

Nutrition and Physical Activity Coalition of Salina's

Nutrition and Physical Activity Community Plan

Vision

All Salina residents live a healthy and physically active lifestyle.

Mission

Provide all Salina residents opportunities, education, promotion and encouragement for a lifetime of healthy eating and physical activity.

Strategies

1. Increase accessibility to good nutrition and safe physical activity.
Objective: Study, determine, and implement feasible healthy eating and physical activity opportunities.
Objective: Research and develop effective policy change related to good nutrition and physical activity.
2. Increase public education and promote healthy eating and physical activity.
Objective: Study, determine, and implement best practices for recognizing individuals who choose healthy eating and physical activity.
Objective: Create opportunities for collaboration with community partners regarding public education and promotion of healthy eating and physical activity.
Objective: Explore and utilize effective materials and marketing to inform the community of healthy nutrition and physical activity options.
3. Encourage individuals to choose healthy eating and physical activity.
Objective: Study, determine, and implement best practices for motivating individuals to choose healthy eating and physical activity.
Objective: Explore and execute possible incentives for citizens to make healthy choices.
4. Enhance existing programs centered on nutrition and physical activity.
Objective: Expand current programs in the community that support good nutrition and physical activity.
Objective: Research current programs and resources available in the community and ways to effectively communicate this information to the community.

Action

To be developed by the grant applicants based on the project, program, etc. for which funding is being requested.