





Unit 8 - 2018-2019 Health: Healthy and Safe Community Environments

Reporting Period	2018 - 2019
Level	Unit
Type	Local
Status	Finished
Program Areas	Family Consumer Science SNAP-Ed
Unit	Unit 8 (District)
Grand Challenges	Health

Situation	<p>Health and wellness are influenced by the places in which people live, learn, work, and play. Communities, including homes, schools, public spaces, and work sites, can be transformed to support well-being and make healthy choices easy and affordable. Healthy and safe community environments include those with clean air and water, affordable and secure housing, sustainable and economically vital neighborhoods, and supportive structures (e.g., violence-free places to be active).</p> <p>Through our internal civil rights compliance review, we identified seven communities for targeted outreach: Mendota, DePue, Streator, Spring Valley, LaSalle, Ottawa, and Marseilles. Mendota and DePue have a high percentage of Latino families. Extension will implement 4-H and SNAP-Ed programming in these communities. In September 2018, a part-time Extension Program Coordinator was hired for Bureau County to reach 1st Generation 4-H Latino Families through a grant supported by the State 4-H Office. The program is carried out in partnership with DePue School. The Unit's 4-H Youth Development programs provide opportunities for youth and families across the Unit's four county area: to become aware of careers and workforce opportunities; to obtain knowledge and skills relating to careers and workforce; to practice work through project activities; and through participation in workshops, SPIN club involvement and more. Each year the Unit's 4-H staff convene two meetings per year of the 4-H Expansion and Review Committee to review current programming and discuss future needs. In 2018, meetings were held on June 6, 2018, and September 13, 2018. In 2018, Unit 8 established an Education Center & Community Teaching Kitchen in LaSalle. This community-based SNAP-Ed grant pilot project is one of three sites in Illinois. Program focus areas include:</p> <p>prevention of obesity and chronic disease, food access, food safety and workforce preparedness. SNAP-Ed and Extension educational programs will be provided to both youth and adult audiences to address the focus areas. Interdisciplinary programming will be provided including 4-H and Master Gardener/Master Naturalist and Natural Resources. The Unit's Multi-County Unit Council reviews the Unit's programming and outreach efforts on an ongoing basis. The council meets 5 times per year to oversee and conduct Extension business.</p>
Short-Term (Knowledge)	<ul style="list-style-type: none"> • Increased knowledge of components of a healthy environment • Increased awareness of the environmental contributions to health • Increased confidence in implementing strategies to create healthy environments • Increase number of plans and strategies for creating healthy environments • Increased formation of councils/coalitions addressing healthy environment issues
Indicators	<i>Not Specified</i>
Medium-Term (Behavior)	<ul style="list-style-type: none"> • Increased implementation of strategies and plans supporting healthy environments • Increased healthy options present in environment • Decrease unhealthy items present in environment • Increase funding for environmental changes secured by organizations • Increased advocacy for healthy environments
Indicators	<i>Not Specified</i>

Long-Term (Change in Condition)	<ul style="list-style-type: none"> • Increased sustainable changes present in communities/organizations that support healthy living • Increased number of policy changes supporting healthy environments • Increase infrastructural changes supporting healthy environments • Increased allocation of public/private funding for healthy environments
Indicators	<i>Not Specified</i>
Public Value	<i>Not Specified</i>
Outputs	<p>Activities:</p> <ul style="list-style-type: none"> • Smarter Lunchrooms • Food Pantry Environmental Assessments • Community Health Assessments • School Wellness Assessments • Health Coalition Work for Adopting Policies and Systems <p>Participation:</p> <ul style="list-style-type: none"> • Schools • Food Pantries/Food Banks • Early Childhood Centers • Community Coalitions • Health Departments • Social Service Agencies • Non - Profits • Local Government • Food Retailers • Local Development Councils • Local Food Councils • Teen Ambassadors/Volunteers
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