



Partnership for a
Healthy Community
healthyhoi.org

Healthy Eating Active Living

2023 - 2025



HEAL

Goal: Improve overall healthy eating and physical activity in the Tri-County Region.

Healthy Eating / Active Living (HEAL) includes a healthy eating plan, physical activity throughout the day, access to foods, and food security.

Objective HEAL 1

By December 31, 2025, increase accessibility of healthy foods in the Tri-County region through the support of community gardens by 10%

Objective HEAL 2

By December 31, 2025, increase adults reporting exercising 1-5 days a week among the Tri-County Region by 1%

HEAL Food System Partners

Throughout the 2023-2025 HEAL cycle, we will continue to work towards sustaining the emergency food system through the HEAL Food System Partners coalition.

HE 1

Gather baseline data around community gardens and school aged programming.

- # of children/families accessing community gardens.

HE 2

Implement garden-based learning sessions focused on gardening and healthy eating.

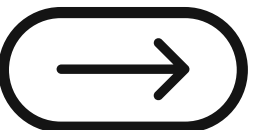
- # of children/families attending garden based learning.
- Increase HE knowledge by 75%.

HE 3

Promote campaigns focused on healthy eating and access to healthy foods.

- # of campaigns supported by HEAL

Gardening: Increase Vegetable Consumption among children (HE).



PA 1

Increase data collection focusing on adult physical activity in the Tri-County Region.

- # of establishments collecting PA data

PA 2

Recruit additional Tri-County partner participation in the HEAL action team.

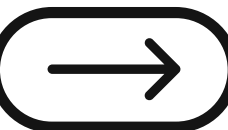
- Increase # of partners by 6.

PA 3

Create promotional campaigns to promote physical activity in the Tri-County region.

- # of campaigns in the Tri-County Region

**Physical Activity:
Increase physical
activity through social
supports to improve
fitness of adults in the
Tri-County area. (PA)**





HEAL Food System Partners

HEAL FSP is a grant receipt of the Ending Hunger Together grant by Community Foundation of Central Illinois

1

Increasing Access

2

Advancing Community Education and Family Stabilization

3

Pantry Technical Assistance

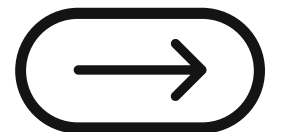
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Policy and Food System development

Meet your chairs

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Partnership for a Healthy Community

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For more info:

We encourage you to visit the Partnership for a Healthy Community website at www.healthyhoi.org.

Or participate in the HEAL Action Team. Meetings are held on the 2nd Thursday of the month from 2:00pm-3:30pm. Location rotates between counties.