



healnh
HEALTHY EATING ACTIVE LIVING

Healthy People
Healthy Places

Healthy Food and Food Access Assessment and Inventory Project

2016

Final Report and Action Plan

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Healthy Eating Active Living (HEAL) NH Healthy Food and Food Access Assessment and Inventory Project 2016

Introduction

The HEAL network's Healthy People Healthy Places Plan 2014-2019 has the goal of ensuring that all New Hampshire residents have equitable access to high-quality, healthy food. To that end, the plan has two objectives:

1. All New Hampshire communities have affordable, healthy food options within a reasonable distance.
2. New Hampshire institutions and businesses provide and promote healthy food and beverage options.

The purpose of this project, the HEAL Healthy Food and Food Access Assessment and Inventory project, was to establish a baseline for food-related public health activities for the HEAL community and lay the foundation on which to build for future food-systems work. The long-term goal is to integrate and elevate food systems work and promote healthy eating projects across the HEAL network.

The action plan described within this report outlines steps and projects that will help achieve these goals as well as strengthen the overall HEAL NH network.

Project Process

The project was designed to gain as much information from the HEAL network members as possible. There were 5 main components of the project:



Surveys

In order to develop the surveys, background research needed to be done. Research included getting some baseline understanding of the types of projects being done throughout the state and the types of existing relationships within the network. Additional research included reviewing past network surveys, newsletters, case studies,

and community updates. Survey questions covered topics such as current projects, interests, priorities, resources, and gaps. Surveys were sent to HEAL Community Network Members identified by HEAL Home staff, Terry Johnson and Beth Wheeler. The survey results can be found in Appendix A.

Interviews

Interviews were conducted with a number of HEAL community members, some of whom had completed the survey and some who had not. The interviews yielded additional information and was used to provide insight into current and future projects. Interview questions were developed in conjunction with HEAL staff and encompassed a variety of questions that allowed the respondent to go into further depth about specific projects, strengths and weaknesses of their organization, and what their “dream” project would be given additional time and resources. A full list of the interview questions and interview notes can be found in Appendix B.

Inventory of current projects

The survey results and interviews were used to establish a baseline for food-related projects and generate a “priorities map” that includes the most promising projects and potential collaborations within the network. A copy of the inventory can be found in Appendix C.

Priorities matrix

A matrix compiling survey and interview results was created to visually represent the gaps and priorities of each of the respondents/interviewees. This matrix helped in analyzing priorities across the network and in identifying potential collaborations.

Action plan

After a final interview with HEAL staff capturing HEAL Home gaps, opportunities, strengths, and weaknesses, recommended action steps were delineated. Action steps were divided into 3 categories (schools, communities/workplaces, and hospitals) with one overarching category of general recommendations.

Action plan

The action plan is based upon all of the information generated from the surveys, interviews, inventory, priorities matrix, as well as a review of statewide and regional initiatives.

Identified trends

There were a number of trends identified as well as connections to various other initiatives.

Demographics

Many of the respondents indicated that they work with the general public more so than any other demographic, with the next most popular demographics being children and low-income populations. There were few organizations that work with seniors and specific gender populations.

Programs

Respondents indicated that they were already holding healthy eating and cooking demonstrations, doing some kind of work related to Fruit and Veggie Rx (FVRx) programs, and working on promoting healthier eating in workplaces and schools.

As for future projects, many respondents indicated that they were interested in pursuing additional programming for healthier eating in workplaces and schools, food security for low-income populations, community gardens, and FVRx, given additional technical assistance.

There were only a few respondents who indicated that they were doing work with food policy councils and farm to school initiatives.

Community Partners

There were many respondents who are already collaborating with food systems professionals, hospitals, schools, local businesses, and public health officials. None of the survey respondents had connections to conservation advocates and there were few connections to childcare, teen centers, faith communities, and planning boards.

Technical Assistance

Respondents shared that they would like help in the areas of grant-writing, marketing/messaging, community outreach, and developing action plans. There was no need demonstrated for assessing community assets and there was little need demonstrated for training, integrating policy, research assistance, and identifying community needs. Unsurprisingly, most respondents in the surveys and interviews indicated that they needed more time, resources, manpower, and funding. In interviews, many of the members expressed that they could use some standardized materials coming from the HEAL Home, such as templates for action plans, language

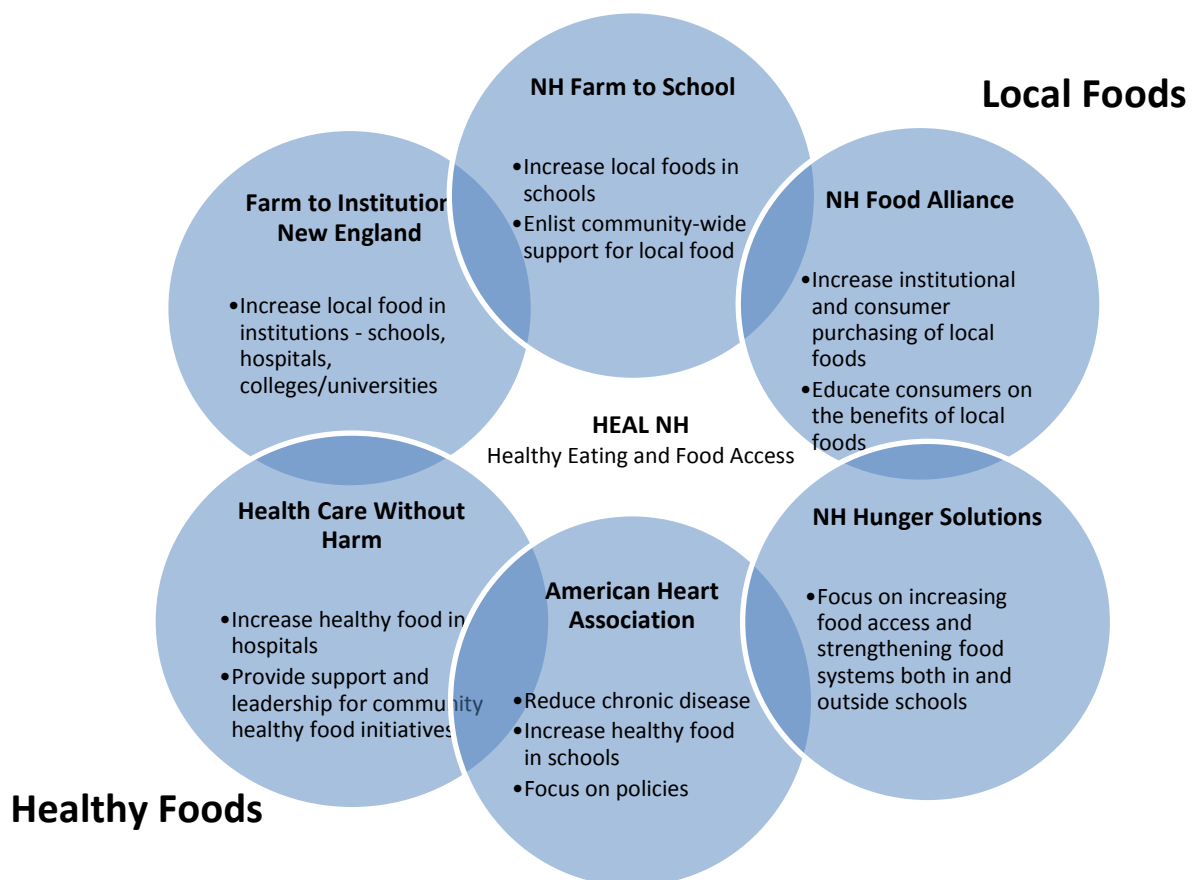
suggestions for wellness policies, how to guides for getting a certain project off the ground, etc. Additionally, interviewees indicated that they would like to see existing resources added to a page on the website for easy access. There was also a need expressed for more opportunities for shared learning across the network.

Dream Projects

When asked what kinds of projects they would pursue if they had unlimited resources and time, many interviewees shared that they would like to work on projects that were generally related to the work that they were already engaged in, e.g. one community already had a successful community garden and would commit more resources and energy to building upon that success.

Connections to Statewide Initiatives

There are many connections between the food system work that is happening throughout the HEAL community and statewide or regional initiatives. In the below diagram, each of the circles describe the mission and/or programs that each of the statewide or regional initiatives have that align with the Healthy People Healthy Places Plan objectives.



Recommended Action Items

Given all of the information collected, there were a few distinct areas where efforts could be concentrated. The action items were divided into three categories (schools, workplaces/communities, hospitals) with two different levels (“low-hanging fruit” and “a step up”), and one overarching category of general recommendations.

