

Statewide Pioneering Healthier Communities: **Community Action Plan**

Torrington & Winsted, Connecticut

Fit Together NWCT

Objective	To increase opportunities for healthy eating				
PSE Change Strategy	Work with Board of Ed to adopt a new school wellness policy that meets current performance standards				
<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Conduct School CHLI and review results	Demonstrates need for policy rewrite	Burgess/Angevine	Dec-11	Leaders in schools were made aware of the need for the rewrite	Dec. 2011
Meet with district Superintendent	A member of the PHC Steering Committee will be invited to join School Wellness Policy Committee	Brisco/Kloczko	Mar-12	3 members joined committee: C. Angevine, M. Curi, B. Burgess	Dec. 2011
Present to District Board of Education Policy Committee	Agreement to collaborate on new school wellness policy	Brisco/ Curi/ Kloczko	Apr-12	BOE presentation and agreement on collaboration	April 2012
Form Torrington School Wellness Committee	A School Wellness Committee that includes community partners and parents will increase the "buy-in" of the School Wellness Policy and therefore the Policy will have greater impact and "teeth" to the benefit of Torrington's children	Brisco/Kloczko/ Burgess	Apr-12	A team was created including Board of Education members, school administrators, school nurse, students and Fit Together members.	April 2012

<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Develop New School Wellness Policy	An impactful and useful plan that improves the health and fitness of Torrington's children	Kloczko/ Burgess/ Curi/ Angevine	Sep-12	Torrington- Wellness Committee presented policy to the Board for approval.	April 2013
				Torrington- Board of Ed approved Healthy Food Certification, which is with the newly develop school wellness policy , for the first time in 6 years. As a result, will receive higher per student lunch reimbursement from the State for serving healthier foods.	April 2013
				Winchester schools adopted wellness Policy based on CHILI results	May 2012

PSE Change Strategy Work with School systems to adopt a tested comprehensive program that links with school wellness policies

<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Adopt "5210" program in two elementary schools per district	A proven tested comprehensive program that links wellness policies in schools to educational activities	Burgess/ Angevine/ Polito	Mar-14		

<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
PSE Change Strategy					
Collaborate with child serving organizations to create a childhood wellness policy					
<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Conduct Pre-School CHLI in select centers and review results	Demonstrates need for policy to be written	Angevine/ Burgess/ Brisco/ Horvay	Dec-11	Winsted and Torrington child care participating in Harvesting the Rewards program & Brooker Memorial participating in Cultivating Healthy Fruit program. It became evident that there was a need for nutrition education and resources for families.	Feb. 2012
Invite pre-school and childcare facilities to join the Fit Together coalition	Buy-in of pre-school and childcare facilities for the need for childhood wellness policy	Angevine/Brisco	Apr-12	Invitations were sent, Joined efforts with the Charlotte Hungerford Hospital	April 2012
Adopt Healthy Eating standards for childcare centers in coordination with the school wellness policy	A coordinated approach to the healthy development of children in coordination with the school district	Angevine/ Brisco	Sep-12	Surveyed child care centers and home day cares. Adopted '5210' program	March 2013 July 2013
Introduce "5210" program content through communication plan to childcare centers	Direct "5210" content in bite sized amount over a period of months to childcare centers	Burgess/ Angevine/ Polito	Oct-13		
Conduct Pre-School CHLI and review results with all childcare centers	Demonstrates need for policy to be written	Angevine/ Burgess/ Brisco/ Horvay	Feb-14		
Educate the State of CT Office of Early Childhood in the content of "5210"	New CT Agency now directs all preschool health and education standards and links with Dept of Education standards. Work to get endorsement from agency.	Burgess/ Angevine/ Polito	Jan-14		

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Introduce "5210" implementation program in childcare centers	A proven tested comprehensive program that links wellness policies in schools with childcare centers	Burgess/ Angevine/ Polito	Mar-14		

PSE Change Strategy Work with city officials to create a "Right to Farm" City ordinance that allows neighborhood community gardens

