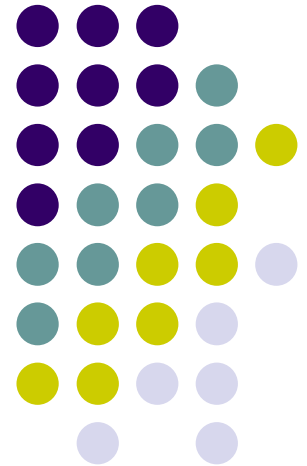


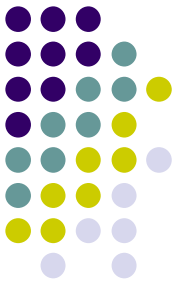
Overview of *Moving to the Future*

*Moving to the Future:
Nutrition and
Physical Activity
Program Planning*



A product of the

ASSOCIATION OF STATE & TERRITORIAL
PUBLIC HEALTH  NUTRITION DIRECTORS



Moving to the Future

Tools for Planning Nutrition and Physical Activity Programs

[Home](#)



1. **Community Assessment**
2. **Priorities, Goals, and Objectives**
3. **Nutrition and Physical Activity Plan**
4. **Implementation**
5. **Evaluation**

North Carolina 5 A Day Plan

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[Public Health Business Plans](#) by Carple Garner
[Comments on new chapter](#) by Karen Probert
[Healthy Food](#) by Jan Doods
[PHN Workforce Survey](#) by Isabel Parraga

Welcome to Moving to the Future

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- Step-by-step instructions for conducting a community assessment, writing objectives, developing a plan, or evaluating your program.
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Skill-building Training Programs

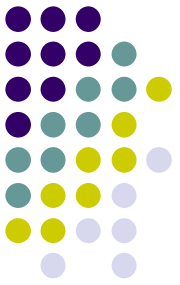


[Moving to the Future Training Flyer](#)

Would you like a 1 or 2-day, hands-on training program to learn how to develop population-based nutrition and physical activity services? Moving to the Future training programs are tailored to your needs. An experienced training team uses case studies and problem-solving activities to teach people how to develop population-based services. The PDF file provides

Sponsors & Developers

Moving to the Future Tools for Planning Nutrition and Physical Activity Programs



- Association of State and Territorial Public Health Nutrition Directors
- CDC, Division of Nutrition and Physical Activity
- HRSA, Maternal and Child Health Bureau
- National, state, and local public health staff, academic faculty, and students

