

RWC2020 Wellness Goals

| Goal Area | First Year Objective | Action Steps |
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| <p>1. Increase easy everyday physical activity</p> | <p>Increase the number of students walking/biking to school through such strategies as: assessing safe routes to schools, educating the community about the need for increased daily activity, pilot a <i>walking school bus program</i> that bring students from a drop off location several blocks from school to the campus at the beginning and end of the school day.</p> | <ul style="list-style-type: none"> - Feasibility study: explore successful walking/biking to school models in similar communities; determine local community interest/readiness; identify possible pilot site - Present pilot implementation plan to RWC 2020 leadership - Submit funding proposal(s) to provide resources - Implement and evaluate a pilot walking school bus program and assess other schools for expansion possibilities |
| <p>2. Make healthy food the easy, affordable and viable option</p> | <p>Complete a Retail Food Environments Analysis in this community to locate areas with insufficient access to healthy food and then work to improve availability of fresh fruits and vegetables in these areas.</p> | <ul style="list-style-type: none"> - Collect and analyze existing data (RC General Plan, SM Co. Health System) - Encourage assessment for NFO Specific Planning process - Identify local resources to assist in making fresh fruits/vegetables readily available - Review existing information about working with vendors who offer food outside of school |
| <p>3. Build social cohesion and maximize public spaces</p> | <p>Promote community building and outdoor activity by promoting school and community garden development, using the City's Community Matching Grant Fund as one source of seed money.</p> | <ul style="list-style-type: none"> - Inventory existing school and community gardens - Work with RWC Environmental Initiatives Manager and community organizations to support current gardens and sustain them during the summer when school is not in session - Work with City Manager's Office to identify possibilities for street closures to encourage social gathering in neighborhoods - Publicize City's mini-grant |

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| | | <p>program to support resident initiatives</p> <ul style="list-style-type: none"> - Continue and expand community youth development initiative efforts (CYDI) |
| <p>4. Promote healthy practices in 2020 partner organizations so they serve as models for the community</p> | <p>Develop a “healthy meeting guide” for use by RWC 2020 partners to promote healthy refreshments and incorporate physical activity into the meeting structure.</p> | <ul style="list-style-type: none"> - Review model guidelines for applicability - Develop a draft for RWC 2020 partners to review - Work with partners to adopt guidelines and implement in their own organizations |