<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Meet with Planning & Zoning Personnel to determine appropriate wording for ordinance	An ordinance that will be written properly for acceptance by City personnel	Barbieri	Apr-12	Draft completed	Oct. 2012
Prepare presentation to City Council	Approval of the Right To Farm Ordinance and understanding of the grant in its entirety	Carbone/Barksdale / Brisco	May-12	Presented Right To Farm Ordinance to City Council	Feb. 2013
Meet with Torrington Development Corporation	Buy-in and understanding of the grant outcome	Brisco	Apr-12	Met with TDC Adopted a resolution to support HEPA in Master Development Plan	May-12
Present Ordinance request to City Council	Public hearing and eventual approval of Right To Farm Ordinance	Barksdale/Brisco/ Barbieri/ Carbone	Jun-12	Ordinance accepted by City Council	Feb. 2013

<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Objective	To increase opportunities for increased physical activity as a part of everyday life				
PSE Change Strategy	Work with Board of Ed to adopt a new school wellness policy that meets current performance standards				
<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Conduct School CHLI and review results	Demonstrates need for policy rewrite	Burgess/Angevine	Dec-11	Leaders in schools were made aware of the need for the rewrite	Feb. 2011
Meet with district Superintendent	A member of the PHC Steering Committee will be invited to join School Wellness Policy Committee	Brisco/Kloczko	Mar-12	3 members joined: C. Angevine, M. Curi, B. Burgess	Dec. 2011
Present to District Board of Education Policy Committee	Agreement to collaborate on new school wellness policy	Brisco/ Curi/ Kloczko	Apr-12	Met with Board and agreed to collaborate on new policy	April 2012
Form Torrington School Wellness Committee	A School Wellness Committee that includes community partners and parents will increase the "buy-in" of the School Wellness Policy and therefore the Policy will have greater impact and "teeth" to the benefit of Torrington's children	Brisco/Kloczko/ Burgess	Apr-12	A team was created including Board of Education members, school administrators, school nurse, students and Fit Together members.	April 2012
Rewrite School Wellness Policy	An impactful and useful plan that improves the health and fitness of Torrington's children	Kloczko/ Burgess	Sep-12	Torrington- Wellness Committee presented policy to the Board for approval. Winchester schools adopted wellness Policy based on CHILI results	April 2013 May 2012

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PSE Change Strategy					
Work with City Officials to adopt a Complete Streets Ordinance					
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Meet with Planning & Zoning Personnel to determine appropriate wording for ordinance	An ordinance that will be written properly for acceptance by City personnel	Barbieri	Apr-12	Draft written	Oct. 2012
Prepare presentation to City Council	Approval of the Complete Street Ordinance and understanding of the grant in its entirety	Carbone/Barksdale /Brisco	May-12	It was recommended that a 'resolution' would be received with less resistance. A "resolution" was drafted.	Jan .2013
Meet with Torrington Development Corporation	Buy-in and understanding of the grant outcome	Brisco	Apr-12	Met w TDC, adopted a resolution to support HEPA in Master Development Plan	May-12
Present Ordinance request to City Council	Public hearing and eventual approval of Complete Streets Ordinance	Barksdale/Brisco/ Barbieri/ Carbone	Jun-12	Adoption of Complete Streets Resolution	May-13
PSE Change Strategy					
Establish safe walking/biking routes					
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Hold a walk able city tour	An inventory of those streets which can be considered safe routes and those that are not	Barbieri/ Barksdale	May-12	Tour held as part of the 3 day summit with Mark Fenton	Oct. 2012
Place bike racks at safe and accessible locations	More people riding bikes to schools, libraries, fitness facilities, stores, etc.	Barbieri/ Barksdale	Sep-12	Working on a health community asst map which will show the need for racks	In process
Produce a map of current trail system	A useful document for residents of Torrington to locate existing trails	Barbieri/ Barksdale	Jun-12	map created	Dec. 2012
Interface with Land Use Committee (Torrington)	Coordination of efforts	Barbieri/ Barksdale	Jun-12	no progress	

