**Healthy Eating and Active Living (HEAL) June 2023**

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| **HEAL** is defined in the CHNA as healthy eating, active living, access to food and food insecurity. **Healthy eating** is an eating plan that emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products; includes a variety of protein foods, is low in added sugars, sodium, saturated fats, trans fat and cholesterol and stays within in daily caloric needs. Education, lifestyle interventions and food access positively affect healthy eating.**Active living** means doing physical activity throughout the day. Any activity that is physical and includes bodily movement during free time is part of an active lifestyle. **Access to food** refers to the ability of an individual or household to acquire food. Transportation, travel time, availability of safe, healthy foods and food prices are factors to food access.**Food insecurity** is as a lack of consistent access to enough, nutritious food for every person in a household to live an active, healthy life. |
| **Goal: Improve overall healthy eating and physical activity in the Tri-County Region.** |
| **Objective HE1: By December 31, 2025, increase accessibility of healthy food in the Tri-County Region through the support of community gardens by 10%.** |
| **Intervention Strategy: Gardening: Increase Vegetable Consumption among Children (HE)** |
| **Tasks & Tactics** | **Evaluation Plan** | **Target & Data** | **Monthly Recap** | **Upcoming Work** | **Issues/Challenges** |
| HE 1: Gather baseline data around community gardens and school-aged programming. | Complete a comprehensive list establishing locations of community gardens and school aged gardening programs. | By January 2024, recruit Woodford County community gardens.  | Almost completed creating our list!   Brought a few new partners in to help expand list some.  [Garden List - May 2023.xlsx](https://tazewellhealth.sharepoint.com/%3Ax%3A/r/sites/HEALTeamBuiltEnvironment/Shared%20Documents/Gardening/Garden%20List%20Tracking/Garden%20List%20-%20May%202023.xlsx?d=w5a17042e731d4c52878442003692d7df&csf=1&web=1&e=DoekxB) – added to Teams  Updates of note:  GIS could be used following to add in what we learn and update map? Amy mentioned that Tazewell is looking to hire someone back again and Peoria may have someone on staff.   | Mike going to add in the few missing addresses.   Next steps – contacting gardens for baseline numbers of families/children accessing garden.   Rebecca will check in with Mike to see when completed and then we will discuss how we want to do that outreach next step.  | Just taking time to get everything updated, otherwise no issues.   |
| # of children/families accessing the community gardens | April 2023 – Identify # of children and families that accessed the garden |
| HE 2: Implement garden-based learning sessions focused on gardening and healthy eating. | # of children/families attending information sessions about gardening and healthy foods. | April 2023 – Identify # of children and families that attended garden-based learning | Gardening/nutrition education ideas are in our teams. [Gardening Curriculum](https://tazewellhealth.sharepoint.com/%3Af%3A/r/sites/HEALTeamBuiltEnvironment/Shared%20Documents/Gardening/Gardening%20Curriculum?csf=1&web=1&e=kldrb3)  Beth Beachy will share PLANT curriculum with Rebecca so we can add as an option in our folder.   Rebecca, Emily & Michelle worked to draft up an adult nutrition survey and shared with HE team for feedback.   Updated and final version of survey is here: [HE Adult Survey FINAL \_6-8.docx](https://tazewellhealth.sharepoint.com/%3Aw%3A/r/sites/HEALTeamBuiltEnvironment/Shared%20Documents/Gardening/HE%20Adult%20Survey%20FINAL%20_6-8.docx?d=w33b1c44718b946be9347793e2d49fe10&csf=1&web=1&e=i65vO7).   Mike shared about education this summer at the garden and trends they have seen in their evaluations. Rebecca asked if they could share so we could potentially utilize a similar set up of class and evaluation for out of school programming in gardens.   | Emily sending adult survey up to WIC for approval.   Beth Beachy to reach out to Epi’s to see if they can put survey online for our team.  Distribution of the survey – will take place as soon as approval is received, and survey can go online.   Becca will work on a quick one page/half page option to invite people to take the survey.   Becca to attend St Ann’s education and see about replicating the program tri-county wide in out of school time programming.   Evaluations for programming – may be able to use some of what OSF has developed and build on it to create our evaluations for classes to healthy eating knowledge and inform future classes.   | Planning heavily as we work to have good tri-county replicable programming across different ages & sectors. Just taking time to get everything done so we can have successful educational opportunities.   |
