

# BE HEALTHY WV IMPACT

REPORT

POLICY • SYSTEMS • ENVIRONMENT

Be Wild. Be Wonderful.

***beHealthy.***

# COALITION **WORK**

FEBRUARY

MARCH

APRIL

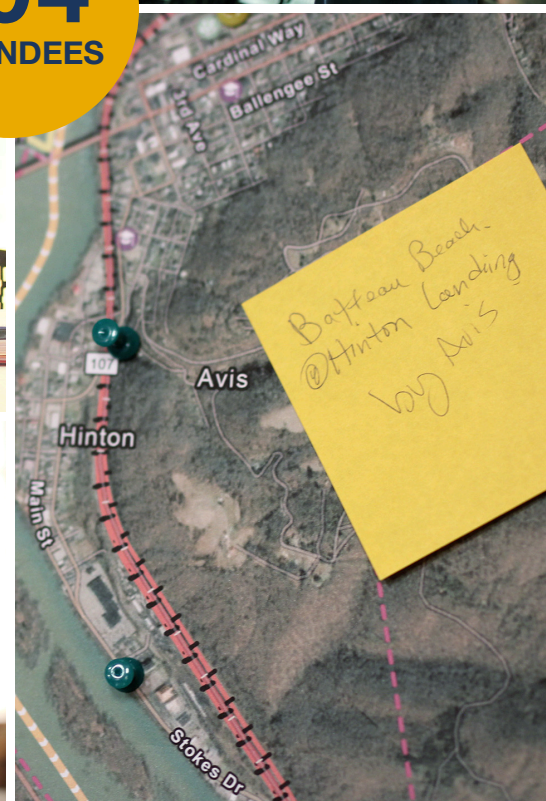
## Kick-Off Meetings

Kick-off meetings were held in all 8 counties: Boone, Braxton, Calhoun, Clay, Lincoln, Logan, Monroe, and Summers.

- Learned about the needs assessment process
- Reviewed and revised asset maps
- Identified key community members to be interviewed



**104**  
ATTENDEES





# COALITION **WORK**

APRIL

MAY

JUNE

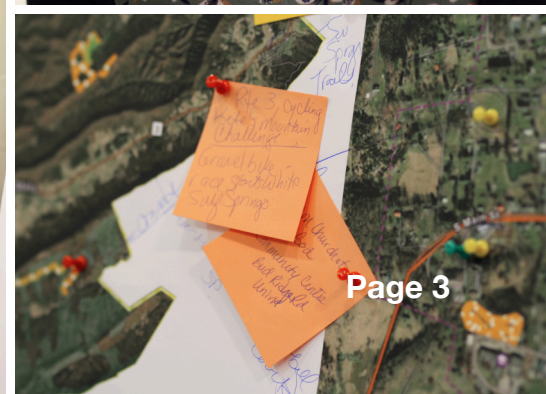
## Follow-Up Meetings

Follow-up meetings were held in all 8 counties: Boone, Braxton, Calhoun, Clay, Lincoln, Logan, Monroe, and Summers.

- Developed coalition participation agreements
- Reviewed and revised needs assessments
- Drafted action plans



