



Community Health Action Plan 2016

Designed to address Community Health Assessment priorities (Form updated Jan. 2016)

*Three priorities identified during the 2015 CHA process are required to be addressed. Each priority should have a separate "Community Health Action Plan". Action plans are due by **the first Monday in September following the March submission of the CHA, per consolidated agreement.***

County: Jackson

Period Covered: 2016-2018

Partnership/Health Steering Committee, if applicable: Healthy Carolinians of Jackson County

Community Health Priority identified in the most recent CHA: Healthy Eating & Physical Activity

Local Community Objective: Healthy Eating & Physical Activity

New Ongoing

■ **Baseline Data:**

- 2012 Prevalence of Adults at a Healthy Weight (PRC Community Health Survey): 37.6% of Jackson County adults are at a healthy weight
- 2005 Adult Diabetes Prevalence (CDC BRFSS): 9.2% of Jackson County adults have diabetes
- 2012 Weekly Fruit Consumption (PRC Community Health Survey): Jackson County adults consume 6.8 servings of fruit weekly
- 2012 Weekly Vegetable Consumption (PRC Community Health Survey): Jackson County adults consume 8.5 servings of vegetables weekly
- 2012 Physical Activity Recommendations (PRC Community Health Survey): 50.8% of Jackson County residents meet the physical activity recommendations

■ **For continuing objective provide the updated information:**

- 2015 Prevalence of Adults at a Healthy Weight (PRC Community Health Survey): 30.3% of Jackson County adults are at a healthy weight
- 2012 Adult Diabetes Prevalence (CDC BRFSS): 13.4% of Jackson County adults have diabetes
- 2015 Weekly Fruit Consumption (PRC Community Health Survey): Jackson County adults consume 6.8 servings of fruit weekly
- 2015 Weekly Vegetable Consumption (PRC Community Health Survey): Jackson County adults consume 8.2 servings of vegetables weekly
- 2015 Physical Activity Recommendations (PRC Community Health Survey): 52.2% of Jackson County residents meet the physical activity recommendations

■ **Healthy NC 2020 Objective** that most closely aligns with focus area chosen below: Physical Activity & Nutrition, Cross-cutting

Population(s)

Describe the local population at risk for health problems related to this local community objective: All residents in Jackson County can benefit from strategies that focus on physical activity and nutrition; however, the lives of at-risk populations can be improved even greater. **Low income** and **food insecure residents** often

deal with a lack of full-service grocery store, are less likely to have their own vehicle for regular food shopping, have greater availability of fast food restaurants, and cycle between deprivation and over-eating. Low income residents also often live in neighborhoods with fewer physical activity resources, are less likely to participate in organized sports, and **students of lower-income** schools spend less time being active during physical education. **Adults, age 18 years and up, and youth, K-12, will be the target for this Action Plan.**

I. Describe the target population specific to this action plan:

A. Total number of persons in the target population specific to this action plan: 41,265

B. Total number of persons in the target population to be reached by this action plan:

a. Strategies pertaining to adults: 34,209

b. Strategies pertaining to youth: 4,952

C. Calculate the impact of this action plan

a. Strategies pertaining to adults: 82.9%

b. Strategies pertaining to youth: 12%

Healthy North Carolina 2020 Focus Area Addressed: Each of the two CHA priorities selected for submission must have a corresponding *Healthy NC 2020* focus area that aligns with your local community objectives.

■ Check below the applicable Healthy NC 2020 focus area(s) for this action plan.

For more detailed information and explanation of each focus area, please visit the following websites:

<http://publichealth.nc.gov/hnc2020/foesummary.htm>

<http://publichealth.nc.gov/hnc2020/>

Tobacco Use

Physical Activity & Nutrition

Injury

Sexually Transmitted

Diseases/Unintended

Pregnancy

Maternal & Infant Health

Substance Abuse

Mental Health

Infectious Disease/Foodborne

Illness

Oral Health

Social Determinants of Health

Environmental Health

Chronic Disease

Cross-cutting

Evidence Based Strategy/Intervention (EBS) Table: Researching effective strategies/interventions

