

## 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	<b>Resources</b> 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.			<b>Barriers</b> 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	<b>Resources</b>  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	<b>Resources</b> Nurse Family Partnership Women Infants and Children Certified Lactation Consultants Early Childhood Councils <b>Barriers</b> 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)

## Healthy Eating Active Living - Evidenced Based Programs

Year 1 January 1 2019 - December 31st, 2019

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

**Strategy:** Increase knowledge and efficacy for healthy eating and active living through evidence-based programs.

	Objectives	Action Steps	Status	Priority Population	Resources & Barriers
Cooking Matters	A) Maintain and build capacity and resources for local Cooking Matters programs by identifying funding opportunities, organizational trainings, and connecting them to appropriate partners by 12/31/19	1) Identify a point person at WCPHP to search for funding and connect community partners to funding sources		Low-income families Hispanic Families	Resources Agencies who offer Cooking Matters
	B) Collect regional data regarding equity and cooking matters enrollment 12/31/19	2) Identify a point person at WCPHP regularly connects with agencies that manage Cooking Matters in our region.			Mountain Roots Food Project Hilltop
Cooking Matters	C) Increase enrollment in Cooking Matters, with emphasis on reaching priority populations by 12/31/2020.	3) Engage all agencies that offer Cooking Matters to collect data, identify gaps, capacity, and barriers in access.			Cooking Matters: SW Region (Alexandra Lee).
		4) Explore development of regional referral/intake form for Cooking Matters.			Medicaid providers
Cooking Matters		5) Communicate/market cooking matters at other agencies that interface with priority populations.			Food Pantries Health and Human Services Departments WIC and Nurse Family Partnership Valley Food Partnership
		6) Increase referrals to cooking matters from community agencies that serve low-income families, such as WIC, Nurse Family Partnership, parenting programs, Medicaid providers, and Human Services.			Barriers Capacity Funding
Evidenced-based Programs	D) Build capacity and resources for evidenced based programs by identifying funding opportunities, organizational trainings, and connecting them to appropriate partners such as Farm-To-Table or Local Pharmacy RX by 12/31/2020.	7) Identify a point person at WCPHP to search for funding and potential evidenced-based programs and connect community partners to funding sources and programs.		Community partners HEAL stakeholders	Resources School Districts WCPHP Stakeholders
	E) Explore creating a system for shared learning for evidenced based programs by 12/31/2020.	8) Engage with community partners and learn about other evidenced -based HEAL programming happening in the region.			Tri- County Health Network Valley Food Partnership Mountain Roots Food Project WSCU Americorps
Evidenced-based Programs		9) Convene regional HEAL stakeholders annually and promote shared learning of evidenced-based HEAL programs and a shared learning system.			Barriers Capacity Funding

### Indicators

% or # of priority populations participating in Cooking Matters

BRFSS Fruit and Vegetable Intake (by priority population if available)

Obesity and Overweight of adults and youth (by priority population if available)

**Healthy Eating Active Living - Active Transport & Access**

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 active living through pedestrian, bike friendly environments, recreation activities, and transportation

Objectives	Action Steps	Status	Priority Population	Resources & Barriers
A) Build capacity and resources for pedestrian/bike friendly environment by identifying funding opportunities and connecting them to appropriate partners by 12/31/2019.  B) Advocate and educate at community meetings about the importance of active transport by 12/31/20.  C) Assess built environment and collect data including bike/pedestrian friendly environments 12/31/2019.         D) Assess barriers for vulnerable populations for accessing active living opportunities, including trails, and recreation programs 12/31/2020.	1) Identify WCPHP personnel to contact community partners and agencies that support active transport.		Low income community members	<b>Resources</b> Local RTA agencies Valley Food Partnership Community Development/Planning Local trail associations/non profits, Parks and Recreation Departments
	2) Identify a point person at WCPHP to search for funding and connect community partners to funding sources.		Youth and Children	Senior Centers School Districts
	3) Build relationship between Public Health staff and programs/organizations providing active living and active transportation services.		Seniors	LiveWell Colorado City of Montrose
	4) Public health personnel attend community and local government meetings to advocate for active transport, including HEAL Cities and Towns Campaign.		Hispanic Population	Colorado Health Foundation
	5) Assess health equity impact of current active transport programs and projects including data on priority population and access by 12/31/2020.			<b>Barriers</b>
	6) Work with partners to engage vulnerable populations to learn about barriers, such as transportation, cost of sports physicals, and cost of program.			Funding Capital investments Capacity
	7) Encourage active transport and recreation programs to include vulnerable population leaders in planning and organizing, as well as other types of community engagement.			Reliant on partners
	8) Provide Health Equity Training to increase advocacy for access to healthy living.			

**Indicators**

Progress - # trained in Health Equity  
# of related meetings that Public Health staff attended and advocated at for AT.  
# of HEAL Cities and Towns in the region.  
priority populations accessing trails and healthy living programs.

Year 1      January 1 2019 - December 31st, 2019

**Strategy:** Increase health equity advocacy to address healthy eating and active living

Indicators
Attendance at Health Trainings
number of program policies related to health equity that are developed
# of presentations/meetings about health equity