**64**  
ATTENDEES



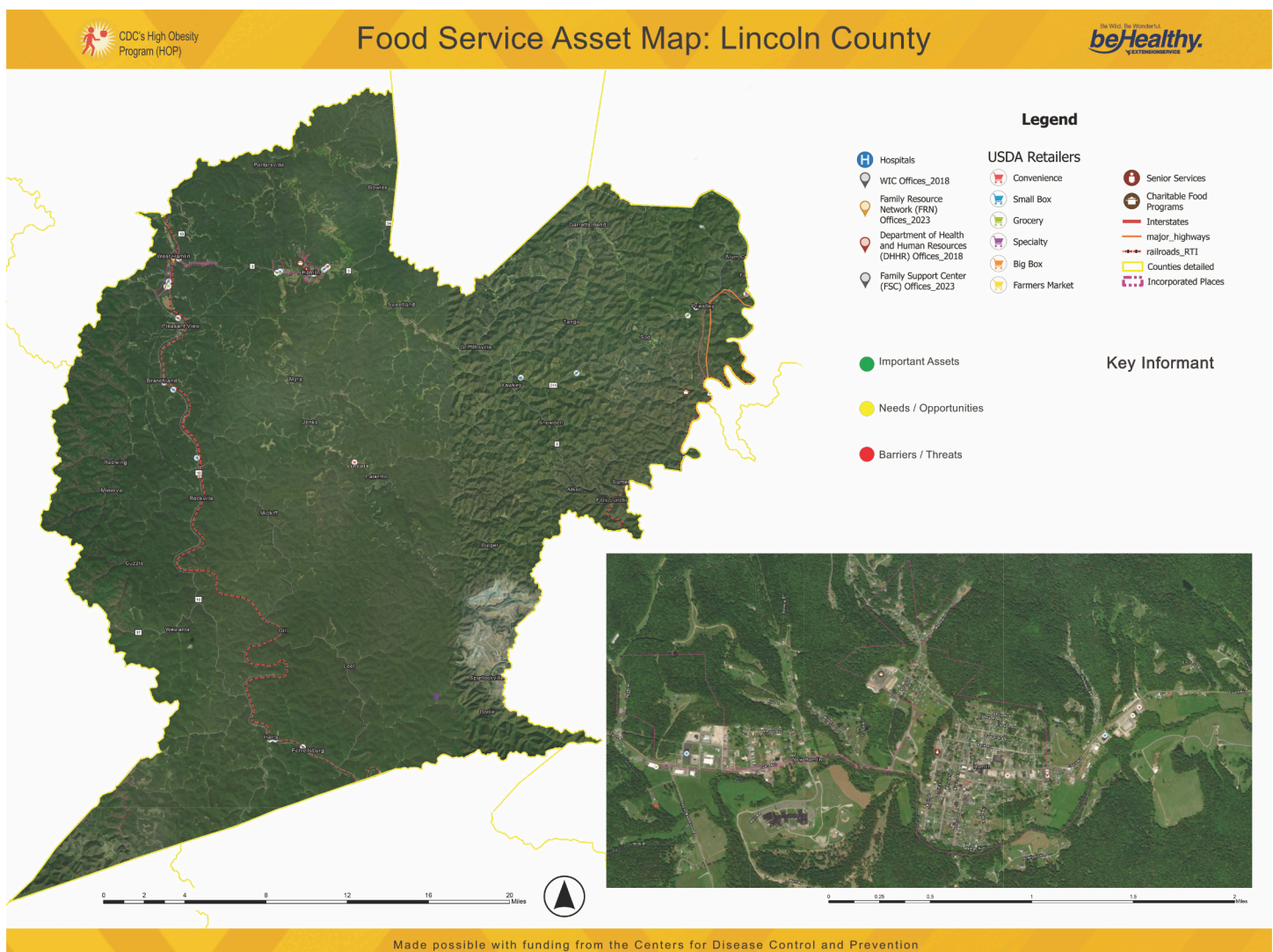


# ASSET MAPPING

## Food Service Asset Maps

Creating a food service asset map is crucial for enhancing community access to nutritious food options and promoting food security. It serves as a comprehensive guide, identifying existing food resources such as grocery stores, farmers' markets, food banks, and community gardens. This mapping empowers community planners, policymakers, and residents to pinpoint areas lacking food access, often referred to as "food deserts," and to develop targeted efforts to address these gaps. By visualizing the distribution of food assets, stakeholders can better coordinate efforts to improve food availability, affordability, and quality, ultimately fostering a healthier and more equitable community.

Below is an example of a food service asset map for Lincoln County.



