

Humboldt County Challenge - Eat Smart, Move More

The Goal: To Increase the Consumption of Nutritious Foods while Improving Food Security and Increasing Physical Activity Levels to achieve Overall Community Fitness

Measure 1	Measure 2	Measure 3	Measure 4	Measure 5	Measure 6	Measure 7
BY 2015, 50% OF ADULTS GET THE RECOMMENDED MINUTES OF PHYSICAL ACTIVITY	BY 2015, 40% OF STUDENTS ACHIEVE THE HEALTHY FITNESS ZONE IN ALL 6 PHYSICAL FITNESS TESTS	BY 2015, 70% OF CHILDREN AND YOUTH ACHIEVE THE HEALTHY WEIGHT RANGE	BY 2015, 30% OF CHILDREN AND YOUTH EAT 5 OR MORE HALF-CUP SERVINGS OF FRUITS AND VEGETABLES DAILY	BY 2015, 40% OF STUDENTS WALK, BIKE OR BUS TO SCHOOL	BY 2015, RESIDENTS TRAVEL LESS THAN 9000 VEHICLE MILES ANNUALLY PER CAPITA	BUILD A COMMUNITY MOVEMENT TO ACHIEVE OUR CHALLENGE GOALS AND MONITOR OUR PROGRESS

Get moving! Add your ideas to these and help Humboldt County reach our goal.

<ul style="list-style-type: none"> • Form walking, biking, and swimming clubs and volunteer to support walk-to-school programs to promote neighborhood connections. • Increase knowledge and awareness of healthy lifestyles through education programs. • Increase workplace wellness activities: walking meetings, bike to work flex-time, and stretch breaks during meetings. • Promote neighborhoods where people can walk or bike to work, shop, and participate in cultural or recreational activities. 	<ul style="list-style-type: none"> • Provide all students with quality physical education classes and other opportunities for physical activity before, during, and after the school day. • Improve availability and quality of opportunities for physical activity through use of school and other community facilities after hours. <ul style="list-style-type: none"> • Increase quantity, quality, and accessibility of parks, school grounds, multi-use trails, sidewalk completion and connections, and open spaces. 	<ul style="list-style-type: none"> • Limit child “screen time”. • Educate parents on child feeding, family meals, and cooking with low cost foods; conduct a county-wide campaign to promote family meals. • Promote breastfeeding • Provide healthy meals at all schools, and eliminate advertising, selling, and distribution of unhealthy foods and beverages at school-based, faith-based and community events and programs. <ul style="list-style-type: none"> • Increase awareness and use of federal food assistance programs (such as school meals, food stamps, WIC) and community food resources. 	<ul style="list-style-type: none"> • Work with school Wellness Committees on recommendations to finance nutrition education and physical activity programs. • Promote family dinners that include vegetables and fruits. • Provide access to affordable, quality fresh fruits and vegetables in all schools. • Provide food service personnel with ongoing education in meal planning and food preparation. • Promote classes in meal planning, food preparation and budgeting, and access to nutrition counseling for teens. 	<ul style="list-style-type: none"> • Promote pedestrian and cycling safety education through school curricula, publications, events, and after-school programs • Promote active transportation to school by developing “school travel plans”: identify off-campus drop-off sites to encourage walking or biking to school, form carpools, and support walking school buses and “bike trains”. <ul style="list-style-type: none"> • Promote “Safe Routes to Schools”: create safe crossings, provide crossing guards, complete sidewalks, evaluate bus routes and bus stop locations. 	<ul style="list-style-type: none"> • Promote active transportation: walk or bike to work • Promote transit use, car-pooling, and other “transportation demand management” by businesses. • Sponsor bike safety clinics and promote helmet and bike availability and bike repair. • Promote neighborhoods where people can walk or bike to work, shop, and participate in cultural or recreational activities. • Use neighborhood streets for social and cultural activities to reduce vehicle traffic volume and speed, and encourage walking and biking. 	<ul style="list-style-type: none"> • Complete the pledge form on the following page to join the challenge. • Join your friends and colleagues in responding to this Call to Action. • Share your successes by communicating them to Humboldt CAN. • Publicize this community movement and your efforts to meet the challenge. • Collaborate with Humboldt CAN. • Write grants to support the goals. • Walk the walk!
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Humboldt Community for Activity and Nutrition - Humboldt CAN

Mission

To improve the quality of life for residents by fostering a healthy, engaged Humboldt community. Our specific goals are to:

- A. Mobilize individuals and organizations around a shared, comprehensive initiative to improve health status through increased physical activity and healthful eating
- B. Increase physical activity levels and overall community fitness
- C. Increase the consumption of nutritious foods while improving food security

Vision: A community that eats smart and moves more

Overarching Goals:

1. Increase in the social and physical environments, policies and practices that make it easier and more inviting to eat smart and move more.
2. Build a community movement and have partners pledge to support one or more of the Humboldt County Challenge goals through activities within their work.
3. Bring agencies, organizations and community members together to network around a shared vision of Nutrition and Physical Activity.
4. Increase the proportion of individuals who achieve measurable goals including:
 - Get the recommended amount of minutes of physical activity
 - Students who achieve the healthy fitness zone in all 6 physical fitness tests
 - Achieve a healthy weight range
 - Eat 5 or more half-cup servings of fruits and vegetables every day
 - take less car trips and more walking, biking, bussing, and carpooling trips

What does it mean to be a Humboldt CAN Partner?

- Support one or more of the Humboldt County Challenge goals through activities within your work and every day life.
- Attend Humboldt CAN partners leadership meetings 2 to 3 times a year and support reaching the goals through committee work and collaboration.
- Act as Humboldt CAN ambassadors within the community and keep health in mind when making decisions in every day work and roles.
- Commit to Eat Smart, Move More by making environmental, policy, and/or organizational changes to make healthy eating and physical activity choices easier for the population you serve (students, clients, customers, employees etc.)
- Receive newsletter
- Propose or participate in a specific project
- Collaborate with others to coordinate your activities.

Humboldt CAN Partner Team

- Participate provide support and facilitate work groups.
- Meet 6-12 times a year
- Reviews and determines best practices and strategies to achieve long-term goals.
- Seeks grants and funding.
- Partner development.
- Serve as a Humboldt CAN ambassador in your community.
- Oversee implementation of SOW
- Identify and recruit community members and organizations to support goals.

Humboldt CAN Steering Committee

- Meet 6-12 times a year
- Reviews and determines best practices and strategies to achieve long-term goals.
- Seeks grants and funding.
- Partner development.
- Serve as a Humboldt CAN ambassador in your community.
- Oversee implementation of SOW
- Identify and recruit community members and organizations to support goals.
- Participate, provide support and leadership for work groups.