

Status of Strategies within each Goal for the Obesity Prevention Plan		
Strategy	Lead	Status
Goal 1: Promote the availability and affordability of healthy food and beverages		
Increase community and school gardens	Master Gardeners and HCK/NEOP	Complete/ In Progress
Food Day	Local Food Advisory Council	Complete/ In Progress
Increase EBT and market match at farmers markets	HCK/NEOP	In Progress
Healthy Stores for a Healthy Community Initiative	HCK/NEOP	In Progress
Create a forum for all Title 1 school wellness committees to increase healthy food in schools	HCK/NEOP	In Progress
Expand student breakfast program	NVUSD	In Progress
Increase purchases of fruits and vegetables at Farmers Markets by WIC participants	HCK/NEOP	In Progress
Cooking Matters Classes	Silverado Cooking School	In Progress
Local Food Advisory Council recommendations to educate the community on healthy eating and local food choices, promote an increase in local food	Napa County Agricultural	In Progress

production and distribution, and increase consumer access to fresh local products	Commissioner's Office	
Goal 2: Educate the community on how to make healthy choices for food and beverages		
The Healthy for Life Initiative will increase capacity for kids and families to make good food choices	St. Joseph Queen of the Valley Community Outreach	Complete
Provide Quarterly Healthy Eating classes for WIC participants with children age 1 to 5 years, including a yearly class on benefits of whole grains, and one on fruits and vegetables	WIC	Complete
Provide Rethink Your Drink information to WIC participants during the summer months	WIC	Complete
Nutrition education using gardening, cooking, and food systems education	HCK/NEOP	Complete/ In Progress
Improve nutrition practices for children 0-5 years old in Napa County Child Care Centers and Child Care Homes through the Active Bodies Program	Community Resources for Children, Children and Weight Coalition of Napa County	Complete/ In Progress
Parent education classes on: a. Nutritional needs	Community	Complete/ In Progress

and “5 Keys” concept: parent and child division of responsibilities on feeding, eating and nutrition education of food groups and nutrient needs	Resources for Children, Children and Weight Coalition of Napa County	
Promote and market annual Rethink Your Drink campaign to encourage drinking water instead of sugary sweetened beverages.	Children and Weight Coalition of Napa County	Complete/ In Progress
Educate and encourage businesses to provide fast options for breakfast & lunch as an alternative to fast food	Napa County Health & Human Services Public Health	In Progress
Maintain resource based web site and supply of education materials for community on nutrition	Children and Weight Coalition of Napa County	In Progress
<p>Train the Trainer classes: 1. Education standards and evidence based strategies re: children and families at risk for obesity</p> <p>-a. Creating a healthy food environment which promotes healthy food choices and emotionally healthy response to foods/meals</p> <p>-b. Prevent emotional harm to children, prevent restrictive eating/disordered eating</p>	Children and Weight Coalition of Napa County	In Progress

Help students eat healthier from all five food groups through science- based nutrition education programs (K-12) that align to Common Core (no cost).	Dairy Council of California	In Progress
Increase access to healthy food for people with intellectual and developmental disabilities through Vocational Garden Program	Moving Forward Towards Independence	In Progress
Pilot water filling stations in schools and community facilities	Napa County Health & Human Services Public Health	Not Started
Teachers use the PE 4 Kids Now program containing a short "Nutritional Nugget" focusing on how to make good choices for healthy food and beverages	PE 4 Kids Now	Missing
Implement Napa County Public Health's Guide to Healthy Meetings and Celebrations and pilot in other County departments	Napa County Health & Human Services Public Health	Missing
Goal 3: Encourage and support breastfeeding		
Provide Baby Behavior classes for prenatal women and infants enrolled in the WIC Program. Provide anticipatory breastfeeding guidance class for	WIC	Complete