One theme that was heard throughout the interviews was that there needed to be more shared learning throughout the HEAL network. There is already a great deal of collective information contained within the HEAL network and harnessing that knowledge and wisdom would go a long way towards establishing that shared learning and giving opportunity to build upon that foundation. To that end, many of the recommendations are centered on creating how-to guides/templates, hosting informational seminars, or developing webinars.

When completing these action items, most of the effort will be up-front rather than ongoing. One advantage to accomplishing these kinds of projects up-front rather than in an ongoing manner is that they can serve the HEAL community network over a long period of time with minimal updating. Another advantage is that by working together on these types of projects, relationships will deepen throughout the HEAL network and various individuals will be able to showcase their expertise in certain areas.

<u>Low Hanging Fruit</u>		
<i>Schools</i>	<i>Workplaces/Communities</i>	<i>Hospitals</i>
Wellness policy templates	How to guide for setting up Harvest Boxes	Healthy eating speaker series
Establish more connections between schools and NH Farm to School and the Harvest of the Month program	Recipe Database	

The low-hanging fruit recommended action items were determined by looking at where interest was most concentrated within each of the three different categories as well as where there were already existing strengths within the HEAL network.

<u>A Step Up</u>		
<i>Schools</i>	<i>Workplaces/Communities</i>	<i>Hospitals</i>
Templates for healthy eating demonstrations	Outreach and marketing materials for promoting nutrition incentives at farmers markets	How-to guide for setting up a Fruit and Veggie Prescription Program
How-to guide for integrating healthy food information into curriculum	Help establish SNAP/EBT programs at markets in HEAL communities where no program exists currently	
How-to guide for establishing school gardens	Wellness policy templates for workplaces/institutions	
	Food policy councils	
	How-to guide for establishing community gardens	

This next level of recommendations includes action items that would require quite a bit more time and effort to accomplish, however, there would be benefits across the network as well as in the HEAL communities themselves. Many of these action items, once completed, can give rise to deeper work within schools, workplaces/communities, and hospitals. Additionally, many of these items are also connected to the statewide and regional efforts that are already underway and can serve as a springboard for connecting the HEAL communities to broader initiatives.

While all of the ideas for projects that the interviewees shared could not be captured in the action plan, the action plan contains items that connect to each HEAL community.

<u>General Recommendations</u>	
Establish a community of practice for HEAL network community members working on food systems	Host a seminar on communications including instruction on using social media, how to set up newsletters, etc.
Develop templates for action plans	Create opportunities for sharing social media and other communications across the network
Work collaboratively with HEAL network members to develop how-to guides and best practices manuals for certain programs	Go beyond updates at HEAL Community Network quarterly meetings and create opportunities for deeper learning
Nominate a “point person” for certain topics who can serve as a source of information on setting up programs	Host a seminar on working with low-income populations
Establish a food system steering committee that can help provide direction for food systems projects throughout the network	Strengthen partnerships by putting HEAL Community Network members directly in touch with state and regional leaders of food systems organizations.

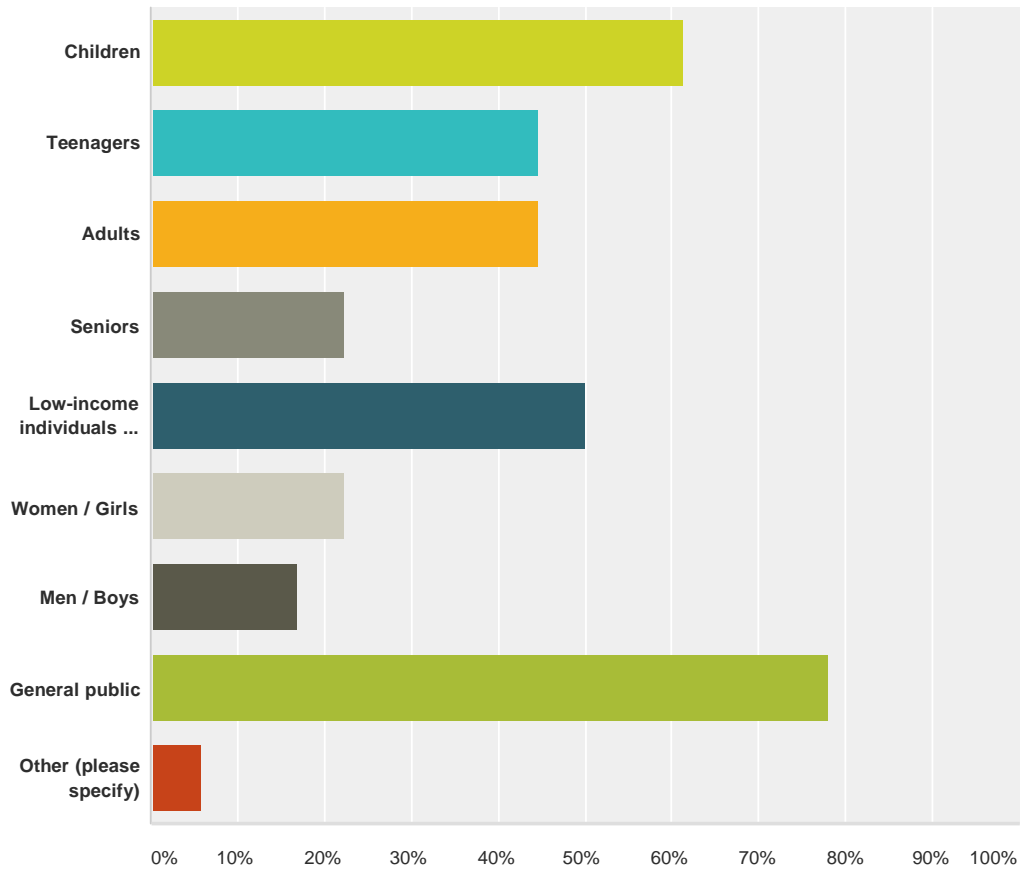
The general recommendations are intended to strengthen the network as a whole by providing additional trainings, more opportunities for shared learning, and to harvest existing knowledge throughout the network.

Taken together, these recommended action items as well as the general recommendations will lead to greater access to healthy foods within schools, workplaces/communities, and hospitals. It is important to note that all of these actions will be continuing to lay a foundation for collective impact within the communities and will lead to long-lasting change.

Q1 Organization

#	Responses	Date
1	Laconia School District	10/3/2016 10:41 AM
2	American Heart Association - Voices for Healthy Kids, NH	9/29/2016 3:38 PM
3	Partnership for Public Health	9/28/2016 2:24 PM
4	YMCA of Greater Nashua	9/28/2016 1:33 PM
5	Concord Hospital Center for Health Promotion	9/28/2016 1:19 PM
6	UNH Cooperative Extension	9/28/2016 12:44 PM
7	Plymouth State University	9/22/2016 3:28 PM
8	City of Franklin Parks and Recreation	9/21/2016 2:41 PM
9	Laconia School District	9/20/2016 11:38 AM
10	Concord Hospital Center for Health Promotion	9/20/2016 11:32 AM
11	Healthy Monadnock	9/15/2016 7:57 AM
12	North Country Community Recreation Center	9/14/2016 5:31 PM
13	LRGHealthcare	9/14/2016 5:31 PM
14	Merrimack County Conservation District	9/14/2016 4:53 PM
15	Healthy Monadnock: CMC-DHK	9/14/2016 4:23 PM
16	New London Hospital / Wellness Connection	9/14/2016 1:40 PM
17	Capital Area Wellness Coalition	9/14/2016 12:56 PM
18	Partnership for Public Health	9/14/2016 12:30 PM

Q2 Please identify the target population for your organization's work



Answer Choices	Responses
Children	61.11% 11
Teenagers	44.44% 8
Adults	44.44% 8
Seniors	22.22% 4
Low-income individuals or families	50.00% 9
Women / Girls	22.22% 4
Men / Boys	16.67% 3
General public	77.78% 14
Other (please specify)	5.56% 1
Total Respondents: 18	

#	Other (please specify)	Date
1	Immigrants	9/14/2016 12:30 PM

Q3 Please identify the geographic areas in which you do your work

Answer Choices	Responses
County	77.78% 14
Municipality	61.11% 11
Public health network	66.67% 12
Region (i.e. North Country)	88.89% 16
Other	11.11% 2

