

Licking County Wellness Coalition Action Plan 2018

Introduction:

Included in this document are the priorities and their associated objectives identified by the Licking County Wellness Coalition. These items were identified by Wellness Coalition members and are also aligned with the National Prevention Strategy, Healthy People 2020, and Ohio’s Plan to Prevent and Reduce Chronic Disease. This document will enable Wellness Coalition members to measure the progress made towards addressing the 4 priorities to reduce overall obesity/chronic disease in Licking County.

Priority One: Coalition Development/Promotion/Engage Community.

Objectives:

- Increase percent of coalition members who report being “Involved” or “Very Involved” on the coalition survey by 10%.
- Increase percent of coalition members who report “Yes” to increasing their understanding of Policy Systems and Environmental Changes (PSE) by 10%.
- Increase percent of coalition members who report “Average Knowledge” or “Above Average Knowledge” on their level of understanding of PSE by 10%.

Strategies	Action Steps Needed to complete task	Responsible Parties	Timeframe	Evaluation Measures	Progress (updated throughout year)
Activity 1: Update Coalition Bylaws.	a. Review current bylaws. b. Determine changes to current bylaws. c. Create draft of updated bylaws. d. Present draft bylaws to coalition members for review. e. Revise bylaws based on coalition member feedback. f. Approve final bylaws.	Wellness Coalition Leadership Team Wellness Coalition Members	February 2018- December 2018	Leadership Team meeting minutes Copy of approved bylaws	
Activity 2: Develop/Revise Wellness Coalition marketing materials.	a. Create coalition brochure/handout. b. Develop coalition member expectations	Wellness Coalition Leadership Team	February 2018- June 2018	Copy of Brochure Copy of Member Commitment Form	

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	and/or commitment form/welcome letter. c. Revise letter to employers.			Copy of Employer letter	
Activity 3: Develop outreach plan to bring in new members	a. Identify potential new members/organizations b. Send letter, commitment form and brochure to potential new members/organizations. Obtain signed commitment form from new members/organizations.	Wellness Coalition Leadership Team	February 2018-December 2018	Signed Commitment Forms Meeting Attendance Logs	
Activity 4: Increase PSE knowledge among coalition members. <i>*aligns with CHC</i>	a. Assess coalition member knowledge of PSE changes (use CHC coalition survey). b. Provide education on PSE changes to members (handouts, examples, etc.) and include discussions on PSE at meetings. c. Workgroup chairs should explain how projects relate to PSE and provide examples using past/present Wellness Coalition projects.	Wellness Coalition Leadership Team	January 2018-December 2018	Pre/Post Coalition Surveys PSE materials Meeting minutes	

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Priority Two: Active Living

Objectives:

- Increase the number of adults/youth who have access to physical activity as evidenced by an increase in 1 new/repaired park and playground.

Strategies	Action Steps Needed to complete task	Responsible Parties	Timeframe	Evaluation Measures	Progress
Activity 1: Identify potential locations for a new/repaired park/playground in Licking County. <i>*aligns with CHC</i>	a. Identify goal of assessment. b. Secure location and MOU. c. Plan assessment d. Conduct assessment (include inclusion in assessment). e. Summarize assessment findings.	Active Living sub-committee CHC Staff Parks & Rec Officials/City Officials	January 2018 – July 2018	Assessment data and summary MOU	
Activity 2: Develop coalition plan for a new/repaired park/playground in Licking County. <i>*aligns with CHC</i>	a. Review assessment findings. b. Identify additional funding sources. c. Identify areas for inclusion. d. Purchase and install site furnishings. e. Conduct post assessment after implementation. f. Create a multi-year action plan to address these needs/gaps.	Active Living Sub-committee CHC Staff Parks & Rec Officials/City Officials	May 2018 – October 2018	Leveraged Funding Pictures of new/improved park furnishing Post assessment	
Activity 3: Assess access to safe, affordable parks to	a. Identify goal of assessment. b. Identify existing data sources.	Active Living Sub-committee	April 2018-October 2018	Park assessments	

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be active in Licking County.	<ul style="list-style-type: none"> c. Plan and conduct assessments. d. Summarize findings. e. Identify funding/ plan for improvements. f. Promote improvements. 	Parks & Rec Officials/City Officials Students		Pictures of improvements at parks.	
Activity 4: Collaborate to promote existing opportunities to be active in Licking County.	<ul style="list-style-type: none"> a. Identify opportunities to promote existing opportunities. b. Develop plan to promote existing opportunities. c. Develop educational/promotional resources, as needed. d. Cross promote active living opportunities at community events. 	Active Living Sub-committee	January 2018 – December 2018	Active Living Action Plan Promotional materials/resources	

Priority Three: Healthy Eating

Objectives:

- Increase access to affordable healthy food options in Newark as evidenced by an increase in 1 community garden.
- Increase availability and access to healthy foods/fresh fruits and vegetables in Licking County as evidenced by 1 healthy retail assessment.

