

ACHIEVE Community	Impact Statements	Focus Area	Change Category	Actual or estimated reach for each change if applicable (# of people affected)
Eastern Highlands Health District	<b>The following policy changes have occurred in Eastern Highlands 2009 - 2011:</b>			
	MANSFIELD: The school superintendent collaborated with the food service staff to support healthy nutrition in the schools by launching Great Plate Tuesdays at the Middle School, encouraging students to fulfill at least half of their plates with fruits and vegetables. This has led to a more substantial change	Nutrition	Program Integration	300 students, teachers, and visiting parents were impacted by this change through healthier options in the cafeteria
	MANSFIELD: The school superintendent facilitated a more substantial change in the cafeteria of the Middle School to support a salad bar option every day featuring fresh fruits and vegetables	Nutrition	Program Integration	300 students, teachers, and visiting parents were impacted by this change through healthier options in the cafeteria
	MANSFIELD: Mansfield revised subdivision regulations, increasing opportunities for active living by residents.	Physical Activity	Land use/ Planning regulations	All 24,000 residents of Mansfield could be impacted over the coming years.
	MANSFIELD: Mansfield passed a referendum to fund the regional school system's outdoor track and field facilities.	Physical Activity	Land use/ Planning	1500 students and community members will be impacted annually.
	MANSFIELD: Through the collaboration of the Town, Superintendent, Principal, and ACHIEVE CHART, one elementary school completed a Safe Routes to School Master Plan to improve opportunities for physical activity, and used the plan to apply for a sidewalk grant.	Physical Activity	Program Integration	400 students and residents could be impacted annually.
	MANSFIELD: The Parks and Recreation Department expanded services to offer and promote active living for youth, outside of normal sports offered.	Physical Activity	Expansion of Physical Activity services	100s of youth will be impacted annually.
	MANSFIELD: The Town adopted a new lactation protocol to accommodate lactating women during the workday, and working on establishing protocol for other town worksites (garage, library, senior center, schools)	Nutrition	Lactation Policy/ protocol	Undetermined reach; dependent on number of staff with infants in a given year.
	CHAPLIN: The School Pre-K program revised the entire snack menu to reduce processed foods and increase options for fresh fruits and	Nutrition	Healthy Snack Policy	Over the next 5 years, over 100 children will benefit from improved food choices through

vegetables.			the PreK program.
COVENTRY: The Parks and Recreation Department established a new healthy snack policy.	Nutrition	Healthy Snack Policy	100's of children participate in programs impacted by the policy on a monthly basis
COVENTRY: The Parks and Recreation Department established policy protocol for enhanced opportunities for active living among residents.	Physical Activity	Land Use/ Planning Regulation	1000's of residents have broader access to recreational opportunities
COVENTRY: Through the collaboration of the Town, Superintendent, Principal, and ACHIEVE CHART, the district completed a Safe Routs to School Master Plan to improve opportunities for physical activity, for 3 schools and used the plan to apply for a sidewalk grant.			1000's of children could be impacted annually.
TOLLAND: The school system adopted a new lactation protocol to accommodate lactating women during the workday at the systems' 4 schools.	Nutrition	Lactation Policy/ protocol	Undetermined reach; dependent on number of staff with infants in a given year.
TOLLAND: 2 boy scout troops adopted healthy eating policies for meetings, events, and outings.	Nutrition	Healthy Snack Policy	50 scouts annually
TOLLAND: Passed a policy to include the construction of a community garden in parks as a method of supporting healthy eating.	Nutrition	Land Use	This policy change has the potential to impact 100s of community members annually.
TOLLAND: Partnership with town and school administration to promote worksite wellness	Nutrition & Physical Activity	Employee Wellness Initiative	Impacts 550 employees throughout the year
EASTERN HIGHLANDS HEALTH DISTRICT: The local health district established a policy that alters the verbiage of all new temporary food permits issued, in that all new permits will encourage 50% healthy food and beverage choices to be offered at events in EHHD towns.	Nutrition	Healthy Food & Beverage Policy	This policy change has the potential to reach over 10,000 children in the community on an annual basis.
EASTERN HIGHLANDS HEALTH DISTRICT: Launched an extensive 9-5-2-1-0 for Health! Campaign for all ten member towns in the district, including extensive outreach in 2011 to schools, a comprehensive website ( <a href="http://www.ehhd.org/95210">www.ehhd.org/95210</a> ), and a plan in 2012 to	Nutrition & Physical Activity	Healthy food, beverage, and physical activity policy	This policy implementation has the potential to reach over 10,000 children in the community on an annual basis.

