



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: Haywood

Partnership: Healthy Haywood

Period Covered: 2001-2012

LOCAL PRIORITY ISSUE

- Priority issue: Healthy Living
- 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): 2012
- Objective: Reduce the number of overweight and obese children age 0-14 years old in Haywood County.
- Original Baseline: 32% of children are overweight 16% are obese
- Date and source of original baseline data: 2001, public elementary school children measured by public health educators.
- Updated information (For continuing objective only): 39% of children are overweight. 21% are obese
- Date and source of updated information: 2008-2009, public health educators and Healthy Haywood volunteers measured public elementary school children.

POPULATION(S)

- Describe the local population(s) experiencing disparities related to this local community objective: who is at highest risk? Children 0-14 and economically disadvantaged
- Total number of persons in the local disparity population(s): everyone in county
- Number you plan to reach with the interventions in this Action Plan: everyone in the county: **56,447**

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

Other - Please Describe:

NC 2010 Health Objective:

- **Reduce the percent of children and adolescents who are overweight or obese.**
Target and Baseline , 1999: Children seen in health department clinics and WIC programs - specific ages:
Baseline, 1999:

Age	≥ 95 th percentile	Target
2-4 years	11.8	10 percent
5-11 years	16.7	10 percent
12-18 years	20.3	10 percent
- **Reduce the proportion of adults who are obese.**
Target: 16.8 percent.
Baseline, 1995-1999: 19.8 percent of persons ages 18 and older were identified as obese (BMI ≥ 25 percent)
- **Increase the proportion of adults who are at a healthy weight.**
 Developmental Objective, baseline data to be collected in 2001.

INTERVENTIONS, SETTING, & TIMEFRAME	COMMUNITY PARTNERS' Roles and Responsibilities	EVALUATION MEASURES
<p>Marketing Activities related to this community objective:</p> <ul style="list-style-type: none"> • Website • E-mail • Advertisements in local newspapers • Articles in local newspapers • Local radio stations • Flyers/brochures/posters/banners 	<p>Lead agency is <u>HCHD</u> This agency will: Coordinate with partnership members to promote the various programs/events/projects associated with Healthy Haywood.</p> <ul style="list-style-type: none"> • HCHD will keep the website www.healthyhaywood.org current • HCHD will send mass e-mail to community about various activities <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ The PEAK am 1400 and WPTL am 950 will record and play PSA about Healthy Haywood. ▪ The Mountaineer, Smoky Mountain News, and Asheville Citizen Times will print news releases submitted by the partnership ▪ All members will help distribute flyers/brochures/posters as applies to their health topic – this can be done by hand or via e-mail ▪ The Mountaineer will publish monthly healthy living articles – rotating topics based on the expertise of those on the action team. 	<p>Progress to date in marketing these interventions:</p> <ul style="list-style-type: none"> • As of Feb. 2009, Healthy Haywood has a functioning, useable website that is updated weekly • As of Jan, 2009, has used a mass list serve e-mail with approx. 800 addresses to promote the Fitness Challenge and other related partnership events <ul style="list-style-type: none"> ○ We also use e-mail to promote programs to our partnership members and they pass along to their e-mail lists • 2 articles are published monthly in the Mountaineer – one feature since Jan. 2009 and the other since January 2007 • Healthy Living articles written by team members will be in the Mountaineer newspaper at least two times per year. • Since 2006, the Healthy Haywood Coordinator has been doing a monthly partnership update and Inspiration of the Month program promotion • There is no documentation on how many flyers/brochures/and posters have been distributed by partnership members, but every activity we do has some type of handout that can be distributed to the public either in print form or via e-mail.
<p>1. Intervention: Continue (and expand) county-wide Fitness Challenge, an 8 week program designed to offer participants the opportunity to exercise at various fitness centers. Funds raised pay for prizes for participants and support projects in the community focusing on obesity prevention and nutrition.</p> <p>Setting: Community</p> <p>2001 – ongoing/yearly event</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is <u>Haywood County Health Department</u></p> <p>This agency will do:</p> <ul style="list-style-type: none"> ▪ Coordinate details of the Fitness Challenge from marketing, promotion, registration, event planning, distributing funds, and evaluation. <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood Regional Hospital will be a registration site and location for Midpoint festivities. ▪ Waynesville Recreation Center will be a registration site and location for Kickoff festivities. ▪ The PEAK radio station will help promote the event ▪ The Mountaineer will help promote the event with articles ▪ Smoky Mountain News will help promote the event with articles ▪ Members of the Healthy Living Team volunteers to help plan and execute the entire Fitness Challenge – including pre-planning details, registration, kickoff, midpoint, grand finale, and financial coordination concerning how to spend the funds. 	<p>Intervention: <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For Ongoing and Completed Interventions - Progress to Date: Quantify what you have done (# classes, # participants, etc.)</p> <p>2009: 2388 part. 2008: 1600 part. 2007: 1300 part. 2006: 600 part.</p> <p>Goal: To document each year how many people purchased a membership after the Fitness Challenge as a result of the Fitness Challenge.</p> <p>Quantify the health outcomes achieved (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Each year, participation in the Fitness Challenge will increase by 100 people • Fitness Challenge participants will develop healthy exercise and eating habits not only for the 8 week challenge, but continue those efforts throughout the year. • Received the 2006 Golden Project award from the Wellness and Prevention Section of the North Carolina Public Health Association for the Haywood County

