

## Community Public Health Education Planning Template

Name of Network:	Telephone:
Name of Contact Person :	Date: DD                      MM                      YYYY

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Which population group do we want to target?	What changes/health behaviours do we want this group to maintain or adopt?	What information do we have to ensure that this is a priority?	What activities and partners do we need (short-term / long-term) to support this group in maintaining or adopting the desired health behaviour?	What type of evaluation activities do we need?	What are the project costs for each activity and from what funding source?
Youth, ages 10-16	To make healthier food choices.	Stats produced from school board.  Stats produced in 1998 Quebec Social and Health Survey.	1). Create planning committee with a representative from school, CSSS, community.  2). Identify activity options with youth/parent involvement:	Ongoing feedback on process of committee by its members.	Annual Budget: \$2,000 hosting of activities \$5,000 coordinator time \$2,000 supplies and materials \$1,000 evaluation
Parents	To provide healthier food options to their children.	Stats from CESS portrait de la région socio sanitaire.  Perceptions of teachers and parents.	2a) Activity options short-term: <ul style="list-style-type: none"> <li>- nutrition and physical activity month</li> <li>- nutrition challenges/contests</li> <li>- workshop to youth on how to mentor.</li> <li>- <b>videoconferencing session</b> to parents: <i>Preparing healthy meals for your children.</i></li> <li>- <b>Follow-up activity:</b> informal community kitchen program developed.</li> <li>- Download and air the 15 nutrition and obesity radio program on local <b>radio</b> (having children showcase their successes on air).</li> </ul>	Measure the success and improvements immediately after events.	Short-term funding sources: - \$2,000 from CHSSN Community Education Program - \$5,000 CHSSN Community Public Health Strategy - \$2,000 School Board (in-kind for materials and supplies) - \$1,000 private donations. -other?
School board members	To make a policy ensuring regular physical activity and healthy food choices are in school cafeterias.		2b) Activity options long-term: <ul style="list-style-type: none"> <li>- Create an ongoing committee with annual events.</li> <li>- Organize weekly 15 min radio segment –Eating Healthy.</li> <li>- Seek partnerships with grocery stores, businesses, municipality, health professionals, etc..</li> <li>- Work towards adoption of policies and environments which support health eating and physical activity.</li> </ul>	Encourage CESS, School Board to develop longer-term evaluation measures re: measuring obesity rates over-time.	Longer-term funding sources: -municipality -Shift in resources from school board, health board etc.. -private donations grants