

The EHHD Tolland County ACHIEVE Initiative:

2012 Community Action Plan Brief



Tolland County communities offer and encourage opportunities for *all* residents to have daily access to physical activity, healthy eating, and tobacco-free environments to support healthy behaviors.

GOAL 1:

By December 31, 2012, maintain (and work for improvements in) aggregate health indicator scores of children in Tolland County (for example: sick days, BMI, discipline referrals) through improved access to healthy food & opportunities for physical activity and the elimination of tobacco use & health disparities.

Goal 2:

By December 31, 2012, improve aggregate wellness scores of workforce in community (for example: sick time, BMI, blood pressure, cholesterol).

Core 2012 Activities:

1.

9-5-2-1-0 for Health!

Promote the 9-5-2-1-0 for Health! Campaign through print, electronic, and mass media; and presentations to PTO and faith communities in Tolland County by May, 2012.

2.

By December 31, 2012, increase the number of schools in Tolland County towns that meet 100% of the criteria for “Better Choice Recommendations” as set forth by the CT Nutrition Standards list of acceptable foods and beverages.



3.



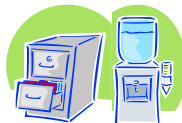
By December 2012, increase the number of schools in Tolland County towns with a Safe Routes to School Master Plan.

4.

A minimum of 6 programs providing services to youth (sports, activity, &/or day care) in Tolland County towns will improve policies and practices regarding food to facilitate healthier food choices in their programs by July 2012.



5.



By June 15, 2012, the work with at least 5 worksites to review current policy and environmental status in the workplace using standards stated in the CHANGE Tool.

6.

By June 15, 2012 work with at least 5 Tolland County towns to improve the current policy and environmental status of towns regarding community design for physical activity using standards stated in the CHANGE Tool.