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Identify Pedestrian Areas in Torrington and Winsted	Concentrated areas where walking and biking would reach more residents and link to business and destinations.	Barbieri/ Barksdale	Jul-13	Areas identified. Torrington- Main Street & East Main. Winsted- Main Street	July. 2013
Identify existing trails, sidewalks, goat trails, bike paths & racks	Develop a comprehensive map of all available resources	Barbieri/ Barksdale	Nov-13		
Develop plan to link pedestrian areas in Torrington and Winsted with each other via the greenway	Develop a plan to construct bike/ walking trails/ paths to link the two downtown areas	Barbieri/ Barksdale	Mar-14		

PSE Change Strategy					
Create new opportunities for regular physical activity after school, with no cost or little cost					
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Collaborate with schools for after school marathon running program	Increase the number of children actively engaged in daily physical activity	Brgess/Kloczko	Sept. 2013	Lap-Tracker running program	Sept. 2013 kick off

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Objective	To increase healthy eating/ nutrition education				
PSE Change Strategy	Work with Board of Ed to adopt a new school wellness policy that meets current performance standards				
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Present to District Board of Education Policy Committee	Agreement to collaborate on new school wellness policy	Brisco/ Curi/ Kloczko/ Burgess	Apr-12	Board presentation held and agreed to collaborate on new wellness policy	Apr-12
Form Torrington School Wellness Committee	A School Wellness Committee that includes community partners and parents will increase the "buy-in" of the School Wellness Policy and therefore the Policy will have greater impact and "teeth" to the benefit of Torrington's children	Brisco/Kloczko/ Burgess	Apr-12	A team was created including Board of Education members, school administrators, school nurse, students and Fit Together members.	April 2012
Rewrite School Wellness Policy	An impactful and useful plan that improves the health and fitness of Torrington's children	Kloczko/ Burgess	Sep-12	Torrington- Wellness Committee presented policy to the Board for approval. Winchester schools adopted wellness Policy based on CHILI results	April 2013 May 2012

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PSE Change Strategy					
Work with Elementary Schools to install Community Gardens					
<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Provide funding to 2 schools	Active learning by students by being responsible for growing fresh vegetables & incorporating them into their diets.	Burgess/Kloczko	Sept. 2012	Supplies have been received at schools. Garden coordinators will be assigned	Sept. 2013
Introduce USDA Team Nutrition program to elementary school grades 3-6	Active learning by students by being responsible for growing fresh vegetables & incorporating them into their diets.	Burgess/Kloczko	Sep-14		
PSE Change Strategy					
Businesses Adopt Healthy Eating & Physical Activity policies					
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Local restaurants will create and post healthy menu choices	Healthy food choices and portion sizes and local restaurants will help to lead to healthier lifestyles and citizens	Mattiello/ Barksdale	Oct-12	decided against	
Local grocery stores will adopt a nutritional value system for items available in their stores	Allowing all to see how healthy their choices are will lead to healthier lifestyles and citizens	Barksdale/ Polito	Sep-12	Verified that local stores were using nutritional value systems to educate consumers about healthier food choices	Sept. 2012
Businesses are encouraged to conduct workplace CHLI, create Employee Wellness Committees, use Wellness Tool Kit, host Annual Health Fairs and healthy food options	Allowing employees to work in healthier environment	Mattiello/ Ryan	Jun-12	in progress	

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Objective To improve community collaboration and assessment capacity					
PSE Change Strategy					
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Torrington PHC & Fit Together form collaboration	Merger of Efforts	Mattiello/Barksdale / Brisco	Oct-11	Merged: known as Fit Together NWCT	
Meet with Litchfield Food Council to join efforts	Merger of efforts	Barksdale	Dec-11	Food Council reforming and working on a new collaborative to include Fit Together	
Meet with Birth to Graduation Organization to coordinate efforts	Coordination of activities	Barksdale/ Angevine	Apr-12		
Farmers Market Collaboration	Coordination of activities	Burgess			
Society of Human Resource Development	Coordination of efforts	Ryan/Mattiello	Jun-12		
Connect with Regional Economic Development System (CEDs)	Coordination of efforts	Burgess	Jun-12	A new Objective was added to the CEDs Agenda to support the Fit Together initiative	Jun-12
Meet with Torrington Development corporation	Coordination of efforts	Brisco	Apr-12	Met with TDC and adopted a resolution to support the HEPA on the Master Development Plan	May-12

