

Healthy Weight: Nutrition & Physical Activity Action Plan

Date last updated: April 2019

Goal 1: Build community collaboration through partnering and leadership to support collective impact.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFSS.

Action/activities	Start date	Progress	Date completed	Notes	Potential Partners	Indicators	Results	Evidence
Objective 1: By 2023, members of Healthy People Portage County will have established at least three key partnerships across community sectors to identify approaches to supporting healthy weight.								
a. Identify resources, action teams, and champions that will assist in the efforts to increase partnerships and collaboration in Portage County.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of community partners working with HPPC.		Scientifically supported.
b. Educate and gain partner commitment through inviting stakeholders to HPPC meetings and sharing resources with them.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of community partners working with HPPC.		Scientifically supported. (Stratford articles around Community Collaboration).
Objective 2: By 2023, members of Healthy People Portage County will establish an annual plan of community outreach and marketing efforts.								
a. Establish a vision that supports nutrition and physical activity in Portage County. Will determine what this looks like with our partners and how they incorporate physical activity and nutrition into their work.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	Creation of a well-rounded vision for HPPC.		Unsure.
b. Continuously reevaluate who is and is not at the table.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of community partners working with HPPC and who they are.		Scientifically supported. (Stratford articles).
c. Define and implement a marketing and communication plan for a county-wide campaign.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	A completed marketing and communication plan. The # of campaign materials.		Some evidence.

Objective 3: By 2023, members of Healthy People Portage County will identify three organizational polices and practices to support a cultural shift.

a. Engage policy-makers at all levels (organizational, local, state).	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of outreaches to policy-makers.		Scientifically supported.
b. Endorse and/or support various objectives for schools and worksites in the development and use of programming that supports healthy weight.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of programs that HPPC has supported.		Scientifically supported.
c. Leverage legislation that supports physical activity and nutrition.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of policies or legislation that HPPC has assisted in developing or supporting.		Scientifically supported. (complete streets, mixed-use development, etc.)

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Goal 2: Identify motivating and detracting factors that impact healthy living of Portage County residents.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFSS.

Action/activities	Start date	Progress	Date completed	Notes	Potential Partner	Indicators	Results	Evidence
Objective 1: By 2023, members of Healthy People Portage County will identify five existing local and accessible data points that can be used to measure healthy lifestyles in Portage County.								
a. Analyze public health data from CDC BRFSS, Youth Risk Behavior Survey (YRBS), SHOW, and County Health Rankings and Roadmaps.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of identified data sources & analyzed results.		Scientifically supported.
b. Explore access to employer-based healthcare data through worksite wellness programming.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of outreaches to local employers.		Scientifically supported.
c. Identify other community data sources such as the LIFE Report, school districts, electronic health records, etc.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	identified local data sources.		Scientifically supported.
d. continual data analysis and gap identification					HPPC, LIFT LIFE, Healthy Weight Action Team.			
Objective 2: By 2023, the Healthy People Portage County initiative will hold a minimum of two community conversations across Portage County annually to address healthy living and other needs.								
a. Identify champions in each community who can serve as liaisons to Healthy People Portage County and assist with efforts as needed.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of champions assisting us in this work and the # of communities that are actively engaged.		Some evidence.
b. Determine the most appropriate community locations/districts to hold community conversations.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of community locations participating in the community conversations.		Some evidence.

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Goal 3: Improve knowledge of and access (navigation) to healthy nutrition and physical activity resources in Portage County.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFSS.

Action/activities	Start date	Progress	Date completed	Notes	Potential Partners	Indicators	Results	Evidence
Objective 1: By 2023, implement at least three promotion and communication strategies to increase awareness of healthy and economical ways of eating nutritiously.								
a. Provide cross-sector information, resources, and tools for strengthening nutrition through community-wide promotional campaigns.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of resources and promotional items completed.		Some evidence. (Community-wide PA campaigns)
b. Continue to support existing nutrition programs and organizations in the County such as Food Wise, meals on wheels, ADRC, Farmshed, Breastfeeding Coalition, and Hunger Poverty Prevention Partnership.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of programs HPPC has supported.		Some evidence. (Community-wide PA campaigns)
Objective 2: By 2023, complete at least two collaborative meetings with the Portage County United Way to enhance the 2-1-1 platform to include nutrition and physical activity resources.								
a. Work to integrate 211 resources with area clinics.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of area clinics utilizing 211 for healthy weight.		Scientifically supported.
b. Facilitate cross-sector communications with the Portage County United Way and other community partners.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of meetings held with community partners.		Scientifically supported.
c. Promote the platform to users in partnership with the Portage County United Way.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team.	The # of promotions completed for 211 healthy weight.		Scientifically supported.

Objective 3: By 2023, implement at least two strategies to strengthen and promote existing physical activity opportunities for community members, especially youth, to reduce barriers to physical activity.

a. Work with school districts to enhance school wellness plans that support physical education, active recess time, intramural activities, active classrooms, and open gym time.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team, SPAPSD school wellness committee.	The # of schools participating in active recess/ classrooms.		Scientificallly supported.
b. Explore re-initiating Safe Routes to Schools program so that Portage County youth have a healthy and safe means to get to school.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team, school districts.	The # of schools participating in a Safe Routes to School initiative.		Scientificallly supported.
c. Work on establishing shared-use agreements with schools so community members can walk and access fitness center equipment at reduced/free rates.	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team, school districts.	The # of schools participating in a shared-use agreement partnership with the community.		Some evidence.
d. Explore replicating "Girls and Boys on the Run" and University of Minnesota's program "New Moves".	Apr-19	Not met			HPPC, LIFT LIFE, Healthy Weight Action Team, school districts, sports leagues (tentative).	The # of participants in this programming.		Scientificallly supported.
Acronym Key:								
AMG=Ascension Medical Group								
HPPC=Healthy People Portage County								
LIFT LIFE= Local Interventions for Transformation Local Indicators for Excellence								