#	County	Date
1	Belknap County	10/3/2016 10:41 AM
2	Belknap	9/28/2016 2:24 PM
3	Hillsborough	9/28/2016 1:33 PM
4	Merrimack	9/28/2016 1:19 PM
5	Merrimack	9/21/2016 2:41 PM
6	Belknap County	9/20/2016 11:38 AM
7	Merrimack	9/20/2016 11:32 AM
8	Coos	9/14/2016 5:31 PM
9	Merrimack and Belknap	9/14/2016 5:31 PM
10	Merrimack County	9/14/2016 4:53 PM
11	Cheshire and 11 other towns	9/14/2016 4:23 PM
12	Sullivan and Merrimack	9/14/2016 1:40 PM
13	Merrimack	9/14/2016 12:56 PM
14	Belknap	9/14/2016 12:30 PM

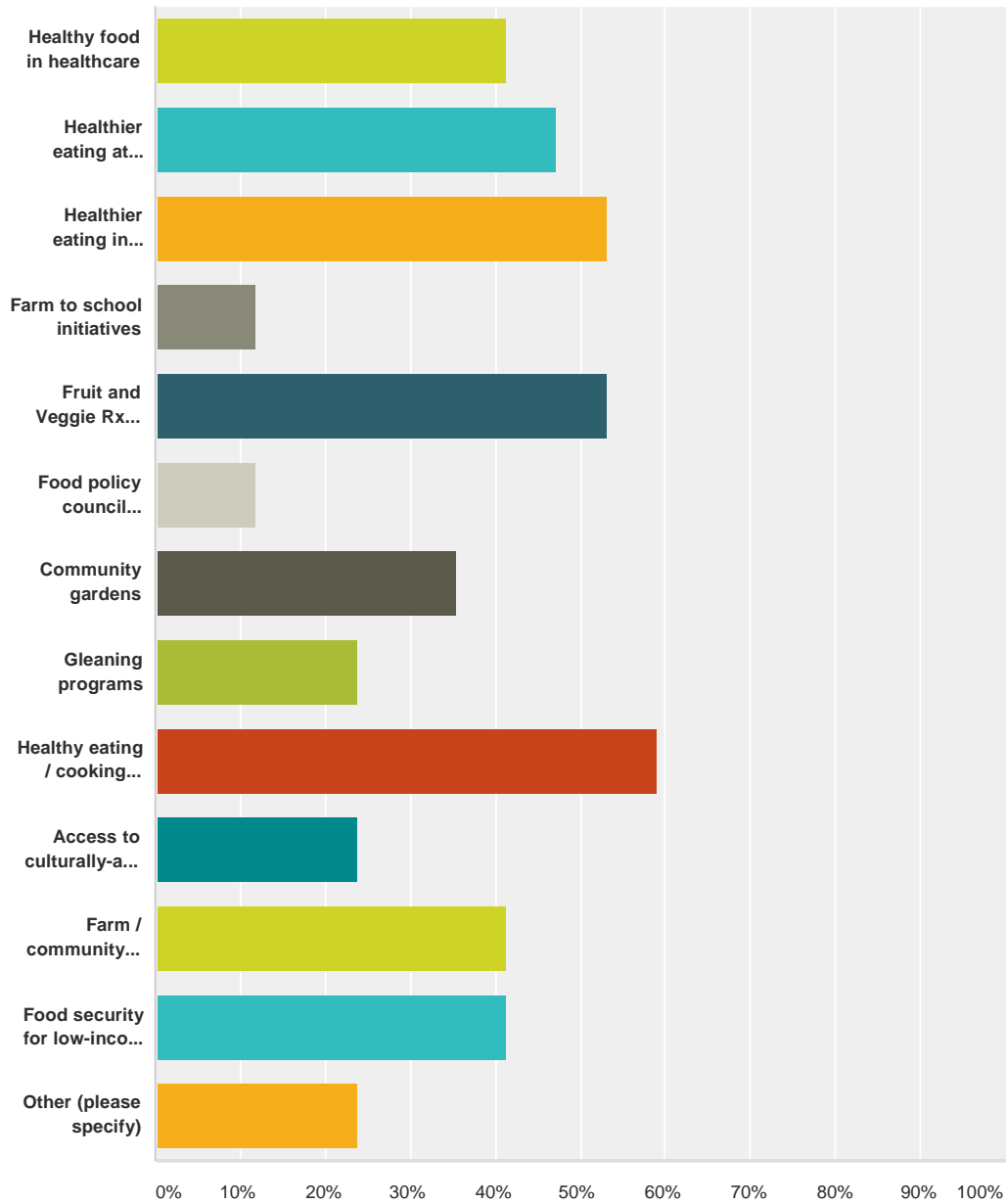
#	Municipality	Date
1	Nashua	9/28/2016 1:33 PM
2	Concord	9/28/2016 1:19 PM
3	Plymouth	9/22/2016 3:28 PM
4	Franklin	9/21/2016 2:41 PM
5	Concord	9/20/2016 11:32 AM
6	Colebrook	9/14/2016 5:31 PM
7	Franklin	9/14/2016 5:31 PM
8	Keene	9/14/2016 4:23 PM
9	Several	9/14/2016 1:40 PM
10	Concord	9/14/2016 12:56 PM
11	Laconia	9/14/2016 12:30 PM

#	Public health network	Date
1	Lakes Region	10/3/2016 10:41 AM

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2	Winnepesaukee	9/28/2016 2:24 PM
3	Greater Nashua public health region	9/28/2016 1:33 PM
4	NCHC and CNHHP	9/22/2016 3:28 PM
5	Lakes Region	9/21/2016 2:41 PM
6	Lakes Region	9/20/2016 11:38 AM
7	CAPHN	9/20/2016 11:32 AM
8	Greater Monadnock Public Health Network	9/15/2016 7:57 AM
9	Lakes Region Partnership	9/14/2016 5:31 PM
10	Greater Sullivan County PHN	9/14/2016 1:40 PM
11	Granite United Way- Capital Area Public Health Network	9/14/2016 12:56 PM
12	Winnepesaukee region	9/14/2016 12:30 PM
#	Region (i.e. North Country)	Date
1	Lakes Region	10/3/2016 10:41 AM
2	Lakes Region	9/28/2016 2:24 PM
3	Southern NH	9/28/2016 1:33 PM
4	Capital	9/28/2016 1:19 PM
5	North Country	9/28/2016 12:44 PM
6	North Country	9/22/2016 3:28 PM
7	Central	9/21/2016 2:41 PM
8	Lakes Region	9/20/2016 11:38 AM
9	Central	9/20/2016 11:32 AM
10	Monadnock Region	9/15/2016 7:57 AM
11	North Country	9/14/2016 5:31 PM
12	Lakes Region	9/14/2016 5:31 PM
13	Monadnock Region	9/14/2016 4:23 PM
14	Lake Sunapee Region	9/14/2016 1:40 PM
15	Capital Area Catchment	9/14/2016 12:56 PM
16	Lakes region	9/14/2016 12:30 PM
#	Other	Date
1	Statewide and local policy change	9/29/2016 3:38 PM
2	State - based on 4-H Healthy Living projects	9/28/2016 12:44 PM

Q4 What kinds of projects is your organization currently working on that are related to healthy eating and food access?



Answer Choices	Responses
Healthy food in healthcare	41.18% 7
Healthier eating at workplaces	47.06% 8
Healthier eating in schools	52.94% 9
Farm to school initiatives	11.76% 2

