

## 2015-2018 Obesity and Chronic Illness

*Summer 2017 Review of Action Plan Progress*

**Objective 1: Increase the percentage of adults getting recommended amount of physical activity from 52.5% to 55%**

**Relevant Intervention:** Increase access to physical activity by increasing walkability of neighborhoods through Healthy Mile Trails (HMTs)/Walk Your City signage and promoting bike and pedestrian policies such as Complete Streets throughout the County

Status	Initiative/Task
<p><b>Outcomes &amp; Accomplishments:</b></p>	<ul style="list-style-type: none"> <li>• Since 2015, committee est'd. two new HMTs at McDougald Terrace &amp; in Old North Durham</li> <li>• Evaluated impact of Old North Durham HMT on nearby residents</li> <li>• Hosted seven bicycle &amp; pedestrian education classes at local schools &amp; libraries using mini-grant funds from Partnership's RWJF Culture of Health Prize</li> <li>• Submitted letter on behalf of committee to inform City Council about benefits of Complete Streets policy</li> </ul>
<p><b>In Progress/Ongoing:</b></p>	<ul style="list-style-type: none"> <li>• Need to evaluate impact of other HMTs on nearby residents</li> </ul>
<p><b>Not started/Needs work:</b></p>	<ul style="list-style-type: none"> <li>• No additional progress made with Walk Your City since 2015</li> </ul>

**Objective 2: Increase the percentage of adults who report they consume fruits and vegetables 5+ times per day from 19% to 22%**

**Intervention:** Increase access to healthy foods by supporting and expanding Double Bucks and more mobile markets and stores that sell produce in low-access neighborhoods

Status	Initiative/Task
<p><b>Outcomes &amp; Accomplishments:</b></p>	<ul style="list-style-type: none"> <li>• In 2016, partnered with mobile farmers market for seniors and included Double Bucks via RWJF mini-grant funds</li> <li>• Received USDA FINI grant in partnership with Reinvestment Partners</li> <li>• Developed a sugar-sweetened beverages workgroup to promote healthy beverage choices</li> <li>• Submitted Aetna Cultivating Healthy Communities grant to support improvements to Los Primos and two local corner stores</li> </ul>
<p><b>In Progress/Ongoing:</b></p>	<ul style="list-style-type: none"> <li>• Identifying and submitting grants and engaging in local advocacy work to ensure Double Bucks maintains funding</li> </ul>
<p><b>Not started/Needs work:</b></p>	<ul style="list-style-type: none"> <li>• Partnering with Communications committee to market Double Bucks, mobile markets, and other healthy food access programs</li> <li>• In partnership with local farmers markets, developing and implementing an evaluation plan for Double Bucks – effectiveness of advertising and impact on customers’ food intake &amp; shopping behaviors</li> </ul>

**Objective 3: Decrease the percentage of adults with diabetes from 8.0% to 7.5%**

**Also relevant for Objectives 1 & 2**

**Intervention:** Promote and market partner agencies’ workshops and programs that aim to reduce and manage chronic disease and obesity

Status	Initiative/Task
Outcomes & Accomplishments:	<ul style="list-style-type: none"> <li>Regular announcements and presentations on partner agencies’ workshops in the community</li> </ul>
In Progress/Ongoing:	<ul style="list-style-type: none"> <li>Enlisting at least five collaborations or committees with access to networks of Durham residents to promote healthy eating and exercise efforts and disseminate information</li> </ul>
Not started/Needs work:	<ul style="list-style-type: none"> <li>Developing an evaluation plan to measure increased resource access and participation</li> </ul>

**Objective 4: Decrease the percentage of adults who smoke from 15% to 14.5%**

**Intervention:** No direct action taken by committee; supported by other county initiatives, such as QuitSmart kits, smoking cessation classes