

**Yolo County Nutrition Action Partnership (CNAP)
Updated 10/2013**

Vision: All Yolo County residents enjoy healthy foods/beverages and physical activity every day.

Tagline: Yolo thinks healthy first!

Goal: Develop and support collaborative efforts and interventions to increase the number of Yolo County residents that:

- participate in nutrition programs,
- engage in active living, and
- follow the current Dietary Guidelines for Americans.

Strategies/Objectives	Activities/Steps	Lead	Timeline	Desired Outcome	Progress
1. Actions for a strong partnership:					
1a. Partners participate in quarterly meetings: <ul style="list-style-type: none"> - Health Dept. Nutrition Programs - WIC - UCCE - Food Bank - CalFresh - First 5 - School district representation - Children's Alliance - Food Connect - Elderly Nutrition Program - Head Start - Health Education Council - Yolo Farm-to-School - Health Care Providers (CommuniCare, Kaiser, Woodland HC, Sutter HC) - Child Care (City of Davis) - RISE and Youth Resource Coalition - CDE - Dairy Council of California 	<ul style="list-style-type: none"> - Partners are identified and invited to the meeting. New partners that have a common goal with our CNAP or interest in a specific project are welcome. 	Health Dept.	Sept 2012-Sept 2014	75% of key partners actively attend 3 meetings per year, provide feedback and participate in CNAP activities.	January 2013 meeting: 15 attendees from 11 agencies April 2013 meeting cancelled July 2013 meeting: Oct 2013 meeting: Outreach to all partners occurred prior to the meeting to complete a survey and have 1:1 meeting with new HPC at Yolo County. Contact list was updated to ensure communication with appropriate staff person from all agencies. 15 attendees from 12 agencies.

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1b. Utilize variety of communication modes	<ul style="list-style-type: none"> - Develop CNAP webpage - Partners link to CNAP page on their sites - Email list/list serve established of larger group of interested people/agencies - Create list of agencies that send out newsletters and submit updates of CNAP activities. 	Health Dept. hosts webpage, all partners contribute	Oct 2012-ongoing	<p>Website is updated at least quarterly with minutes, contact information, and updated links</p> <p>Interested people/agencies are regularly sent updates from CNAP group</p>	<p>Webpage created: (http://www.yolocounty.org/Index.aspx?page=2367)</p> <p>Oct 2013: New HPC is working with web designer to update page. Group decided that instead of linking partner agencies on websites, partners would put CNAP website, which has all partner links. Listserve is already occurring- HPC at Yolo County will maintain this and add contact as appropriate. Calendar added to capture agency activities.</p>
1c. Identify community needs and gaps in services and explore funding opportunities to support CNAP initiatives.	<ul style="list-style-type: none"> - Needs assessment data shared - Joint funding opportunities explored 	All partners	Jan 2013-Sept 2014	Letters of support are provided on request of partners. Funding opportunities to support CNAP initiatives explored if feasible.	<p>January 2013: Laurie submitted grant for Healthy Kids Choice restaurant project. CNAP members agreed to support this initiative.</p> <p>July 2013: Healthy Kids choice not funded.</p> <p>Oct 2013: Group discussed that First 5 did a needs assessment in 2012 and it was shared with the group. HPC will send out in Nov email, and also put on the CNAP webpage.</p>
1d. Adopt healthy meeting and food/beverage guidelines	<ul style="list-style-type: none"> - Each agency will review their policies and practices - Sample guidelines are reviewed and compiled - Make suggested guidelines available to the public via CNAP website and distribution 	HPC at Health dept will update website ongoing basis All	Oct 2012-Sept 2013	<p>75% CNAP partners have written guidelines in place</p> <p>Guidelines are posted on website</p>	<p>January 2013: Three agencies have food/beverage policies in place (UCCE, First 5, Health Dept.) Health Dept. currently revising policy to an Employee Wellness Policy</p> <p>July 2013: Get update from</p>

	list	partners			<p>Marbella</p> <p>Oct 2013: YCHD healthy workplace policy still in draft form. However, this and other agency policies/links will be put on the CNAP webpage. HPC will initiate.</p> <p>Partners will continue to send their policies as they arise.</p>
2. Actions to increase food program participation:					
2a. Assess educational needs of CNAP partner agencies and staff regarding eligibility, participation and program requirements of Yolo County food assistance programs	<ul style="list-style-type: none"> - CNAP partners identify needs of their staff - Identify opportunities for cross-training staff 	All partners	Jan 2013 - ongoing	Each CNAP partner schedules at least 1 cross-training opportunity annually.	<p>January 2013:</p> <ul style="list-style-type: none"> - Members agree to assess their staff's needs and provide trainings for other agencies upon request - Consider training PowerPoint with summaries of all agencies <p>July 2013: Discuss any current training opportunities.</p>

