Food & Fitness Initiative
- Funded in 2007 to address Childhood Obesity
- Community-driven change to increase access to local, healthy food and opportunities for physical activity

- **Strategy Areas:**
  - Food Systems
  - Schools
  - Youth
  - Early Childhood
  - *SRTS – Active Living*
Active bodies.
Active minds.
Saving lives through safety education
Importance of Family Engagement
NEW: Expanding Stakeholder Engagement – Community Health Partners

- Connect CHNA-HIP - Childhood Obesity – FFI work in region
- Explore regional collaboration and interest in learning community
- Initial focus – Messaging - Walking
Influencing State Work

- **Food Systems** – Regional Food Systems Working Group, Group GAP, Food Hub Managers
- **Youth** – State-level ISU Extension & Outreach, Team Nutrition
- **School Outreach** - Department of Education
- **Early Childhood** - State Head Start – AYEC, CACFP
- **SRTS** - Active in state-level conversations and collaboration
- **Healthiest State Initiative** – Strategic planning
- **Leadership** in Community Health Innovation - June
Influencing National Work

- **Youth** – National 4-H Healthy Living Summit
- **SRTS** - Only rural model; expanding in Iowa
- **Farm to Early Care & Education** – One of four states
- **Food System** – National Good Food Network partner
- **FoodCorps** – National planning and discussions

- **America Walks Walking College 2017** – Actively planning for future possibility; Iowa as first state-level Walking College
Experience as a WC Fellow

- Welcoming & Inclusive ~ Learning Community
- Excellent communication & relationship building across distance
- Listened authentically & adjusted
- Applied learning – beneficial exercise
- Independent study – leveraged our work
Impact of WC Fellow experience

- Independent Study – connect Walking/Walkability to Community Health (hospitals & public health)

- Surgeon General Call to Action – opportunity to actively engage public health partners – CHNA-HIP

- National Walking Summit – Networks, resources re engaging medical and health community
• **Opportunity to influence state-wide**

- Iowa Healthiest State Initiative
  
  “*To improve the physical, social and emotional well-being of Iowans. Become the healthiest state in the nation.*”

- **Fall 2015 strategic planning:** Priorities - obesity, mental health, social isolation & tobacco
• Opportunity to influence state...

- Healthiest State Initiative - Planning...
- Walking College and Summit – Oct. 2015
- Address priorities by Walking/Walkability!!
- Presentation to SP committee – November
- Recommendation to BOD – December
- BOD endorsed state-wide focus – January
- May 2016 State-wide launch – Walking
Key “Take-Aways “…

+ **Advanced** our knowledge, skill and expertise
+ **Broadened** our understanding of resources, tools, networks and other work around the country
+ **Built capacity** for systems leadership and deeper, strategic engagement
+ **Enhanced** our collective impact approach to creating healthy communities in NE Iowa
+ **Positioned us to provide technical assistance to influence state-wide efforts**