		<p>Fitness Challenge program.</p> <ul style="list-style-type: none"> Received the 2006 North Carolina County Commissioners Outstanding County Program Award for innovative and effective programs and services through the Haywood County Fitness Challenge.
<p>2. Intervention: Update and distribute Haywood County Fitness Finder, a resource directory of all fitness opportunities in the county.</p> <p>Setting: Community</p> <p>2001 – ongoing</p> <p>Level of Intervention:</p> <p><input type="checkbox"/> Individual-change Intervention (individual or participant based)</p> <p><input checked="" type="checkbox"/> Community-change Intervention (community or population based)</p> <p><input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is <u>Haywood County Recreation and Parks</u></p> <p>This agency will contribute to text and the compiling of information within the resource guide</p> <p>Other agencies:</p> <ul style="list-style-type: none"> Waynesville Recreation Center will help distribute along with all agencies on all action teams (see lists available) Agencies represented on the Healthy Living team will proof and edit the document Haywood County Health Department will help coordinate the printing 	<p>Intervention: <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For Ongoing and Completed Interventions - Progress to Date:</p> <p>Quantify what you have done (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> To date, has been updated every two years. <p>Quantify the health outcomes achieved (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> Each year, Fitness Finders will be distributed to three additional locations than the previous year. Community members who have the book will use it as a guide for their physical activity opportunities in the county.
<p>3. Intervention: Promote and coordinate Inspiration of the Month, a program created to showcase outstanding people in the community who have made a healthy lifestyle change or have always led a healthy life.</p> <p>Setting: Community</p> <p>January 2007 - ongoing</p> <p>Level of Intervention:</p> <p><input type="checkbox"/> Individual-change Intervention (individual or participant based)</p> <p><input checked="" type="checkbox"/> Community-change Intervention (community or population based)</p> <p><input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is <u>The Mountaineer</u></p> <p>This agency will publish a monthly article, featuring the Inspiration of the Month</p> <p>Other agencies:</p> <ul style="list-style-type: none"> The PEAK am 1400 will conduct a monthly interview with Healthy Haywood Coordinator to share the story of the winner. Haywood County Health Department/Healthy Haywood will promote and coordinate with the winner award prizes 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For Ongoing and Completed Interventions - Progress to Date:</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> 20 people have won so far, but has not officially been an intervention until this recertification Goal is to have at least 6 winners per year <p>Quantify the expected health outcomes (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> Flyer and advertisements to promote the event will be placed in one new location each year. Community members who read/hear the stories of the winners will become inspired to exchange their own unhealthy habits for healthy ones By acknowledging the winners, this will encourage them to continue being a good healthy example to the community and let them know they are appreciated for the healthy life they are leading.
<p>4. Intervention: Host annual Family Fun Day – an afternoon event with free swimming and a variety of health education to promote healthy families.</p> <p>Setting: Community</p>	<p>Lead agency is <u>Canton Recreation and Parks</u></p> <p>This agency will provide free outdoor swimming to anyone in the community who attends</p> <p>Other agencies:</p>	<p>Intervention: <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For Ongoing and Completed Interventions - Progress to Date:</p> <p>Quantify what you have done (# classes, # participants, etc.)</p>

