

Creating Policy, Systems, and Environment Change Through the Plan4Health Initiative  
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### What is Plan4Health?



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- Our Vision: Optimal Health for all of Kentucky
- Our Mission: To improve the health of all people by:
  - Promoting access to health care
  - Encouraging people to live and model healthy behaviors
  - Supporting an environment with no barriers to health
  - Creating collaborative communities of health

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### Project Strategies

 <p><b>Physical Activity</b></p> <ul style="list-style-type: none"><li>• Create enhanced access to existing places for physical activity through shared/joint-use agreements with community partners</li><li>• Promote physical activity through developing and offering opportunities for free to low-cost group exercise.</li></ul>	 <p><b>Fresh Produce</b></p> <ul style="list-style-type: none"><li>• Increase accessibility and affordability of fresh fruits and vegetables through collaborations with local community stores and markets.</li><li>• Develop and implement policies to increase the number of community gardens in the region through partnerships with local stakeholders and policy initiatives.</li></ul>	 <p><b>Advertising</b></p> <ul style="list-style-type: none"><li>• Promote the importance of nutrition and physical activity in managing chronic disease through publicizing the work of the health coalition and partners to the broader community.</li></ul>
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### Physical Activity Strategies

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### Shared Use or Open Use?

- "Open Use Policies: A school board can adopt an official Open Use Policy that outlines the terms of free community access to district property for individual play and physical activity. An Open Use Policy is a promising strategy for school districts that want to provide free community access beyond group programs hosted by third parties (which is often governed by a Community Use of Facilities Policy). An Open Use Policy can also help those districts that do not have partnerships or agreements with other parties to open their facilities to the public." (ChangeLab Solutions)

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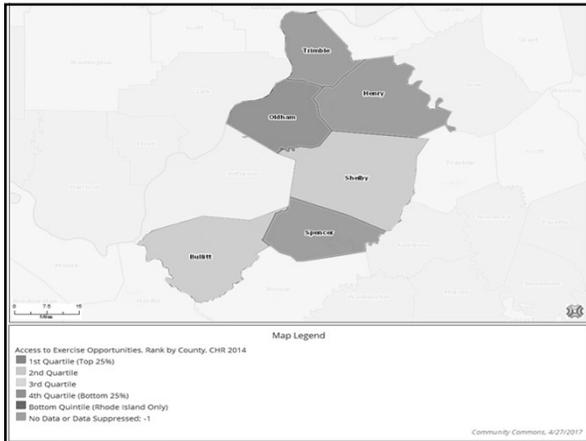
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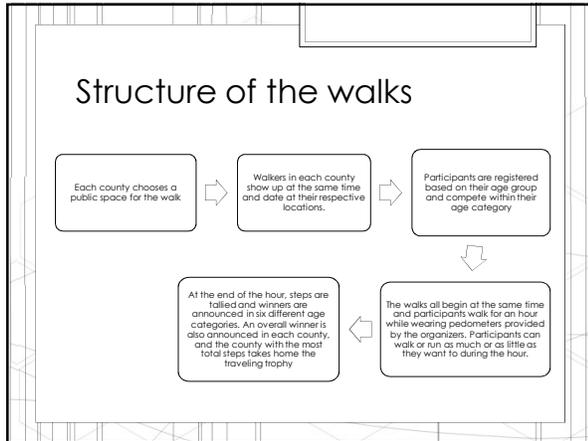
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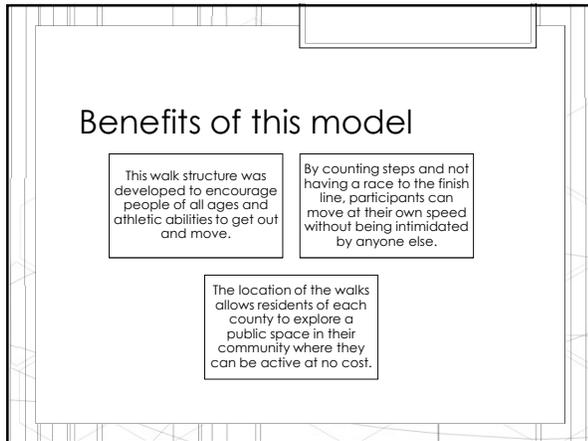
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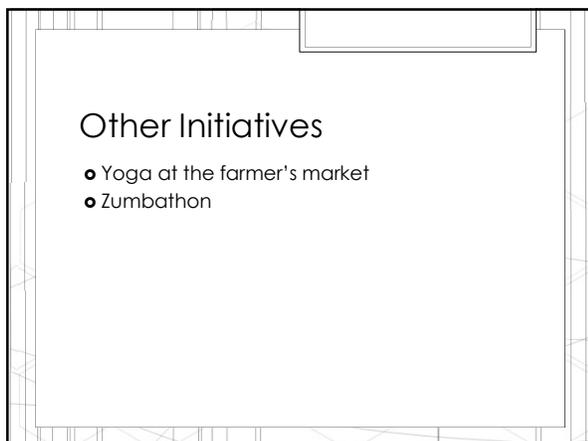
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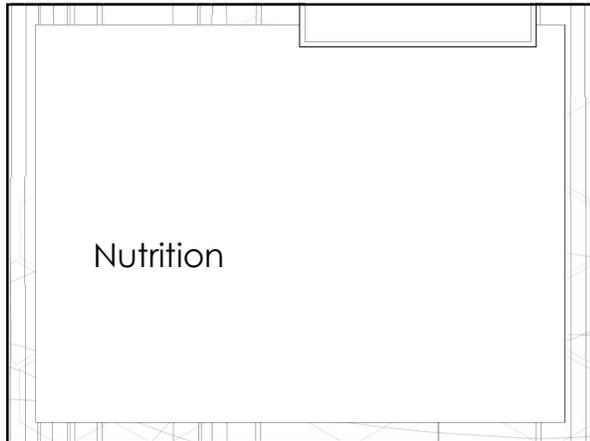
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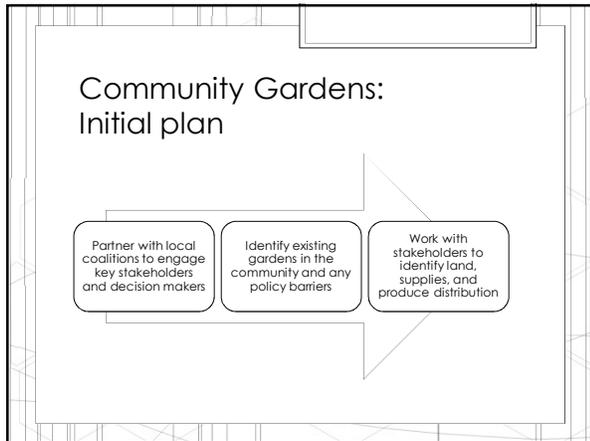
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### Challenges