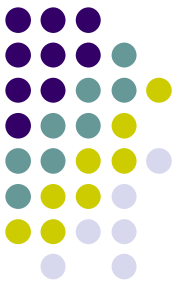
History



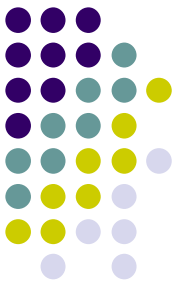
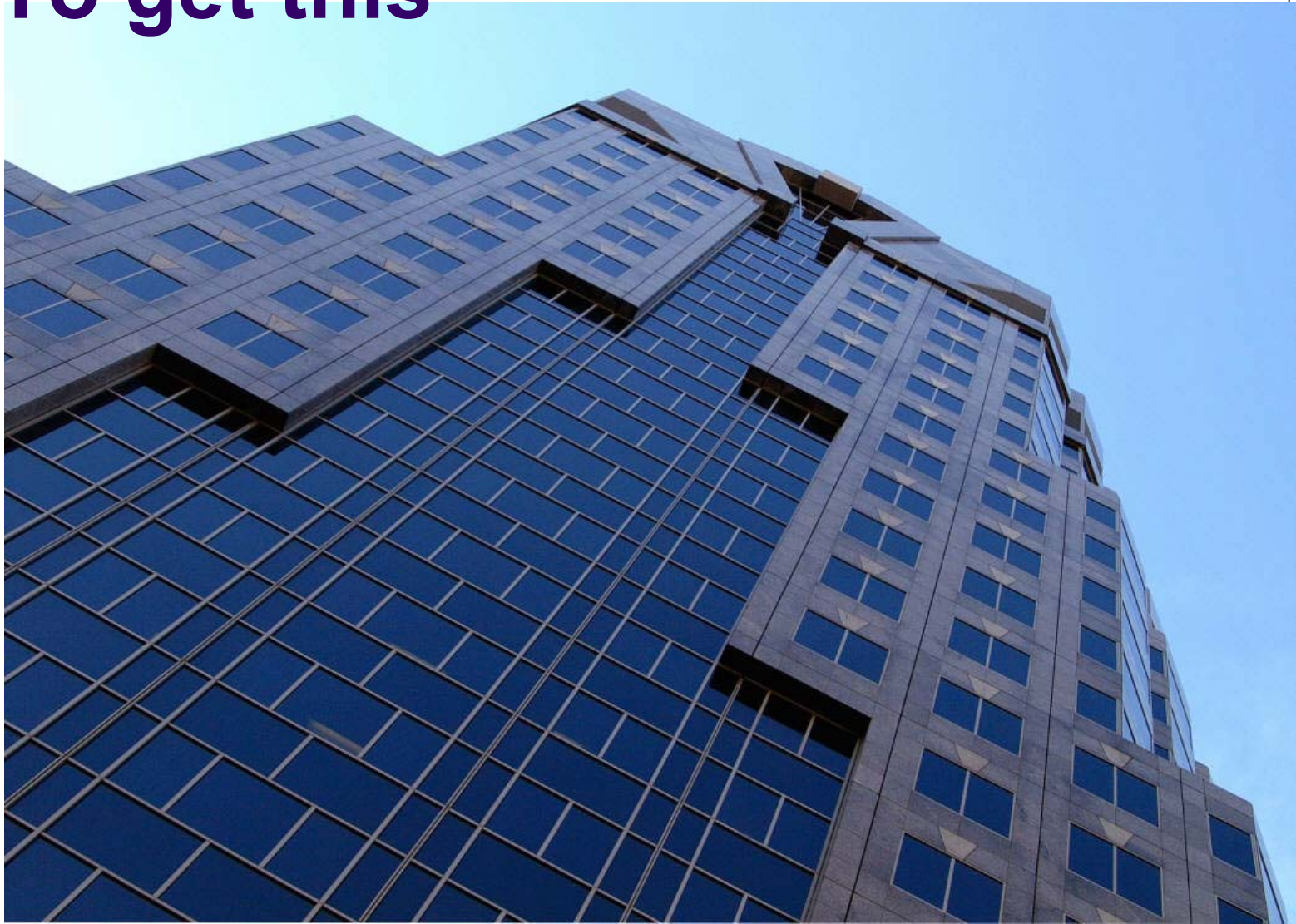
- *Guide for Developing Nutrition Services in Community Health Programs*
- *Moving to the Future: Developing Community-Based Nutrition Services*
- *Moving to the Future: Nutrition and Physical Activity Program Planning*



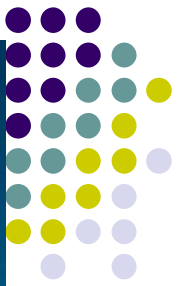
Why plan?



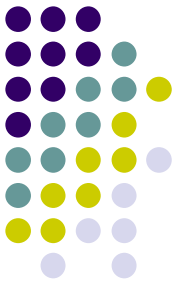
To get this



Instead of this

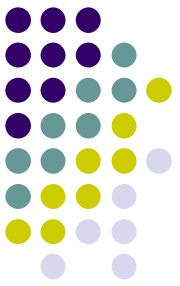


Moving to the Future: Nutrition and Physical Activity Program Planning



- A planning resource that focuses on outcomes
- An online resource to help develop successful nutrition and physical activity programs

Features



- Planning Guide
 - Information
 - Forms, worksheets, and surveys
 - Examples
- Forum
 - Network with colleagues
- Members Directory

It's All Online

Features

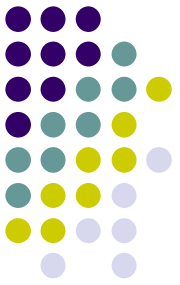


- Content reflects the growing field of planning community-based nutrition and physical activity programs.
- Up-to-date worksheets, tip sheets, sample forms, and examples.