<p>prenatal women enrolled in the WIC Program. Offer electric breast pump loans free of charge to WIC participants to assist with the initiation and continuation of exclusive breastfeeding. Provide WIC participants access to lactation educators and counselors</p>		
<p>Support breastfeeding immediately after hospital discharge; Support 2 weeks postpartum; Peer support; Remove formula from all location where women receive services disabilities through Vocational Garden Program</p>	<p>Napa Valley Breastfeeding Coalition</p>	<p>In Progress</p>
<p>Educate mothers and fathers on the benefits of exclusive breastfeeding</p>	<p>Napa Valley Breastfeeding Coalition</p>	<p>In Progress</p>
<p>Increase number of breastfeeding experts who accommodate low income working mothers. Increase number of breastfeeding experts to support breastfeeding women at home after delivery. Develop a consistent message among all partners</p>	<p>Napa Valley Breastfeeding Coalition</p>	<p>In Progress</p>
<p>Create a community wide breast feeding plan</p>	<p>Napa Valley Breastfeeding</p>	<p>Missing</p>

	Coalition	
Increase capacity of Breastfeeding coalition to serve Spanish speaking populations	Napa Valley Breastfeeding Coalition	Missing
Start breastfeeding and tobacco cessation. Include handout on exclusive breast feeding in prenatal packet given to women receiving their pregnancy confirmation education once women receive their positive pregnancy test. Included with other required education like alcohol	Napa Valley Breastfeeding Coalition	Missing
Goal 4: Increase access to opportunities that encourage physical activity		
Make international walk to school day a success	Safe Routes to Schools	Complete
Provide at least one Active Living class per year which promotes physical activity for WIC participants with children age 1 to 5 years	WIC	Complete
Produce and distribute the PE 4 Kids Now program to elementary school teachers and after school day care facilities	PE 4 Kids Now	In Progress
UpValley Promotors will lead "Zumba-like" exercise classes to increase options for physical activity	UpValley Family	In Progress

among local residents	Center	
Increase physical activity opportunities for children 0-5 years old in Napa County Child Care Centers and Child Care Homes through the Active Bodies Program	Community Resources for Children, Children and Weight Coalition of Napa County	In Progress
Parent education classes on: 1. Physical activity needs 2. Strategies for limiting media use in the home	Children and Weight Coalition of Napa County	In Progress
Promote and market annual Unplug, Interact, Move campaign (formerly Screen-Free Week campaign)	Children and Weight Coalition of Napa County	In Progress
Ensure that a variety of organized physical activity is a component of after school care in elementary schools in Napa County	Napa County HHSA Public Health	Missing
Host free monthly hula hoop jams in the City of Napa in public spaces, including Veteran's Park and Fuller Park	Napa Hoopers	Missing
Increase active transportation for kids to get to school	Napa County Transportation and	Missing

	Planning Authority; Safe Routes to Schools	
Teach yoga to community members who are suffering from obesity, hypertension, loss of strength, and other issues related to lack of movement due to job constraints or lack of access to yoga classes for financial reasons	Integrative Healing	Missing
Establish the NVUSD Healthy Choices Advisory Committee to increase collaboration regarding nutrition, physical fitness and physical health among students	NVUSD	Missing
Partner with UC Berkeley to conduct the 3-year FitStudy Program, focused on student physical fitness in elementary and middle school	NVUSD	Missing
The Healthy for Life Initiative will increase physical activity for children in schools	St. Joseph Health Queen of the Valley Community Outreach	Missing
Provide opportunities for the community to learn how to safely ride bicycles for increased exercise and active transportation	Napa County Bicycle Coalition	Missing