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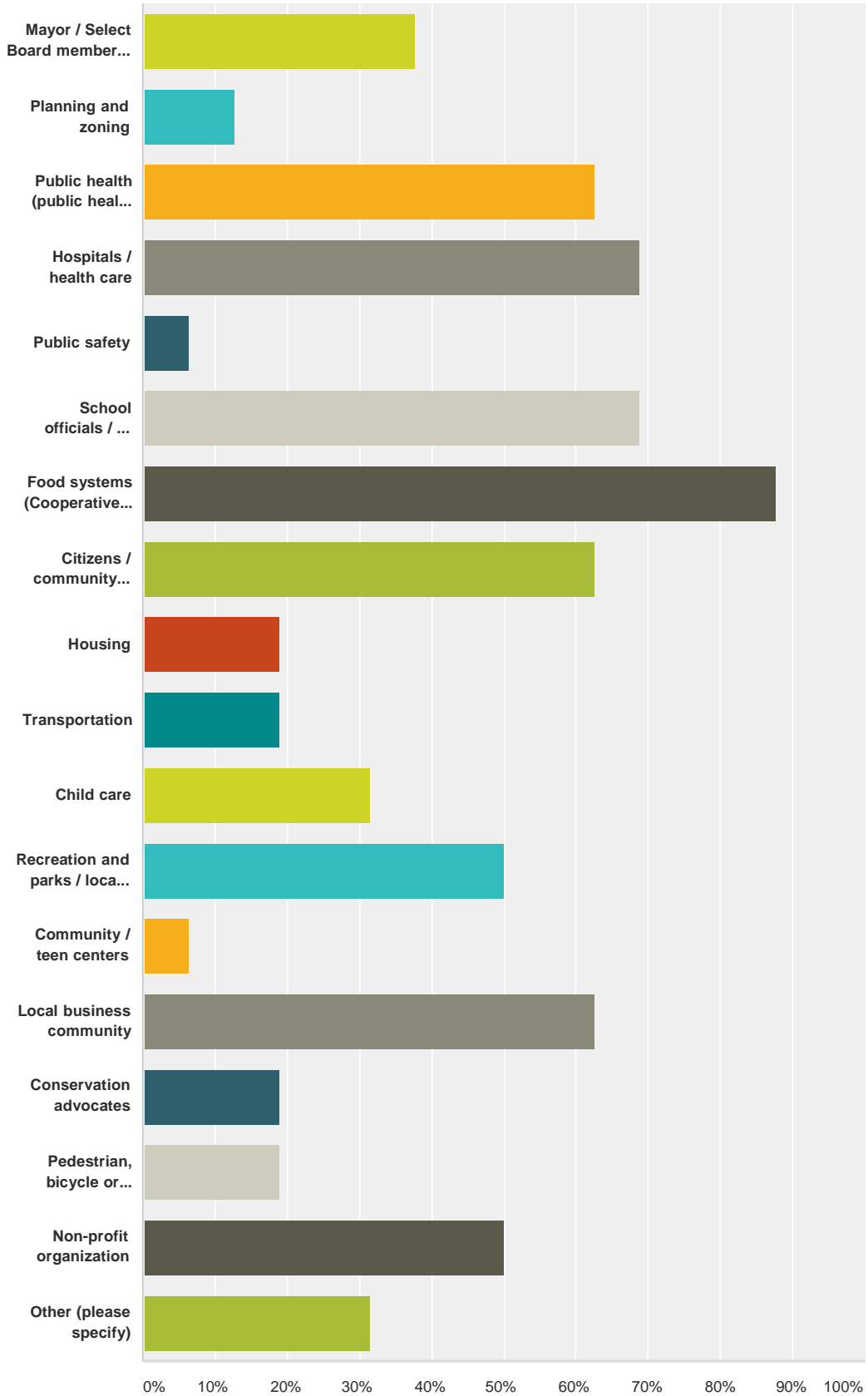
Fruit and Veggie Rx program	52.94%	9
Food policy council (consists of a group of representatives and stakeholders from many sectors of the food system acting as both forums for food issues and platforms for coordinated action, often related to food policy)	11.76%	2
Community gardens	35.29%	6
Gleaning programs	23.53%	4
Healthy eating / cooking demonstrations	58.82%	10
Access to culturally-appropriate food in schools, early care, or other settings	23.53%	4
Farm / community partnerships	41.18%	7
Food security for low-income families	41.18%	7
Other (please specify)	23.53%	4
Total Respondents: 17		

#	Other (please specify)	Date
1	Taste Test Tuesday's once a month	10/3/2016 10:45 AM
2	Granite State Market Match	9/28/2016 12:50 PM
3	Farmer's Market	9/14/2016 5:34 PM
4	Restaurant Initiative (healthy menu items)	9/14/2016 1:42 PM

Q5 Please describe your current projects in more detail.

#	Responses	Date
1	We are working on educating the younger children about smarter choices when picking out their food. We have begun with the lunch room staff in which they've been involved in placing the "healthier" food first. Taste Test Tuesday's allow students to try something different.	10/3/2016 10:45 AM
2	we are exploring introduction of a state bill to prohibit advertising and marketing of unhealthy food and drinks in NH public schools; we may in the long term also explore policies requiring healthier vending and food service on government property and/or healthy food standards for early childcare programs	9/29/2016 3:41 PM
3	We are involved in the farm to school program, provide healthy cooking demos in some of our programs and are currently working on having a CSA opportunity at our Nashua branch	9/28/2016 1:35 PM
4	Waiting for grant for Fruit and Veggie Rx program which will expand farmer's market at the hospital to 5 days per week and create distribution hub for local farmers. Grant funded pilot program just ended where low sodium foods/snack in all cafeterias in the CH system were subsidized and reduced by 50% in cost. Summarizing data and hope to have CH continue to fund this initiative. Potential to work more closely with Food Bank to implement Cooking Matters program at CH.	9/28/2016 1:19 PM
5	Regional Lead for GSMM in North Country Design Team Member for Colebrook Farm To School Beacon Community Member of 5210/Let's Go Initiative in Berlin/Gorham Facilitator for School Policy work with Health & Wellness Teams State 4-H Healthy Living Program Liaison	9/28/2016 12:50 PM
6	Offering community nutrition education through food prep and cooking classes.	9/22/2016 3:29 PM
7	We host the Franklin Farmer's Market at Franklin Regional Hospital and partner with MCCD for the Market Match program. This summer we piloted a transportation program with the farmer's market helping folks to gain access to the market. We also piloted a F/V RX program with our Head Start population. We are working on healthy food initiatives within the LRGHealthcare hospitals and that is a major employer in our region as well.	9/14/2016 5:34 PM
8	We serve healthy only snacks to our OWLS (older wiser livelier seniors) program and have monthly healthy "cooking bowls". We are also including healthy eating in our coaching of the swim team (kids 6 - 18 yrs)	9/14/2016 5:33 PM
9	1. SNAP/EBT at farmers' markets in Merrimack County, matching up to \$10 with Granite State Market Match. 2. Region Coordinator for NH Gleans: partnering with local farms to collect excess food for food pantries. 3. Capital Area Local Food Guide 2016: Highlighting Merrimack County farms and producers	9/14/2016 4:57 PM
10	We have a community engagement initiative, The Champions Program. We have 3300 individual, 150 organization, and 23 school Champions. They assess their environments and make policy, systems, and environmental changes to create a culture of health.	9/14/2016 4:26 PM
11	Planning around childhood obesity prevention. -Working toward implementation of 5-2-1-0 program in schools and medical settings. -Working toward funding of Fruits and Veggie Rx program at Concord Hospital -Welldone Awards highlight wellness heroes in Concord, NH sometimes these are around food systems	9/14/2016 12:59 PM
12	GROW project - goal is to increase access to and consumption of healthy foods.	9/14/2016 12:33 PM

Q6 Which community partners are you collaborating with on HEAL NH-related work?



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Answer Choices	Responses
Mayor / Select Board members / Town Manager	37.50% 6
Planning and zoning	12.50% 2
Public health (public health network, public health department, community health organizations)	62.50% 10
Hospitals / health care	68.75% 11
Public safety	6.25% 1
School officials / PTA / PTO representative	68.75% 11
Food systems (Cooperative Extension, local farmers, farmers market representative, restaurant, grocery store, convenience store, etc.)	87.50% 14
Citizens / community residents	62.50% 10
Housing	18.75% 3
Transportation	18.75% 3
Child care	31.25% 5
Recreation and parks / local trail organization	50.00% 8
Community / teen centers	6.25% 1
Local business community	62.50% 10
Conservation advocates	18.75% 3
Pedestrian, bicycle or safety advocate	18.75% 3
Non-profit organization	50.00% 8
Other (please specify)	31.25% 5
Total Respondents: 16	

#	Other (please specify)	Date
1	all of the above	9/29/2016 3:41 PM
2	Farmers Markets	9/28/2016 12:50 PM
3	Civic and Faith Based Organizations	9/14/2016 4:27 PM
4	Faith Community	9/14/2016 1:43 PM
5	Programs: WIC, Community Assistance Program	9/14/2016 1:01 PM

Q7 Please list the greatest resources / assets that your organization possesses with regard to healthy eating and food access work?

