





STEP 4: Determining Interventions and Developing an Action Plan
 – by population, setting, and resources

**Community Setting-Nutrition
 Intervention Action Step Examples**

COMMUNITY SETTING	Intervention Action Step Examples
 Policy	Strengthen nutrition guidelines for food stamp and other federal/state/local food assistance programs – increase access to healthy foods like whole grains, fruits and vegetables, and skim milk.
	Advocate for and allocate increased funding for programs such as the WIC Farmer’s Market Nutrition Program, which increase low-income families’ access to fresh produce via local farmer’s markets.
	Recommend that restaurants provide nutrition and portion size information on menu items.
	Encourage restaurants to offer fruits and vegetables as menu options. Recognize champions in the restaurant industry who support the incorporation of the 5 A Day message.
 Environment	Expand the availability of community gardens and/or farmers markets
	Organize community garden plots in vacant lots and other usable spaces.
 Practices	Place point-of-decision prompts and informational posters and billboards around grocery stores, food courts, cafeterias, community centers, and movie theaters.
	Coordinate efforts between local farmers and school officials to plan and implement “farm-to-school” food supply programs, in which farmers supply fresh produce directly to local school – USDA Small Farms/School Meals Initiative.
	Coordinate efforts to set up local farmer’s markets or produce stands in visible locations throughout the community.
	Incorporate the 5 A Day message into existing food and nutrition assistance programs conducted by local agencies.
 Communication	Launch a public education campaign that will improve eating habits.
	Distribute nutrition education materials to individuals, food banks, community resource centers, soup kitchens, libraries, supermarkets, and senior centers.
	Develop multifaceted campaigns to promote 5 A Day, good nutrition, and healthful eating messages. Use media channels including grocery bags, local newspapers, radio, and television.
	Distribute an easy-to-read, pamphlet describing the positive health effects of a balanced diet that includes fruits, vegetables, whole grains, and skim milk to community members.
	Promote multi-faceted media campaigns and raise awareness supportive of breastfeeding.



RESOURCES:

5-A-Day For Better Health Program

National effort to achieve the Healthy People 2010 objective for increasing the per capita consumption to five or more servings of fruits and vegetables daily. Website includes fruit and vegetable of the month, recipes, 5 a day tips and links, and Spanish language translated materials. <http://www.cdc.gov/nccdphp/dnpa/5aday/index.htm>

American Dietetic Association

Nutrition fact sheets and other publications. www.eatright.org

Children's BMI & Percentile Graph Calculator

From the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Online web tool that uses CDC BMI growth charts to help parents monitor their children's height/weight status. www.kidsnutrition.org/bodycomp/bmiz2.html:

Community Garden

Information needed to start a community garden. www.communitygarden.org

CT Department of Agriculture listing of Farmers' Markets by county

In Connecticut, there are 65 farmers' markets scattered throughout the state. The demand for farmers' markets is increasing, and each year there are a number of requests to establish new ones. The markets provide a benefit for farmers and consumers alike. www.ct.gov/doag/cwp/view.asp?a=1368&q=259134

National Women, Infants, and Children Association, Breastfeeding Promotion Committee

WIC is effective in improving the health of pregnant women, new mothers, and their infants. www.fns.usda.gov/wic

Northeast Organic Farming Association of CT

List of Farmers' Markets in CT, programs, and calendars. www.ctnofa.org/programs/markets.php

U.S. Department of Agriculture – Center for Nutrition Policy and Promotion

Provides official dietary guidelines for Americans. As a public domain document, copies can be printed as part of a nutrition education activity. The website also includes the "Interactive Healthy Eating Index," a dietary assessment tool, and the food guide pyramid, which visually illustrates healthy food choices. <http://www.usda.gov/cnpp/>:

USDA publication, "Preparing nutritious meals at minimal cost": Healthy recipes, weekly menu suggestions, and food preparation advice for families. From the USDA Center for Nutrition Policy and Promotion (CNPP). [www.cnpp.usda.gov/FoodPlans/TFP99/food\\$pdf.PDF](http://www.cnpp.usda.gov/FoodPlans/TFP99/food$pdf.PDF)

USDA brochures on fruits and vegetables, favorite foods, and the Food Pyramid, healthy grains, and portion sizes. www.cnpp.usda.gov/Pubs/Brochures

Eat Smart. Play Hard. USDA nutrition education and promotion campaign, providing parent brochures on active family time, quick and easy snacks, balancing food and play, and breakfast power. From the USDA Food & Nutrition Service (FNS). www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html:

WIC Works

This program serves to safeguard the health of low-income women, infants and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care, including breastfeeding promotion and support. www.nal.usda.gov/wicworks