Evidence Based Strategies Used with Like Population(s) <i>(Include source)</i>	Strategy/Intervention Goal(s)	Implementation Venue(s)	Resources Utilized/Needed for Implementation
<p>Name of Intervention: National Public Health Improvement Initiative- New Mexico Department of Public Health</p> <p>RBA is an evidence-based planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals.</p> <p>Source: HC Healthy Improvement APP (IMAPP); http://www.ncimapp.org/resources/6-plan/</p> <p>Community Strengths/Assets: External funding source (CDC); Collaboration and support from the University of New Mexico School of Medicine Public Health Program; Collaboration & support from the New Mexico Public Health Training Center</p>	<p>S.M.A.R.T Goals:</p> <p>To improve health and agency business process and to improve performance and quality of internal and external services by the end of year 4 (2013)</p> <p>To build quality and performance improvement competencies by providing 2 RBA trainings for trainers and coaches and workshops for agency leaders and managers and key community partners by the end of year 3 (2012)</p> <p>To identify a minimum for 2 program and system performance improvement opportunities, apply the RBA Performance Accountability process, and implement and track performance using appropriate data to evaluate and sustain improvement by the end of year 3 (2012)</p> <p>To develop, publish, update, and promote public access to the Scorecard by the end of year 3 (2012)</p>	<p>Target Population(s): Agency- New Mexico Department of Health; Population of New Mexico (2.087 million)</p> <p>Venue: New Mexico Department of Health</p>	<p>Resources Needed: RBA training for trainers, coaches, workshops for agency leaders and managers and key community partners; Access to Scorecard</p>
<p>Name of Intervention: Promote the adoption of food service guidelines/nutrition standards, which include sodium, in public schools</p> <p>Source: Healthy NC 2020 EB Strategies; The Guide to Community Preventative Services; http://www.thecommunityguide.org/obesity/schoolbased.html</p> <p>Community Strengths/Assets: Strong partnership between Health Department and local schools; Many healthy eating initiatives already going on in schools; ASAP Farm to School Program; Growing Minds</p>	<p>S.M.A.R.T Goals:</p> <p>To increase the number of local education agencies that receive professional development and TA on strategies to create a healthy school nutrition environment</p> <p>To hold 1 training for Child Nutrition staff on recipe modification by the end of school year 2017-2018</p> <p>To offer continuing training annually to Child Nutrition staff on recipe modification</p> <p>To try out 1 new recipe per month at the schools that abide by the new standards</p>	<p>Target Population(s): School-age youth in public schools</p> <p>Venue: Schools</p>	<p>Resources Needed: Facility; Food; Recipes; Chef; Cooking equipment</p>

<p>Name of Intervention: Worksite health promotion</p> <p>Source: The Guide to Community Preventative Services; http://www.thecommunityguide.org/worksite/index.html</p> <p>Community Strengths/Assets: Some worksites already participating; Partners in place (hospital, public schools, government, private businesses, ODHDSP)</p>	<p>S.M.A.R.T Goals:</p> <p>To reduce health risks and improve quality of life</p> <p>To ensure that 6 existing worksite wellness programs include evidence-based components</p> <p>To offer consultative services to 6 existing worksite wellness programs annually</p> <p>To connect 6 existing programs to opportunities throughout the community for collaboration annually</p>	<p>Target Population(s): Employees</p> <p>Venue: Worksite or through employee health benefits plans</p>	<p>Resources Needed: Educational material; Tobacco free policy templates; Input from topic experts</p>
<p>Name of Intervention: Provide educational programs at the Jackson County Library (JCPL)</p> <p>Source: N/A</p> <p>Community Strengths/Assets: Existing partnership in place with library; Library has adopted health and wellness into their strategic plan; Existing programs in place at library</p>	<p>S.M.A.R.T Goals:</p> <p>To offer 6 programs annually at the Jackson County Public Library</p>	<p>Target Population(s): Community at large, especially those that use Library services</p> <p>Venue: Library</p>	<p>Resources Needed: Incentives; Promotional materials; Curricula</p>
<p>Name of Intervention: Active Routes to School (ARTS)</p> <p>Source: The Guide to Community Preventative Services; http://www.thecommunityguide.org/pa/environmental-policy/index.html</p> <p>Community Strengths/Assets: Existing program in place; Partnerships with 7 counties in WNC; Many schools in Jackson County already participate</p>	<p>S.M.A.R.T Goals:</p> <p>To decrease the percentage of youth, K-8, who are overweight or obese</p> <p>To increase the percentage of youth, K-8, who are meeting daily physical activity recommendations</p> <p>To support 3 schools annually by coordinating Walk/Bike to School Day events</p> <p>To support 2 bike and/or pedestrian education events annually</p> <p>To create/improve policy that supports or addresses walking/biking to or at school annually</p>	<p>Target Population(s): Youth, K-8</p> <p>Venue: Schools</p>	<p>Resources Needed: Incentives; Promotional materials; Bike safety equipment; Curricula; Pedometers; Engaged stakeholders and policymakers</p>

