

ACTIVE LIVING 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	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?	Level(s) of intervention: <ul style="list-style-type: none"> • Individual • Policy • System • Environment
1	Increase physical activity	Update, print and distribute <i>Live Healthy Cleveland County</i> brochure. Includes all parks/trails.	6-12 months	Cleveland County Health Department,	# of brochures printed	# of brochures distributed	# of partners who request additional brochures to distribute	Individual
2	Increase physical activity	Promote <i>Live Healthy Cleveland County</i> through website and social media	12-24 months	Mischia Taylor, Gardner Webb University students	# of social media posts referencing Healthy Living document	# of likes or page views # of Live Healthy Cleveland County downloads	% increase of individuals downloading brochure over time	Individual
3	Promote healthy weight	DEMAC – Diabetes, Education, Maintenance and Control Education Classes	Ongoing	Washington Outreach Ministry	# of DEMAC program classes taught (8-weekly sessions) # of attendees each week # of YMCA 3-month memberships provided	# of attendees who complete at least 6 of 8 sessions # of participants who attend the YMCA at least 3 days a week (12 weeks)	% of people who increased physical activity minutes % of participants who lost weight % of participants who join YMCA after 3-month membership	Individual



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4	Promote healthy food choices	T2 Diabetes Program (year-long program)	12-36 months	YMCA	# of attendees each session # of YMCA 3-month memberships provided	# of attendees who complete at least ___ of ___ sessions # of participants who attend the YMCA at least 3 days a week (12 weeks)	% of people who increased physical activity minutes % of participants who lost weight % of participants who join YMCA after 3-month membership	Individual
5	Increase physical activity	Assess communities where access to active living is low.	12-24 months	Henry Gilmore, Scott Mitchell, Holli Helms Janet Gerald	# of assessments completed	# of environmental updates completed from recommendations	% increase in residents who feel comfortable using space for active living	Environment
6	Increase physical activity	Promote <i>Live Healthy Cleveland County</i> through website and social media	12-24 months	Mischia Taylor, Gardner Webb University students	# of social media posts referencing Healthy Living document	# of likes or page views # of Live Healthy Cleveland County downloads	% increase of individuals downloading brochure over time	Individual



#	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?	Level(s) of intervention: <ul style="list-style-type: none"> • Individual • Policy • System • Environment
7	Increase active living	Pedestrian and bike safety education	Ongoing	Safe Kids Cleveland County Foothills Regional Commission	# of pedestrian and bike safety classes taught	# of attendees in classes		Individual
8	Increase active living	Community pedestrian/bike safety assessments	12-24 months	Safe Kids Cleveland County Foothills Regional Commission	# of assessments completed	# of recommendations completed from assessment	% of residents who feel safe walking or riding bikes.	Environment
7	Increase physical activity	Enhance county wide parks and recreation opportunities	3-5 years	Margaret Litton	# of parks and recreation centers	# of new programs/locations added	% increase in participation at new locations	Environment
8	Increase physical activity	Implement Community Health Worker program in identified communities to provide education on active living to patients through home visits.	3-5 years	Margaret Litton	# 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.	Individual

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Active Living Action Plans
2023 – 2027
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