

NUTRITION ACTION PLANS





Result Statement: All people in Cleveland County have equitable access and awareness to resources encouraging healthy food choices.

#	Strategy	Intervention/Action Steps & Brief Description	Timeline	Community Champion Partners	Performance Measure: How much will you do?	Performance Measure: How well will you do it?	Performance Measure: Is anybody better off?
1	Promote healthy food choices	Update, print and distribute <i>Live Healthy Cleveland County</i> brochure. Brochure includes farmer's market locations in Cleveland County.	6-12 months	Cleveland County Health Department, Foothills Farmer's Market	# of partners who distribute brochure, # of website/social media posts referencing Live Health CC # of downloads of Live Healthy CC brochure	% of identified distribution sites who distribute brochure	% increase of individuals referencing document (online/social)
2	Promote healthy food choices	Promote <i>Live Healthy Cleveland County</i> on Healthy Together Cleveland Facebook, Instagram and website. <ul style="list-style-type: none"> • Create QR code for direct link to online version • 	6-12 months	Gardner Webb University, Cleveland County Health Department	# of social media posts referencing Healthy Living document	# of likes or page views # of downloads of Healthy Living Cleveland County materials	% increase of individuals referencing document (online/social)
3	Promote healthy food choices	Diabetes Prevention Program education classes (T2, NDPP, DEMAC)	6-12 months	YMCA, Atrium Health, Washington Outreach Ministry, Cleveland County Health Dept.	# of classes taught # of attendees in each class	% of attendees who complete class	% of people who reported change in healthy eating behavior because of education (pre/post assessments)



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4	Promote healthy food choices	Nutrition Education through Med South Program (5-week program)	6-12 months	Cleveland County Health Dept.	# of classes taught # of participants in each class	% of attendees who complete class	% of people who reported change in healthy eating behavior because of education (pre/post assessments)
5	Promote healthy food choices	Implement fresh produce voucher program	6-12 months	Foothills Farmer's Market, Hospice Cleveland County Foundation	# of vouchers purchased	# of vouchers given	% of vouchers redeemed
6	Promote healthy food choices	Increase pre-cooked healthy meals delivered to seniors	6-12 months	Central UMC, Common Ground Café Albemarle Corp. Cleveland County Rescue Mission P&M Farms Hospice Cleveland County Foundation	# of seniors who don't receive meals on wheels services	% of seniors who receive pre-cooked healthy meals	% increase in healthy meals prepared
7	Promote healthy food choices	Create a healthy eating choice education flyer "Eat this not that"	12-24 months	Cooperative Extension, Cleveland County Health Department WIC	# of guides printed	% of guides distributed	

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8	Promote healthy food choices	Partner with Cleveland County Schools to implement 5-2-1-0 Program.	12-24 months	Cleveland County Schools, Atrium Health -	# of children who participate in assessment	# of activities implemented (including policy change)	% increase in fruit and vegetable consumed daily or % increase in oz. of water consumed daily or % decrease in sweetened beverage consumption daily
9	Promote healthy food choices	Assessment of current community gardens (locations, management and maintenance, what produce is planted/harvested (weight), produce donated and to whom, produce lost, resources, any education and sustainability plan)	12-24 months	Cooperative Extension, Master Gardeners, P&M Farms	# of community gardens in Cleveland County	% of community gardens who complete assessment	% of community gardens who share fresh produce with food box programs
10	Promote healthy food choices	Partner with primary care providers to refer patients to diabetes prevention and Med-South nutrition program virtually (Food As Medicine)	3-5 years	Kintegra	# of primary care providers who refer to diabetes prevention program and/or Med-South nutrition program	% of referrals who participate in program	% of individuals who complete program



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11	Promote healthy food choices	Implement Community Health Worker program in identified communities to provide education on chronic disease prevention to patients through home visits.	3-5 years	TBD	# of referrals to home program, # of CHW in County who provide chronic disease prevention education @ home	# of home visit with education through CHWs	% of patients who report a change in health behaviors
12	Promote healthy food choices	Expand 5-2-1-0 program to all elementary schools in Cleveland County	3-5 years	Cleveland County Schools, Atrium Health	# of schools participating in program, # of students in program	% of schools who complete bronze level implementation	% increase in fruit and vegetable consumed daily or % increase in oz. of water consumed daily % decrease in sweet beverage consumption
13	Promote healthy food choices	Enhance opportunity for healthcare providers to build staff capacity to continue to support diabetic patients	3-5 years	TBD	# of healthcare providers with certified diabetes educators on staff	% of patients who receive education by certified diabetes educator	% of patients who report a change in health behaviors (weight loss, lower A1c, lower blood pressure)



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13	Promote healthy food choices	Establish Food Prescription program for direct service providers to refer based on SDOH screening	3-5 years	TBD	# of patients who receive “healthy food prescription”	# of prescriptions written	% of people who use food prescriptions
14	Promote healthy food choices	Establish mobile farmer’s market to increase access to fresh produce in food desert areas.	3-5 years	TBD	# of sites mobile farmer’s markets is located weekly # of people who purchase from mobile farmer’s market	% increase in mobile farmer’s market locations weekly	% increase in individuals who purchase produce from mobile farmer’s market
15	Promote healthy food choices	Increase transportation routes to grocery stores	3-5 years	TBD	# of public transportation routes in county # of individuals who need transportation # of individuals who use transportation	# of added routes in food desert areas to grocery stores	% increase in route usage