

Roadmap to a Healthier Douglas County: 2013-2018 Douglas County Community Health Plan			
Long-term Outcomes			
Goal Area	Goal Description	Anticipated Outcomes	Measure / Year and Data Point
Access to Healthy Foods	To create environments where healthy food consumption is easier and more likely	<ul style="list-style-type: none"> A. By 2018, decrease by 5% the percentage of adults who consume fruit less than 1 time per day. B. By 2018, increase by 5% the percentage of children who consume 5 or more servings of fruits and vegetables. C. By 2018, increase by 5% the proportion of children and youth who are a healthy weight. D. By 2018, increase by 5% the proportion of adults who are at a healthy weight. E. By 2018, increase by 5% the percentage of households scored as food secure. 	<ul style="list-style-type: none"> a. Percent of adults who consume fruit less than 1 time per day: 2011 = 36.7% b. Percent of children who consume 5 or more servings of fruits and vegetables: <i>Need data point</i> c. Percent of children and youth who are a healthy weight: <i>Need data point</i> d. Percent of adults who are at a healthy weight: 2009 = 46.5%, 2010 = 52.6%, 2011 = 43.7% e. Percentage of households scored as food secure: 2009 = 84.3%, 2010 = 84.7%, 2011 = 83.1
Physical Activity	To create an environment and culture, through policy and systems change, that makes physical activity easier and more rewarding for people of all ages and abilities	<ul style="list-style-type: none"> F. By 2018, increase the proportion of adults who get recommended amounts of physical activity by 5%. G. By 2018, increase the proportion of children and youth who get recommended amounts of physical activity by 10%. H. By 2018, increase the proportion of children and youth who are at a healthy weight by 5%. I. By 2018, increase the proportion of adults who are at a healthy weight by 5% 	<ul style="list-style-type: none"> f. Percent of adults not doing enough physical activity to meet EITHER aerobic OR strengthening Guidelines 2011 = 36.5% g. Percent of children and youth who get recommended amounts of physical: <i>Need data point</i> h. Percent of children and youth who are at a healthy weight: <i>Need data point</i> i. Percent of adults who are at a healthy weight: 2009 = 46.5%, 2010 = 52.6%, 2011 = 43.7%

Committee	Strategy	Opportunities for Community Action (Revised, 2015)	Outcomes / Objectives	Measures / Indicators related to strategy
LiveWell Leadership Team / Healthy Communities Initiative (HCI) ad hoc committee	Improve food and beverage environments at public venues	<ul style="list-style-type: none"> 1. Assure public/ government institutions, non-profit organizations, and health-care facilities adopt policies to assure that healthy foods/ beverages are provided/sold (including healthy options in vending machines, catering, cafeterias, etc.) 	<ul style="list-style-type: none"> a. By 2018, increase by 10% sales of healthy food and beverage options available through public/ government sites 	<ul style="list-style-type: none"> i. Total number of sales transaction that include health food and beverage options available through public and government sites
LiveWell Healthy Built Environment Work Group	Make it easier for residents to walk, bike, and wheel to everyday destinations	<ul style="list-style-type: none"> 2. Create new (or modify existing) advisory committees to make recommendations to local governing bodies regarding issues that affect people walking, biking, using assistive devices, and taking public transit 3. Expand and promote increased availability and use of active transportation networks, including development of safe routes for walking and biking to school and other destinations, including jobs, affordable housing, health care, grocery stores, recreational, cultural and arts amenities, tourist attractions, natural sites and more 4. Create/improve sidewalk infrastructure 5. Create/improve trail infrastructure 6. Promote and advocate for an inclusive approach to planning, designing and managing public facilities (including recreation areas, schools, etc.) that meet or exceed Americans with Disability Act (ADA) standards and incorporates principles of universal design to provide the greatest level of access to all users 7. Promote and advocate for healthy community design policies and practices that encourage and support physical activity 8. Increase the variety of physical activity opportunities, including indoor opportunities, parks, and open spaces, and provide additional information about these opportunities in a community-wide campaign 	<ul style="list-style-type: none"> b. By 2018, increase the amount of accessible sidewalks and trails by 10%. c. By 2018, increase the use of walking/ biking routes by 15%. d. By 2018, increase by 15% access to indoor recreation/ physical activity facilities for people of all ages and abilities. 	<ul style="list-style-type: none"> ii. Linear feet of sidewalks and trails in Douglas County (Environmental Observation) iii. Frequency of use of walking and biking routes (Environmental Observation) iv. Number of square feet of indoor public recreation space (Environmental Observation)
LiveWell Healthy Food For All Work Group	Enhance access to healthy food for low-income families	<ul style="list-style-type: none"> 9. Establish waste minimizing practices and policies with supermarkets, restaurants, cafeterias, schools, hospitals and any other large feeding institutions, restaurants and stores by supplying excess to food banks serving Douglas County (for low-income families) 10. Promote and advocate for changes in local food bank and pantry policies and practices that improve the nutrition and health status of communities, including: <ul style="list-style-type: none"> 10.1. Implementing choice-based systems 10.2. Providing incentives for selecting healthy whole local foods 10.3. Providing evidence-based case management 10.4. Promoting SNAP enrollment 10.5. Increasing capacity for storing and distributing 	<ul style="list-style-type: none"> e. By 2018, increase by 10% the availability of fruits and vegetables in food deserts through retail, gardens, and food banks. f. By 2018, increase by 5% participation in SNAP/ food stamps. 	<ul style="list-style-type: none"> v. Number of opportunities to purchase or obtain fruits and vegetables (Environmental Observation) vi. Number of people participating in SNAP/ food stamps (USDA Food and Nutrition Resources)

