



Office of Healthy Carolinians / Health Education

Community Health Action Plan 2009

Designed to address Community Health Assessment priorities and to meet Healthy Carolinians Re/Certification requirements

County: Davie

Partnership: Healthy Carolinians of Davie County **Period Covered:** 2009-2015

LOCAL PRIORITY ISSUE

- **Priority issue:** Nutrition
- **Was this issue identified as a priority in your county's most recent CHA?** Yes No

LOCAL COMMUNITY OBJECTIVE - Please check one: New Ongoing (was addressed in previous Action Plan)

- **By (year):** By 2015
- **Objective (measurable, achievable change in health status of population):** Increase the percent of adults reporting eating 5-A-Day of fruits and vegetables in Davie County
- **Original Baseline:** 4.9% of Davie adults reported eating 15 or more servings of fruit per week; 13.2% of Davie adults reported eating 15 or more servings of vegetables per week
- **Date and source of original baseline data:** Davie County Community Health Assessment 2007
- **Updated information (For continuing objective only):**
- **Date and source of updated information:**

POPULATION(S)

- **Describe the local population(s) experiencing disparities related to this local community objective:** lower education and lower income populations
- **Total number of persons in the local disparity population(s):** ~10,000 people age 25 and older without a high school education; ~5,500 eligible for Medicaid and ~3,000 people in poverty
- **Number you plan to reach with the interventions in this Action Plan:** 1,000

NC 2010 FOCUS AREA AND NC 2010 HEALTH OBJECTIVE ADDRESSED

- Check **one** NC 2010 focus area:

<input type="checkbox"/> Access to Health Care	<input type="checkbox"/> Environmental Health	<input type="checkbox"/> Injury
<input type="checkbox"/> Chronic Disease	<input checked="" type="checkbox"/> Health Promotion	<input type="checkbox"/> Mental Health
<input type="checkbox"/> Community Health	<input type="checkbox"/> Infant Mortality	<input type="checkbox"/> Older Adult Health
<input type="checkbox"/> Disability	<input type="checkbox"/> Infectious Diseases	<input type="checkbox"/> Oral Health
<input type="checkbox"/> Other - Please Describe:		
- **NC 2010 Health Objective:** Increase the proportion of adults eating five or more servings of fruits and vegetables each day; and increase the percent of middle school students who eat any fruit or fruit juice on a given day.

INTERVENTIONS, SETTING, & TIMEFRAME	COMMUNITY PARTNERS' Roles and Responsibilities	EVALUATION MEASURES
<p>1. Marketing Activities related to this community objective:</p> <p>Articles about eating fresh produce will be placed in the paper once per quarter</p> <p>"Grab It and Go" school-based media contest winners will be reproduced to label healthy snacks in the school environment</p>	<p>Lead agency is Davie County Health Department</p> <p>This agency will do: promote eating fresh fruits and vegetables at home</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Mocksville Davie Parks & Recreation will encourage fresh fruits and vegetables to participants in year-round sports ▪ A Storehouse For Jesus will encourage clients to eat fresh fruits and vegetables ▪ Partnership for Children will encourage childcare centers to incorporate fresh fruits and vegetables into their food service 	<p>Progress to date in marketing these interventions:</p> <p>No progress to date</p>
<p>2. Intervention: 2 cooking events per year (ex. Dinner and a Movie Cooking Classes;</p>	<p>Lead agency is Cooperative Extension</p>	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p>

<p>Save Money Eating At Home)</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy):</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention <i>(individual or participant based)</i> <input type="checkbox"/> Community-change Intervention <i>(community or population based)</i> <input type="checkbox"/> System-change Intervention <i>(change in policy, law, structure, or entire organization)</i></p>	<p>This agency will do: provide cooking part of the events</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ A Storehouse For Jesus will provide vegetables for classes from community garden ▪ Davie County United Way will arrange for the entertainment portion of the event ▪ Davie County Library will provide the movies (ex. Supersize Me or Wall-E) ▪ Davie County Health Department Registered Dietician will provide the nutrition education portion of the event 	<p>For New and Ongoing Interventions: By June 2010, a total of 50 people will have attended at least one session</p> <p>By June 2010, participation in a mailed or online survey for entry into a raffle prize will show that 15% of participants have made changes to their diets</p>
<p>2. Intervention: Provide obesity prevention program through summer camp/ summer nutrition program</p> <p>Setting: school-aged summer childcare</p> <p>Start Date – End Date (mm/yy): June – August annually</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention <i>(individual or participant based)</i> <input type="checkbox"/> Community-change Intervention <i>(community or population based)</i> <input type="checkbox"/> System-change Intervention <i>(change in policy, law, structure, or entire organization)</i></p>	<p>Lead agency is Mocksville-Davie Parks and Recreation</p> <p>This agency will do: provide and administer program</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Cooperative Extension will provide trainings when appropriate ▪ Health Department will purchase the program ▪ Davie County Schools Child Nutrition will provide healthy breakfast and lunches for participants for \$1 per day 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Summer program will be purchased by June 1, 2009.</p> <p>By June 2009 and each summer after, 100% of children in the program will be assessed for height, weight and behaviors related to obesity.</p> <p>By August 2009 and each summer after, 75% of participating children will report improving their nutrition and increasing habitual physical activity behaviors.</p> <p>By August 2009 and each summer after, 30% of participating children enrolled in the program will have improved their biometric measures.</p>
<p>3. Intervention: Build gardens at childcare centers for fresh fruits and vegetables</p> <p>Setting: childcare</p> <p>Start Date – End Date (mm/yy): July 2009 – June 2015</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention <i>(individual or participant based)</i> <input type="checkbox"/> Community-change Intervention <i>(community or population based)</i> <input checked="" type="checkbox"/> System-change Intervention <i>(change in policy, law, structure, or entire organization)</i></p>	<p>Lead agency is Cooperative Extension</p> <p>This agency will do: provide knowledge and supplement manpower to build gardens; provide education on fresh garden foods for children</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Partnership for Children will arrange trainings for childcare center teachers on fresh foods ▪ Health Department will provide funds when available ▪ Health Department WIC will provide nutrition information for childcare center food preparation staff ▪ Community volunteers and master gardeners will provide support for gardening 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Two childcare centers will build gardens on their property by August 1, 2009.</p> <p>By June 2010 and each year after, 100% of childcare centers will provide home information for parents on fresh vegetables from the garden by November 1, 2009.</p> <p>By June 2010 and each year after, 100% of childcare centers will report using fresh fruits and vegetables from their gardens by December 1, 2009.</p> <p>By December 1, 2009, 20% of childcare center parents will report serving more fruits and vegetables at home.</p> <p>By March 1, 2010, another two childcare centers will have been recruited to build gardens.</p>

(Insert extra rows as needed)

Office of Healthy Carolinians – last revised 11/08

