

## 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
		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.			Health and Human Services Departments WIC and Nurse Family Partnership Valley Food Partnership
Cooking Matters					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 Farmacy 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)