<p>Start Date: 2000 – ongoing</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<ul style="list-style-type: none"> ▪ Haywood County Community Schools will support distribution of flyers to all Haywood County students ▪ Haywood County Health Dept. will create flyers 	<ul style="list-style-type: none"> • 2008 marked the 10th annual FFD • 2008: over 350 participants • 2007: over 400 participants • 2006: over 500 participants • 2005: over 600 participants <p>Quantify the health outcomes achieved (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Three new rotating organizations/agencies will be invited to take part in the event. • Families will enjoy recreating together, and hopefully learn from the experience and continue being active together. • Families will receive literature from health education booths which will encourage dialogue among family members about health issues.
<p>5. Intervention: Publish healthy articles in the local newspaper and on partnership website with a healthy living focus.</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy):</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is The Mountaineer This agency will publish the articles.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood Health Clinic will write an article ▪ Cooperative Extension will write an article ▪ Haywood Regional Health & Fitness Center will write an article ▪ Haywood County Health Department/Healthy Haywood will find writers and coordinate the approval/editing and submittal of all articles to the newspaper 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • Articles will be published quarterly <p>Quantify the expected health outcomes (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Community members who read the articles learn about a health different healthy living topic with each article. • Community members learn about different health professionals in the community.
<p>6. Intervention: Pilot “Walk to School” program with at least one school in Haywood County</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood County Schools. This agency will support the planning and coordinating of this project.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Law enforcement will help with traffic and participant safety ▪ Haywood County Health Department/Healthy Haywood will help coordinate volunteers and promote the event 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • At least one school in Haywood County will participate in the project • At least once in a four year span <p>Quantify the expected health outcomes (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • At least 50 students will increase their physical activity the day of the event. • The day will promote a more walkable county. • The day encourage more people to walk/bike/skateboard/ move to school instead of riding in a vehicle.
<p>7. Intervention: Promote healthy food choice program to faith communities in Haywood County</p> <p>Setting: Community</p>	<p>Lead agency is the Ministerial Alliance. This agency will serve as the group/location to disseminate information and coordinate with churches.</p> <p>Other agencies:</p>	<p>Intervention: <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • Will reach at least 3 churches per year;

<p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<ul style="list-style-type: none"> ▪ Haywood Regional Health & Fitness Center will contribute ideas about what educational materials could be distributed/handouts etc. ▪ Local churches can post a healthy tip in their church bulletin or website etc. ▪ Haywood County Health Department will help get list of churches to collaborate/communicate with and promote the program by creating flyers and 	<p>adding at least 1 new churches to the list each year</p> <p>Quantify the expected health outcomes (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • 3 Churches will have a promote healthier food at church functions • Churches will encourage members to exercise • Churches will proved members with the necessary education/information to make healthier choices at church functions and in their own homes <p>Progress To Date: This was on our previous action plan, but was not completed and no data to report. Two public health educators attended training “Promoting Health in Faith-Based Communities” sponsored by MAHEC on Junes 16, 2006.</p>
<p>8. Intervention: Distribute healthy menus, recipes, and tips to local grocers, and WIC program</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood County Health Department. This agency will coordinate the collection, distribution, and promotion of recipes.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood Regional Health & Fitness Center will help provide tips and recipes ▪ Cooperative Extension will help provide tips and recipes 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • Copies will be distributed to at least 3 groceries • New Tips will be redistributed at least 2 times per year <p>Quantify the expected health outcomes (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • 20 families will pledge to adopt healthier cooking and eating out habits • Community will take ideas home to cook healthier meals for families • Awareness will help people think about planning healthy meals with family • Community will become educated about what a healthy meal looks like and the ingredients that make up healthy meals.
<p>9. Intervention: Support and promote the benefits of breastfeeding to WIC mom’s by providing nursing covers.</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood County Health Department Nutrition Program. This agency will do provide breastfeeding support, education and evaluation follow up to all WIC moms interested in nursing their babies.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood Regional Hospital to create and promote “Baby Friendly” environment (not offering bottle to baby if mom is BF, not offering literature with formula names on them, no pacifiers, etc.) 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • 10 moms will receive the nursing covers <p>Quantify the expected health outcomes (changes in participant’s behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • 5 moms will report to WIC staff about their breastfeeding successes • New moms will nurse their babies longer, thus providing the best nourishment for their baby along with the many other healthy outcomes for mom and baby

