**Healthy Eating and Active Living (HEAL) February 2024**

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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. | 37 gardens  By January 2024, recruit Woodford County community gardens. | List is completed – Mike Brooks is updating this list as needed  All types of garden are in the mix – schools, educational, giving | Finishing out data collection | Everyone tracks different data which has made for some challenges |
| # 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 | Looked at drafts of survey instruments for adults and kids to keep track of same metrics across the board – final draft and revisions to be completed hopefully by the end of the month  Adult classes container gardening – if you know of a good space to host – please let Rebecca know as an instructor from SNAP-Ed is hoping to host in March across the area. Will be planning these out soon  Needs – if we have dates we can share and see if we can recruit a help  Mike needs to start on programming for the summer yet  Becca – has an instructor to share with the Community Garden Network to do more classes in gardens this summer – will work with mike to craft message  **WIC**  Michelle – WIC was included in the continuing resolution through mid-March  Amount of money has increased for Fruit/Vegetable benefit but it may go down if it is not extended in some way by end of February | Finalizing survey instrument, sharing of curriculums & survey instruments with potential of offering training/technical assistance to implement in spaces | None at this time – just planning |
| 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. | Upcoming:  Looked at Social media kits from Eatright.org – opportunity to use some of their pre-created resources throughout the year. Team also liked how they really helped to tell a larger message about nutrition and the ties it has to so many different parts life. Opportunities for cross collaboration with other teams  [Social Media Toolkits (eatrightpro.org)](https://www.eatrightpro.org/about-us/for-media/social-media-toolkits)  Team decided that next campaign we could use is:  Beyond the Table – National Nutrition Month  [National Nutrition Month® (eatright.org)](https://www.eatright.org/national-nutrition-month)  No time to plan during breakout – small team will meet and plan ahead of March  Plan to use social media toolkit for partnership and choose resources/messages to use in workplaces, schools, etc. and share out to community widely | Michelle, Mike and Becca to meet and plan for national nutrition month campaign. | Time to dedicate to creating campaigns/schedule and personnel is always something we fight to find extra time for |
| **Additional comments** | | | | | |
| **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. |  | Let’s Move Tri-County – piloting to see engagement. Will be utilizing APHA Keep It Moving 2024 February – April 7th | Partners to join | N/A |
| PA 2: Recruit additional Tri-County partner participation in the HEAL action team | Increase # of partners recruited by 6 new organizations. | *Baseline: 9 partners (different organizations)*  2023 – 14 partners | Reviewed HEAL 2023 assessment for partner opportunities. Did not receive contact information for most. | Hilary/Shanita - Create “Elevator Speech” and informal action plans | 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*  2023 – 2 campaigns: Take A Walk Wednesdays. Move It Monday | Move It Mondays – Find the time is ongoing.  Let’s Move Tri-County has started and will continue through April 7th | Partners to share Move It Mondays and Let’s Move Tri-County campaign via social media. | 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*  2023 – 1 Event: Hunger Action Walk | Hunger Action Walk began meeting to discuss 2024 event. Location for walk is pending but likely to be in Pekin on Saturday, September 28th. | Shanita will continue to work with Pekin Park District to schedule walk.  Subgroup will continue to meet to finalize details of event. | N/A |
| **Additional comments**   * Fit & Strong being offered by TCHD. 2nd session began in January with 25 participants. * Illinois WiseWoman Program offered through TCHD had 68 participants for 2023. * Diabetes Prevention Program offered through TCHD had 29 participants for 2023. | | | | | |