	extend the reach into day care centers and faith communities to support children's health.			
<b>The following environmental changes have occurred in Eastern Highlands 2009 - 2011:</b>				
	MANSFIELD: The Town established a Breastfeeding Mother's Break Room to accommodate lactating women during the workday, and working on identifying BMBR in other town worksites (garage, library, senior center, schools)	Nutrition	Lactation supportive resources	Undetermined number impacted.
	MANSFIELD: The Parks and Recreation Department removed vending machines to eliminate access to unhealthy foods by youth and families.	Nutrition	Supporting healthy food and beverage	1000's of community residents use the facility each month
	MANSFIELD: The Parks and Recreation Department improved the tennis courts through USTA funding.	Physical Activity	Enhanced opportunities for physical activity	1000's of community residents have access to the courts; utilized by 1200 high school students each school year.
	MANSFIELD: Letterboxing initiative to encourage and promote use of local parks and trails	Physical Activity	Enhanced opportunities for physical activity	100's of community residents were encouraged to participate in trail use through this initiative
	MANSFIELD: The School District has embraced the 9-5-2-1-0 for Health! Campaign and promotes the key messages at all four schools through passive and active marketing including student-created videos, theme days, bulletin boards, and creative marketing in the cafeteria, and notices sent home to families	Nutrition & Physical Activity	Supporting healthy messaging	1200 students are exposed to the messages on a daily basis
	MANSFIELD: The School District has implemented a salad bar option at the middle school as a pilot with the intention of bringing on the 3 elementary schools in future months	Nutrition	Supporting healthy eating	600 students have access on a daily basis
	COVENTRY: Designation as a Playful City, USA	Physical Activity	Supporting physical activity	1000's of community residents will benefit from the designation which enhances opportunities for all ages to have access to physical play
	EASTERN HIGHLANDS HEALTH DISTRICT: Sponsored a Farm-to-Table dinner event with Dr. David Katz as a keynote speaker to raise awareness in the community of the ACHIEVE	Nutrition	Dissemination of ACHIEVE message	100 community residents and leaders

	Initiative (September 2010)			
	EASTERN HIGHLANDS HEALTH DISTRICT: Obtained funding from the Connecticut State Department of Health and the Connecticut Cancer Partnership to coordinate and executed an ACHIEVE Action Institute(in August 2011) for other Connecticut communities in efforts to spread and sustain the ACHIEVE Initiative state-wide, and to move forward with a unified approach to reduce chronic disease through policy, systems, and environmental changes.	Physical Activity, Nutrition, Tobacco, Leadership, Chronic Disease Management	ACHIEVE dissemination	100 professionals across the state participated in this event.
	EASTERN HIGHLANDS HEALTH DISTRICT: Launched an extensive 9-5-2-1-0 for Health! Campaign for all ten member towns in the district, including extensive outreach in 2011 to schools, a comprehensive website ( <a href="http://www.ehhd.org/95210">www.ehhd.org/95210</a> ), and a plan in 2012 to extend the reach into day care centers and faith communities to support children's health.	Nutrition and physical activity	Opportunities to support healthy food, beverage, and physical activity	This environmental change (resources to support healthy eating and active living) has the potential to reach over 10,000 children in the community on an annual basis.
	EASTERN HIGHLANDS HEALTH DISTRICT: facilitated a visit by Mark Fenton to assess walkability and bikeability issues within the Eastern Highlands community, including a Leadership Breakfast to provide a summary of the recommendations.	Physical Activity	Land use/ Planning	35 key community leaders took part in the breakfast presentation