#	Responses	Date
1	A supportive Cooperative Extension	10/3/2016 10:47 AM
2	access to leading policy and science experts on evidence based policies to help increase nutritious food access; staff to lead strategic policy advocacy initiatives; access to communications and messaging support to build public and political will for policy change	9/29/2016 3:46 PM
3	We have the support of a lot of town officials and local partners. We also have an engaged population	9/28/2016 1:38 PM
4	Lots of enthusiasm and support, a true belief that these things are important and make a difference. The population health movement has also helped to move Concord Hospital into a greater acceptance and interest of the importance of healthy eating and food access.	9/28/2016 1:19 PM
5	commitment, engagement, research -- connection to UNH and other land grant Universities, collaboration & partnership/capacity building	9/28/2016 12:53 PM
6	Nutrition education and health promotion expertise via the staff of the Center for Active Living and Healthy Communities and affiliates.	9/22/2016 3:31 PM
7	Partnerships	9/21/2016 2:43 PM
8	A proactive network of partners	9/14/2016 5:35 PM
9	captive audience	9/14/2016 5:34 PM
10	- Grant funds allowing us to expand our SNAP/EBT program to more farmers markets in Merrimack County - nhgleans.org: this new website allows volunteers to sign up online, increasing the number of volunteers we are able to recruit.	9/14/2016 5:01 PM
11	Currently, we have adequate funding. We have 3 worksite wellness account managers and 1 school wellness coordinators. Four staff people to engage the community. Strong, very creative team.	9/14/2016 4:30 PM
12	Support of coalition partner organizations, Registered Dietician on staff	9/14/2016 1:51 PM
13	Current involvement of Granite United Way/Capital Area Public Health Network	9/14/2016 1:02 PM
14	Funding for now, supportive partners / engagement of multiple sectors of the community	9/14/2016 12:38 PM

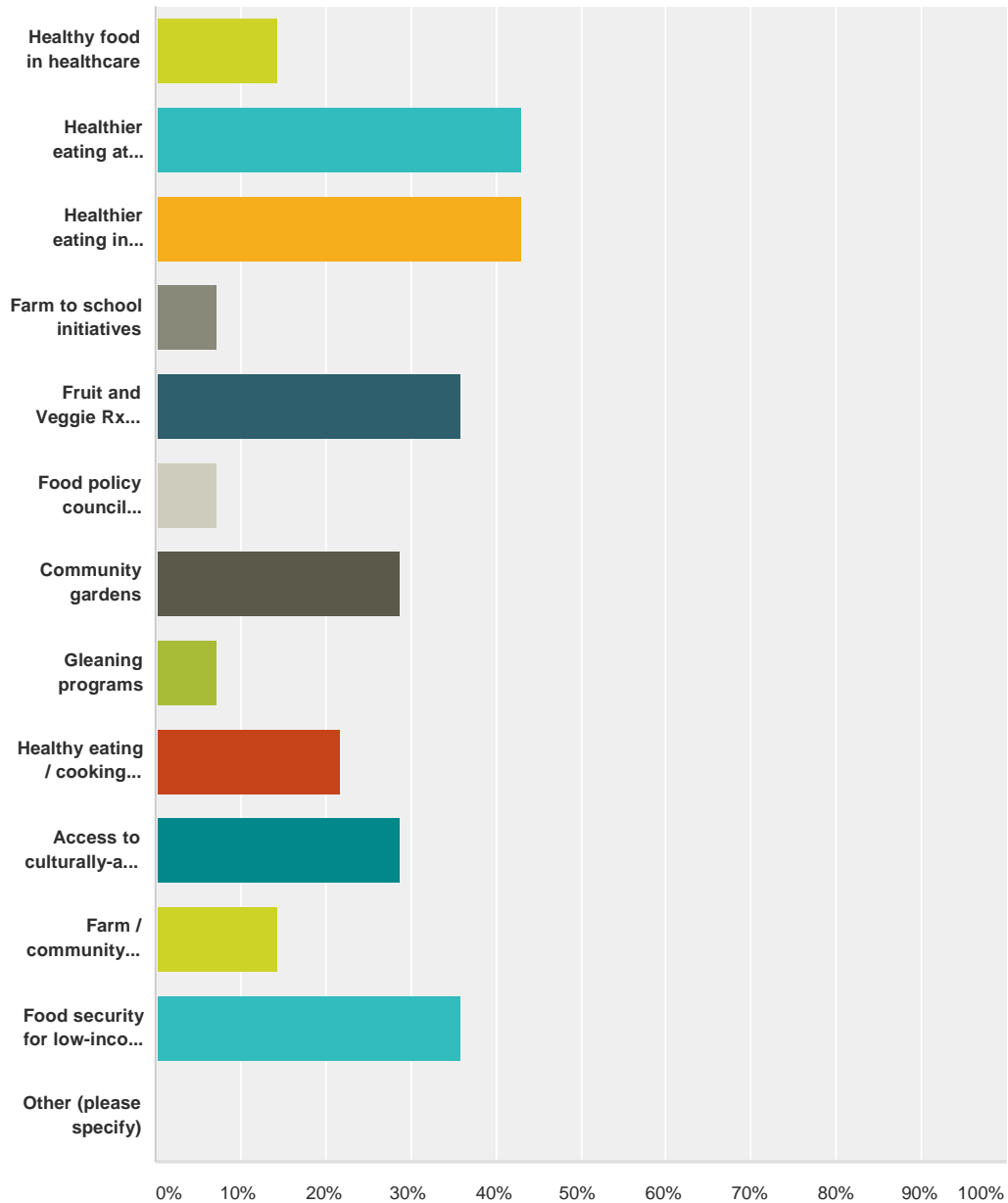
Q8 Please list the biggest challenges your community faces with regard to healthy eating and food access?

#	Responses	Date
1	78% free & reduced lunches. School budget is extremely tight. It does not allow the food service manager healthier choices that might be available to other schools.	10/3/2016 10:47 AM
2	speaking for my home town of Concord NH I think that the unsafe transportation corridor of Loudon Road for the low income/working class and low % car ownership population that lives there to access supermarkets is a challenge.	9/29/2016 3:46 PM
3	People have trouble affording food. More needs to be done to market the resources available to some of these populations too.	9/28/2016 1:38 PM
4	Hospital is slow to act when they could be such a hub for this movement with their accessibility to patients, especially those from vulnerable populations. Transportation seems to be an issue and simply the fact that there are soooo many organizations and agencies doing the same thing and it's overwhelming, repetitive and not sharing in the collective effort - too many silos.	9/28/2016 1:19 PM
5	staffing for initiatives, sustainability for funding pilot projects	9/28/2016 12:53 PM
6	Cost of local, organically grown foods Understanding of how to prepare and use whole foods	9/22/2016 3:31 PM
7	money, transportation	9/21/2016 2:43 PM
8	Lack of senior leadership support for health Food Choices and revenue concerns	9/20/2016 11:35 AM
9	Definitely food deserts and high percentage of poverty	9/14/2016 5:35 PM
10	economic challenges, cultural barriers, lack of education	9/14/2016 5:34 PM
11	- Transportation: ie- No weekend transportation available in Concord, making it difficult for some people to get to the farmers' market.	9/14/2016 5:01 PM
12	Managers not wanting to be the food police or the bad guy	9/14/2016 4:30 PM
13	lack of money for food, transportation to food	9/14/2016 1:51 PM
14	Action Planning	9/14/2016 1:02 PM
15	Access to healthy food - transportation, cost, education	9/14/2016 12:38 PM

Q9 Please list the biggest challenges you face in your work in trying to establish healthy eating and food access projects?

#	Responses	Date
1	Funding.....	10/3/2016 10:47 AM
2	fiscally stingy state that refuses to raise revenue for the things that would improve our state(!!!)	9/29/2016 3:46 PM
3	Funding.	9/28/2016 1:38 PM
4	Time, funding, manpower, trying to rein in individual 'agendas' so everyone is focused on one goal, people trying to look so broadly that the project or idea gets so big and never takes off...sometimes there is nothing wrong with starting off super small and working out the kinks and trying to grow from there.	9/28/2016 1:19 PM
5	funding, time	9/28/2016 12:53 PM
6	Time and person power	9/22/2016 3:31 PM
7	varies	9/21/2016 2:43 PM
8	Senior leadership support	9/20/2016 11:35 AM
9	I would say manpower and money	9/14/2016 5:35 PM
10	resistance to try healthy foods	9/14/2016 5:34 PM
11	- Volunteers/manpower	9/14/2016 5:01 PM
12	Getting people to adopt policy. The word scares them. People hear you are taking things away rather than offering more choices.	9/14/2016 4:30 PM
13	funding	9/14/2016 1:51 PM
14	Manpower and narrowing down and deciding on specific projects/goals	9/14/2016 1:02 PM
15	Getting the targeted population find time/ interest in our project	9/14/2016 12:38 PM

Q10 What kinds of food-related projects / programs would you pursue if you had targeted support in the form of technical assistance?