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<p>2b. Increase participation in all Yolo County food assistance programs by enhanced referral and coordination among CNAP partners</p>	<ul style="list-style-type: none"> - CNAP members commit to consistently referring eligible clients to apply for food assistance programs such as CalFresh, WIC, free/reduced school lunch, food bank services, senior nutrition and other programs - Develop an information sheet with all agency contact and eligibility information for staff to use when referring Yolo County residents 	<p>All partners</p>	<p>Oct 2012 – Sept 2014</p>	<p>Improved referral and participation rates are experienced</p> <p>CNAP members update referral resource sheet quarterly.</p>	<p>January 2013: Staff are committed to increased referrals. Clara system might be a good tool.</p> <p>The First 5 Family Focus forum will be a good place to do program presentations.</p> <p>July 2013:</p> <p>Oct 2013: Group identified the need to train 2-1-1 on all agencies and how to search agency based on key words. This may occur in lieu of an info sheet with all agencies. However, HPC also updated agency contact sheet for all partners and distributed. A sub-group will be formed to work on increasing participation in food programs and to train 211. DESS will be releasing an RFP to local agencies for resources to help enroll eligible in CalFresh.</p>
<p>2c. Increase participation in Yolo County Farmers' Markets, Kids Farmers' Markets and Family Resource Center fruit and vegetable distributions</p>	<ul style="list-style-type: none"> - CNAP members commit to promoting benefits of consuming fruits and vegetables - CNAP members offer nutrition education opportunities at Farmers' Markets and fruit/vegetable distributions 	<p>All partners</p> <p>Food Bank Health Dept. UCCE HEC FRCs</p>	<p>Oct 2012 – Sept 2014</p>	<p>Yolo County residents have access to fresh fruits and vegetables.</p> <p>Kids are exposed to a variety of fresh fruits and vegetables.</p>	<p>January 2013:</p> <ul style="list-style-type: none"> - Kids Farmers Markets are running weekly in WS and Woodland with high student participation rates. <p>July 2013: Ask for update from Food Bank and First 5</p> <p>Oct 2013: Food Bank and First 5 indicate that participation in strong; several sites (schools) have been added in the past year and</p>

						this is successful.
3. Actions to encourage Yolo residents to follow Dietary Guidelines:						
3a. Provide schools with information about model wellness policies, successful implementation examples, etc. to encourage updating wellness policies to comply with Healthy Hunger Free Kids Act.	- Support schools with implementation of wellness policies	UCCE, School districts, Farm-to-school, CDE, CAN-Act	Jan 2013 – Oct 2014	Every Yolo school district has an up-to-date Wellness Policy. Q: does anybody know where things stand on this?	January 2013: All school board presidents and superintendents have been advised to update their school wellness policies. Rebecca from CAN-Act: staff training toolkit available July 2013: Health Departments new Health Program Coordinator will be available to assist with this	

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3b. Provide CNAP partner staff with nutrition education training and support.	<ul style="list-style-type: none"> - Secure MOUs necessary for partnering with school districts - Identify school sites open to receiving teacher or staff activities - Identify/ agree on key messages and content for training 	UCCE Health Dept HEC	Oct 2012- Sept 2014	MOUs with interested schools have been established and are updated annually.	January 2013: CAN-Act might have training toolkit for nutrition modeling and messaging July 2013:
3c. Coordinate to ensure consistent core nutrition messages are reaching individuals in participating CNAP programs	<ul style="list-style-type: none"> - Share information regarding nutrition education efforts being conducted by each CNAP partner and provide opportunities to cross train staff - Utilize My Plate, Rethink Your Drink (RYD), Harvest Of The Month (HOTM) messages 	All partners	Oct 2012- Sept 2014	All CNAP partners are educated about RYD, have updated from the Food Guide Pyramid to My Plate and support HOTM Yolo	January 2013: Statewide RYD materials coming soon HEAL collaborative has pledge coming out soon July 2013: Oct 2013: Partners feel fairly confident about RYD. Promotora training on general nutrition education info will occur for Communicare, YCC, YCHD will provide. Dairy council will also provide nutrition education materials to those who would be interested (such as YCC).
3d. Support the Yolo County Farm-to-School Initiative	<ul style="list-style-type: none"> - Assist with identifying alternative funding sources to expand the nutrition education component of the project - Develop a list of schools and preschool sites currently being served by the Health Department and Cooperative Extension nutrition education programs - Add and update contact information and links to nutrition education 	All partners UCCE and Health Dept. Farm-to-school, UCCE and Health Dept.	Oct 2012 – Sept 2014	Yolo County Farm-to-School sites are utilizing available HOTM Yolo nutrition education resources Kids are exposed to an increased variety of fresh fruits and vegetables Simple evaluation tool utilized with students after nutrition education/taste tests to show impact	January 2013: PT Coordinator for grant hired Meeting on 2/19/13 with all involved parties All food service staff have had 1-2 trainings on using HOTM ingredients; quantity food production trainings coming soon UCCE awarded grant for providing fruit in classrooms for snacks Working with UCD for HOTM activities for students