| Increase healthy eating knowledge through pre/post test evaluation per session by 75% |  |
| HE 3: Promote campaigns focused on healthy eating and access to healthy foods. | # of healthy eating and community gardening campaigns in the Tri-County Region. | April 2023- Identify number of campaigns completed in 2022. | Talked about first steps when it comes to campaigns. Can we utilize pre-made campaigns to count towards this? WIC has national campaign upcoming that we would love to highlight. Utilizing pre-made things and not re-inventing the wheel is encouraged. Team can then identify missing campaigns or items that we would like to work on together. If funds are necessary to complete campaign – especially if we try to do a larger community level message. Then we can write up that ask and take it to the board. Locally created may have greater standing when we can add our Partnership Logo on.   Campaigns to look at now? Using Produce? – OSF intern has started doing this at the farmer’s market. Maybe we could see if we can ask to utilize and package into series?  Rebecca brought up starting with a gardener mike tips video series? Short series that shows gardening tips and tricks to help people grow their own garden.   | Need to inventory some of what we already have.   Then see if there are any campaign ideas anyone is particularly invested in and would like to help with.   Involvement of possible interns/help from Bradley could be a great way to move this forward. Rebecca had a good conversation with Dr Drake about opportunities.   | Just time and need to inventory what has been created/nationally could be used. Then we could see what maybe needs created in greater detail.   |
| **Additional comments*** WIC Farmers Market toolkit available.
* Hispanic Mobile Food Pantries are being planned.
* Grow A Row has 19 gardens registered to donate produce to the emergency food system.
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| **Goal: Improve overall healthy eating and physical activity in the Tri-County Region.** |
| **Objective HE2: By December 31, 2025, increase adults reporting exercising 1-5 days a week among the Tri-County Region by 1%** |
| **Intervention Strategy: Physical Activity- Increase physical activity through social supports to improve fitness of adults in the tri-county area. (PA)** |
| **Tasks & Tactics** | **Evaluation Plan** | **Target & Data** | **Monthly Recap** | **Upcoming Work** | **Issues/Challenges** |
| PA 1: Increase data collection focusing on adult physical activity in the Tri-County Region. | # of establishments collecting adult physical activity data in the Tri-County Region. |  | Would like to host county specific focus groups to identify how best to promote PA and capture data within the tri-county.Would like to partner with Bradley University to create tracking App. | Amy/Shanita to draft focus group questions. Counties to host focus groups.Hilary to continue conversation.  | N/A |
| PA 2: Recruit additional Tri-County partner participation in the HEAL action team | Increase # of partners recruited by 6. | *Baseline: 9 partners (different organizations)* | HEAL orientation powerpoint for 2023-2025 available for recruitment.For data and evaluation - identify definition of “partner participation” | Add to PFHC website | N/A |
| PA 3: Create promotional campaigns to promote physical activity in the Tri-County Region | Increase the number of physical activity campaigns in the Tri-County Region. | *Baseline: 4 campaigns* | Will add to the Tri-County Hunger Walk campaign to include PA information. | Next month, discuss possible winter campaigns | N/A |
| PA4: Create social support events focused on increasing physical activity in the Tri-County Region. | Increase the number of adults attending each event by 50% | *Baseline – 1 events* | Planning for Tri-County Hunger Action Walk has begun. Tentative date: September 30, 2023, 9-11amLocation: TBD | Finalizing location. Seeking sponsorships, DJ,  | N/A |
| **Additional comments*** Complete Streets Pop up demonstration equipment available.
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