

## HEAL 2023 – 2025 Priority Planning

1/12/23

1. **Gardening to increase vegetable consumption among children** (garden based learning)
  - Hands on experience planting, harvesting & growing vegetables
    - Outside gardens, microfarms, container gardens or other alternative gardening
    - Interventions may also include nutrition education or a parental component
      - Implemented in early care & education settings, schools, afterschool programs, or communities
  - Regional scan:
    - Collect baseline data/plan – implement – evaluate
    - Baseline Measurements
      - Describe what is being done currently
        - Great Garden Detective
          - <https://www.fns.usda.gov/tn/great-garden-detective-adventure>
        - Grow it – Like it – Try it
          - <https://www.fns.usda.gov/tn/grow-it>
        - Slow Food Program
        - OSF/HEAL FSP - 5210
          - St Ann’s Garden
            - Utilizing the garden as an education garden
        - Community Garden Network - 19 other Tri-county Gardens
          - Some are open to the public
            - Could be used to reach more kids
        - CHOI Container Gardens with Taft Homes
        - WIC Gardens – TCHD & PCCHD
        - Friendship House Garden
          - Works with Kids
        - Phoenix CDS Garden that Collaborates with Kids
          - Sew to Grow
        - Eatable Alphabet – UICOMP – headstarts
        - Art Inc.
          - Lettuce Grow Romaine
      - MAP of gardens past/current
        - Add lists of education provided to help with baseline
        - <https://tazewellcounty.maps.arcgis.com/apps/instant/interactivelegend/index.html?appid=d6eacec8661548e28eff9d5d0d893771>

Gardening Interventions to increase consumption among children:

- Promotion
- Recruitment
- Retention
- Completion

Objectives:

- Healthy Eating
- Access to Healthy Foods

Where could we have different sessions? What areas would we hold these sessions? What would be the best place to host this?

- Mike – feasible everywhere in the tri-county
  - South end of Peoria
    - What it is, how to prepare it, where it is grown....
  - Reactions from Children
- Dr Amy – baseline – eatable alphabet from 3-5
  - Healthy Habits questionnaire used in 5210
    - Taz & Peoria
  - Looking for cold spots could be a good piece to add into our mapping to find places needing access
    - Getting kids to the greenhouse for afterschool programming?
  - How to keep this up throughout the year in a seasonal area?
- Teenagers?
  - Peoria YMCA – getting a garden started that will be cared for by their teenage group

How can we form this? Can it be nutrition education in the off time?

- Nutrition is important & could include

FORCES OF CHANGE – impacts on garden intervention:

- Climate Change/Weather
- Regenerative AG lens
  - Food Systems
- Gardens take A LOT of work – who will take care of it and having that plan in place
  - Help with classes at sites coverage of educators

## 2. Social Support Interventions in Community Settings

- Increase Physical Activity through social supports to improve fitness of adults
  - o Community Preventative Services Task Force (CPSTF)
    - If you have others exercising with you there is better effectiveness in increasing physical activity and improving physical fitness among adults.

### - Regional Scan:

What sort of social programs exist that people are aware of in the tri-county?

- o Riverplex may have some options
  - o Silver Sneakers
  - o Stroller/mom Walking idea
  - o Park district programs
  - o <https://movespring.com/>
- Need to do:
    - Map of current programs – U of I Ext Find fitness map may be useful
    - GAP: Partners at the table:
      - Gyms & Park Districts – opportunity to ask them to join us
      - Family Fun Activities – trampoline, climbing – physical activity places
      - Connecting people in the tri-county to resources – may be a good way to make some outreach to our community

### - Forces of Change

- The ability to gather – hopefully we can gather safely and don't have to worry about isolation
- Opportunity – more partners
- Hillary – data collection we are trying to utilize
- Amy – did social isolation drive people to want to come together? Or does it make it harder? How does the past couple years affect this work?
- Kim – People's resistance to physical activity – how to increase awareness and motivation to engage in a lifestyle change.
- Sarah – Weather could impact the events/attendance
- Staci – Stigma around physical activity – feel like fitness is only for people who are already fit
  - o Messaging/awareness around this myth
  - o Kim – super important point – anxiety people face when walking into the gym
    - Intentional education/awareness around NEAT
      - Non-Exercise Activity Thermogenesis
      - Recognize the daily ways in which they can expend energy
      - Expand the way people think of physical activity

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