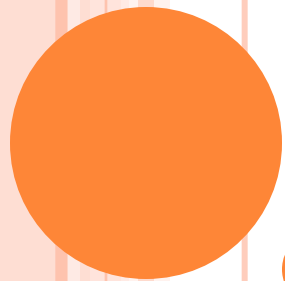




**RALLS COUNTY HEALTHY
LIFESTYLE INITIATIVE**
2009 Action Plan



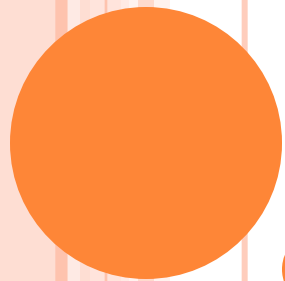
GOAL 1

**INCREASE COMMUNITY ACCESS TO AFFORDABLE
LOCALLY-PRODUCED HEALTHY FOOD**

Objective	Increase community awareness of healthy food options				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Develop food prep and preservation demos/classes for a variety of community settings	Contact to establish with: Youth Groups/4-H Home meal demos Public Events Churches Farmers Market (when created) Worksites Publish (on web and DVD's) Promotion Booth at Sesquicentennial HS Family Night Health Dept Training for daycare providers & parents	Smoothie Cycle & Bookmarks – Jana, Dale, Susan & Jim Cooking Demos @ HS using FACS. Family Night Fall & Spring. Jim will contact Linda Stinson FACS person Nancy Britt (POC) for Sr Center –Tom Day will contact about cooking demos location Michele Dyer Culinary School Graduate & church member - -Tom Day contact to demo Tina Reed Secretary @ Health Dept might do cooking demos – Nyla or Tonya will ask	Summer 08 Prior to Sept Mtg Oct/Nov 08 Oct/Nov 08 Nov or Jan	Participants has a fun experience & realize how simple a healthy drink is to make Participants indicate they know how to prepare fresh food & preserve food items Food prep & demo classes established for all ages Participants indicate an increase in the amount they prepare fresh food & preserve food items	Amount of participants recorded at the booth with the smoothie cycle, photos of participants Class: Pre/Post Evaluation Track & Report Number of Demos/Classes started
2. Develop marketing/communications plan to promote healthy lifestyle tips for community	Develop local Cooking Contests Develop local food guide (what's local, what's seasonal, where can I buy it, nutrient education) Develop social marketing campaign Countywide incentive PA program Increase social/family support for PA Develop youth physical activity spotlight Expand Health Dept worksite wellness program into the community	Cooking Contest will be pursued at a later time Contact Nan Poage Prather and also the Horticulture Specialist in NE region in Adair County – Chris Meeting at Jscool with Jon Stemmel - Chris, Jana & Ann Contact the local paper-Jim Stan –will talk to business's & give info in Nov so they can start a program in Jan Companies to contact: REC School District Perry Machine & Die Ralls County State Bank Perry State Bank	July 08 By Sept Mtg Nov	Increase knowledge & awareness of what is grown locally, when it is in season, & where to purchase it Plan developed outlining communication as well as marketing methods and is being implemented. Increased number of worksite wellness programs	Track & report implementation of plan components. Survey residents. Count & report number of worksite wellness programs established.

Objective	Increase healthy food availability in schools				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Review school wellness policies and food service options to determine areas for improvement	Distribute handouts for parents to educate them on school policies (i.e. healthy snacks) Establish Breakfast Review wellness policy so “Every day is treated like a MAP day”	Robin Leake & Jim are both on the school wellness council and will follow up on this when they meet again Postponed due to funding Robin & Jim will review at council meeting	Dec 08 Dec 08	School wellness policies are altered to increase healthy food availability in schools.	Review school wellness policy & report implemented and/or changed wellness policy.
2. Develop school gardens	Contact: FFA, FACS, Science, Health Teachers to determine interest in integrating into curriculum	ID a champion for school gardens -- Jim	By Sept Mtg	Garden established & integrated in curriculum Increase student knowledge of gardening Increase consumption fruit/vegetable by students	Report if garden is established (pictures) Interview students & teachers involved Survey students that participated

Objective	Increase access to locally grown healthy food				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Create local farmers market	Contact: Tina Pickett Mary Howald to identify local producers Hold a meeting with local producers & community residents to discuss: Location Day of operations Time Interest	Contact: Nan Poage Prather, Diane Hellhake with the Corp of Eng & Lane McConnell – Chris, Jana, Susan & Jim	Fall	Farmers Market Established	Report if Farmer's Market is established with picture bylaws etc Survey customers at the market



GOAL 2

**INCREASE OPPORTUNITIES FOR SAFE AND
ACCESSIBLE PHYSICAL ACTIVITY**

Objective	Improve built environment for Physical Activity opportunities				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Develop All-weather track at high school	Contact Atlas Track Get Estimate Ask HS for matching \$'s Write NIKE Grant Contact other donors if needed	Susan Susan & Mike Mike Susan & University Contact Will assign after \$'s amount needed is determined	July 08 August 08 August 08 Sept 08 Discuss @ Sept Meeting	Track Developed Add a new facility for community and school district use	Pictures & Dedication Ceremony for the track when open (include media) Survey community for use
2. Acquire portable Skate Park and other transportable equipment & Review city policies on skateboarding	Develop this at a later date				
3. Develop and map out walking/biking routes in community	GPS/GIS Software Check on GPS Units to use Look @ potential trail sites Walkability Inventory Research Grants Write Grants	Susan received grant for the software for 1 year which requires community service projects completed by Dec 09 Susan –Check with Michelle Klem & Frank Wideman & Bill Pabst Christie Hoener-USL GPS Handhelds MoDot & DNR	May 08 Sept 08	Develop trails & maps of trails/routes	Report number of miles developed (pictures) Submit map developed
4. PA Incentive program in schools	Check on how the previous school program was set up Put Program Together -Guidelines & Incentives -Year Long Program W/Family Lock ins -Kick off in Oct -Funding or Donations for Incentives -Final Survey -Registration will be part of pre survey	Cherie—Ask Robin about the program she ran in the Elementary school for a month Then follow up with information to Susan Becky – Check with Elementary School teachers to make sure they don't have something already planned & ask if they would like to help or give input Patty—Check with Subway about donation of coupons for monthly prizes	Prior to Sept Meeting Prior To Sept Meeting Prior To Sept Meeting Susan got info from the Mileage Club with some cheap incentives for elementary age	Increase PA in the youth and motivate them to be active at home	Survey pre and post Track how many incentives prizes were given through out the year, and which months do we need to increase opportunities for PA
5. Increase community access (trails & sidewalks) to existing facilities	Tie into mapping so that the trails lead and connect to existing parks Use existing facilities to start PA programs	Link with GPS/GIS when it is developed			

Objective	Create opportunities for youth involvement in Healthy Lifestyle Initiative				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Develop youth commission/task force to increase youth voice presence in community	Create a Youth Leadership Program	Susan & Patty – SOAR which stands for Students Opportunities Awarding Roles Leadership Program	Applications will be taken at the enrollment fair Sept 8, 08	Youth learn about community organizations, their benefits, and how leadership affects them. They will build relationships and become familiar with leadership skills to apply in community service.	Pre skill assessment and post skill assessment. Follow-up with their completed project outcome and recognition.