<p>10. Intervention: Expand community gardens reaching populations in need. low income areas or the senior population.</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood County Recreation and Parks. This agency will secure county land where gardens will be located.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Cooperative Extension will do offer gardening expertise and education when needed ▪ Junaluskans will pair with someone in need as mentor and share gardening expertise. ▪ Healthy Haywood will promote, and find volunteers to help prepare the site. 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • At least one garden will be created and used. • At least 5 volunteers will help prepare the gardens • At least 5 people in the target populations in need will use the gardens <p>Quantify the expected health outcomes (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Two new families will participate in the community gardens each year.
<p>11. Intervention: Support/Pilot Think Your Drink(Water Bottles) in Haywood County Schools to promote the importance of keeping hydrated with a healthy beverage like water.</p> <p>Setting: Schools</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood County Schools. This agency will provide support for the execution of this program.</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood County Health Department/Healthy Haywood will coordinate with schools ▪ Healthy Haywood team members will volunteer to present educational program to each school 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • Promote to at least three schools – do this in a one year period. <p>Quantify the expected health outcomes (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • At least 20 students will continue to use their water bottle at least one month after the program is over. • Students will become more informed about the health benefits of drinking more water and become more educated about what ingredients are in other drinks such as soda and sugary drinks that promote they are healthy, but really aren't the best choice compared to water.
<p>12. Intervention: Pilot a "Supper at School" - inviting parents/guardians to eat a school meal to educate and inform parents about what's being offered for school lunch, educate parents about funding and the challenges, and goals of the school lunch program to improve school lunch in years to come.</p> <p>Setting: Schools</p> <p>Start Date – End Date (mm/yy): June 2009 – June 2012</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is <u>Haywood County Schools</u>. This agency will help promote and will be the lead speaker at this event</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Haywood County Health Department/Healthy Haywood will help promote and coordinate the agenda for the event and provide health education during the program. 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • Goal: to do once a year with rotating schools <p>Quantify the expected health outcomes (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Goal: 15-25 parents to attend event/program • Parents will be more informed about food that is being offered at their child's school • Parents will be more informed about school nutrition funding and about how to contact their state representatives about supporting more nutrition funding • Parents will be more informed about schools nutrition goals in years to come to improve

Wellness Related Interventions

<p>13. Intervention: Support the Power of Pink, a relay race dedicated to raising money for mammograms for low income women in Haywood County.</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): 10/2007 - Ongoing</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Lead agency is Haywood Regional Hospital. This agency will help coordinate the event/offer meeting space, promote the event, and be the main venue for</p> <p>Other agencies:</p> <ul style="list-style-type: none"> ▪ Glory Hound Events will serve as the event planner ▪ Haywood County Health Department/Healthy Haywood members will help the day of the event at various check points, help set up and take down, and organize the awards piece of the event. 	<p>Intervention: <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>For New and Ongoing Interventions: Quantify what you will do (# classes, # participants, etc.)</p> <ul style="list-style-type: none"> • 2007 <ul style="list-style-type: none"> ○ \$17,550 gross raised ○ # Participated: Total: 175 Fun Run: 24, 5K: 41, Relay Race: 22 teams/110 • 2008 <ul style="list-style-type: none"> ○ \$18,846 gross raised ○ # Participated: Total 263 Fun Run: 46, 5K: 102, Relay Race: 23 teams/115 • Total mammograms that could be paid for by this for the two years combined is 240 (each costing about \$100 each) <p>Quantify the expected health outcomes (changes in participant's behavior or health status, policies implemented, etc.)</p> <ul style="list-style-type: none"> • Awareness for the need for funding to pay for mammograms for low income in Haywood County • Relay race promotes physical activity for all ages and all abilities • Awareness/Education to all in the community about the importance of getting a mammogram
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Interventions from previous action plan that WILL NOT continue on the new action plan.

<p>1. Intervention: Determine and adopt dietary guidelines that target the prevention of obesity, as well as identify a symbol/logo to be used in the county that denotes healthy food choices as part of a Healthy Food Choice Program.(2005)</p> <p>Setting: Community</p> <p>Start Date – 2005</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: Physician from Haywood Pediatrics will lead the Obesity Prevention Action Team in the adoption of dietary guidelines. Once the guidelines are adopted a symbol or logo will be chosen to represent healthy food choices throughout the county.</p>	<p>Progress to Date: Action team members were researching guidelines but found the project to be more than the team could handle and decided to abandon the project.</p>
<p>2. Intervention: Recruit local restaurant(s) and grocery store(s) to participate in a Healthy Food Choice Program sponsored by Healthy Haywood. (2006)</p> <p>Setting: Community</p>	<p>Community Partners: Staff from Haywood Regional Health and Fitness Center, Health Department WIC Staff, will educate <i>Obesity Prevention Action team members</i> to approach at least one restaurant, one grocery store, or</p>	<p>Progress to Date: Local convenience stores in Clyde participated in a 1% or less milk campaign to support the promotion of 1% milk at Clyde Elementary School (2004). The Clyde Cardinal was chosen to represent a healthy choice and seen at the school and in the community.</p>

