



Statistics for the students who participated in the Live Healthy Iowa Kids 10-week Challenge are as follows:

Maple Valley/Anthon Oto Community School District:

10 Elementary Teams participated with a total of 171 team members

23 High School Teams participated with a total of 163 team members

1 Mapleton Starspinners 4-H team participated with a total of 14 team members

34 Total teams from the Maple Valley/Anthon Oto School district participated with a total of 348 members

West Monona Community School District:

7 Middle School Teams participated with a total of 124 team members

4 High School Teams participated with a total of 87 team members

11 Total teams from the West Monona Community School District participated with a total of 211 members

Over the course of the 10-week Challenge, these 559 students kept track of their total fruit intake, total minutes of physical activity, total vegetable intake, total milk intake in ounces, total water intake and total minutes of screen time. We applaud Kortney Hoover, Bud Pash and Tira Jessen for entering this data for Maple Valley/Anthon-Oto, West Monona, and the Mapleton Starspinners 4-H Club respectively.



Mapleton Starspinners 4-H Club

Team Captain: Tira Jessen

Back Row: Tira Jessen, Emmalee Scott, Alyssa Scott, Laura Pautsch, Elizabeth Pautsch

Front Row: Rayna Jessen, Kira Anderson, Anna Smith, Grace Smith, Zoe Jessen

Congratulations again to all Monona County residents who participated this year. We look forward to the 10-week Live Healthy Iowa Challenge in 2015 and hope to encourage even more folks to join this county-wide effort to improve our health!