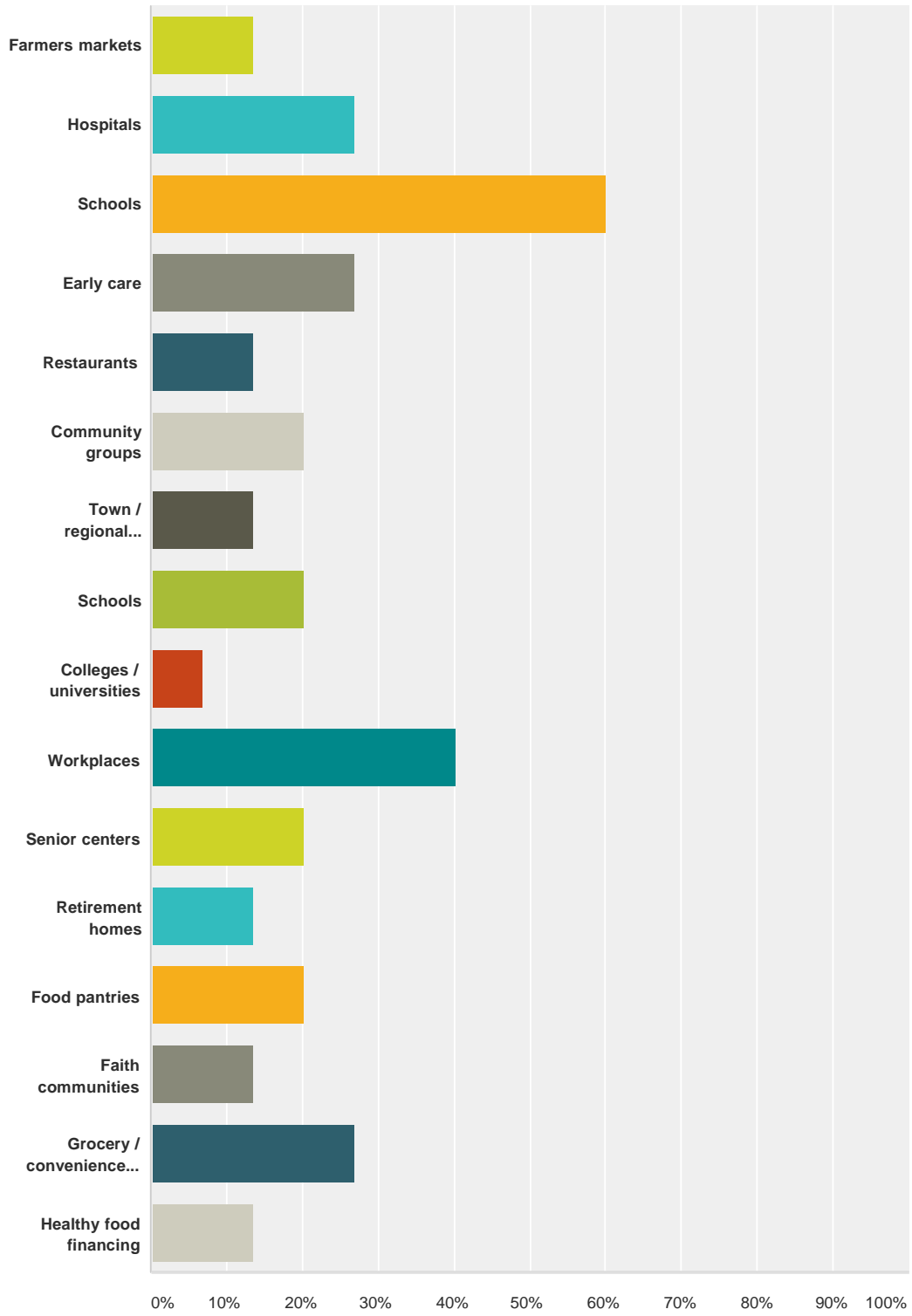
Answer Choices	Responses
Healthy food in healthcare	14.29% 2
Healthier eating at workplaces	42.86% 6
Healthier eating in schools	42.86% 6

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Farm to school initiatives	7.14%	1
Fruit and Veggie Rx program	35.71%	5
Food policy council (consists of a group of representatives and stakeholders from many sectors of the food system acting as both forums for food issues and platforms for coordinated action, often related to food policy)	7.14%	1
Community gardens	28.57%	4
Gleaning programs	7.14%	1
Healthy eating / cooking demonstrations	21.43%	3
Access to culturally-appropriate food in schools, early care, or other settings	28.57%	4
Farm / community partnerships	14.29%	2
Food security for low-income families	35.71%	5
Other (please specify)	0.00%	0
Total Respondents: 14		

#	Other (please specify)	Date
	There are no responses.	

Q11 Where would you concentrate your efforts to improve healthy eating and food access in your community?

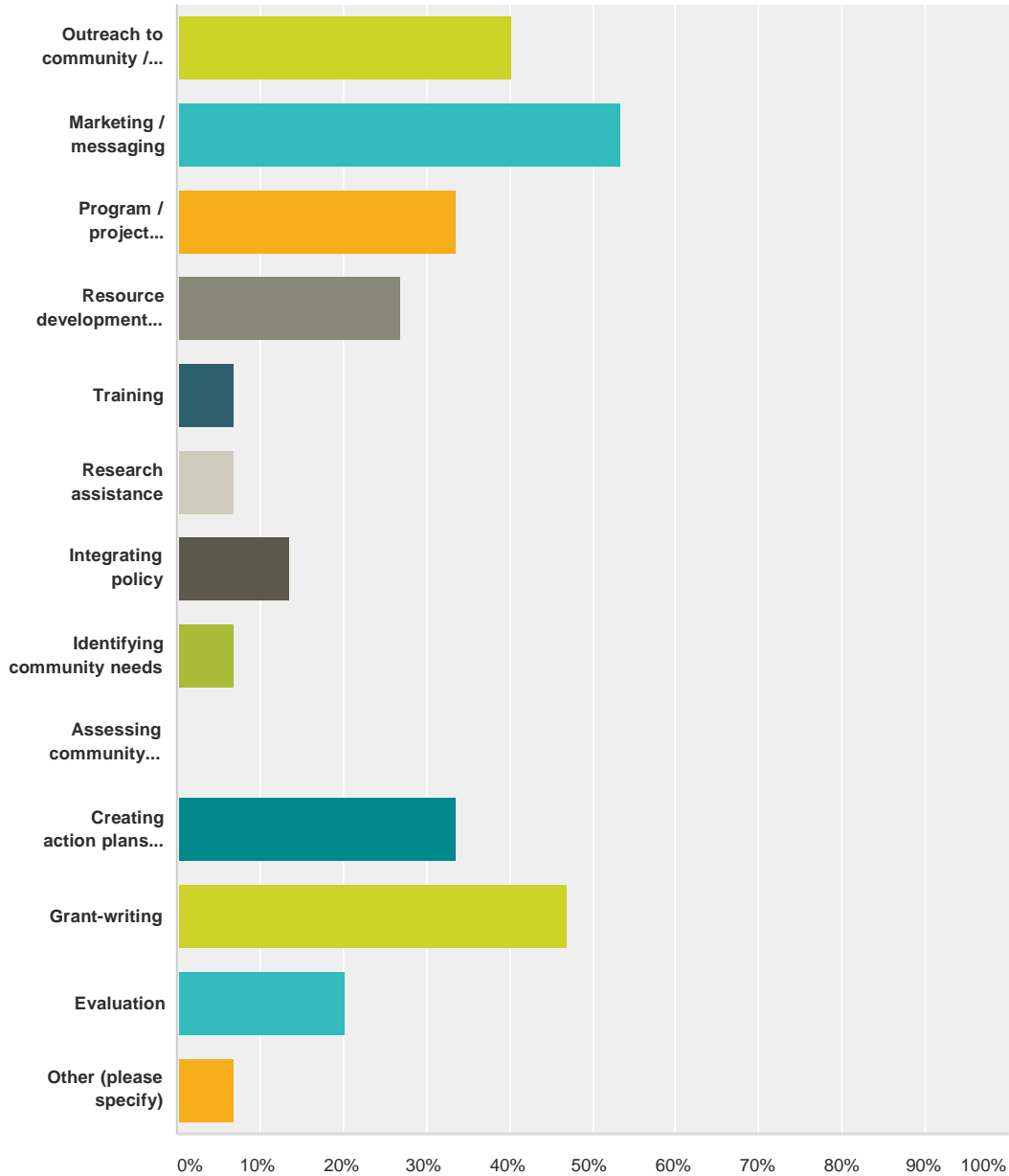


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Answer Choices	Responses
Farmers markets	13.33% 2
Hospitals	26.67% 4
Schools	60.00% 9
Early care	26.67% 4
Restaurants	13.33% 2
Community groups	20.00% 3
Town / regional government	13.33% 2
Schools	20.00% 3
Colleges / universities	6.67% 1
Workplaces	40.00% 6
Senior centers	20.00% 3
Retirement homes	13.33% 2
Food pantries	20.00% 3
Faith communities	13.33% 2
Grocery / convenience stores	26.67% 4
Healthy food financing	13.33% 2
Total Respondents: 15	

#	Other (please specify)	Date
1	Senior Center	9/14/2016 5:37 PM

Q12 What kind of support would help you to achieve your organization’s goals around healthy eating and food access?



