

# STRATEGIES - INTERVENTIONS BY SECTOR

## Phase 1/Phase 2

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### Schools

#### Nutrition

1. Increase the number of students who eat healthy school breakfasts, lunches and snacks offered in school.
2. Promote and implement age-appropriate, evidence-based nutrition education into the school curriculum.
3. Promote the development and adoption of best-practice guidelines for healthy snacks in the classroom, after-school vending, fundraising and concession sales.
4. Promote and enhance existing online resource centers and other technical assistance opportunities to provide schools access to nutrition and healthy eating resources (such as menus and recipes).
5. Create a best practice model to encourage and enable “farm-to-school” initiatives for schools, early care and education centers, and youth-serving programs, including the creation of local gardens, local purchasing, and related efforts.
6. Advocate for the establishment of statewide nutrition education standards in the schools.

#### Physical Activity

1. Integrate physical activity tied to course content into each class period.
2. Enhance after-school programs (including more intramural sports options) to provide additional opportunities for students to engage in moderate-to-vigorous physical activity.
3. Ensure that the PE curriculum focuses on lifetime physical activity.
4. Incorporate the FitnessGram® assessment tool into all PE classes.
5. Promote Safe Routes to School initiatives that support walking and biking to school.
6. Implement policies to provide that all elementary students have at least 30 minutes of daily moderated recess (per evidenced-based guidelines) that cannot be taken away as punishment.
7. Increase opportunities for parents and caregivers to participate in physical activity programs at school with their children where possible (before- or after-school programs, for example).
8. Increase education and engagement with parents and caregivers to promote physical activity outside of school.
9. Advance policy that restricts the increase of credit flexibility/waiver expansion.
10. Limit the use of on-line Physical Education to specific circumstances (e.g., for use by students with disabilities).
11. Implement policy change to increase the frequency of physical education to conform to evidence-based standards.

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### Youth-serving Organizations

#### Nutrition

1. Promote the adoption of best practice guidelines for healthy meals, snacks and beverages served at meetings and gatherings.
2. Model and incorporate learning about healthy eating habits into the organization's programs and activities.
3. Increase the number of youth-serving programs that participate in the Federal Child and Adult Care Food Program, Summer Food Service Program, and/or similar programs with appropriate nutrition guidelines.

#### Physical Activity

1. Promote the adoption of best practice guidelines for physical activity into all programs and policies.
2. Ensure that children and youth have the opportunity to play and be physically active while engaged in the organization's programs and activities.

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### Early Care and Education

#### Nutrition and Physical Activity (combined)

1. Increase the number of early care and education centers, child care facilities and other youth-serving programs that participate in the Federal Child and Adult Care Food Program.
2. Educate, advocate, and assist with implementation of nutrition and physical activity best practices in the ECE community.
3. Develop and promote online resource centers, technical assistance and other incentive opportunities that cause all child care centers to adopt developmentally appropriate physical activity and nutrition practices.
4. Include the adoption and implementation of developmentally appropriate physical activity and nutrition guidelines into the licensing requirements for ECE providers.
5. Include the adoption and implementation of developmentally appropriate physical activity and nutrition guidelines into the Paths to Quality rating system.
6. Require ECE and child care facilities to adopt and implement recommended nutrition and physical activity guidelines as a condition to participating in the Child Care Development Fund (CCDF) voucher program (amend existing participation standards to include adoption and implementation of recommended nutrition and physical activity guidelines).
7. Increase the number of early care and education centers offering best-practice breastfeeding support services to families.
8. Increase opportunities for parents and care givers to participate in nutrition education and PA programs with their children at ECE and child care facilities.
9. Increase education and engagement with parents and caregivers to promote healthy eating and physical activity outside of ECE and child care facilities.
10. Incorporate evidence-based curriculum on developmentally appropriate PA, nutrition and healthy eating in the educational components of the early childhood credentials offered by any provider in Indiana.
11. Require evidence-based curriculum on developmentally appropriate PA, nutrition and healthy eating in staff training and professional development courses for early childhood education professionals.

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### Community-Based Initiatives

#### Nutrition

1. Advocate for the reauthorization of federal supplemental food programs.
2. Develop “healthy corner store projects” in underserved areas.
3. Expand the number of farmers markets in underserved areas.
4. Increase the number of farmer markets wherever located that accept SNAP, WIC and other food assistance programs.
5. Increase the number of community gardens in central Indiana.
6. Work in partnership with food retailers to incentivize, develop and expand full-service grocery stores and supermarkets in underserved communities.
7. Increase local food store marketing of healthy products across the spectrum of product, placement, price and promotion marketing strategies.
8. Develop community-based “nutrition hubs” (access, cooking classes, education and counseling).
9. Identify and promote community-based programs that provide healthy eating classes and nutrition education using a variety of community venues and communication channels.
10. Work with public venues to add and promote healthier food choices at affordable prices.
11. Identify and advocate for policy changes that provide additional affordable food resources to low income families.
12. Reduce and eliminate the advertising of unhealthy foods to children.
13. Increase the promotion of healthy food choices by restaurants and other prepared food vendors through efforts such as menu labeling, calorie counts and portion options.
14. Promote services and programs that support and sustain healthy eating behaviors.

#### Physical Activity

1. Support the adoption of active transportation policies, including Complete Streets and investment in the built environment (e.g., sidewalks, trails and greenways, bike paths, and mass transit).
2. Promote the development of additional and the improvement of existing neighborhood playgrounds and parks.
3. Align with the "Top 10" initiative to promote the use of shared use agreements to give children and families access to public facilities for physical activities.
4. Encourage health care providers to adopt and prescribe prevention and treatment strategies that optimize PA among their pediatric patients.
5. Enhance community capacity to provide additional programs, events, and other opportunities for children to engage in moderate to vigorous physical activity.