



2019 Community Health Improvement Plan Implementation Strategies

Priority Area: Healthy Lifestyles		
<p>Indicator: Percentage of people in Greater New Haven that indicate availability of affordable, high-quality fruits & vegetables where they live [2015 – N/A, 2018-70%]</p> <p>Indicator: Percentage of people in Greater New Haven that indicate they have enough money to buy food for themselves & their family [2015-14%, 2018-13%]</p> <p>Indicator: Percentage of people in Greater New Haven that are overweight or obese [2015-63%, 2018-65%] and percentage of people maintaining a normal weight [2015-35%, 2018-33%]</p> <p><i>*Source- CT DataHaven Wellbeing Survey 2015 and 2018</i></p>		
<p>Goal: By February 2022, promote healthy lifestyles and access to healthy food in the Greater New Haven region to reduce the combined percentage of adults who are obese or overweight to 62%.</p>		
Strategy	Action Steps	Outcomes
Promote proper nutrition in the Greater New Haven region	<ul style="list-style-type: none"> • Review current data and collect additional data (as needed) to gain a deeper understanding of issues that impact proper nutrition and develop a plan to address the needs and gaps • Partner with Quinnipiak Valley Health District to gather baseline data on healthy eating habits and issues impacting proper nutrition and explore expansion to other areas in the region • Conduct culturally appropriate and culturally relevant nutritional education sessions throughout the region • Support the expansion of the Supporting Wellness at Pantries (SWAP) in local food pantries • Align work with current local activities (New Haven Food Policy Council, others) • Continue and expand current social media and community outreach efforts that promote proper nutrition techniques 	<p>Review of available data</p> <p>Track new data collected</p> <p># of people reached through community nutrition education sessions</p> <p># of community nutrition education sessions offered</p> <p># of food pantries utilizing SWAP</p> <p>Track social media and community outreach efforts on proper nutrition</p>



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Priority Area: Healthy Lifestyles, continued		
Strategy	Action Steps	Outcomes
Increase access to healthy food and affordable fruits and vegetables	<ul style="list-style-type: none"> • Increase access to healthier food in food pantries by promoting healthy food donations, utilizing health screening data to inform food choices in pantries and organizing • Support healthy food drives throughout the region • Promote programs that provide access to free or low cost fruits and vegetables throughout the region (CT Food Bank Mobile Food Pantries, farmers markets, community supported agriculture, etc.) and explore opportunities to partner to expand these options. 	<p># of health food drives conducted in the region</p> <p># of new programs developed to expand access to free or low cost fruits and vegetables</p>
Strategy	Action Steps	Outcomes
Promote free and low cost physical activity opportunities	<ul style="list-style-type: none"> • Work with partners, including local parks and recreation departments, to identify available programs and determine how to better promote them in the community • Continue to provide the Get Healthy Walk 'n Talks and expand to other areas and towns as appropriate 	<p>Develop program promotion strategies</p> <p># of Get Healthy Walk 'n Talks hosted</p> <p># of Get Healthy Walk 'n Talk participants</p>



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Strategy	Action Steps	Outcomes
<p>Increase utilization and access to health screenings</p>	<ul style="list-style-type: none"> • Educate the community on importance of knowing health numbers (body mass index, blood pressure, diabetes risk, etc.) including the Know Your Numbers (KYN) screening program in food pantries and expand to include additional partners and sites as appropriate • Include nutrition education and connection to follow-up care during community KYN screenings 	<p># of KYN screenings</p> <p># of new KYN sites</p> <p># of KYN screening participants</p> <p># of KYN screening participants referred to follow-up care</p> <p># of KYN screening participants referred to nutrition education</p>
Strategy	Action Steps	Outcomes
<p>Support partner organizations in activities related to healthy lifestyles</p>	<ul style="list-style-type: none"> • Utilize monthly meetings to share and promote activities related to improving healthy lifestyles in the Greater New Haven Region • Identify new partners and continuously work to expand the reach of the Healthy Lifestyles Workgroup • Align work with Community Alliance for Research and Engagement (CARE) to support REACH grant activities in New Haven and determine opportunities to replicate initiatives in other communities as appropriate • Support local healthy lifestyles CHIP work of area health departments/districts (East Shore District Health Department, Quinnipiak Valley Health District and others) and provide opportunities for sharing updates/best practices among other regional partners 	<p># of workgroup meetings that include opportunities to share and promote partners events/activities</p> <p># of new partner organizations involved in Healthy Lifestyles Workgroup</p> <p>Track outcomes of CARE REACH grant</p> <p># of monthly workgroup meetings with updates from partners on their local CHIPs</p>



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Partner Organizations

Yale New Haven Hospital, New Haven Health Department, East Shore District Health Department, Quinnipiac Valley Health District, Madison Health Department, Milford Health Department, Cornell Scott-Hill Health Center, Central Connecticut Coast YMCA, Hispanic Health Council, NH Food Policy Council, School-Based Health Centers, CT Food Bank, Southern Connecticut State University, Community Alliance for Research and Engagement, CT Academy of Nutrition and Dietetics, local food pantries, CT Food Bank, Fair Haven Community Health Center, Hispanic Health Council, New Haven Parks and Recreation, Project Access New Haven, Yale University- Yale School of Public Health, Special Olympics CT, Smilow Screening and Prevention, local municipalities