

Healthy Eating Active Living - Environmental Strategies

Year 1 January 1 2019 - December 31st, 2019

Goal: Increase healthy eating and active living to reduce obesity and chronic disease.

Strategy: Improve access to healthy foods through environmental strategies such as: breastfeeding friendly environments, community gardens, WIC and SNAP at Farmers Markets

| | Objectives and Responsible Agency | Action Steps | Status | Priority Population | Resources & Barriers |
|------------------------------|---|---|--------|--|---|
| Community and School Gardens | A) Maintain and build capacity and resources for local community gardens by identifying funding opportunities, organizational trainings, and connecting them to appropriate partners by 12/31/2019. | 1) Identify a point person at WCPHP to search for funding and connect community partners to funding sources. 2) Point person at WCPHP regularly connects with agencies that maintain community gardens to community opportunities. | | Children and Youth | Resources Valley Food Partnership Mountain Roots Food Project Town of Ridgway School Districts WCPHP Rec Centers AmeriCorps - Mountain Roots |
| | B) Collect regional community and school garden data by 12/31/19 | 3) Collect data on the number, location, status, and population served of community and school gardens. 4) Develop standardized data collection tool in partnership with Mountain Roots AmeriCorps member. | | | Barriers Lack of capacity and funding for WCPHP personnel |
| | C) Encourage produce donations to local food pantries or other vulnerable populations and explore concurrent education programs 12/31/20. | 5) Assess health equity impact of current gardens and efforts to collaborate with food pantries. | | | |
| Farmers Markets | D) Increase the number of farmers and markets that accept SNAP/WIC by 12/31/21. | 6) Identify a point person at WCPHP to reach out to all farmers market to identify who is not accepting SNAP/WIC and what barriers are by 12/31/19. 7) Identify and share potential funding sources for machine. 8) Develop a data tool for farmers markets/farmers to measure impact on vulnerable populations | | Low-income families and young children | Resources Farmers and Farmers Market Directors Valley Food Partnership Mountain Roots Food Project Telluride Foundation? Barriers Capacity at the federal level Lack of funding for machine |
| | E) Assess current barriers for priority populations for accessing Farmer's Markets and CSAs. | | | | |
| Breastfeeding | F) Build capacity by looking for continuation funding for breastfeeding friendly environments by 12/31/19 | 10) Continue to provide breastfeeding resources on the WCPHP website. 11) WCPHP personnel actively research and apply for potential funding opportunities. 12) Gather baseline data from Breastfeeding policies passed through recent Public Health as well as WIC and Nurse Family Partnership. | | Young children and mothers | Resources Nurse Family Partnership Women Infants and Children Certified Lactation Consultants Early Childhood Councils Barriers Lack of capacity and funding for WCPHP personnel |

Indicators

of people in priority populations accessing food through gardens and farmers markets and food pantries
% of WIC and NFP clients who breastfeed exclusively for 6 months
of presentations/meetings about health equity
BRFSS: Fruit and Vegetable intake of adults and youth (by priority populations if available)