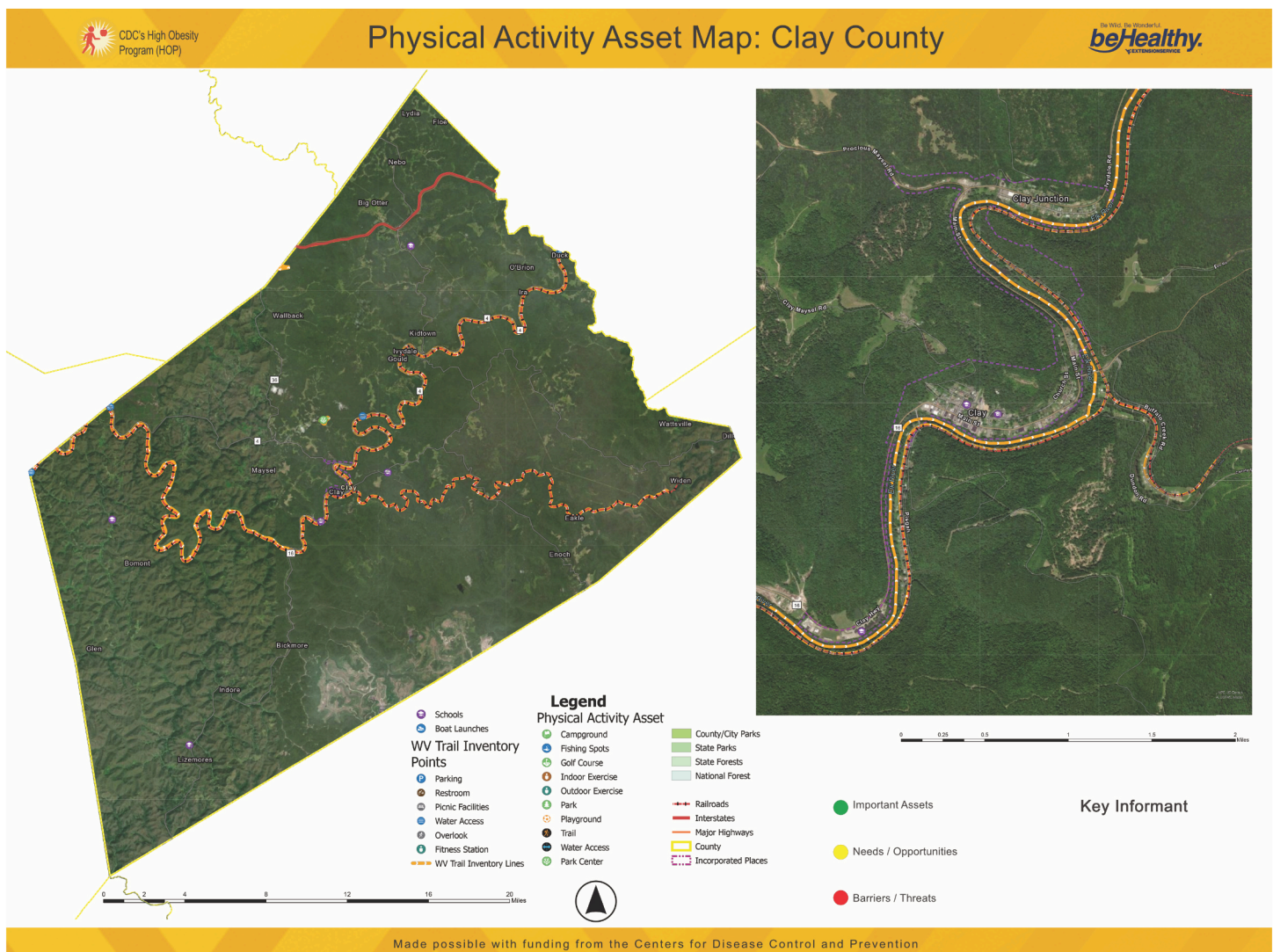


# ASSET MAPPING

## Physical Activity Asset Maps

Creating a physical activity asset map is crucial as it identifies and connects community resources, such as parks, trails, gyms, and sports facilities, to promote healthier lifestyles. This tool empowers individuals by increasing awareness and accessibility of local opportunities for physical activity, fostering community engagement, and supporting public health initiatives. By visualizing these assets, communities can collaboratively enhance infrastructure, address gaps, and encourage active living, ultimately contributing to the overall well-being and health equity of all residents.

