

Strategies Cheat Sheet

1) Improve physical activity and nutritional intake in children in target low-income preschools.

- # sites involved
- # of youth impacted/touched
- % participant satisfaction
- % of sites implementing with fidelity
- #/% reporting improvements/gains/usefulness

2) Develop and utilize an asset inventory of resources for healthy eating and active living in Morris County.

- # resources/services reviewed or contacted
- # of workgroup hours spent assessing current systems (if applicable)
- # of new leverage points identified to improve access/capacity/systems (previously unknown to workgroup)
- # of number of new resources identified and newly added (resource guide strategies only)
- #/% of identified leverage points acted upon (may even generate new strategies)
- #/% number of resources maintained in database (resource guide strategies only)

3) Expand Interfaith Food Pantry food rescue program to distribute food left at local farms to food pantries.

- # resources/services reviewed or contacted
- # of new leverage points identified to improve access/capacity/systems (previously unknown to workgroup)
- # of number of new resources identified and newly added (resource guide strategies only)
- #/% of identified leverage points acted upon (may even generate new strategies)
- #/% number of resources maintained in database (resource guide strategies only)

4) Support local policy and environmental change to enhance physical activity and nutrition via the NJ Healthy Communities Network and other local partnerships.

- # of leverage points identified
- % of leverage points in target geographies/populations OR % of geography covered by identified leverage points OR % of months in which leverage points are acted upon (e.g., months campaign is active)
- Average % of organizations participating per leverage point (for education campaigns/advocacy opportunities)
- # of actions taken in addressing leverage points
- # of laws/policies/proclamations/environmental changes adopted

General Meeting Notes:

What is new since last meeting? Organize in a way that works for you. Write or type below:

Note: Performance measures reported at quarterly County meetings. To edit or add a strategy, e-mail data@njhealthmatters.org