<p>Name of Intervention: Get Fit Challenge</p> <p>Source: N/A</p> <p>Community Strengths/Assets: Existing program in place with multiple partners</p>	<p>S.M.A.R.T Goals:</p> <p>To promote public and personal health through increased physical activity</p> <p>To implement 1 Challenge annually, reaching 500 participants</p>	<p>Target Population(s): Community</p> <p>Venue: Community</p>	<p>Resources Needed: Website; Challenge Runner; Teams; Promotional materials; Incentives; Media</p>
<p>Name of Intervention: Healthy Living Festival</p> <p>Source: N/A</p> <p>Community Strengths/Assets: Existing program in place with multiple partners</p>	<p>S.M.A.R.T Goals:</p> <p>To ensure residents are aware of existing health resources in the community</p> <p>To offer 1 Festival annually, reaching 30 exhibitors and 150 participants</p>	<p>Target Population(s): Community</p> <p>Venue: Community site like the Rec Center</p>	<p>Resources Needed: Applications; Promotional materials; Evaluations; Tables; Chairs; Road signs; Media</p>
<p>Name of Intervention: Tuesdays to Thrive</p> <p>Source: N/A</p> <p>Community Strengths/Assets: Existing program in place with multiple partners</p>	<p>S.M.A.R.T Goals:</p> <p>To promote public and personal health</p> <p>To offer 6 Tuesday to Thrive events annually</p>	<p>Target Population(s): Adults, 18-55 years</p> <p>Venue: Community sites like Hospital, WCU, Health Department</p>	<p>Resources Needed: Promotional materials; Evaluations; IT; Incentives</p>

Interventions Specifically Addressing Chosen Health Priority

<u>INTERVENTIONS: SETTING, & TIMEFRAME</u>	<u>LEVEL OF INTERVENTION CHANGE</u>	<u>COMMUNITY PARTNERS' Roles and Responsibilities</u>	<u>PLAN HOW YOU WILL EVALUATE EFFECTIVENESS</u>
<p>Intervention: Results Based Accountability (RBA) approach to collaborative action planning process</p> <p><input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Jackson County Department of Public Health (JCDPH)</p> <p>Target population: Healthy Eating & Physical Activity Action Team (HEPA) members</p> <p>Start Date – End Date (mm/yy): Mar 2016- Dec 2018</p> <p>Targets health disparities: <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p> <p>RBA Summary: JCDPH held a Community Meeting, sharing the RBA Basics and completing the Whole Distance Exercise. From there, Action Teams developed based on interest and health priorities. Each Action Team completed the Whole Distance Exercise. Action Teams meet monthly to determine which strategies to implement, which performance indicators to track, and how to communicate this information to the public. Using</p>	<p><input type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input checked="" type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: JCDPH</p> <p>Role: Convener/facilitator</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Kae Livesy</p> <p>Role: Implement RBA principles in programmatic activities</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Healthy Carolinians of Jackson County, Western Carolina University Nursing Department</p> <p>Role: Provide support in RBA implementation, provide access to students to update RBA scorecard</p> <p><input checked="" type="checkbox"/> New partner <input type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Individual conversations with HEPA Action Team leadership; Integrate RBA basic ideas into regular meetings; RBA 101 trainings for leadership and/or members</p>	<p>Expected outcomes: HEPA Action Team members understand and can articulate the difference between population and performance accountability; HEPA Action Team members can talk about their program performance and how it contributes to population indicators; HEPA Action Team members can use RBA in their own work; HEPA Action Team members use Results Scorecard to track program performance</p> <p>Any potential barriers? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N If yes, explain how intervention will be adapted: Learning curve as agencies implement new principles; Gaining support from internal leadership and community at large</p> <p>List anticipated project staff: Melissa McKnight, Jo Bradley, Kae Livesy, WCU Nursing students</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: <u>How Much Did We Do:</u> Attend 1 or more training and/or coaching session with WNC Healthy Impact RBA consultants; Introduce RBA ideas to the HEPA Action Team; Utilize Results Scorecard to develop a publically available e-CHIP <u>How Well Did We Do It:</u> % of HEPA Action Team members who have been exposed to RBA; % of HEPA Action Team members who have participated in a Whole Distance Exercise</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: RBA will be monitored in the web-based platform, Results Scorecard. Feedback will be gathered from participants/members via an annual "Collaborative Group Member Survey" and will be displayed under Story Behind the Curve for the intervention</p>