Increase the proportion of individuals who use active transportation for trips of 2 miles or less	Napa County Bicycle Coalition	Missing
Girls on the Run in all elementary schools in Napa County	Girls on the Run Napa and Solano	Missing
Increase the number of play/fun opportunities for children and adults	Girls on the Run Napa and Solano	Missing
Goal 5: Strengthen community partnerships to improve coordination of policy and organize for change		
Improve nutrition and physical activity policies and practices for children 0-5 years old in Napa County Child Care Centers and Child Care Homes through the Active Bodies Program	Community Resources for Children, Children and Weight Coalition of Napa County	In Progress
Children and Weight Coalition of Napa County collaborative meetings	Children and Weight Coalition of Napa County	In Progress
Create a consistent Rethink Your Drink campaign message with community partners to enhance community impact.	Children and Weight Coalition of Napa County	In Progress
Create consistent message and tools for Unplug, Interact, Move campaign with community partners to enhance community impact. (formerly Screen-	Children and Weight Coalition of Napa	In Progress

Free Week campaign).	County	
<p>Train the Trainer classes:</p> <p>1. Education standards and evidence based strategies re: children and families at risk for obesity</p> <p>a. Creating a healthy food environment which promotes healthy food choices and emotionally healthy response to foods/meals</p> <p>b. Prevent emotional harm to children, prevent restrictive eating/disordered eating</p>	Children and Weight Coalition of Napa County	In Progress
<p>Commitment from cities/towns/ communities to promote active transportation</p> <p>Bike friendly communities Infrastructure improvement</p> <p>-Sidewalks</p> <p>-“Complete Streets”</p> <p>- Bike lanes</p> <p>-Signage for safety</p>	Napa County Transportation and Planning Authority	Missing
Expand evidence based health & wellness curriculum for students K-12	NVUSD	Missing

Explore partnerships for NVUSD Staff Wellness Program	NVUSD	Missing
Full day seminar for coalition members on the latest science of metabolic disorders and recovery; how diet, exercise, and stress work together to affect health. Focusing on changes at needed for recovery, both biological and behavioral.	Calistoga Institute	Missing
Healthy for Life supplies schools with new physical education equipment and builds capacity for teacher to increase student access to physical activity opportunities	St. Joseph Health Queen of the Valley Medical Center	Missing
Host website with resources for consistent messaging	Children and Weight Coalition of Napa County	Missing
Goal 6: Increase and strengthen awareness and understanding of how protection and positive experience across the life course create health outcomes		
Parent education classes on: 1. Creating emotionally healthy eaters 2. Nutritional needs and “5 Keys” concept: parent and child division of responsibilities on feeding,	Children and Weight Coalition of Napa County	Complete/ In Progress

eating		
3. Prevention of disordered eating		
Offer educational forums for Girls on the Run and Elementary School Parents. Teach and inspire to have positive body image talk, make healthy choices, increase physical activities and link to Girls on the Run curriculum (offer 2xyr)	Girls on the Run Napa- Solano	In Progress
Train the Trainer classes: 1. Education standards and evidence based strategies re: children and families at risk for obesity -a. Creating a healthy food environment which promotes healthy food choices and emotionally healthy response to foods/meals -b. Prevent emotional harm to children, prevent restrictive eating/disordered eating	Children and Weight Coalition of Napa County	In Progress
Create a marketing campaign around positive body talk/image. How Ads are photo shopped. Talk about what are bodies can do not what they look like. Also what healthy looks like! For Food/Fitness	Cope Family Center	Not Started
Build capacity for home visitation programming to families with children 0-5 that and attachment, infant	Napa County HHSA Public Health/ Cope	Missing

brain development, and other protective factors supports breastfeeding, bonding	Family Center	
Provide home visitation services to families with children 0-5 that support breastfeeding, bonding and attachment, infant brain development, and other protective factors	Napa County HHSA Public Health/ Cope Family Center	Missing
Enhance, expand, Cope's Healthy Families America (HFA) Program, Baby Steps	Cope Family Center	Missing
Teach community tool & techniques for stress reduction & relaxation to improve health , increase happiness and promote physical healing	Devine Wellness	Missing
Educate the community and healthcare providers on Adverse Childhood Experiences and Trauma Informed Care	Napa County HHSA Public Health/ Cope Family Center	Missing
Create marketing campaign that address socio-emotional component of eating	Girls on the Run Napa- Solano	Missing