

STEP 4: Determining Interventions and Developing an Action Plan

Sample Intervention Grid

[Your Town] Interventions by Setting

Strategies	Community (including faith-based organizations)	Schools	Health Care Setting	Worksites/ Businesses	Collaborators
1) Physical Activity	<i>List in order of expected implementation the strategies you want to initiate in your community</i>	<i>List in order of expected implementation the strategies you want to initiate in your schools, including expansion of existing school-based programs, e.g., increasing exercise options for kids at recess</i>	<i>Certain community interventions may be accomplished by partnering with local health care institutions – hospitals, community health centers, etc. – or may best be implemented in the health care setting</i>	<i>List in order of expected implementation the strategies you want to initiate in area worksites, based on the information gathered through the Community Health Profile</i>	<i>List here agencies or individuals you think can be called upon to collaborate with you on any of these strategies</i>
2) Food & Nutrition	<i>Similar to above – remember community resources like food banks, soup kitchens, etc. as potential locations and partners for interventions</i>	<i>Similar to above – be sure to check with your local school board as well as any private/parochial schools and Head Start or other early childhood programs</i>	<i>Similar to above – health care settings may provide an avenue to reach people regarding good nutrition, offering nutrition programs, etc.</i>	<i>Similar to above – your Community Profile should provide some information on worksite food options including cafeterias, vending machines, etc.</i>	<i>Think about parent/teacher organizations, retirees, local health care providers, etc.</i>
3) Policy & Regulation	<i>Similar to above – your Community Profile can help guide your selection of strategies – think about issues such as safety, access to town/school facilities that can support physical activity, town contracts for food service, school vending machines, etc.</i>	<i>Similar to above – it's best to work with your local Board of Education (and other school policy groups) to establish policies that support the goals of healthy eating and physical activity in the school system.</i>	<i>Local health care institutions and health care providers may be able to institute certain practices or policies with their patients that support the larger goals of healthy eating and physical activity, e.g., sharing with each patient a list of community resources for physical activity.</i>	<i>Local businesses may be able to institute certain practices or policies with their workers that support the larger goals of healthy eating and physical activity, e.g., sharing with workers a list of community resources for physical activity; sponsoring health and fitness activities, offering employee incentives to join fitness facilities, or smoking cessation activities, for instance.</i>	<i>Think about local community groups who can work with you to develop momentum for policy change, e.g., parent teacher organizations, parks and recreation, etc.</i>