



Healthy Eating

Annual Work Plan Report

FY 2019-2020





Community Health Improvement Plan 2016-2020

Focus Area Action Plan-Healthy Eating

Focus Area: Healthy Eating

Goal 1	Increase accessibility and affordability of healthy food					
Objective 1.1	Educate public and each other (agencies) through County-wide action group (Community Nutrition Action Partnership)					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.1.A Promote a healthy eating campaign such as Harvest of the Month or a Healthy Eating calendar through WellDorado.org.	1/18	Ongoing	Susan Forrester Kristine Beltran Theresa Fagouri	Wellness Newsletter Healthy Workplace Strategic Planning Team	Campaign takes place	<p>A healthy eating campaign was introduced on 10/10 and reinforced on 10/18 at The Senior Center in Placerville. Follow up will be maintained on a regular basis.</p> <p>A healthy eating campaign was introduced and classes were conducted at Mercy Housing Sites in Shingle Springs and El Dorado Hills on 5/14, 5/15, 5/21, 5/22, 5/29 and 6/11.</p>



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1.1.B. Sponsor “Eat Well, Be Well” workshops at HHS for staff and clients. Provide “Cooking on a Budget” resources at event.	11/17	Ongoing	Theresa Fagouri Penny Smart	Behavioral Health Healthy Workplace Promising Practices Exchange	Events takes place	(EW, BW) Eat Well, Be Well Workshops were hosted on the second Monday of every month at Health and Human Services Agency in Placerville for those that are recipients of SNAP, or eligible for SNAP.



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Goal 1	Increase accessibility and affordability of healthy food					
Objective 1.2	Increase the number of eligible families who participate in the WIC program and the CalFresh program					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.2.A Explore the possible need for WIC appointments outside traditional days/hours for eligible working families.	1/19	3/20	Ellen Deutsche	Survey	# of eligible families who need appointments outside of traditional office hours.	NOT STARTED
1.2.B Explore possibility of program presence at Community Health Centers.	1/19	3/20	Ellen Deutsche	Community Health Centers staff	Discussions/meetings with Community Health Centers staff	NOT STARTED



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1.2.C Educate health care provider office staff to encourage referral for WIC enrollment during early pregnancy.	7/17	Ongoing	Ellen Deutsche, Michelle Taylor, Tammy Bragg	WIC outreach materials including "Families Grow Healthy with WIC" brochures	Number of health care provider offices educated	ONGOING
1.2.D Ask Community Health Centers to include WIC information in OB packets and "Welcome to World" baskets.	7/17	Ongoing	Ellen Deutsche, Michelle Taylor, Tammy Bragg	"Families Grow Healthy with WIC" brochures	Contact made with Community Health Centers	ONGOING



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1.2.E Ask Pregnancy Counseling Center to provide WIC information.	7/17	Ongoing	Ellen Deutsche, Michelle Taylor, Tammy Bragg	"Families Grow Healthy with WIC" brochures	Contact made with Pregnancy Counseling Center	ONGOING
1.2.F Educate community about WIC and CalFresh eligibility criteria.	7/17	Ongoing	Eddie Zacapa Ellen Deutsche Theresa Fagouri Penny Smart	HSA Brochures "Families Grow Healthy with WIC" brochures	Number of pamphlets distributed	ONGOING
1.2.G Educate community about CalFresh application process.	6/17	Ongoing	Alicia Hinkle CalFresh staff Hubs Theresa Fagouri Penny Smart	Pamphlet about C 4 Yourself CalFresh applications	Education provided and collaboration ongoing	ONGOING



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Goal 1	Increase accessibility and affordability of healthy food					
Objective 1.3	Educate on food resource options for accessing affordable food.					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.3.A Write articles for local community papers.	1/18	Ongoing	Community Nutrition Action Partnership (CNAP) members	Signup sheet to be passed at CNAP meeting Margaret Williams, HHSA Public Information Officer	Number of articles and number of distribution outlets	NOT STARTED
1.3.B Participate in community collaborative (at Hubs at local libraries).	4/17	Ongoing	Theresa Fagouri Penny Smart	SNAP Ed materials including My Plate curriculum	Number of presentations	COMPLETED FOR YEAR THREE Completed 13 events with the HUBS



