

# FOOD & 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"> <li>• Create QR code for direct link to online version</li> <li>•</li> </ul>	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
	Promote healthy food choices	Establish SNAP benefits at Kings Mountain Farmer's Market	12-24 months	Foothills Farmer's Market	# of SNAP transactions at market	% increase in SNAP usage at market	% of returning SNAP shoppers
	Promote healthy food choices	Promote SNAP benefits at Foothills Farmers' Markets	12-24 months	Foothills Farmer's Market	# of flyers distributed to SNAP recipients	# of new SNAP shoppers	
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-	3-5 years	Kintegra	# of primary care providers who refer to diabetes prevention program and/or Med-	% of referrals who participate in program	% of individuals who complete program



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		South nutrition program virtually (Food As Medicine)			South nutrition program		
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	3-5 years	TBD	# of healthcare providers with	% of patients who receive education	% of patients who report a change in



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		to build staff capacity to continue to support diabetic patients			certified diabetes educators on staff	by certified diabetes educator	health behaviors (weight loss, lower A1c, lower blood pressure)
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