

HOUSTON COUNTY ACTION PLAN 2009 -2010

Neighborhoods/Community

Actions

- Over the next year, increase community/resident awareness about, and participation in, physical activities.
 - Begin planning for county-wide kick-off event (February 2010).
 - Enroll resident/community participation in WALK Georgia (Spring 2010).
 - Seek support for promotion and marketing tools including awards, pedometers and media coverage.
 - Promote screenings and community weight loss competitions.
 - Provide information to community about existing exercise resources, services and opportunities.
- Over the next year, improve access to and awareness of healthy food choices.
 - Develop a program to identify and publicize the places where healthy food choices exist in the community.
 - Engage local public health inspectors and WIC dietitians to design and develop an award system for restaurants, concession stands, schools, organizations etc. offering healthy food/meal choices (May 2010).
 - Investigate similar program occurring in northwest Georgia in helping to determine criteria.
 - Use health fairs, organizations and timely opportunities (e.g. Tax Free weekend in August) to disseminate information.

Evaluation

Schools

Actions

- By _____, re-establish Schools Wellness Committee to address physical activity and nutrition.
 - Identify key leaders, establish linkages, liaisons and ensure engagement of PTA.

- Recruit members to participate with the development of a wellness policy initiative.
- Identify and assess existing school sites and programs (e.g. Take 101).
- Maintain and implement evidence-based programs for all grade levels including Pre-K and Kindergarten in multiple settings (schools, daycare, parks, mentoring programs etc.).
- Monitor and evaluate the progress of wellness policy and programs with school systems.

Evaluation

Workplaces

Actions

- By _____, establish functional Wellness Committees at the county’s top 5 employers (Frito Lay, Board of Education, Perdue, Robins AFB and Houston Healthcare) to focus on obesity reduction and wellness.
 - Engage health & wellness and occupational safety staff to form the committees.
 - Provide planning tools/kit and conduct initial needs assessment/ data gathering.
 - Facilitate cross communications among all 5 committees.
 - Develop programs centered on adults as role models, focusing on the themes of moderation, lifestyle change, food preparation and selection, proper exercise habits and chronic disease management.
 - Provide technical assistance to each group.
 - Chamber of Commerce, Department of Labor, Houston Medical Center, Health Dept and other community partners to assist in making technical assistance available to each committee.

Evaluation