<p>the RBA framework, each Action Team focuses in on three questions per strategy/program: How much did we do? How well did we do it? Is anyone better off?</p>			<p>using the RBA approach.</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N</p> <p>If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did we do it? Is anyone better off?</p>
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<p>Intervention: Promote the adoption of food service guidelines/nutrition standards which include sodium, in public schools</p> <p><input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Public schools</p> <p>Target population: Students; Staff; Parents</p> <p>Start Date – End Date (mm/yy): August 2016- December 2018</p> <p>Targets health disparities: <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input checked="" type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Jackson County Public Schools (JCPS)</p> <p>Role: Adopter of standards</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Laura Cabe, Child Nutrition Director</p> <p>Role: Adopter of standards, Access to students and staff</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Harris Regional Hospital, Highlands-Cashiers Hospital, JCDPH, WCU, SWCC, ASAP, Cooperative Extension, Local chefs</p> <p>Role: Connecting schools with chefs, reviewing recipes, demonstrating new menu items</p> <p><input checked="" type="checkbox"/> New partner <input type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, school nutrition menu, SHAC meetings</p>	<p>Expected outcomes: Fewer students in Jackson County will be obese or overweight; Fewer adults in Jackson County will be obese or overweight</p> <p>Any potential barriers? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N If yes, explain how intervention will be adapted: Working with Child Nutrition staff to improve taste of menu items with herbs vs. salt; Seeking fresh options (when finances allow) vs. canned or processed</p> <p>List anticipated project staff: Laura Cabe, Krystle Holt, Melissa McKnight</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: <u>How Much Did We Do:</u> Hold 1 training annually for Child Nutrition staff on recipe modification; Try out 1 new recipe per month at the schools that abide by the new standards <u>How Well Did We Do It:</u> % of Child Nutrition staff who would recommend the annual trainings; % of students and staff who were satisfied with the new recipes <u>Is Anyone Better Off:</u> % of Child Nutrition staff with new knowledge and skills gained from the annual trainings; % difference in sodium consumed per meal (prior to and after recipe modifications)</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from students and staff; Feedback from nutrition staff on recipe implementation</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If no, please provide plan for evaluating intervention: JCDPH</p>

			<p>plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did we do it? Is anyone better off?</p>
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<p>Intervention: Worksite health promotion</p> <p><input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Various worksites</p> <p>Target population: Adults employed at Jackson County businesses</p> <p>Start Date – End Date (mm/yy): Jan 2016- December 2018</p> <p>Targets health disparities: <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input checked="" type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Harris Regional Hospital (HRH)</p> <p>Role: Developer and implementer of worksite health program</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Melanie Batchelor & Krystle Holt, HRH dietitians</p> <p>Role: Program host</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: JCDPH, MountainWise, ConMet, Jackson County Gov't, SCC, Mainstreet Sylva Association, Chamber of Commerce, Town of Sylva, WCU, Healthy Eating & Physical Activity Action Team, JCPs</p> <p>Role: Implement and promote program</p> <p><input checked="" type="checkbox"/> New partner <input type="checkbox"/> Established partner</p> <p>Include how you're marketing</p>	<p>Expected outcomes: Fewer residents in Jackson County will be obese or overweight; More residents in Jackson County will consume fruits and vegetables</p> <p>Any potential barriers? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, explain how intervention will be adapted:</p> <p>List anticipated project staff: Melanie Batchelor, Krystle Holt, Melissa McKnight, Danielle Wittekind, Jenifer Pressley, Laura Rodi</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: <u>How Much Did We Do:</u> Ensure that 6 existing worksite wellness programs include a health risk assessment, onsite vaccinations, obesity prevention, POD prompts, enhanced access to places for PA, and/or smoke free policies; Offer consultative services to 6 existing programs that focus on enhancing access to PA services and smoke-free policies; Connect 6 programs to opportunities throughout the community for increased community collaboration <u>How Well Did We Do It:</u> % of program participants that report satisfaction with wellness programs; % of program participants that report satisfaction with consultative services offered to wellness programs <u>Is Anyone Better Off:</u> % of program participants who report increased knowledge regarding wellness opportunities in Jackson County; % of program participants who report a positive change in health status</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from employees; End-of-program surveys</p>

