

HEALTHY COMMUNITIES **TOOL**
Nutrition & Physical Activity **KIT**



ADDITIONAL
RESOURCES

RESOURCES

Where To Find More Information

Community Toolbox

<http://ctb.lsi.ukans.edu/>

Online resources created and maintained by the University of Kansas Work Group on Health Promotion and Community Development. Core sections explain how to do different tasks necessary for community health and development. Some of these sections pertain to community participation, community assessment, leadership and group facilitation, community building and cultural competency, and problem solving.

Community Building: What Makes It Work: *A review of factors influencing successful community building*

Mattessich P, Monsey B. Amherst H. Wilder Foundation, 2001

This practical report describes twenty-eight key factors that influence the success of community building. They are grouped by: 1) the characteristics of the community, 2) characteristics of the community building process, and 3) characteristics of community building organizers. Each chapter has detailed descriptions and case examples of how each factor plays out followed by practical questions you can use to assess your work

Developing Effective Coalitions: An Eight Step Guide

<http://www.preventioninstitute.org/tools.htm>

This tool guides practitioners through the process of coalition building, from deciding whether or not a coalition is appropriate to conducting ongoing evaluation.

E.N.A.C.T.

Environmental Nutrition and Activity Community Tool

<http://www.preventioninstitute.org/sa/enact.html>

ENACT is a concrete menu of strategies designed to help you improve nutrition and activity environments on a local level. Each strategy is complemented by practical “how-to” information for implementation, including tools, resources, articles, model policies, and programs

Promoting Physical Activity: A Guide for Community Action.

www.cdc.gov/nccdphp/dnpa/pahand.htm

This resource explains how to facilitate behavior change both from an individual and a community perspective. The text guides the reader in addressing the target population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions.

Butterfoss F. The Coalition Technical Assistance and Training Framework: Helping Community Coalitions Help Themselves.

Health Promotion Practice 2004; Vol. 5, No.2, 118-126.

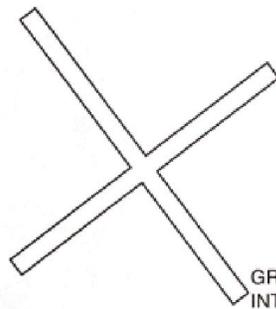
Partners in Action: Nutrition & Physical Activity in Washington

www.wapartnersinaction.org

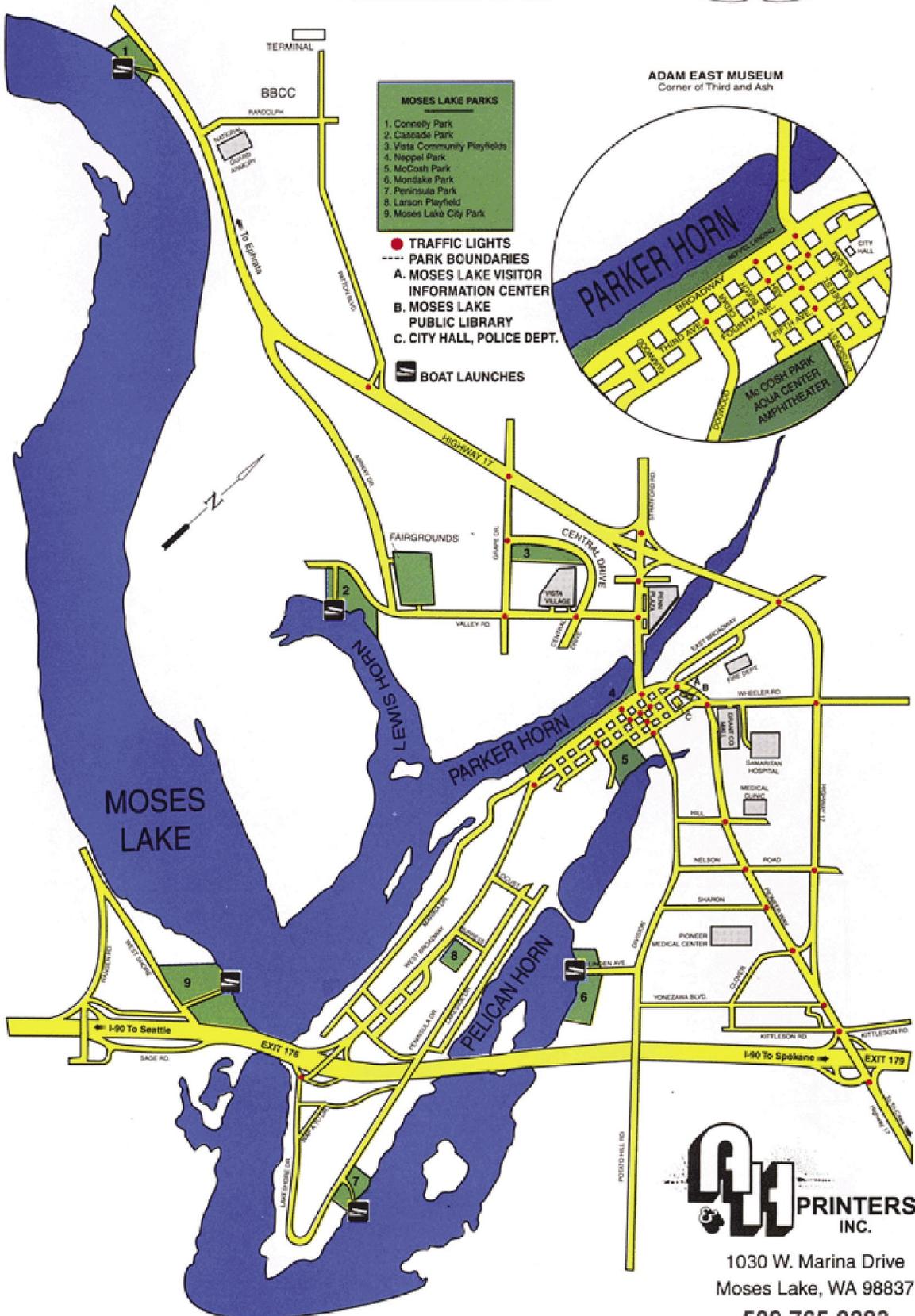
This website describes the projects and activities related to the nutrition and physical activity objectives described in the *Washington State Nutrition & Physical Activity Plan: Policy & Environmental Approaches*. There is a direct link to the Moses Lake and Mount Vernon Healthy Communities Projects.