<p>Start Date – 2006</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>possibly a chain of stores, (ex. Ingles, Food Lion or Bi-Lo) to participate in the Healthy Food Choice Program. <i>Partners (restaurant/grocery store) would commit to allowing assessments and labeling of food items.</i></p> <p>Recruit <i>Western Carolina Nutrition student work with Haywood Regional Health and Fitness Center</i> representative and other action team members to analyze recipes and food items for nutrient content in each participating business.</p>	<p>Food Choices subgroup met 3 times to discuss proposal to obesity action team. Learned that the state will not provide decals and support once advertised. Decided to abandon project due to lack of support.</p>
<p>3. Intervention: Develop county distribution program of fresh fruits and vegetables for low-income families.</p> <p>Setting: Community</p> <p>Start Date – End Date: 2005-2010</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: <i>Members of the Obesity Prevention Action Team, MANNA Food Bank, Big Brothers/Big Sisters of Haywood County, Community Development Clubs, WIC (Women, Infants and Children) representative and the Haywood County Extension Service</i> will identify low-income families and provide nutrition education along with the distribution of produce.</p>	<p>Progress to Date: The St. Andrews Gleaning project distributed 225 cases of soup (44,730 pounds) through 4 Community Development Clubs and Haywood Christian Ministries, The Open Door, Haywood Baptist Association, and Meals On Wheels in Haywood County.</p> <p>Beginning in February 2006, fresh produce from Manna Food Bank has been distributed to families through Community Development Centers on different occasions. Mountain Projects has become the lead agency for this bi-weekly distribution. (exact data not avail. At this time due to change in staff)</p>
<p>4. Intervention: Distribute healthy snack guidelines to the parents of children enrolled in Haywood County Recreation programs and to all children enrolled in Haywood County Schools.</p> <p>Setting: Schools</p> <p>Start Date – End Date 2005-2010</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: Members of the Obesity Prevention Action Team, Haywood County Recreation and Haywood County School Principals will identify and distribute healthy snack guidelines in parent information packets distributed at the beginning of the school year and upon registration of youth league sports in the county.</p>	<p>Progress to Date: Healthy Snack Guidelines have been distributed to two elementary schools, in conjunction with nutrition education efforts in 2002 & 2004</p> <p>Two presentations were made to 40 sports coaches and 10 parents. Information re: healthy snacks, label reading, and 1% or less fat milk. Guidelines distributed to participants. Thirty families reached. (November 2005)</p> <p>Healthy snack guidelines distributed to parents of Jonathan Valley Elementary School parents at kick-off for “Walk and Roll” PAN project. Reached approximately 125 families. (January 2006)</p>
<p>5. Intervention: Establish and implement a “proficient” level in four of the six areas of the “Eat Smart Standards” in all elementary and middle schools in Haywood County.</p> <p>Setting: Schools</p> <p>Start Date – End Date 2005</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention</p>	<p>Community Partners: Health Promotion staff from the Health Department, school health nurses, a WIC nutritionist and the school’s cafeteria manager will evaluate all school cafeterias, based upon “Recommended standards” for foods within schools and recognize those publicly that achieve “proficient” or “Superior” in four of the six areas.</p>	<p>Progress to Date: The Wellness policy for Haywood County Schools recommends a standard list of healthy snacks that is given out to parents and teachers through PTO meetings and some schools put it in their beginning of school packets.</p> <p>Only 1% milk or less is being served in all Haywood County Schools.</p> <p>It was also recommended that all little Debbie cakes not be served in the schools and these have been taken out.</p>