		<p>the intervention: Press release, flyers, radio, listserv</p>	<p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did we do it? Is anyone better off?</p>
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<p>Intervention: Provide educational programs at the Jackson County Library (JCPL)</p> <p><input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Jackson County Public Library</p> <p>Target population: Community</p> <p>Start Date – End Date (mm/yy): August 2016- December 2018</p> <p>Targets health disparities: <input type="checkbox"/> Y <input checked="" type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Jackson County Department of Public Health (JCDPH)</p> <p>Role: Creator of programs</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Jessica Philyaw, JCPL Librarian</p> <p>Role: Setting for implementation; Access to patrons</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Harris Regional Hospital, Public Library, ARTS, Local exercise facilities, Cooperative Extension, WCU</p> <p>Role: Providing materials for programs, Implement programs</p> <p><input checked="" type="checkbox"/> New partner <input type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, radio, flyers, listserv</p>	<p>Expected outcomes: Fewer residents in Jackson County will be obese or overweight; Residents in Jackson County will consume more fruits and vegetables</p> <p>Any potential barriers? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N If yes, explain how intervention will be adapted: Recruiting people to attend the programs</p> <p>List anticipated project staff: Melissa McKnight, Melanie Batchelor, Krystle Holt, Jessica Philyaw</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: How Much Did We Do: Hold 6 programs annually at the Jackson County Public Library; Promote programs in the media quarterly How Well Did We Do It: % of participants who were satisfied with the programs offered; % of participants who would recommend the programs to others</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from participants; Feedback from library staff</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did we do it? Is anyone better off?</p>

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<p>Intervention: Active Routes to School (ARTS)</p> <p><input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Public schools, Community</p> <p>Target population: Students (K-8); School staff; Parents</p> <p>Start Date – End Date (mm/yy): Jan 2016- December 2018</p> <p>Targets health disparities: <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input checked="" type="checkbox"/> Organizational/Policy</p> <p><input checked="" type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Jackson County Department of Public Health (JCDPH)</p> <p>Role: Lead person to influence change</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Jackie Moore, ARTS Coordinator</p> <p>Role: Adopter of programs and policies, Access to students and staff</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: WCU, Parks and Rec Department, Bicycling clubs, , Safe Kids Jackson County, Healthy Eating & Physical Activity Action Team</p> <p>Role: Assist in program implementation, program promotion</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, social media, radio</p>	<p>Expected outcomes: Fewer students in Jackson County will be obese or overweight</p> <p>Any potential barriers? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N If yes, explain how intervention will be adapted: Perceived notion that walking to school is associated with poverty must be addressed</p> <p>List anticipated project staff: Jackie Moore</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: Support 3 schools by coordinating Walk/Bike to School Day events annually; Support 2 bike and/or pedestrian education event annually; Create/improve policy that supports or addresses walking/biking to or at school at 1 school district</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from students and staff; Feedback from staff and volunteers; SRTS tallies; Parent and teacher surveys; Environmental scans</p> <p>Evaluation: Are you using an existing evaluation? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N If no, please provide plan for evaluating intervention:</p>