Features

Moving to
the Future

Tools for Planning Nutrition and Physical Activity Programs



- Emphasis on changing policy and the environment.
- Everything is online and regularly updated.

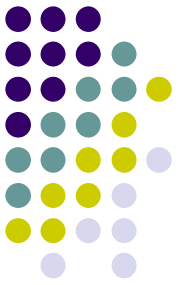
5-Step Planning Process



1. Community Assessment
2. Priorities, Goals, and Objectives
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Principles

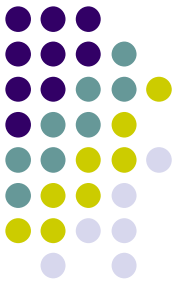
Moving to the Future Tools for Planning Nutrition and Physical Activity Programs



- Flexible and Realistic

The intent of *Moving to the Future* is to provide guidance. Use what is helpful and modify materials to meet your needs.

Principles

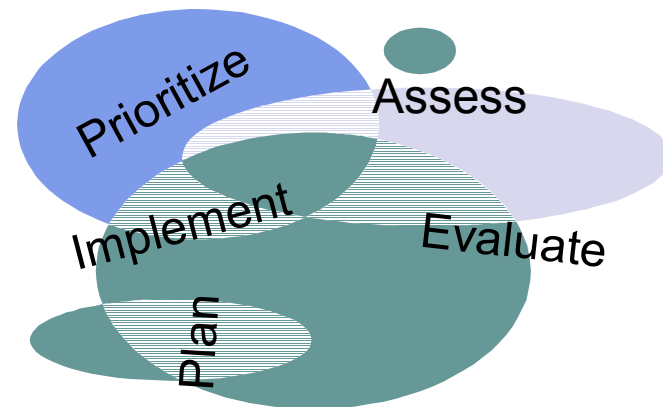


Moving to the Future Tools for Planning Nutrition and Physical Activity Programs



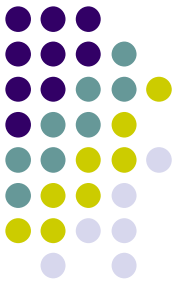
- Flexible and Realistic

Planning and implementing community-based programs is not work that can be done perfectly.



Principles

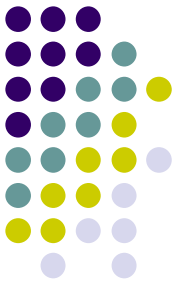
Moving to the Future Tools for Planning Nutrition and Physical Activity Programs



- Flexible and Realistic

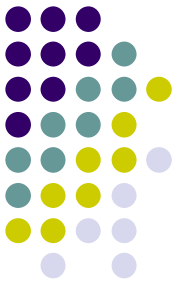
Do the best you can, given your real-world limitations, and commit to making improvements every year.

5-Step Planning Process



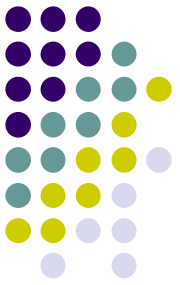
1. Community Assessment
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Community Assessment



- Define Community <http://www.movingtothefuture.org>
- Gather and Analyze Information
- Summarize and Report Information