Answer Choices	Responses
Outreach to community / community organizations	40.00% 6
Marketing / messaging	53.33% 8
Program / project development	33.33% 5
Resource development (how-to guides, etc)	26.67% 4

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Training	6.67%	1
Research assistance	6.67%	1
Integrating policy	13.33%	2
Identifying community needs	6.67%	1
Assessing community assets	0.00%	0
Creating action plans and strategies	33.33%	5
Grant-writing	46.67%	7
Evaluation	20.00%	3
Other (please specify)	6.67%	1
Total Respondents: 15		

#	Other (please specify)	Date
1	More dedicated staff time	9/14/2016 5:37 PM

Q13 Please add any additional comments you may have

#	Responses	Date
1	HI, I am happy to speak with you but I'm not sure that I can add any additional information. We are really in between a rock and a hard place. Teachers would love to see healthier foods but because of the % of free & reduced lunches as well as budget cuts with more expected, I don't foresee us being able to make changes to our food. (Please don't take this as a negative, I am happy to try various ways)	10/3/2016 10:50 AM
2	What a great survey! Also from how you have described this in the email introduction and how Terry Johnson was describing it at the HEAL Leadership Council meeting today, I like how you have an aggressive timeline and practical steps from needs assessment to priority setting and technical assistance and network weaving/implementation! Glad to have spoken with you the other day, Erin. Good luck and so glad that you are working on this with HEAL!!!	9/29/2016 3:49 PM
3	Thanks. Glad you sent a reminder!	9/28/2016 12:55 PM
4	Have worked with HEAL for a number of years and truly respect the work that has been done, and is being done.	9/22/2016 3:33 PM
5	Since our mission focuses on active living, food is not our primary concern; there are others that could contribute more to Erin's survey.	9/14/2016 5:37 PM

Appendix B: Inventory of Projects

Community	Category	Organization	Summary of Project
Franklin	Farmers Market	LRGHealthcare	Regional collaboration with Lakes Region GROWSfor a "Pop Up" Farmer's Market to the Bessie Rowell Community Center through a grant received from the Harvard Pilgrim Foundation. This opportunity will help to serve families in the Franklin area with fresh local produce on site at a location with childcare and before and after school programming as well as a busy summer recreation program. We are hoping to increase availability and access of produce to young families.
Franklin	Healthy options in vending machines	LRGHealthcare	We are working with our vending machine distributor here at Franklin Regional Hospital to choose healthier vending options.
Franklin	Healthy eating in hospitals	LRGHealthcare	We also have a new menu featuring and highlighting healthy choices offered daily in our cafeterias at both FRH and LRGH.
Keene	Healthy eating in restaurants	Healthy Monadnock	Turn a New Leaf: We have put a lot of quality improvement efforts into this point-of-choice nutrition prompt program and have developed a marketing plan, recruitment plan, marketing materials, etc.
Keene	Healthy eating in workplaces	Healthy Monadnock	Access to healthy food in worksites continues to be a priority. By September 2016, our goal is to have healthy eating/nutrition PSEs in at least 12 worksites (e.g., healthy meeting policies, healthy vending, lactation support policies). We have accomplished this goal in 8 worksites so far and have many more that have pledged to complete this by Sept 2016.
Keene	Aggregation/distribution of local food	Healthy Monadnock	Monadnock Menus: This farm-to-institution program is currently aggregating and delivery locally grown/raised foods
Plymouth	Education	Plymouth State University	Working with school nurses on 5-2-1-0 program
New London	Healthy eating for aging	New London Hospital	Working with Council on Aging on providing healthy food
Lakes Region	Recipes	Partnership for Public Health	Collecting simple healthy recipes for Pop-Up Farmers Market
Lakes Region	Education	Partnership for Public Health	Distribution of Pick a Better Snack posters
Franklin	Education	LRGHealthcare	Bessie Rowell Community Center in Franklin will have onsite cooking demos and access to fresh fruits and veggies for local families and residents during farmers markets.
Nashua	SNAP at Farmers Market	Nashua YMCA	Discussions on SNAP at Nashua farmers market
Nashua	Education	Nashua YMCA	The chronic disease workgroup has renovated the 5-2-1-0 message with a new marketing campaign in 16 Nashua schools.
Nashua	Culturally appropriate foods	Nashua YMCA	One Greater Nashua provided students from diverse backgrounds with an opportunity to share ideas about how school cafeterias could provide food in accordance with their cultural preferences.
Franklin	CSA program at hospital	LRGHealthcare	LRGHealthcare is working with 4 local farms to offer a CSA program to their 1000+ employees this growing season. This will help to increase access to local healthy foods.

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Franklin	Transportation to Farmers Market	LRGHealthcare	Franklin HEAL is partnering with the Merrimack County Conservation Organization to increase access for residents to our Franklin Farmer's Market. Through a grant from Franklin Savings Bank, we will be piloting a transportation/bus service to and from the market on Tuesday afternoons this summer. This is also a collaboration with the B-M CAP organization as they will be providing the bus service. Our hope is to increase accessibility to our Farmer's Market initiative. Also, by working with the Conservation agency, we will be able to increase the SNAP benefits offered to consumers at the market.
Merrimack County	SNAP at Farmers Market	Merrimack County Conservation District	Merrimack County Conservation District (MCCD) has added on more farmers' markets to its SNAP/EBT acceptance program. In addition to Concord and Penacook Farmers' Markets, MCCD has partnered with Contoocook and Danbury Farmers' Markets. Additional funding has been granted to expand this program into Wilmot and Franklin this upcoming summer.
Merrimack County	SNAP at Farmers Market	Merrimack County Conservation District	MCCD is currently working with Concord Hospital to equip their year-round indoor farmers' market with the ability to accept SNAP/EBT.
Nashua	School/Community Garden	Nashua YMCA	Elm Street Middle School's greenhouse garden was featured on NH Chronicle and the school is working to get cultivated produce to local food pantries.
Nashua	SNAP at Farmers Market	Nashua YMCA	Great American Downtown received a FNS license to accept SNAP/EBT at their 2016 expanded farmer's market.
Nashua	Education	Nashua YMCA	Community partners Bishop Guertin High School and Leadership Greater Nashua combined resources to schedule the Food Play show in May 2016.
Nashua	Farm to School	Nashua YMCA	Nashua School District and Wellness Team initiated a planning group to consider farm to school initiatives.
Somersworth	Community Health Improvement Plan	Goodwin Community Health	Recently formed an Obesity/Nutrition work group that is working towards finalizing activities that tie in with one of our Community Health Improvement Plans objectives of improving access and implementation of healthy eating strategies throughout Strafford County
Somersworth	SNAP at Farmers Markets	Goodwin Community Health	Planning the implementation of the 2nd annual Somersworth Farmers Market with matching SNAP incentive program. Collaborated with a partner on a grant to support both the Somersworth Farmers Market and new Rochester Farmers market with matching SNAP incentive programs
Somersworth	Healthy eating at schools	Goodwin Community Health	Through the Coordinated School Health initiative that is funded by the UWGS in two school districts, we have been in discussion with the Cafe Service Director in one of the school districts, to increase staff and student collaboration with food, and discussed the possibility of getting more local food into their schools
Franklin	Food access	LRGHealthcare	As part of the Winnepesaukee HEAL GROW project: Implementation of Harvest Boxes in Franklin and Northfield and across Winni region. It is connecting gleanings and local gardening initiatives to provide easy access to local produce.
Franklin	Transportation to Farmers Market	LRGHealthcare	Franklin HEAL is partnering with the Merrimack County Conservation Organization to increase access for residents to our Franklin Farmer's Market. Through a grant from Franklin Savings Bank, we will be piloting a transportation/bus service to and from the market on Tuesday afternoons this summer. This is also a collaboration with the B-M CAP organization as they will be providing the bus service. Our hope is to increase accessibility to our Farmer's Market initiative.
Franklin	Fruit and Vegetable Rx program	LRGHealthcare	Piloting a Fruit and Vegetable Rx program for Franklin Head Start Families.

