



**PRIORITY 3 : Improve access to healthy choices and healthy environments for parents and children, to increase healthy eating, physical activity, and breastfeeding.**

*This priority has three component strategies related to food access, physical activity and breastfeeding. The workgroup has decided to focus on **food access** first in order to align with and support existing efforts in the state. See the background document accompanying this action plan.*

**Food Access Strategy** : Advocate for statewide programs that improve access to local, healthy foods for school lunch programs.

<b>Action Step</b> What is the concrete task or action needed to carry us closer to the strategy?	<b>Who</b> Who (agency, organization, person) is responsible for carrying out the action?	<b>When</b> When will it happen? Is there a deadline? Immediate, mid-range, long term?	<b>Progress</b> How are we doing? Are we succeeding?
<b>1</b> Develop easy to understand “dashboard” of existing local foods programs (e.g. Sitka fish to schools) and their impact/success.	Debi Cruz w/Dept of Commerce has data on NAFS usage. Div of Ag has data on their Farm/Fish to School grantees.	by mid-January	Existence of dashboard
<b>2</b> Gather school “success” stories around local foods in schools.	Alaska Food Policy Council, Alaska School Nutrition Association	By mid-January	Existence of success stories
<b>3</b> Work with partners to advocate for continued funding for school nutrition programs, such as FTS and NAFS.	, AFPC, AKSNA	Will know advocacy agenda by mid-January.	Funding for FTS and NAFS is included in FY15 budget.
<b>4</b> Be ready to mobilize networks to support advocacy actions: facebook, phone tree, community events			Funding for FTS and NAFS is included in FY15 budget.
<b>5</b> Work to develop a sustainable local foods in school lunches program		Longer term	

## Future Strategies for Priority 3 Workgroup to Pursue

<b>Breastfeeding Strategy</b> : Promote breast-feeding in the workplace by promoting the HRSA Business Case for Breastfeeding Toolkit and promote breastfeeding friendly businesses.			
<b>Action Step</b> What is the concrete task or action needed to carry us closer to the strategy?	<b>Who</b> Who (agency, organization, person) is responsible for carrying out the action?	<b>When</b> When will it happen? Is there a deadline? Immediate, mid-range, long term?	<b>Progress</b> How are we doing? Are we succeeding?
<b>1</b> Identify existing, local breastfeeding coalitions and determine their interest in working together on workplace education.	Dana Kent, group member volunteered to do this assessment task.		Local breastfeeding coalitions identified.
<b>2</b> Conduct assessment of businesses within communities with active breastfeeding coalitions to determine which businesses are currently providing or interested in starting breastfeeding support.	AK Breastfeeding Coalition WIC program		Interested businesses identified
<b>4</b> Provide interested business with the HRSA Business Case for Breastfeeding Toolkit.			# of Toolkits distributed
<b>3</b> Develop employer/business breastfeeding friendly recognition program.	Partner with Chamber of Commerce.		Existence of program; awards distributed
<b>5</b> Develop tax incentive program		Longer term	

## Future Strategies for Priority 3 Workgroup to Pursue

<b>Physical Activity Strategy</b> : Increase physical activity opportunities outside the school day using volunteers, partnerships, etc. and remove barriers to participation.			
<b>Action Step</b> What is the concrete task or action needed to carry us closer to the strategy?	<b>Who</b> Who (agency, organization, person) is responsible for carrying out the action?	<b>When</b> When will it happen? Is there a deadline? Immediate, mid-range, long term?	<b>Progress</b> How are we doing? Are we succeeding?
<b>1</b> Provide tool for community to assess the level to which physical activity opportunities are happening outside of school in their community/school districts	AK Healthy Futures Project to assist? State of AK resources Regional Health Departments Rural Cap		Existence of tool. # of tools distributed.
Inventory community by community?	Regional grantees Diabetes association Health Corporations		
Determine gaps and develop target communities/school districts			
<b>2</b> Implement (three ideas): Mini-grant program aimed at increasing physical activity offerings in communities Roving/itinerant health/physical activity programs and staff <ul style="list-style-type: none"> <li>Build clearing house of physical activity ideas for urban, small towns, and rural places? – Develop a “how to” implement/set up in your community.</li> </ul>			Existence of clearinghouse.

## Voting Results from the Summit

STRATEGY	# VOTES	# POINTS	NOTES
<b>Food Access</b>			
(#1) Advocate for a statewide program providing subsidies to school lunch programs so that local, healthy foods can be purchased and served.	16	43	Discussion occurred around the fact that this is already happening and this group should join in the effort and advocate.
(#2) Ensure food literacy and skill development – e.g. use school kitchens for students and other community members to learn to cook, preserve, etc.	11	24	Appropriate to rural locations (and urban).
(#3) Advocate removal of “junk foods” from school vending machines, school events, & sales promotions.	9	14	Many people mentioned that this is occurring related to vending machines but many schools still sell/promote unhealthy foods at basketball games, etc.
Increase education about healthy choices	8	11	Too broad
Strengthen statewide early child care licensing standards to support improved nutrition	4	6	
Advocate for the passage of “junk food tax” to decrease consumption. Use proceeds to fund improved food distribution statewide	1	1	Someone added “sugar sweetened beverages” too.
<b>Breastfeeding</b>			
(#1) Promote breast-feeding in the workplace by educating businesses about how and why it is beneficial and promote BF friendly businesses.	17	45	The group wanted to make sure the last phrase re: bf friendly businesses was added.
(#2) Encourage healthcare providers to use maternity care practices to empower, educate, and encourage breastfeed and promote “baby-friendly” hospitals.	17	33	The group wanted to make sure the last phrase re: baby friendly hospitals was added. Idea is to get hospitals to become “baby-friendly.”
(#3) Require licensed childcare providers to support breastfeeding (e.g. store pumped milk.)	17	24	
<b>Physical Activity</b>			
(#1) Increase physical activity opportunities outside the school day using volunteers, partnerships, etc. and remove barriers to participation.	11	27	The group determined that another strategy listed really fit with this top strategy, specifically, Encourage sharing and/or joint use agreements for community facilities to increase access to indoor and outdoor activity and exercise.
(#2) Advocate for improved built environment – better land	11	26	

use, development, mobility planning, etc.			
<b>(#3)</b> Encourage and support employers to develop and /or improve wellness policies so that adults can model behavior for children (and participate in children’s physical activities)	7	15	The parenthetical was added by the group during the voting process.
Educate about the importance of physical activity	10	14	Broad
Improve safety (or perception of safety) in parks, community spaces, and play areas.	6	10	
Encourage sharing and/or joint use agreements for community facilities to increase access to indoor and outdoor activity and exercise	5	7	It was pointed out that this strategy fits with the first – group determined that these 7 points should be added to the 27 points for the first, re: increase opportunities.