**Healthy Eating and Active Living (HEAL) April 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.  | Working on gathering data – work to make sure we have comprehensive list and plan as a team. Updates of Note:Woodford Confirmed Gardens* Garden of Giving – Great Oaks Comm Church
* Germantown Hills School
* ICC? Not heard back yet
* El Paso Library (Pollinator Garden)
 | Mike, Nicole & Becca are going to meet ahead of the May meeting to outline what we know of Peoria & Tazewell for numbers of gardens and plan for getting numbers of people accessing gardensEmily had updates on gardens for Woodford – will work on gathering data for the rest before our May meeting.. | Just need time to gather info – otherwise n/a |
| # 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 | Look at options of garden curriculums that involve nutrition: <https://uofi.box.com/s/1w1eryjhk4rc2oi5epwz1zi2ba10zi62> Group interested in piloting some Nutrition to Grow On with a couple places this year and growing effort across tri-county into next year | Other opportunities talked about included: Ag in the Classroom or 4-H to enhance growing/ag components for children | Close to growing season for the year – planning to conduct lessons on small level to see how it works and expand |
| 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. | No progress during meeting – will focus on in May | n/a | n/a |
| **Additional comments** |
| WIC Farmers Market toolkit being updated for 2023 season. Will include Illinois’ Farmer Market Association’s find a market tool. |
| **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. | April 2023 – Identify Baseline number of children/families that attended garden learning in 2022. | Would like to host county specific focus groups to identify how best to promote PA and capture data within the tri-countyWould like to partner with Bradley University to create tracking App. | Amy/Shanita to draft focus group questions. Counties to host focus group by June.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. | April 2023- Identify number of current active partners. | Need to update HEAL powerpoint for 2023-2025 CHIP | Shanita/Amy to draft powerpoint. | 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. | April 2023- Identify number of campaigns completed in 2022. | No progress during meeting – will focus on in May | n/a | 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% | April 2023- Identify number of social supports held in 2022. | Planning for Tri-County Hunger Action Walk has begun. Tentative date: September 23, 2023. | Kim L to request assistance from Running CentralTo do: timing company, bibs, location determined, route planning/publish, online registration, shirt design,  | Need additional sponsors. |
| **Additional comments** |
| * HEAL Team News released April 2023.
* Presentation from Leslie McKnight on Complete Streets.
* HEAL Food System Partners funding for year 5 received. Will continue to operate in 4 teams focusing on access to food, nutrition education and family sustainability, pantry technical assistance and food policies.
* Update on National Strategy on Hunger and Health: <https://www.whitehouse.gov/briefing-room/statements-releases/2023/03/24/fact-sheet-biden-harris-administration-launches-the-white-house-challenge-to-end-hunger-and-build-healthy-communities-announces-new-public-private-sector-actions-to-continue-momentum-from-hist/>
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