

Community Health Improvement Plan – Short Term (1-3 years)

Priority: Exercise, Nutrition, and Weight

Alignment: Physical Activity and Nutrition

CHA/CHNA Year: 2018

LHD: Lenoir County Health Department



Result 1: What result do you want?		Youth ages 7-11 years old to engage in physical activity that will improve or maintain normal age appropriate BMI levels.			
What does it look like when you achieve this result?		.5% decrease in children who are overweight/obese at Boys & Girls Club increase in number of minutes of physical activity each week.			
Why is this important?		Any decrease provides kids more opportunity to prevent or delay chronic diseases as adults.			
What partners will address this priority?		Lenoir County Health Department and Boys & Girls Club – Lenoir County			
How will you measure success?		Reports will be done quarterly to measure BMI levels.			
List each strategy/intervention, partners, measures, and level					
Result 1	Name of Strategy/Intervention	Responsible Partners	Outcome (s) (What will you measure and report in the SOTCH?)	Output(s) (What you will do and report in the SOTCH?)	Level of Intervention
1.1	Zumba Kids Program	Lenoir County Health Department	By end of the 2019-2020 school year, demonstrate that the Zumba Kids Fitness program improves or maintains age appropriate BMI levels in 7-11-year-old children during the after-school program by quarterly weight checks.	Zumba Kids will be offered twice a week to the Boys & Girls club at no cost. BMI levels will be calculated at the start and quarterly thereafter. Each exercise session will last 30 minutes with an educational component (healthy eating habits, challenges, activities) each week.	Individual

Instructions:

- Add new section(s) if more than two results and number accordingly
- Add more rows if more than 9 interventions are needed and number accordingly.
- Level of Intervention: Individual, Organizational, or Policy

Instructions for use of this form can be found on the DHHS/DPH website: <https://publichealth.nc.gov/lhd/>