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Goal 1	Increase accessibility and affordability of healthy food					
Objective 1.4	Establish a program to reduce, recover and recycle food loss and waste					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.4.A Contact El Dorado County Environmental Health program manager.	2/17	2/17	Ellen Deutsche		Contact has occurred.	COMPLETED
1.4.B Learn about Waste-Not Orange County program.	3/17	3/17	Jeffrey Warren Dr. Nancy Williams, Olivia Byron-Cooper and members of Healthy Eating team	Jeffrey Warren's experience and knowledge	Jeffrey Warren's presentation takes place	COMPLETED

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Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.4.C Develop surveys to determine if 1) there is food insecurity in the community and 2) if restaurants, grocery stores and casinos have food waste that could fill this gap.	7/17	12/17	Olivia Byron-Cooper, Kathryn Jeanfreau	Input from Healthy Eating team members Survey knowledge and experience of epidemiologists	Surveys developed	COMPLETED
1.4.D Perform needs assessment using above surveys.	7/17	9/17	Olivia Byron-Cooper, Kathryn Jeanfreau, El Dorado County Environmental Management restaurant inspection staff	Surveys Members of public	Number of surveys completed by members of the public	COMPLETED



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Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.4.E If need is present, identify potential community partners including restaurants.	9/30/17 Pending determination of need	ongoing	Community Health Improvement Plan Healthy Eating team members	Results of surveys Knowledge of what programs currently exist to meet need	Number of survey respondents indicating food insecurity Capacity of existing programs to meet need	IDENTIFYING NECESSITY OF PARTNERS



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Goal 1	Increase accessibility and affordability of healthy food					
Objective 1.5	Establish community garden(s) to involve the community in growing fresh produce and making it available to the community					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
1.5.A Identify potential community partners and garden locations.	5/17	8/17	Susan Forrester Eddie Zacapa Kristine Beltran Kristin Tornincasa Theresa Fagouri	Boys and Girls Club Senior Center White Rock Village Apt Trailside Apt (Mercy Housing)	Interest of site management	COMPLETED Identified Senior Center at 937 Spring Street as a potential location for a community garden. Determined White Rock Village Apartments is not a feasible location due to reclaimed water.
1.5.B Establish gardens.	9/17	9/17	Theresa Fagouri Star Walker Kristin Tornincasa Miranda Caprioti	Senior Center UC Cooperative Extension	Number of gardens established	COMPLETED 9/17 Garden beds placed at Senior Center at 937 Spring Street
1.5.C Plan for ongoing maintenance of garden(s).	9/17	9/17	Kristin Tornincasa Star Walker	Senior Center	Maintenance occurs	COMPLETED 8/17 Met with Star Walker about plan for maintenance of greens and growth of garden beds.
1.5.D Determine how produce will be distributed or used.	9/17	Ongoing	Theresa Fagouri Star Walker Master Gardeners Senior Volunteers	Senior Center Snap Ed	Number of Snap Ed tasting events	COMPLETED Tastings and Nutrition focused events will begin again Oct. 2019.



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Goal 2	Increase the number of environments that promote healthy food choices					
Objective 2.1	Increase the number of community organizations that adopt healthy eating guidelines					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.1.A Identify best practices for healthy eating at community events and programs.	6/17	6/17	Ellen Deutsche Theresa Fagouri Penny Smart	Snap Ed and Harvest of the Month materials and curriculum	# of best practices	COMPLETED FOR YEAR ONE The best practices included Snap Ed materials and curriculum and Harvest of the Month materials.
2.1.B Provide and promote the use of culturally and linguistically inclusive healthy eating resources to community organizations, including faith communities and others.	6/17	ongoing	Snap Ed staff WIC Staff	Snap Ed and Harvest of the Month materials and curriculum	# of distribution locations	COMPLETED Provided and distributed Snap Ed materials and curriculum and Harvest of the Month materials at locations including Mercy Housing sites in El Dorado Hills and Shingle Springs. Materials were also distributed at a subsidized apartment complex in Cameron Park, at Community Corrections/Probation in Shingle Springs and at three local recovery/treatment houses in El Dorado County (Progress Houses).