<u>INTERVENTIONS: SETTING, & TIMEFRAME</u>	<u>LEVEL OF INTERVENTION CHANGE</u>	<u>COMMUNITY PARTNERS' Roles and Responsibilities</u>	<u>PLAN HOW YOU WILL EVALUATE EFFECTIVENESS</u>
<p>Intervention: Get Fit Challenge</p> <p><input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Community</p> <p>Target population: Adults, age 18 years and older, in Jackson County</p> <p>Start Date – End Date (mm/yy): Sept-2016- Nov 2018</p> <p>Targets health disparities: <input type="checkbox"/> Y <input checked="" type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Healthy Eating & Physical Activity (HEPA) Action Team</p> <p>Role: Plan, promote, implement, and evaluate the Challenge; Handle scoring</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Liz Cochran, Health Educator</p> <p>Role: Participate in Challenge, Provide feedback</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Harris Regional Hospital, WCU, Parks and Rec Department, Department on Aging, JCDPH, JCPS</p> <p>Role: Recruit participants, promotion; Communication</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, social media, radio; weekly newsletter</p>	<p>Expected outcomes: Fewer residents in Jackson County will be obese or overweight; More residents in Jackson County will meet physical activity recommendations</p> <p>Any potential barriers? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, explain how intervention will be adapted:</p> <p>List anticipated project staff: HEPA Action Team</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: How Much Did We Do: Implement 1 Get Fit Challenge open annually, reaching 500 participants per Challenge How Well Did We Do It: % of participants who were satisfied with the Challenge; % of participants who would recommend the Challenge to others Is Anyone Better Off: % of participants who reported a positive behavior change during the Challenge; % of participants who would participate again</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from participants; "Contact Us" option through the website</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did</p>

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<p>Intervention: Healthy Living Festival</p> <p><input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Community</p> <p>Target population: Community</p> <p>Start Date – End Date (mm/yy): April 2017- April 2018</p> <p>Targets health disparities: <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Healthy Eating & Physical Activity (HEPA) Action Team</p> <p>Role: Organize and plan the Festival; Recruit exhibitors, Advertise</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Jenifer Pressley, Parks & Rec Wellness Manager</p> <p>Role: Provide feedback on the Festival; Coordinate with vendors and participants</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Harris Regional Hospital, WCU, Parks and Rec Department, Department on Aging, JCDPH</p> <p>Role: Organize and plan the Festival; Recruit exhibitors, Advertise</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, social media, radio, flyers</p>	<p>Expected outcomes: More residents in Jackson County will be aware of community health resources</p> <p>Any potential barriers? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, explain how intervention will be adapted:</p> <p>List anticipated project staff: Melissa McKnight, Liz Cochran, Laura Rodi, Jenifer Pressley</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: How Much Did We Do: Host 1 Festival annually reaching 150 participants and 30 exhibitors How Well Did We Do It: % of participants and vendors who were satisfied with the Festival; % of participants and vendors who would recommend the Festival to others Is Anyone Better Off: % of participants who reported learning something new during the Festival; % of participants and vendors who would participate again</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from participants and exhibitors; Feedback from staff and volunteers; End of Festival Evaluation from participants and vendors</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to</p>

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<p>Intervention: Tuesdays to Thrive</p> <p><input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Community</p> <p>Target population: Adults, age 18 years and older, in Jackson County</p> <p>Start Date – End Date (mm/yy): Jan 2016- December 2018</p> <p>Targets health disparities: <input type="checkbox"/> Y <input checked="" type="checkbox"/> N</p>	<p><input checked="" type="checkbox"/> Individual/ Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Harris Regional Hospital (HRH)</p> <p>Role: Plan, organize, and implement events</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Laura Cabe, Child Nutrition Director for Jackson Co. Public Schools (JCPS)</p> <p>Role: Attend events; Earn wellness points for wellness program</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Healthy Eating & Physical Activity (HEPA) Action Team</p> <p>Role: Assist in program implementation, program promotion</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Include how you're marketing the intervention: Press release, social media, radio, flyers</p>	<p>Expected outcomes: More residents in Jackson County will be aware of community health resources</p> <p>Any potential barriers? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, explain how intervention will be adapted:</p> <p>List anticipated project staff: Melanie Batchelor, Krystle Holt, Melissa McKnight</p> <p>Does project staff need additional training? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If yes, list training plan: _____</p> <p>Quantify what you will do: <u>How Much Did We Do:</u> Implement 6 Tuesdays to Thrive annually <u>How Well Did We Do It:</u> % of participants who were satisfied with the events; % of participants who would recommend the events to others <u>Is Anyone Better Off:</u> % of participants who reported learning something new during the events; % of participants who would participate again</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: Word-of-mouth from participants; Feedback from staff and volunteers</p> <p>Evaluation: Are you using an existing evaluation? <input type="checkbox"/> Y <input checked="" type="checkbox"/> N If no, please provide plan for evaluating intervention: JCDPH plans on using RBA, a planning, monitoring, evaluation, and continuous improvement framework that focused on results for communities and individuals. Performance measures for interventions will be identified and regularly monitored to document the quantity, quality, and participant impact of the intervention. We will track: How much did we do? How well did</p>

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