these activities led to an increase in monetary donations to the library this year.

LEARN MORE >



**Lessons learned:** Don't be afraid to think outside of the library! Lots can be done using outdoor spaces to engage communities in healthy living programming.

Combine stories and literacy with outdoor programming. Weave stories into public space and you promote the library, promote reading, and also promote fun, active engagement in the outdoors!





NOAH LENSTRA

# HEALTHY LIVING AT THE LIBRARY



PROGRAMS FOR ALL AGES

June 2020, 225 pp, 6 1/8x9 1/4

Hardcover: 9781440863141

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## Healthy Living at the Library

Programs for All Ages

**Noah Lenstra**

**1 VOLUME**

This broad-ranging resource is for librarians who want to begin a new program or incorporate healthy living into an existing one.

### FEATURES

Learn how to start, run, and sustain healthy living programs

---

Get inspired to develop new programs based on the successes of librarians throughout North America

---

Determine how to overcome challenges and roadblocks

---

Refer to practical resources you can adapt for your own library

---

**Noah Lenstra** directs the Let's Move in Libraries initiative at the University of North Carolina at Greensboro, where he is a faculty member of library and information studies.



Stay tuned for more!



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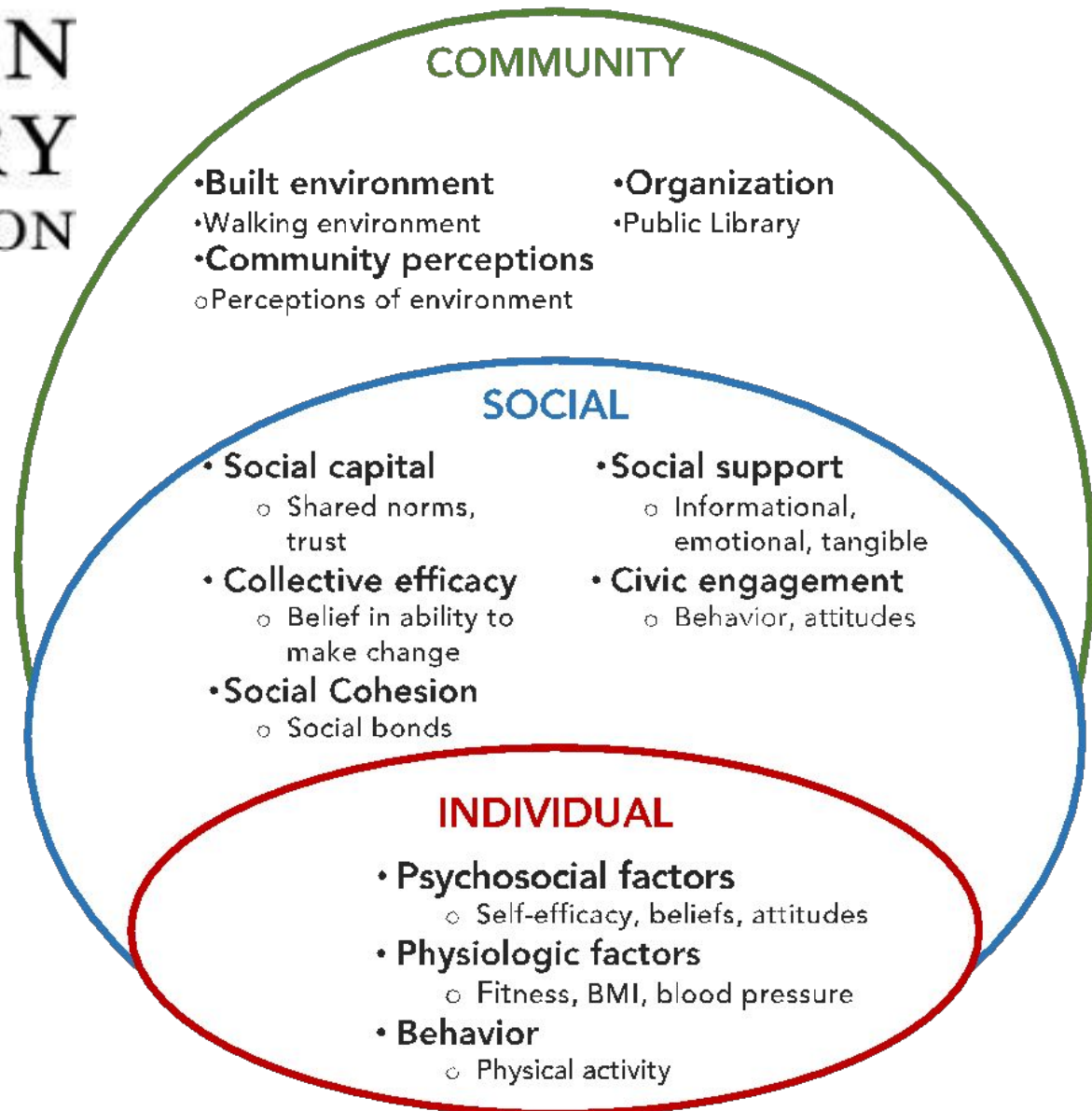


**State Library  
of Oregon**



**National Institutes  
of Health**

Figure 1: Socioecological Model of Physical Activity



# FOR DISCUSSION

- In your community, what stands in the way of partnerships?
- What have you heard that is new to you?
- Is there anything you would like to experiment with from this presentation?
  - What support would you need to commit to the experiment?
  - What is your first step?

*Other ideas? Share them in the chat window.*



Thank you!

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