

Goal 1: Develop Partnerships & Collaboration to Prevent Overweight & Obesity

Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
<p>Create permanent workgroup to: act as statewide clearinghouse for information about programs, activities, etc., share resources, develop consistent messages, communicate with legislators and invite feedback about effectiveness of activities.</p>	<p>Establish group including CFPC Nut. Ed. Subcommittee members, representatives from the CT Nutrition Council and the CT Dept of Agriculture</p>	<p>CFPC Nutrition Education Subcommittee</p>	<p>Ongoing</p>	<p>Group meets regularly.</p>
	<p>Invite others to add their programs to our resources guide. Publicize the establishment of the above group and invite Nutrition Educators to share info, etc, with members of that group so that it can be shared statewide</p>	<p>CFPC</p>		

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	Develop mechanism to communicate with legislature for funding, etc.	CFPC	12/31/05	
Improve communications through a centralized mechanism for nutrition educators such as a webpage or newsletter, etc.	Develop and maintain web page through the Dept of Social Services	CFPC Mary Parizo, web page manager	Ongoing	Website launched 3/31/2006 (National Nutrition Month) Some functions still under development but hope to have done by 12/31/06

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Goal 2: Promote Healthy Eating & Active Lifestyles				
Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
Increase consumption of fruits and vegetables among low-income individuals and families.	Improve access for food stamps (EBT) to be accepted at farmers' markets in Connecticut.	DSS, DoAG, DPH CFPC	April through December 2006	These objectives and action steps are really ongoing –dates show duration farmers market season
	CT WIC will continue to participate in the Farmers' Market Nutrition Program.	DPH		
	Promote CT Grown fruits & vegetables to the general public	DoAG	Ongoing	
	Increase use of seasonal fruits & vegetables in school food service through Farm-to-Schools and other programs	CFPC, DoAG, SDE	Ongoing	A conference called "Home Plate" was held May 19,2006 to promote farm to school activities.
	Expand cooperation between growers, retailers and food banks to get more Connecticut grown products to food banks	CFPC, DoAG, EFNEP	Ongoing	
Increase FSP, WIC and Free/Reduced Breakfast & Lunch Program participation in CT	Continue and enhance outreach activities for all three programs	DSS & Outreach Contractors	Ongoing	This will increase the ability of program recipients to buy more fruits and vegetables.
	Improve coordination of direct certification among FSP and Child Nutrition Programs	DSS and SDE	Ongoing	

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Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
	Develop and implement local school district policies that promote increased participation in the school lunch and breakfast programs and increased access to fruits and vegetables throughout school campuses	CFPC, SDE		
Increase physical activity among Food Stamp eligibles and WIC participants		UConn DPH	9/30/2006	Same as above
Educate Food Stamp eligibles about getting more nutritious food for their dollar and food safety	Refer to CT Food Stamp Nutrition Education Plans for 2005 and 2006 UCONN EFNEP	UConn DPH	9/30/2006	Same as above
Decrease overweight and obesity among students in Connecticut	Develop guidelines for Promoting Healthy Weight in Schools. Revise CT Curriculum Frameworks to promote health literacy through nutrition and physical activity.	SDE SDE	9/30/2006 9/30/2006	
Continue to promote healthy eating by providing nutrition information, counseling and referrals as necessary to WIC Program participants.	Provide training to WIC Program nutritionists, who in turn provide services to WIC Program participants. Referrals to UCONN EFNEP	DPH, Local WIC agencies UConn	Ongoing	This is an ongoing activity.

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Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
Create healthy school environments through nutrition and physical activity	Develop guidelines for developing school policies that promote healthy eating and physical activity.	SDE	9/30/2006	
	Develop standards and an action guide for serving healthy snacks in school.	SDE	12/30/2005	
	Organize a statewide conference on developing school wellness policies and environments for school educators and administrators and educators	SDE CFPC	2/1/2006	
	Convened a statewide conference to encourage schools to purchase locally grown fruits and vegetables	CFPC	5/19/06	
Enhance the capacity of local WIC Programs to promote and support breastfeeding	Sponsor Certified Lactation Counselor (CLC) training program for local WIC staff.	DPH, Local WIC agencies	10/26/06	24 individuals registered for the 10/16 – 10/20 CLC course
	Provide continuing education for CLCs.	DPH, Local WIC agencies	10/26/06	4/28 DPH sponsored session on WIC BF Promotion and Support 75 local WIC staff registered for CT Breastfeeding Coalition (CBC) conference
	Seek funding to expand breastfeeding peer counseling program.	DPH, Local WIC agencies	Ongoing	Received grant from USDA to support 2 additional breastfeeding peer counselor positions at the Hispanic Health Council through 9/30/07.

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Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
<p>Increase knowledge and skills needed to choose healthy foods after completion of Food Stamp Nutrition Education activities</p>	<p>Continue the FSNE "Food Stamps Connection" project that includes 3 interactive programs and a website.</p> <p>Conduct group classes</p> <p>Provide interactive displays through out community</p> <p>Conduct facilitated discussions for parents</p> <p>Provide information via the Foodlinks website.</p> <p>Conduct activities at food sites, shelters, farmers markets, mobile food pantries and community centers</p> <p>Distribute information packets through established mechanisms based on community partnerships</p> <p>Conduct individual and/or group prenatal nutrition, infant nutrition and breastfeeding education sessions</p> <p>Provide nutrition education to school children and adults Conduct 2 social marketing campaigns, one print and one</p>	<p>University of Connecticut</p> <p>DPH</p>		
9/29/06				

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Objectives	Action Steps	Lead Program & Staff	Completion Date	Comments
	<p>Conduct small group workshops in the community and provide newsletters about nutrition and how to use food stamps to purchase healthy foods</p> <p>Provide interactive eating experiences in classrooms, child care centers, etc. to teach and reinforce healthy eating habits</p>	<p>University of Connecticut</p> <p>DPH</p>		

CFPC = Connecticut Food Policy Council, a council mandated by the Connecticut General Assembly that includes as mandatory members representatives from the Department of Social Services (DSS), State Department on Education (SDE), Department of Public Health (DPH), Department of Agriculture (DoAG), Food Banks, the Food Retailer Association, Food Advocacy Groups, etc.