Below is an example of a physical activity asset map for Clay County.



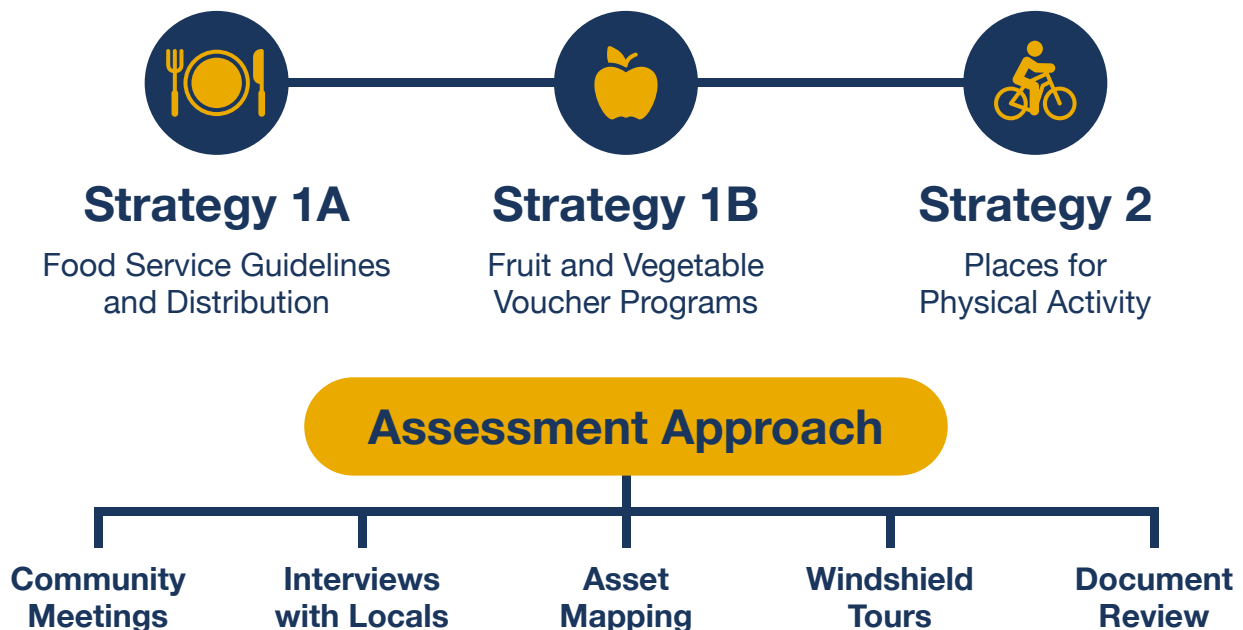
# NEEDS ASSESSMENTS AND **ACTION PLANS**

## Identifying Opportunities and Implementing Strategies



A community-based participatory approach was utilized to engage community coalitions and conduct comprehensive community needs assessments. Additionally, key informant interviews were conducted to gain deeper insights into the specific challenges and opportunities within each community.

From these findings, collaborators drafted county-level Food and Physical Activity Needs Assessments for each of the 8 Be Healthy counties. These assessments identified gaps in existing systems and illuminated opportunities for positive change.



Action plans were developed to address the gaps identified through needs assessment, outlining long-term goals, identifying opportunities, and implementation strategies tailored to each community's unique needs and priorities.