Priorities, Goals & Objectives

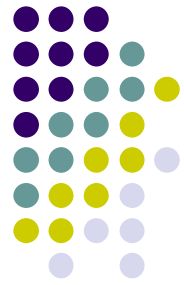
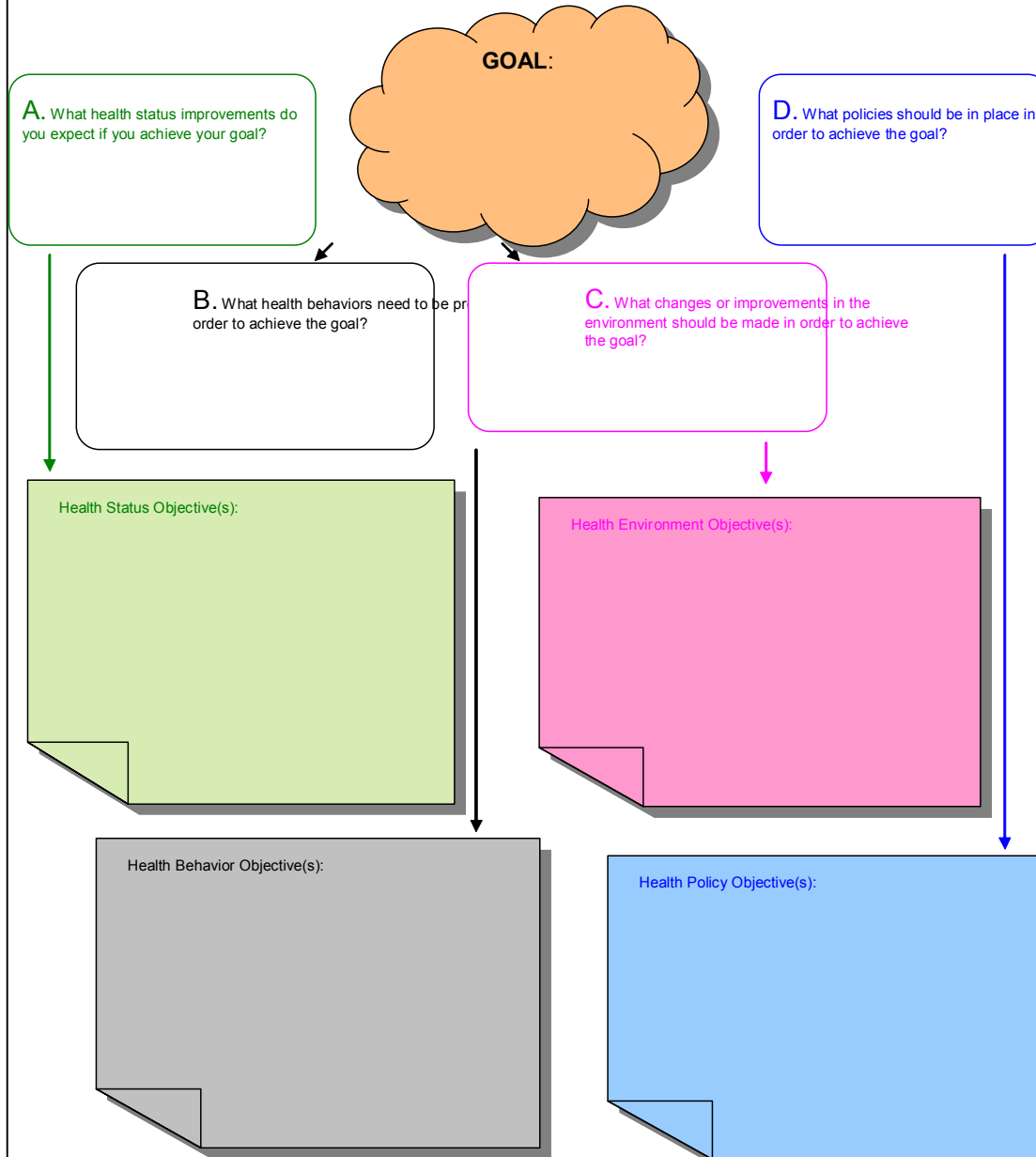


- Prioritize Health Concerns
- Set Health Goals
- Develop Objectives
 - Outcomes Worksheet
 - Process Worksheet

Writing Objectives

Outcomes Worksheet

Reproduce this sheet as needed.



If you'd like to see this worksheet on the Moving to the Future website, click below

http://www.movingtothefuture.org/story_files/199/199_ss_file5.pdf



Writing Objectives

Process Worksheet

Reproduce this sheet as needed.



GOAL:

Outcome Objective:

Questions and ideas to consider when developing the process objectives.

1. What changes need to happen to help achieve this outcome objective and address the goal?
2. What does the research indicate as the best ways to address the outcome objective?
3. What findings from the community assessment address the ideas in your answers to questions 1 and 2, above?