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Objective To improve community collaboration and assessment capacity					
PSE Change Strategy Collaborate efforts/ funds to conduct community wide assessments					
<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Seek interested partners in shared community assessment.	Pooled funds allow for greater community assessment	Mattiello	Sep-11	Coordinated efforts with: Charlotte Hungerford Hospital, United Way, PHC, Torrington Area Health District, and CTG resources.	Sept. 2011
Join with Torrington Area Health District in applying for Community Transformation Grant	Opportunity for larger community assessment	Mattiello/ Polito/ Barksdale/ Brisco	Sep-11	Joined efforts with TAHD. Applied for and received 2 year CTG grant.	Sept. 2011
Hire Education Connection to conduct Health Needs Assessment in Litchfield County	To conduct assessment	Mattiello/ Polito/ Barksdale/ Brisco	Feb-12	Education Connection conducted Community Healthy Needs Assesment in Litchfield County. Created 100 page assesment report	Feb. 2012
Review Health Needs Assessment data and determine new community needs	New areas of need to be addressed	Mattiello/ Polito/ Barksdale/ Brisco	Jul-12	100 page county-wide, town-by-town assessment report created. New PHC-like coalitions created: Fit Together Litchfield County, Fit Together Winsted, Fit Together NW corner, Fit Together New Milford, Fit Together Plymouth	Sept. 2012

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Objective	To improve community wide communication to advance Fit Together objectives				
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PSE Change Strategy	Create community conversation around living a healthy lifestyle				
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<u>Action Steps</u>	<u>Desired Outcome</u>	<u>Specific Person(s) Responsible</u>	<u>Time frame</u>	<u>Actual Outcome</u>	<u>Completion Date</u>
Create Fit Together Website	Communication tool and place to present work of (PHC) Fit Together-building community consensus	Brisco/ Cohen	May-12	www.fittogethernwct.org	May-12
Create Community Calendar of health related	Coordinate between community organizations	Mattiello/ Polito/ Barksdale/ Brisco	Jul-12		
Commence weekly column in Register Citizen	Community awareness and issues	Mattiello/ Polito/ Barksdale/ Brisco	May-12	Local newspaper did not approve until April 2013. We need to regroup and prepare to begin.	
Provide local radio healthy tips	Community awareness and issues	Mattiello	Apr-12		
Host Community wide Healthy Community Design Summit	Engaged conversation re: creating a healthier community w/ stakeholders	Brisco/Barksdale	Oct-12	3 day summit held with Mark Fenton. Day 1- Bus tour of Winsted/Torrington. Observed Winsted School dismissal.	Oct. 2012
				Day 2- Healthy Community design Workshop and walking audit of Winsted. Observation of Torrington school dismissal. Torrington Walking audit.	Oct. 2012
				Day 3- Mayor's Leadership breakfast to discuss findings. Outcome: Winsted community members form a sub-coalition and began meeting monthly	Oct. 2012

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Create Internal Communication Plan	To effectively communicate with leadership team and coalition members	Barksdale/ Brisco	Jan-14		
Create External Communication Plan	To effectively communication with Community Leaders and general public to share stories of success and to educate	Marketing Committee	Jan-14		
Attain Communication Plan funding	Funds needed for staff to effectively manage communication plan- outbound marketing program- social media, web & newspaper stories	Barksdale/ Brisco	Mar-14		
Communication Content development	A system to engage coalition members to identify & share stories to be shared with general public and community leaders	Marketing Committee	Mar-14		