

# PHYSICAL ACTIVITY ACTION PLANS





**Result Statement: Cleveland County will be a community that creates equitable and safe opportunities for active living for all people.**

#	Strategy	Intervention/Action Steps & Brief Description	Timeline	Community Champion	Performance Measure: How much will you do?	Performance Measure: How well will you do it?	Performance Measure: Is anybody better off?
1	Increase physical activity	Update, print and distribute <i>Live Health Cleveland County</i> brochure.  Brochure includes all parks, trails and playgrounds in Cleveland County.	6-12 months	Cleveland County Health Department, Foothills Farmer’s Market, Childcare Connections	# of documents provided to community members, # of locations/partners who distribute brochure, # of website/social media posts referencing Healthy Living document, # of likes/page views, # of downloads of <i>Live Healthy Cleveland County</i> online	% of identified distribution sites who distribute brochure	% increase of individuals referencing document (online/social)
2	Increase physical activity	Promote current exercise opportunities through <i>Live Healthy Cleveland County</i> on Healthy Together Cleveland Facebook, Instagram and website. <ul style="list-style-type: none"> <li>Create QR code for direct link to online version</li> </ul>	6-12 months	Gardner Webb University Cleveland Community College Healthcare Foundation of Cleveland County	# of social media posts referencing Healthy Living document	# of likes or page views, # of downloads of <i>Live Healthy Cleveland County</i> brochure	% increase of individuals referencing document (online/social)



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3	Promote healthy weight	Promote Diabetes Prevention Programs and Med-South nutrition Program	6-12 months	YMCA, Atrium Health, Washington Outreach Ministry & Cleveland County Health Dept.	# of Diabetes Prevention Programs promoted # of Med-South programs promoted	% of attendees who complete class	% of people who report weight loss % of people who get 150 minutes of physical activity per week
4	Increase physical activity	Conduct walk/bike audit in areas where physical activity is low. <ul style="list-style-type: none"> <li>Kingstown</li> </ul>	12-24 months	Henry Gilmore, Scott Mitchell	# of locations where audit is needed	% of locations audit is completed	% increase in walking paths
5	Increase physical activity	Promote physical activity through QR code (links directly to <a href="#">Live Healthy Cleveland County</a> ) on signage at parks, tracks, trails <ul style="list-style-type: none"> <li>City of Kings Mountain (historical walking trail)</li> </ul>	12-24 months	City of Kings Mountain American Cancer Society Healthcare Foundation of Cleveland County	# of parks, trails, tracks in county	% of locations who add QR code to signage	% increase in individuals who use QR code
6	Increase physical activity	Promote physical activity through Chamber of Commerce's Healthy Workplace initiative	12-24	Chamber of Commerce, American Cancer Society	# of chamber members who participate	% of individuals who complete Healthy Workplace program based on number of participants	% increase in number of minutes of physical activity per week per participant (pre/post assessment)



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7	Increase physical activity	Enhance county wide parks and recreation opportunities.	3-5 years	TBD	# of parks and recreation centers,	# of new programs/locations added	% increase in participation at new locations
8	Increase physical activity	Implement Community Health Worker program in identified communities to provide education on physical activity to patients through home visits.	3-5 years	TBD	# of referrals to home program, # of CHW in County who provide physical activity education @ home	# of home visit with education through CHWs	% of patients who report increase in physical activity at home.