Washington State Nutrition & Physical Activity Plan: Policy and Environmental Approaches: June 2003

www.doh.wa.gov/cfh/nutritionPa/wa_nutrition_pa_plan.htm



GRANT COUNTY INTERNATIONAL AIRPORT



- MOSES LAKE PARKS**
1. Connelly Park
 2. Cascade Park
 3. Vista Community Playfields
 4. Neppel Park
 5. McCosh Park
 6. Montlake Park
 7. Peninsula Park
 8. Larson Playfield
 9. Moses Lake City Park

- TRAFFIC LIGHTS
- PARK BOUNDARIES
- A. MOSES LAKE VISITOR INFORMATION CENTER
- B. MOSES LAKE PUBLIC LIBRARY
- C. CITY HALL, POLICE DEPT.

BOAT LAUNCHES

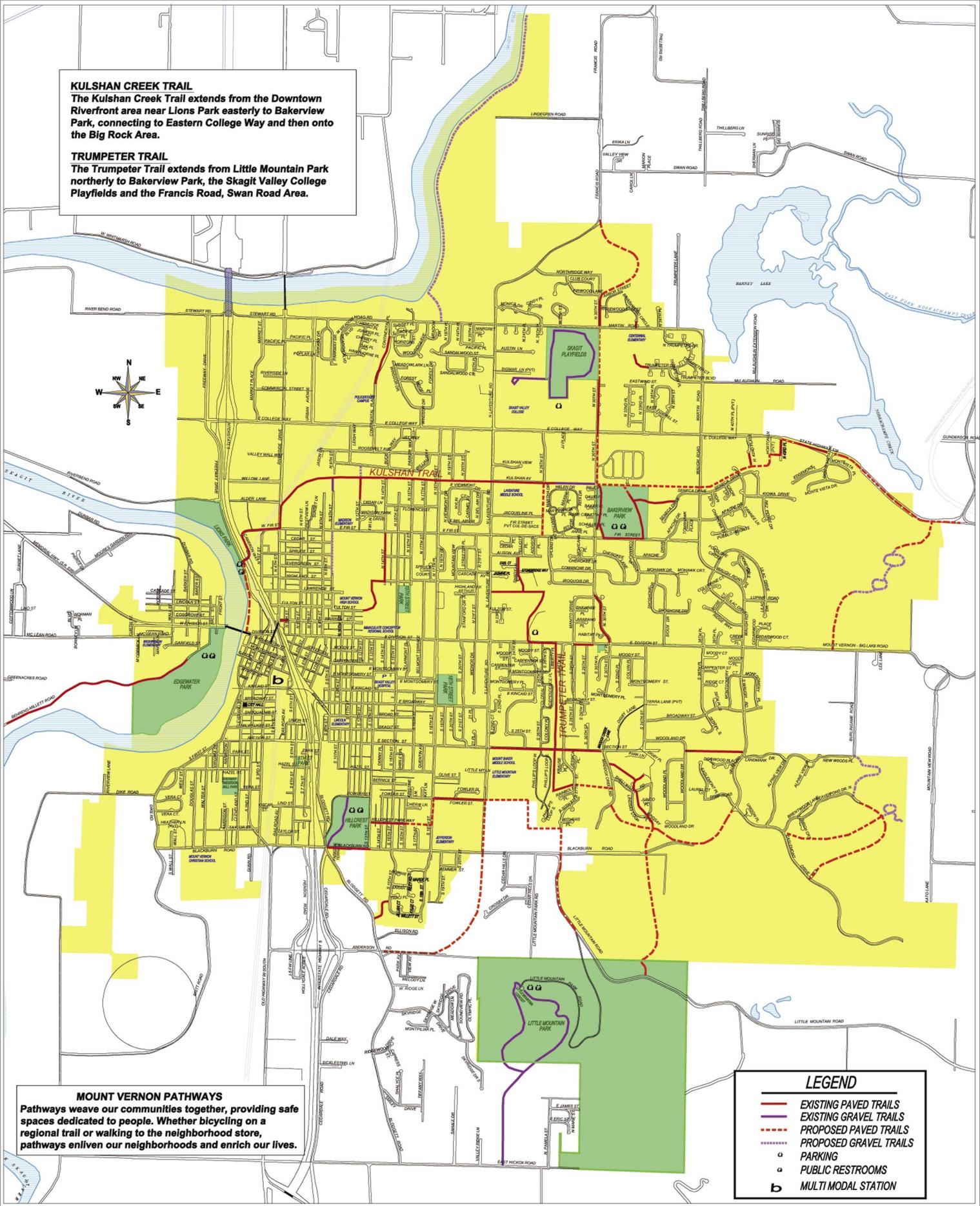
ADAM EAST MUSEUM
Corner of Third and Ash



1030 W. Marina Drive
Moses Lake, WA 98837
509.765.0283

KULSHAN CREEK TRAIL
 The Kulshan Creek Trail extends from the Downtown Riverfront area near Lions Park easterly to Bakerview Park, connecting to Eastern College Way and then onto the Big Rock Area.

TRUMPETER TRAIL
 The Trumpeter Trail extends from Little Mountain Park northerly to Bakerview Park, the Skagit Valley College Playfields and the Francis Road, Swan Road Area.



MOUNT VERNON PATHWAYS
 Pathways weave our communities together, providing safe spaces dedicated to people. Whether bicycling on a regional trail or walking to the neighborhood store, pathways enliven our neighborhoods and enrich our lives.

LEGEND

- EXISTING PAVED TRAILS
- EXISTING GRAVEL TRAILS
- - - PROPOSED PAVED TRAILS
- - - PROPOSED GRAVEL TRAILS
- a PARKING
- a PUBLIC RESTROOMS
- b MULTI-MODAL STATION

CITY OF MOUNT VERNON PATHWAYS

MAP USAGE WARNINGS
 This map was produced with the intention of being used as a general reference only and not intended to be used for purposes which require precise measurements.

DATE: J. JERINS
 REV: 3-05

SCALE: 1" = 100'

Has this tool kit helped you make environmental and policy changes in your community that make it easier for people to be physically active and choose healthy food?

Your feedback is important to us. Please FAX your comments to us: **360-236-3708**

1. Circle the content area that were most useful to you

Tool kit summary

Lessons learned section of each chapter

Sample meeting agendas

Sample communication pieces (press release, event announcements, etc)

Community inventory protocol

Key informant interview guide

Sample timeline

Evaluation plan /sample evaluation tool

Additional resources (example: An Eight Step Guide to Developing Effective Coalitions)
Please list:

2. Additions or changes to improve the tool kit:

3. Brief description of how you used the tool kit:

4. Other comments:

Your name:

Email:

Agency/organization: