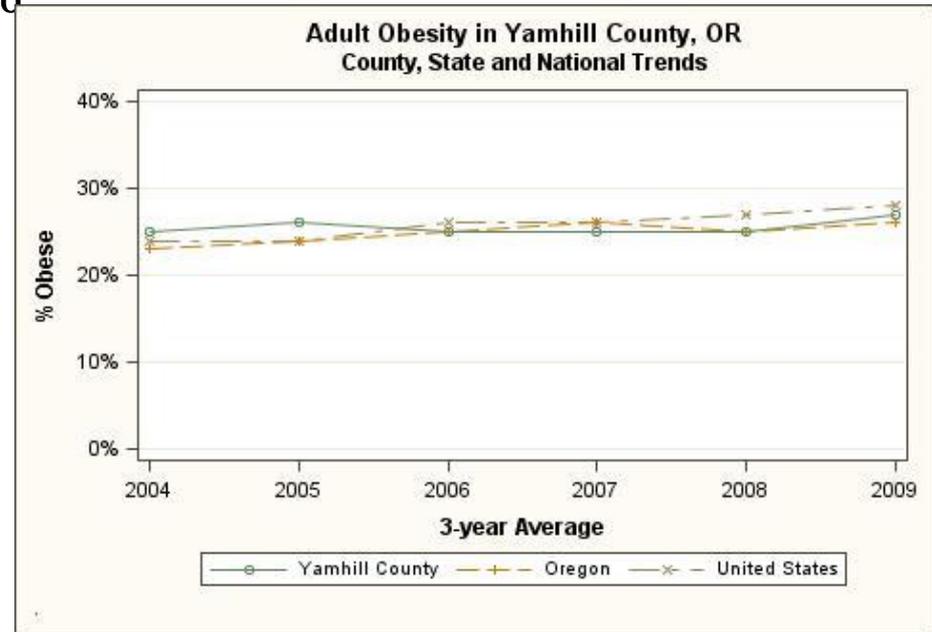


Beginning a Dialogue: Healthy Eating, Active Living in Rural Yamhill County

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Oregon Healthy People
AmeriCorps*VISTA
Yamhill County Public Health

Obesity in Yamhill County

- Yamhill County: 27%
- State of Oregon: 26%
- National Benchmark: 25%

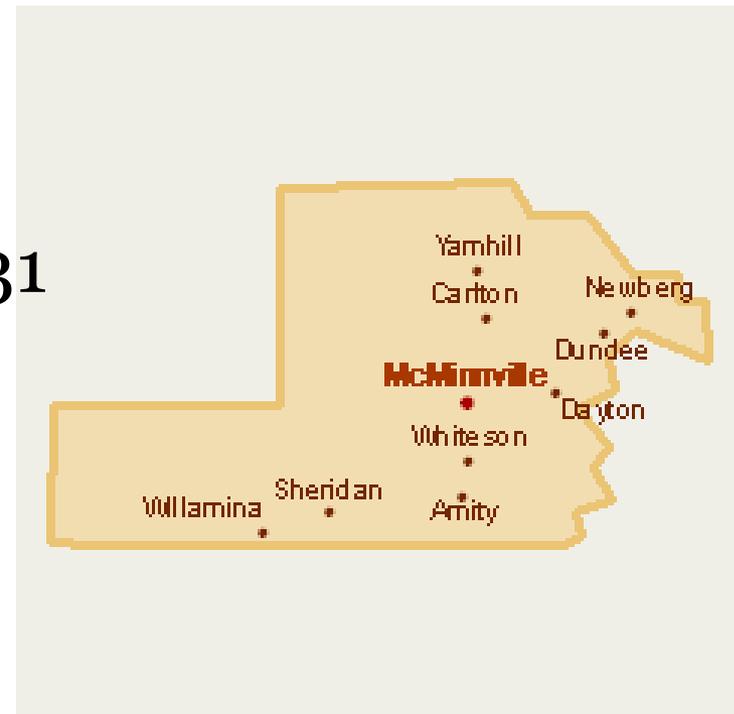


Healthy Eating, Active Living (HEAL)

- HEAL is a movement to promote community health at a municipal level
- Yamhill County Public Health received a grant from the Northwest Health Foundation

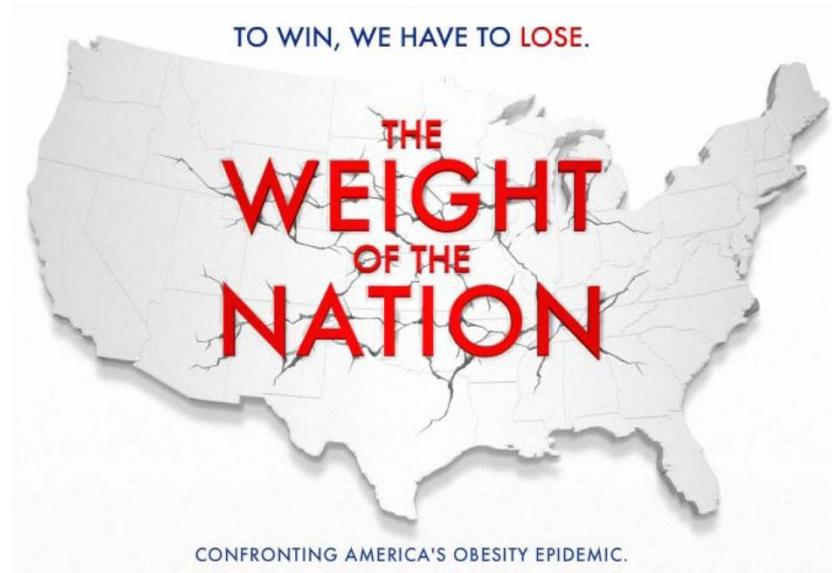
Yamhill County at a glance

- Total population: 99,193
- West Valley: 9,813
- Dayton 2,534
- Yamhill & Carlton: 3,031



Event Structure

- Meal
- Portion of “The Weight of the Nation” screened
- Panel discussion – Community leaders



West Valley HEAL

- 30 Attendees
- Transportation Provided
- May 21, 2013



Dayton HEAL

- 10 Attendees
- Presentation in Spanish
- May 22, 2013



Yamhill Carlton HEAL

- 60 Attendees
- Health focused resource booths
- May 30, 2013



West Valley Project Ideas

- Farmer's Market
- Community Center with focus on Wellness
 - Fitness Classes
 - Gardening Classes
 - Food Preservation Classes

West Valley Community Campus



Dayton Project Ideas

- Community Wellness Committee
- Walking path
- Cooking classes for children & adults

Yamhill Carlton Project Ideas

- Community Garden
- Farmer's Market
- Farm to School
- Rails to Trails



Successes

- Community Garden in Carlton
- West Valley Community Campus is hosting exercise classes
- Yamhill Carlton School District received a Farm to School grant for the second year

Barriers

- Fresh produce is limited and expensive
- Ease of transportation in the West Valley is a continuing issue
- Engaging community members for continuing efforts



Momentum

- WVCC has applied for 501(c)3 status
 - They continue to work on renovating the building
- The steering committee from Yamhill Carlton is working to formalize roles, responsibilities, and goals to move forward.

Thank You

Questions?

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