TIP: You can write objectives that address programs and services already available in your community.

Based on the answers to questions 1–3, what intervention ideas emerge? Translate those ideas into SMART objectives or objectives that RUMBA.

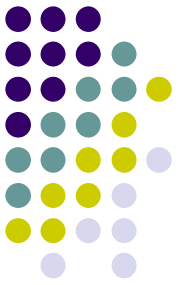
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Develop a Plan

Moving to
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Tools for Planning Nutrition and Physical Activity Programs

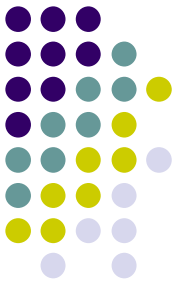


- Develop a Plan <http://www.movingtothefuture.org>
- Local Plans
- State Plans
- National Plans

Implement the Plan

Moving to
the Future

Tools for Planning Nutrition and Physical Activity Programs

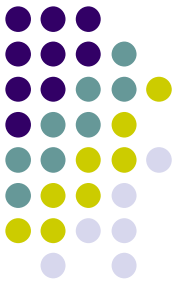


- Fund the Plan <http://www.movingtothefuture.org>
- Carry Out the Interventions
- Manage the Plan

Evaluate

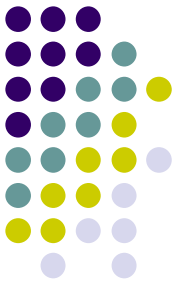
Moving to
the Future

Tools for Planning Nutrition and Physical Activity Programs



- Prepare for Evaluation <http://www.movingtothefuture.org>
- Carry Out Evaluation

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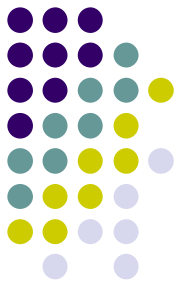
Scavenger Hunt

Activity Instructions



To get an idea of the available resources in Moving to the Future (MttF) spend a few minutes doing the activity on the next 3 slides.

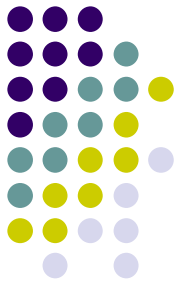
- I'm supposed to include a work plan with this grant application, but I'm not sure what to include, does MttF have any guidance?
 - http://www.movingtothefuture.org/chapter_contents.php3?sid=de9dca&member_id=&chapter_id=23



Scavenger Hunt

Activity Instructions - cont.

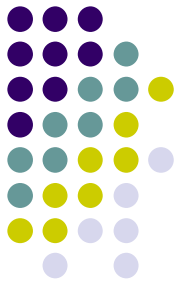
- We don't have any local-level data, so I'm not sure if we can conduct a community assessment, any ideas?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=229&chapter_id=12&origin1=chapter_contents
- I'm supposed to develop a budget, but don't have a clue what goes into a budget – is there anything in MttF that can help me?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=212&chapter_id=24&origin1=chapter_contents



Scavenger Hunt

Activity Instructions - cont.

- We've developed a plan, but don't have any funds – any ideas on how to find funding?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=213&chapter_id=24&origin1=chapter_contents
- I'm having a hard time understanding our community's race and ethnicity data, where can I get some help?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=229&chapter_id=12&origin1=chapter_contents



Scavenger Hunt

Activity Instructions - cont.

- We have only 3 weeks to collect community opinion, what are our options given this timeframe?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=171&chapter_id=12&origin1=chapter_contents
- I've heard people talk about SMART objectives – what are these?
 - http://www.movingtothefuture.org/story_read.php3?sid=de9dca&story_id=199&show_scroll=1



1. Community Assessment

2. Priorities, Goals, and Objectives



3. Nutrition and Physical Activity Plan

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6. Evaluation

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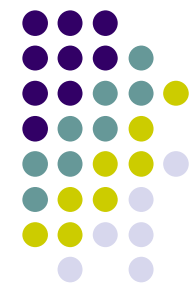
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Thank You