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		<p>healthy whole foods</p> <p>10.6. Establishing new locations</p> <p>10.7. Improving transit access to existing locations</p> <p>11. Establish a system that engages low-income families as food growers</p> <p>12. Establish a system that engages low-income families as small food business operators</p> <p>13. Establish new opportunities to purchase fresh produce in North Lawrence and other parts of Douglas County with limited options, including farmer's markets, integration into existing retail options, or opening corner stores</p> <p>14. Promote and advocate for increased enrollment in Supplemental Nutrition Assistance Program (SNAP) through efforts including dollar for dollar matching programs, community-wide campaigns that destigmatize food assistance and improve understanding of the benefits of SNAP participation</p>		
LiveWell Healthy Kids Work Group	Improve the nutrition environment for children birth to age 18 (including schools, child care settings and before/ after-school programs)	<p>15. Assure implementation of strong wellness policies and practices in Douglas County schools, before and after-school programs, child care homes and centers, which will include:</p> <p>15.1. Oversight by a wellness "committee" (such as the LiveWell Lawrence Healthy Kids Work Group) with representation by key community stakeholders (including school district(s), early childhood, United Way, Boys and Girls Club, Parks and Recreation Departments etc.)</p> <p>15.2. Policies and practices that include criteria for the nutritional quality of snacks, vending options, school stores, concessions, and food at special events & fundraisers</p> <p>15.3. Assure that all nutrition education curricula meet a minimum standard</p> <p>16. Increase enrollment and participation in meal programs (including breakfast, free and reduced meals, afterschool, and summer food programs) for school-age youth in Douglas County</p> <p>17. Advocate for continued implementation of the Healthy, Hunger-Free Kids Act</p> <p>18. Advocate that all schools move toward "modeling" of the highest possible category of implementation for the Healthy, Hunger-Free Kids Act</p> <p>19. Create (or maintain) school and early childhood gardens across Douglas County</p> <p>20. Establish practices that result in greater use of fruits/vegetables from gardens that serve children birth to 18</p>	g. By 2018, improve the nutritional quality of school-based snacks, vending options, concessions, & food offered at special events by 20% as measured by proportion of total items observed as healthy.	<p>vii. Proportion of total items available in schools through snacks, vending options, concessions, and special event food offerings (Environmental Observation)</p> <p>viii. Number of programs and policies regarding nutritional quality of snacks, vending options, concessions, and special event food offerings (Documented in ODSS)</p>
	Adopt policies to ensure opportunities for physical activity in schools, before- and after-school programs, and licensed child care providers	<p>21. Cultivate school wellness champions within schools (including PE teachers) and the community</p> <p>22. Increase school participation in Let's Move in Kansas Schools or programs designed to promote movement in the classroom</p> <p>23. Assure implementation of strong wellness policies and practices in Douglas County schools, before- and after-school programs, child care homes and centers which will include oversight by a wellness "council" or "committee"</p> <p>24. Ensure that all students in grades K-12 have adequate opportunities to engage in at least 60 minutes of physical activity per day, through approaches including: active transport to school programs, intramural sports and activity programs, active recess, classroom breaks, after-school physical activity programming, and integration of physical activity into curricula lesson plans</p> <p>25. Establish requirements for child care and early childhood education programs to improve physical activity standards. Encourage each licensed child care site to adopt policies to provide opportunities for physical activity, including free play and outdoor play for at least 60-90 minutes for toddlers and 90-120 minutes for preschoolers per 8-hour day</p>	<p>h. By 2018, increase by 30% the number of schools participating in the Let's Move Initiative.</p> <p>i. By 2018, increase by 20% the number of physical activity opportunities available to children throughout the day.</p>	<p>ix. Number of schools participating in the Let's Move Initiative (or other program) (Documentation)</p> <p>x. Average number of physical activity opportunities available to children throughout the school day (Survey)</p>

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WorkWell Lawrence	Assure opportunities for and encourage healthy eating and active living at work	26. Develop and implement a communications strategy to promote and support workplace wellness 27. Develop a public recognition program for employers who promote healthy eating and active living at work 28. Recruit employee champions to advocate for implementation of worksite policies promoting healthy food/ beverages options and opportunities for physical activity 29. Support Douglas County worksites in implementing policies, systems and environments that encourage healthy eating and physical activity	j. By 2018, increase access to healthy foods options at worksites by 20% k. By 2018, increase by 20% the proportion of Douglas County employees that work in worksites with health and wellness policies/ programs addressing healthy food consumption l. By 2018, increase by 20% the number of Douglas County worksites that have adopted policies supporting physical activity	xi. Number (or proportion) of healthy food options available among Douglas County's 10 largest employers (Survey): Need data point xii. Proportion of Douglas County employers with health and wellness policies or programs that include healthy food consumption: Worksite survey is in process xiii. Number of Douglas County worksites with existing policies that support engagement in physical activity: Worksite survey is in process