<p>(individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>		
<p>6. Intervention: Distribute 1% or less milk and remove whole milk in all elementary school cafeterias in Haywood County. Setting: Start Date – End Date 2003 - 2005 Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: School cafeteria staff and the school's cafeteria manager for the county will work with health department staff to promote 1 % or less milk. Ideas for promotion include: Blind taste test, classroom promotion with a visit from a cow who loves the "new blue milk"!</p>	<p>Progress to Date:</p> <ul style="list-style-type: none"> o Successful pilot 1% or less program at Clyde Elementary (2004). o Successful 1% or less contest and campaign held at Jonathan Valley Elementary School. (2006) o All Haywood County schools have 1% or less (2005)
<p>7. Intervention: In conjunction with elementary school health fairs, offer screenings and health information for parents and school staff Setting: School Start Date – End Date 2004-2006 Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input checked="" type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: Haywood County Schools, school health nurses and Haywood County Extension will partner with HAYPAC/Obesity Prevention Team members to provide opportunities for family fitness, health information and BMI screenings. Parents and staff will also be given the opportunity to view the PG-rated version of "Super Size Me" after the screenings and receive information to support healthy meal planning from "Families: Eating Smart, Moving More". The weeks following the elementary health fairs, Health Education teachers in the middle and high schools will show "Super Size Me" and challenge the students to write an essay about their view and relationship to fast food. The winner of the contest will have their essay published in The Enterprise Mountaineer.</p>	<p>Progress to Date: School health nurses coordinated the first school health fair which reached 3,645 children in 2004. 3,485 children were screened in health fairs in 2005, with nutrition and physical activity information accompanying BMI results sent to parents. Due to high staff turn-over in school health nurses, school health fairs are cancelled for school year 2006-2007, but are considered to be reinstated the next year. The health fairs are no longer being done because school nurses no longer coordinate this event unless a particular school request it (one school requested in 2009). Even though the fairs are no longer happening, Health Education and Healthy Haywood are still calculating BMI's for all elementary school students in Haywood County.</p>
<p>8. Intervention: Implement a county-wide "Turn Off TV Week" to promote physical activity. Setting: Start Date – End Date (mm/yy): Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: Haywood County Schools, Haywood County Extension, Haywood County Library, The Enterprise Mountaineer and Smoky Mountain News and Asheville-Citizen Times will partner with HAYPAC/Obesity Prevention Action team members to promote "Turn-Off TV Week" & coordinate alternative activities for families.</p>	<p>Progress to Date: Action team members have created a list of unique things to do in Haywood County. This list has been published in:</p> <ul style="list-style-type: none"> o the local newspaper o the Fitness Challenge booklet that 1600 people received. o was distributed through the SHAC team to distribute to elementary school students in Haywood County o is on the Healthy Haywood website
<p>9. Intervention: Establish physical activity</p>	<p>Community Partners:</p>	<p>Progress to Date:</p>

<p>club for middle school children that involves teen mentors from Haywood County Youth Council.</p> <p>Setting: School and Community</p> <p>Start Date – End Date 2007-2010</p> <p>Level of Intervention: <input checked="" type="checkbox"/> Individual-change Intervention (individual or participant based) <input type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Representatives from Wellsprings Camp, Haywood Recreation and Parks, Waynesville Parks and Recreation, Haywood Regional Health and Fitness Center will work with members from the Haywood County Youth Council to establish a physical activity club that allows them to become mentors to pre-teens to help them become physically active for life.</p>	<p>None. The team could not find the time to dedicate to this project.</p>
<p>10. Intervention: Coordinate a child watch tour to increase obesity awareness and begin strategic planning.</p> <p>Setting: Community and Schools</p> <p>Start Date – End Date 2005 - 2006</p> <p>Level of Intervention: <input type="checkbox"/> Individual-change Intervention (individual or participant based) <input checked="" type="checkbox"/> Community-change Intervention (community or population based) <input type="checkbox"/> System-change Intervention (change in policy, law, structure, or entire organization)</p>	<p>Community Partners: Representatives from Haywood County Schools, Board of Health, School Health Advisory Council, Board of Education, County Commissioners and other political constituents. The aforementioned will participate in a day long event that will increase their awareness of the childhood obesity epidemic within our county, the state and nation. Participants will be asked to participate in a Physical Education class as well as dine with students during lunch.</p>	<p>Progress to Date: Child Watch Tour was planned with activities, incentives, etc. all in place. Too few a number signed up to participate – especially lacking were members of the target population for the event (decision –makers). The event was therefore cancelled.</p> <p>The team re-visited this in 2006 but decided to abandon project because they couldn't see the benefit in the project and could not justify the amount of time and manpower that would need to be devoted to the project.</p>