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

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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?

References


U.S. Census Bureau, 2013