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Goal 2	Increase the number of environments that promote healthy food choices					
Objective 2.2	Assist health care provider offices in becoming more breastfeeding friendly					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.2.A Present and discuss with Breastfeeding Coalition of El Dorado County the idea of offering “9Steps to Breastfeeding Friendly” to El Dorado Community Health Centers and other health care provider offices.	9/16	11/16	Ellen Deutsche with Breastfeeding Coalition of El Dorado County members	“9 Steps to Breastfeeding Friendly” booklets	Level of support	COMPLETED Unanimous support from Coalition members at September and November 2016 meetings.
2.2.B Obtain “9 Steps to Breastfeeding Friendly” booklets outlining steps of process.	9/16	9/16	Christy White and Teresa Salerno	“9 Steps to Breastfeeding Friendly” booklets	# of booklets	COMPLETED Obtained 100 booklets.



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	Start	End				
2.2.C Contact Community Health Centers and other health care provider offices to assess interest and schedule appointments to present information.	9/17	Ongoing	Ellen Deutsche with Breastfeeding Coalition, including Christine Miguelgorry, RN, IBCLC	Provider office staff	Number of contacts made and appointments scheduled	NOT STARTED
2.2.D Provide ongoing support to Community Health Centers and other health care provider offices in maintaining "Breastfeeding Friendly" practices.	9/17	ongoing	Ellen Deutsche with Breastfeeding Coalition, including Christine Miguelgorry, RN, IBCLC	Provider office staff	Number of provider offices receiving training	NOT STARTED



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Goal 2	Increase the number of environments that promote healthy food choices					
Objective 2.3	Establish a healthy eating blog, to include recipes, on Welldorado.org.					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.3.A Explore how to design and how to establish a food blog on Welldorado.org.	12/16	12/16	Susan Forrester	Well Dorado Recipes	Exploration was done	COMPLETED Explored and identified Welldorado.org as a prime location.
2.3.B Determine criteria that will be used to select recipes.	12/16	12/16	Susan Forrester	USDA cookbooks	Criteria determined.	COMPLETED Criteria determined to include variety, mostly healthy, popular with staff at Lunch and Learn, easy, no exotic ingredients.



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2.3.C Establish the food/recipe blog on Welldorado.org. Include links to eatfresh.org and choosemyplate.gov.	12/16	12/16	Susan Forrester	Welldorado.org website	Blog established	COMPLETED Blog established. 20 recipes posted.
2.3.D Maintain and update the food/recipe blog.	12/16	ongoing	Susan Forrester	Welldorado.org website	Blog is maintained and updated	COMPLETED Ongoing. Blog updated quarterly.



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Objective 2.4	Assess and evaluate best practices and policies relative to healthful food and beverage offerings in El Dorado County buildings					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.4.A Research policies of other similar California Counties relative to healthful food and beverage offerings in government buildings.	5/17	6/17	Theresa Fagouri	Internet	Number of other policies read	COMPLETED Reviewed six policies.
2.4.B Identify policies that would be most relevant for use in El Dorado County.	6/17	6/17	Theresa Fagouri	Policies of other Counties	Relevant policies identified	COMPLETED Four policies were identified.



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2.4.C Review El Dorado County's current vending machine contract to ensure contents of vending machines and advertising on machines meet terms of contract.	6/17	12/17	Dr. Nancy Williams, Theresa Fagouri, Ellen Deutsche	Contract	Review takes place.	COMPLETED Began reviewing our County's current vending machine contract. Currently, we have two vendors and over 10 vending machines.
2.4.D Meet with Contracts and Procurement to discuss current contract and the request for proposals (RFP) for next contract term.	2/18	7/18	Dr. Nancy Williams, Theresa Fagouri, Ellen Deutsche	Contract and Procurement staff	Meeting takes place.	COMPLETED Met with Procurement & Contracts on July 30, 2018 Put out a RFP 9/5/2018 and selected a new vendor to provide healthier vending options on 10/25/18. New vending machines were installed during the month of February 2019.