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Franklin	CSA program at hospital	LRGHealthcare	LRGHealthcare: Expanding CSA* options for employees at LRGHealthcare locations. working with 4 local farms.
Henniker	School/Community Garden	Henniker Lyons Club	Henniker Lions Club Community Garden: Getting ready to plant for this year Increasing farm to school exposure Provided organic food last year: 4,000 lbs. to 4 different community food pantries.
Capital Area Wellness	Farmers Market	Concord Hospital	Concord Hospital Farmers Market in Café.
Capital Area Wellness	Healthy eating in workplaces	Concord Hospital	Healthier Option Kiosk: Point of Sale comparison of conventional snack foods versus healthier options. Selling healthier options at ½ prices. Looking to see if this will increase the sale of healthier options.
Merrimack County	SNAP at Farmers Markets	Merrimack County Conservation District	Partnering with Concord Hospital to bring SNAP/EBT acceptance program and Granite State Market Match to their year-round indoor farmers market.
Merrimack County	SNAP at Farmers Markets	Merrimack County Conservation District	SNAP/EBT acceptance program and Granite State Market Match is being brought to New London Farmers Market and Franklin Farmers Market.
Nashua	SNAP at Farmers Markets	Nashua YMCA	Some work with Nashua Farmers Market is moving forward—have applied for FNS to accept SNAP.
Nashua	Childhood nutrition	Nashua YMCA	Nashua’s early childhood network is working towards identifying an initiative to improve early childhood environments including access to good nutrition.
Nashua	Beacon Community	Nashua YMCA	Nashua is a Beacon Community for the Farm To School Initiative
New London	CSA program at hospital	New London Hospital	At New London Hospital we partner with Spring Ledge Farm who is once again offering both the Garden in the Tray (veggie plants) for \$20.00 and the 2016 Summer CSA* (fruits and veggies) Program for \$22.00 per week to our employees. The Garden in a tray is delivered to NLH at the end of May and the CSA bags are delivered weekly until fall.
New London	Education	New London Hospital	Upcoming healthy eating education seminar for New London and Newport communities. Re: Dietitian, local foods, and affordability.
New London	SNAP at Farmers Market	New London Hospital	SNAP/EBT program new to New London Farmers Market
New London	Healthy beverage options	New London Hospital	New London Hospital: Vending machine now 50% healthy foods. No sugar sweetened beverages.
New London	Healthy eating in hospitals	New London Hospital	New Healthy Nutrition Policy (re: café, catering, vending machines, etc.)
Seacoast	Mobile market	Goodwin Community Health	Seacoast Eat Local also received a grant to do a mobile Farmers Market in 4 towns in Strafford County!
Seacoast	Beacon Community	Goodwin Community Health	The coordinated school health initiative through the Strafford County PHN has partnered with the new Farm-to –School Beacon Community project (NH Food Alliance) in Somersworth to work together on reaching both our goals of increasing healthy food access in the schools in Somersworth.
Monadnock	Healthy eating at workplaces	Healthy Monadnock	Engaging worksites with 20+ employees to adopt policy, system, and environmental changes to decrease tobacco, increase physical activity, and increase healthy eating to enhance employee health.

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Monadnock	Healthy eating at schools	Healthy Monadnock	Working on: Healthy celebrations policies/protocols in schools. Options: No food or Healthy food. 50% healthy foods. Doing workshops for staff in schools around this topic.
Franklin	CSA program at hospital	LRGHealthcare	Lakes Region/LRGHealthcare: Expanding CSA* options for employees at LRGHealthcare locations. working with 4 local farms.
Ashland	School/Community Garden	Ashland HEAL	Community garden has been "adopted" by master gardeners in the area creating a way to sustain the initiative
Capital Area Wellness	Healthy Food vending options	Concord Hospital	Healthy Food Kiosks in all cafeterias and food carts. Identifies low sodium food and subsidizes healthy options.
Capital Area Wellness	Fruit and Vegetable Rx program	Concord Hospital	Waiting to hear about fruit and veggie Rx program grant. Proposal is PCP's will provide F&V Rx to patients who meet/have certain metabolic markers who would then use their Rx at Concord Hospital's onsite Farmers Market. More than just providing easy access to fruits and vegetables but also helping to build the farmers market and build business and produce demand for the farmers.
Capital Area Wellness	Education	Concord Hospital	Possible implementation of Cooking Matters through family health center.
Henniker	Community Garden	Henniker Lyons Club	Lions Club Garden is flourishing. Food delivered to both Henniker and Hopkinton Food Pantries.
Merrimack County	Gleaning	Merrimack County Conservation District	Third year coordinating gleaning activities in the county, bringing fresh food donated from local farms, reaching summer meal sites, senior centers, and food pantries.
Merrimack County	Education	Merrimack County Conservation District	Local food guide for Merrimack County is now available.
Monadnock	Healthy eating at sporting events	Healthy Monadnock	Keene Swamp Bats (Baseball Team) is embracing HEAL. They are now offering healthy at their concession stands and lead physical activity during the 7th inning stretch such as dance breaks at all home games. Working on finding healthy vending options to get into local organizations and schools (in research stage).
New London	Healthy beverage options	New London Hospital	Eliminated sugar sweetened beverages in cafeteria and vending machines. 50% healthy options in vending machine. New trail mix bar in cafeteria. Overall HEAL update: Planning a "Healthy Selfie" where individuals send in selfies of them doing something healthy.
Seacoast	Education	Goodwin Community Health	Earlier this year, established Obesity and Nutrition workgroup. Has started doing cooking demos in 2 farmers markets. This has been done in conjunction with blood pressure screenings. This has been made possible by volunteers from the workgroup along with funding from UNH Cooperative Extension. All recipes are tailored to what is in season and produce is purchased from the farmers.
UNH Institute on Disability	Research	UNH Institute on Disability	NH Disability and Public Health project was refunded by the CDC for 5 years! New focus areas include physical activity, nutrition, healthy weight, tobacco cessation, chronic disease prevention/management and oral health. Learn more at http://nhdisabilityhealth.org also on Facebook and Twitter!
UNH Cooperative Extension	Food access	UNH Cooperative Extension	Working with food pantries: providing "health wish list" for food pantries to give their donors. Also providing info on "safe food" practices. Providing healthy low-cost recipes using foods commonly provided by local food pantry. Providing food demos.
Colebrook	Healthy eating for aging	North Country Community Recreation Center	Our seniors program serves healthy snacks only

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Colebrook	Healthy eating at schools	North Country Community Recreation Center	Our team parents are encouraged to bring healthy choices to after meet potlucks.
Colebrook	Healthy eating at sporting events	North Country Community Recreation Center	Healthy snacks only at our running races.
Upper Valley	Healthy beverage options	Dartmouth Hitchcock	DHMC eliminated sugar sweetened beverages
Nashua	School/Community garden	Nashua	Heritage Rail Trail community garden
Somersworth	SNAP at Farmers Market	Goodwin Community Health	Somersworth Farmers Market
Franklin	Food access	LRGHealthcare	Harvest Exchange Box
New London	Healthy eating in schools	New London Hospital	Wellness Connection - backpack program bought healthy foods
Monadnock	Healthy eating in workplaces	Healthy Monadnock	Greater Keene Chamber of Commerce kicks the business meeting junk food habit
Merrimack County	Culturally appropriate foods	Merrimack County Conservation District	Working on creating an international farmers market with refugee and immigrant farmers in Concord
Plymouth	Food policy council	Plymouth State University	Looking to develop a food policy council on campus
Plymouth	School/Community garden	Plymouth State University	Ecolearning garden
New London	Healthy eating at workplaces	New London Hospital	Working with students from Colby Sawyer on wellness initiatives at the hospital
Ashland	Food access	Ashland HEAL	Got Lunch program
North Country	Education	UNH Cooperative Extension	Nutrition Connections program
North Country	Education	UNH Cooperative Extension	5210 program
Statewide	Education	UNH Cooperative Extension	Wellness policies for schools
Merrimack County	Education	Concord Hospital	Working on creating a "Food is Medicine" program at the hospital
Nashua	Education	Nashua YMCA	Healthy cooking demonstrations
Seacoast	Education	Seacoast Public Health Network	Healthy living workgroup
Franklin	Food access	Franklin HEAL	Afterschool meals program
Franklin	Food access	Franklin HEAL	Got Lunch program
Upper Valley	Education	ReThink Health	Community health hub
Statewide	Policy	Voices for Healthy Kids	Working on developing policy towards eliminating junk food marketing in schools

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Berlin	School/Community garden	Berlin Recreation Center	Community gardens
Berlin	SNAP at Farmers Market	Berlin Recreation Center	SNAP at the market through WREN
Berlin	Food access	Berlin Recreation Center	Summer meals program