	resources on the Farm-to-School Yolo hub website			Oct 2013: F2S coordinator is now attending CNAP meetings, and will disseminate important info from CNAP to food service directors	July 2013: Health Department staff still available for taste testing opportunities but will explore what the schools need from us. New HPC will be available to assist coordination.
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<p>3e. Provide Rethink Your Drink education to encourage residents to choose alternatives to sweetened beverages</p>	<ul style="list-style-type: none"> - Create list of existing events where Rethink Your Drink activities can be offered List still needs to be made - Contact organizers of community events to offer consultation around event menus Q: is anybody doing this? If so, what is outcome? - Develop and promote guidelines for planning healthy food and beverages at community events - Rethink Your Drink booth at county fair targeting the community population - Annual Rethink Your Drink month starting summer 2013 	<p>All partners</p> <p>All partners</p> <p>All partners</p> <p>Health Dept.</p> <p>All partners</p>	<p>Oct 2012 -Sept 2014</p>	<p>Educational activities at a minimum of 5 large events.</p> <p>Oct 2013: RYD month was held in summer of 2013. RYD was showcased at Yolo County Fair Aug 2013.</p>	<p>January 2013: UCCE event (Farm Connection Day) on 5/3/13- can have a RYD booth</p> <p>Public Health Week event (1st week of April)-Friday event</p> <p>July 2013: Have Anel provide updates as well as other partners</p>
<p>3f. Coordinate food assistance and nutrition education messaging disseminated at grocery stores and food vendors and promote CalFresh and WIC</p>	<ul style="list-style-type: none"> - 100% of in-store food demos conducted by CNAP groups will have CalFresh and WIC info available - WIC Local Vendor Liaison (LVL), Regional Network and Health Dept. CX³ sites will coordinate efforts 	<p>Health Dept./CX³ project</p> <p>WIC/LVL Regional Retail Program</p>	<p>Oct 2012-Sept 2014</p>	<p>Support Fruit and Veggie Fest.</p> <p>Programs will coordinate efforts to expand food assistance and nutrition education messaging in as many grocery stores as possible</p> <p>Oct 2013: YCHD Network staff has put WIC and CalFresh posters up at all retail sites. In FFY14 they will also bring CalFresh and WIC brochures.</p>	<p>January 2013: Cx3 and WIC LVL working on signage, materials in retail stores.</p> <p>July 2013: Have Ana provide updates</p>

4. Actions to encourage active living:					
4a. Identify physical activity opportunities available for free/low cost in the community, parks, etc.	<ul style="list-style-type: none"> - Identify physical activity opportunities available in the community - Post free/easy physical activity ideas on the website - Partner with Parks and Rec departments to promote available activities 	<p>All partners</p> <p>Health Dept.</p> <p>All partners</p>	Jan 2013-Sept 2014	<p>Website is seen as a resource for finding PA opportunities</p> <p>Oct 2013: HPC is working on a webpage on Yolocounty website. Content is ready, design is in process.</p>	<p>January 2013: Health Dept. intern working on a list of free or low-cost activities opportunities throughout the county</p> <p>Toolkits & Ideas: "America Walks", "Walk with Ease", calendar of races/events on website</p> <p>July 2013: List still being edited</p> <p>RT will share at Oct meeting updates on list and webpage.</p>
4b. Coordinate to ensure consistent core physical activity messages are reaching individuals in participating CNAP programs	<ul style="list-style-type: none"> - Share information regarding physical activity efforts being conducted by each CNAP partner and provide opportunities to cross train staff - Utilize consistent messages about PA recommendations 	All partners	Oct 2012-Sept 2014	All CNAP partners are educated about available physical activity resources	

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4c. School districts are provided information regarding available walk and bike-to-school resources.	<ul style="list-style-type: none"> - Identify walk and bike-to-school resources - Identify Safe Routes to School funding opportunities for Yolo County <p>Any resources currently available specifically?</p>	All partners	Oct 2013 – Oct 2014	Resources and funding opportunities are shared with all school districts.	July 2013: This is also something we think the new HPC can work on.

Looking to the future: Expand on actions to encourage active living, partnering with Parks and Recreation Department, working on the built environment

Health Department Sharing:

Health Department received a \$10,000 General Mills grant to expand the children’s garden activities beyond the WIC age. This grant will complement what was possible with the initial First 5 funding. We also set aside Health Department funding to expand for community activities and pay for items not allowable within our current grants. To date there are 6 garden beds, 7 rows of pumpkins, a bean pole tee pee and more to come. Feel free to go visit before you leave. Classes have not started yet as there has been a lot of work towards getting the infrastructure in place. The garden dedication and unveiling will take place in September during the Farm to Fork celebrations.