Upkeep	Funding	Sustainability
<ul style="list-style-type: none"><li>• Labor to maintain the garden</li><li>• Sustained interest</li></ul>	<ul style="list-style-type: none"><li>• Can be difficult to get buy-in from organizations if there's no available funding to help implement</li></ul>	<ul style="list-style-type: none"><li>• Model's success varies based on coalition time and interest</li></ul>

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### New Approach

- Find a consistent, replicable partner
- School system
  - "The Kentucky Family Resource and Youth Services Centers were established as a component of the historic Kentucky Education Reform Act (KERA) of 1990. The mission of these school-based centers is to help academically at-risk students succeed in school by helping to minimize or eliminate noncognitive barriers to learning. Schools where at least 20 percent of the student population is eligible for free or reduced school meals may compete for FRYSC funding. Approximately 55 percent of students enrolled in Kentucky's public schools are eligible for free school meals. **FRYSCs are strengthened by community partnerships in their ability to provide vital programs, services and referrals to students and their families"**

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## New Approach, cont.

- FRYSC can work to get key players involved.
  - Pilot:
    - Vice-Principal
    - Teacher(s)
    - Building maintenance staff
    - P.E. Teacher
    - Food Service Director
  - Community partners to create intergenerational component
    - Senior Centers

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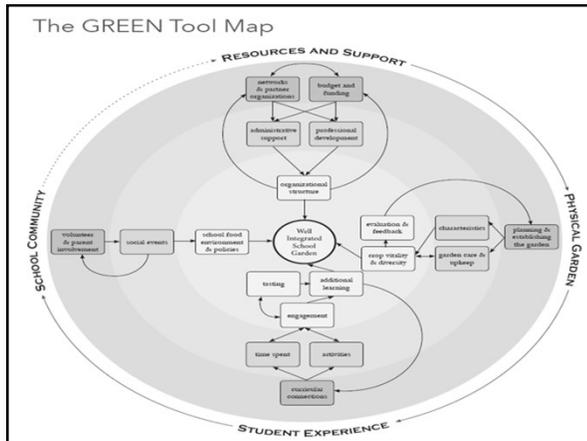
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## Sustainability

- This model does not need our involvement to continue.
  - Dependent on the community garden becoming part of programming in the school, senior center, etc.
    - Kidsgardening.org
    - GREEN Tool
  - Use county extension office as a resource.
  - School fundraisers and greenhouses for supplies.

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Other nutrition initiatives

- Farmer's market outreach – WIC, SFMNP
  - Yoga at the farmer's market
- Food system advocacy
- Planting demonstrations

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Communication

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## Methods

- Infographics
- Tri-Folds
- Signage
- Local coalitions

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## Questions?

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