**Healthy Eating and Active Living (HEAL) March 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. | Garden list updated & data gathered for Annual Report  Ongoing collection of data to happen with partners with support of Community Garden Network, Grow-a-Row and Mike | Double check list for accuracy and any necessary additions to list - ongoing |  |
| # 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 | Creation and release of Garden & Nutrition Community toolkit including standardized surveys to use with classes for adult and child classes. Toolkit shared widely via email to other networks. Sent to: Hope Network, Food Pantry Network – HOI, Community Garden Network, HEAL, HEAL FSP, Partnership  Tracking interest in toolkit via registration for the virtual toolkit. Also will share ongoing tips and supports to participants who identify this need on registration.  Flyer for Toolkit: <https://uofi.box.com/s/tb3yw0c7qylzypn374elqwn8ar89kdda>  Registration for Toolkit: <https://go.illinois.edu/HEALgardentoolkit>  Julie Dantone, nutrition instructor – [jfd@illinois.edu](mailto:jfd@illinois.edu) offered support to community gardens to provide education in gardens to low-resource youth & adults around gardening and nutrition.  HEAL FSP Team 1 - completion of garden survey with food pantry guests to see preferred food items – could also help guide our classes and education needs for the tri-county  Survey Results: <https://uofi.box.com/s/7ydb3ljlzlz3eqar493legcody5rhdvp> | Creation of garden tips/supports campaign to be added to emails for participants and set through Partnership/social media  Marketing of toolkit – need a graphic for social media to share  Identification of education/recipes around low use food items from survey make sure they are in the toolkit  Add items to toolkit as found/needed – living toolkit so if curriculum or resource is found can be added and shared to those who registered for it |  |
| 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. | Completion of National Nutrition Month Campaign   * Stats from nutrition campaign social media: <https://uofi.box.com/s/6ofrpivwk4jn127p7djjiqhy7fwjytrr> * Successful collaborative class for community, social media campaign, and worksite wellness emails included   Green Light Campaign   * Promotion of Donate Green list to help with Pantry Donations as many pantries are seeing limited amounts of food come through: <https://go.illinois.edu/donategreen> * Utilizing Green Light Food Oasis Recipes at Midwest distribution to pantries monthly and sharing of Toolkit now on partnership website: <https://go.illinois.edu/greentoolkit>   Upcoming Garden Tips Campaign Creation | Creation of Garden tips campaign – focus on in May meeting |  |
| **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  March – 1 new partner | Onboarded Molina Health Care. | 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  2024 – Move It Mondays, Let’s Move Tri-County | 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 committee continues to meet and plan 2024 event at Mineral Springs Park on Saturday, September 28th.  Shanita to meet with Data team to discuss marketing of PA data. | 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. | | | | | |