Strategies	Action Steps Needed to complete task	Responsible Parties	Timeframe	Evaluation Measures	Progress
Activity 1: Assess access to community gardens in Newark. <i>*aligns with CHC</i>	<ul style="list-style-type: none"> a. Identify locations of current gardens and potential new locations. 	Healthy Eating Sub-committee CHC Staff Together We Grow	January 2018 – May 2018	Assessment Summary	

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	<ul style="list-style-type: none"> b. Partner with Together We Grow to start new garden c. Identify community in need for a garden. d. Plan community garden 				
<p>Activity 2: Build and promote community garden(s). <i>*aligns with CHC</i></p>	<ul style="list-style-type: none"> a. Build community garden (purchase supplies, form plots, plant garden, recruit gardeners, maintain garden) b. Promote new garden and other existing gardens c. Evaluate impact 	<p>Healthy Eating Sub-committee</p> <p>CHC Staff</p> <p>Together We Grow</p>	<p>May 2018 – October 2018</p>	<p>Pictures of new garden</p> <p>Evaluation/post assessment</p>	
<p>Activity 3: Conduct healthy retail assessment(s) to increase availability of fresh fruits and vegetables at a gas station/corner store(s) in Licking County.</p>	<ul style="list-style-type: none"> a. Create a list of gas stations/corner stores b. Conduct assessment of gas stations/corner stores for fresh fruits and/or vegetables options. c. Provide education to gas station/corner store regarding healthy food options. d. Draft an inventory change policy with interested gas station/corner store partners. e. Create and sign policy with gas station/corner stores with inventory change 	<p>Healthy Eating Sub-committee</p> <p>Health Educator – MCHP</p> <p>CHC Staff</p> <p>Gas station/corner store manager</p>	<p>October 2017 – September 2018</p>	<ul style="list-style-type: none"> h. Store assessment summary i. Drafted policy j. Signed policy that demonstrates an inventory change k. Post assessment 	

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	f. Implement inventory change g. Post assessment				
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Priority Four: Worksite Wellness

Objectives:

- Increase number of worksites in Licking County that have a worksite wellness program by 2020 (long-term).

Activities	Action Steps Needed to complete task	Responsible Parties	Timeframe	Evaluation Measures	Progress
Activity 1: Evaluate number of comprehensive worksite wellness programs in Licking County.	a. Revise the criteria for a comprehensive worksite wellness program. b. Develop spreadsheet to track worksites and the components of a comprehensive worksite wellness program. c. Research existing criteria from other sources (Healthy Ohio Business	Worksite Wellness Sub-committee Licking County Safety Council	January 2018-September 2018	Copy of criteria Spreadsheet with list of worksites meeting this criteria	

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	<p>Council, American Heart Association, WELCOA, etc.)</p> <p>d. Utilize CHANGE Tool data and additional survey methods to measure number of worksites currently meeting this criteria.</p>				
<p>Activity 2: Facilitate annual Worksite Wellness Award process.</p>	<p>a. Revise award application each year.</p> <p>b. Develop a strategic evaluation process to determine awardees.</p> <p>c. Promote award application.</p> <p>d. Review completed applications.</p> <p>e. Purchase awards. Present awards at annual Safety Council awards luncheon.</p>	<p>Worksite Wellness sub-committee</p>	<p>January 2018 – May 2018</p>	<p>Copy of award application</p> <p>Copy of award promotional materials</p>	
<p>Activity 3: Assist with Planning the Annual Worksite Wellness Workshop</p>	<p>a. Determine location and date for workshop.</p> <p>b. Assist with recruiting speakers and activities.</p> <p>c. Assist with planning agenda.</p> <p>d. Set up and tear down of workshop.</p>	<p>Wellness Coalition Coordinator</p> <p>Worksite Wellness sub-committee</p>	<p>January 2018- April 2018</p>	<p>Copy of Worksite Wellness Workshop agenda & evaluation forms</p> <p>Number of attendees</p>	

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Activity 4: Promote local, state and national resources to assist businesses with their wellness initiatives.	a. Partner with Licking County Safety Council b. Create plan to promote Licking County Wellness Coalition c. Create list of worksite wellness resources	Worksite Wellness sub-committee	January 2018 – December 2018	Copy of toolkit promotional materials/plan List of resources Number of resources shared	
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Revision Table:

Licking County Wellness Coalition members will review their progress throughout the planning cycle, and whenever this document is updated, reviewed or revised it will be documented. This will allow members and the public to ensure they are reviewing the most up to date version of the plan.

Revision	Date of Revision	Section Revised	Person Completing Revision
1	01/2018	Document Created	Carrie McKee
2	1/29/2018	Added activity to Active Living. Updated all priorities.	Carrie McKee
3	2/14/2018	Added action steps to PSE activity	Carrie McKee
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