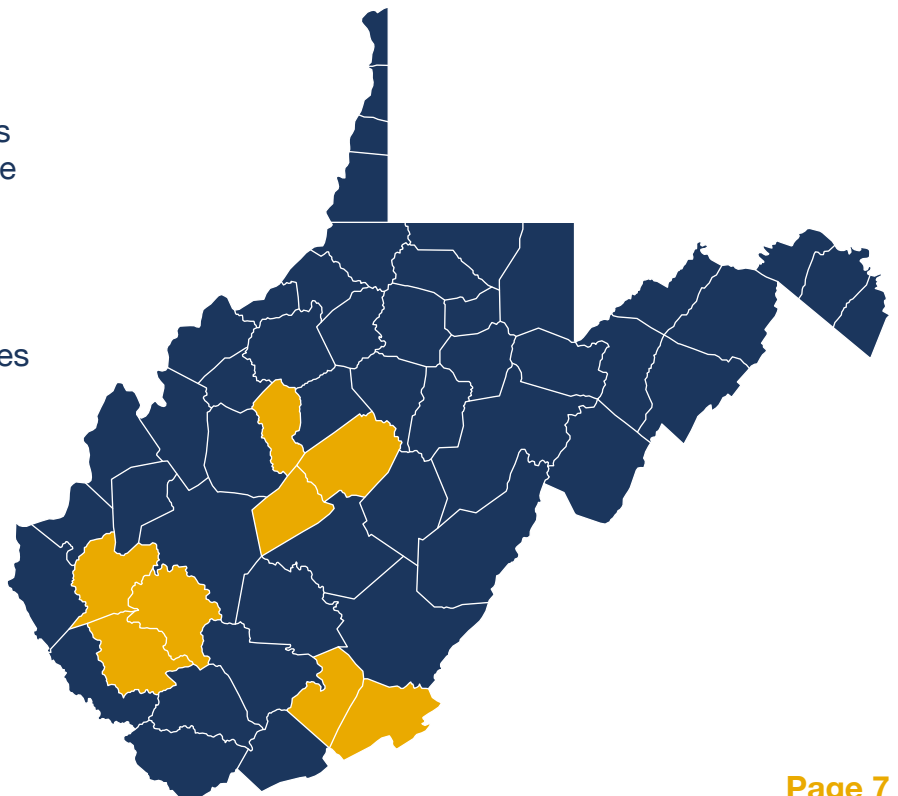
# POLICY, SYSTEMS, AND ENVIRONMENT CHANGE

## Creating Opportunities for Healthy Choices

Where you live, work, learn, eat, play, and pray impacts the life you live. If healthy options are not *available* in these settings, then individuals do not have the opportunity to *make* healthy choices. Policy, Systems, and Environment changes (PSE) work to make healthy choices readily available and easily accessible for every member of the community.

### Food Access PSE Examples:

- ✓ **Policy:** Adopting Healthy Eating Research (HER) guidelines informs healthy decisions across the whole food system
- ✓ **Systems:** Engaging digital inventory and ordering systems, like Primarius, support communities in making informed and healthy selections for their food pantries
- ✓ **Environment:** Using signs and other visual cues at food pantries prompt individuals to make healthy choices for themselves and their families



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Be Wild. Be Wonderful.



The partnership between the Center for ActiveWV, WVU Extension, and Mountaineer Food Bank demonstrates a strong commitment to improving health and nutrition in West Virginia. By combining resources and expertise, we address health and nutrition challenges and provide essential education and support, aiming for a healthier future for all residents.

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U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION

The CDC High Obesity Program (HOP) is an essential initiative for West Virginia, playing a crucial role in combating health disparities related to nutrition, physical activity, and obesity. It aims to create lasting policy, systems, and environment changes that make healthy eating and active living more accessible and affordable for all residents. By collaborating with local universities, state investments, and resources, HOP leverages a diverse network of partners. These partners span various professions, including agriculture, transportation, education, healthcare, parks and recreation, business, housing, and defense and military.

With the valuable support of the CDC, we are dedicated to improving the health and well-being of West Virginians, fostering a stronger, healthier community for future generations.

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