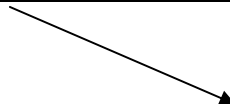
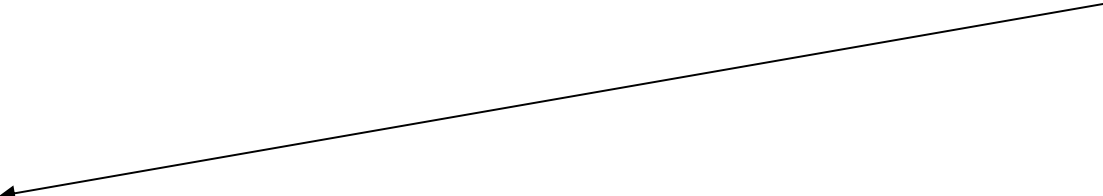


Strategies	WORKPLACE WELLNESS		WALKABLE COMMUNITIES		COMMUNITY PROGRAMMING	EVALUATION	PARTNERSHIP DEVELOPMENT
Environmental Objectives	<ul style="list-style-type: none"> To increase employee involvement in decision-making & implementation of activities & policies in workplace promoting health. 	<ul style="list-style-type: none"> To increase participants physical activity to a minimum of 30 minutes/day. To increase the consumption of fruits, vegetables & whole grains of program participants. 	<ul style="list-style-type: none"> To reduce the health risks currently faced in our communities (obesity, diabetes, heart disease) Promoting walking/cycling as an affordable mode of transportation Reducing road congestion & improving safety by calming auto traffic Discouraging street crime by increasing pedestrian & cycling traffic 	<ul style="list-style-type: none"> To reduce the barriers to walking & cycling. To include walkable community concepts into municipal planning. To reduce urban sprawl that decreases opportunity for healthy living. To increase the percentage of the female population that is physically active. To increase community awareness and use of the programs & services provided by the CHHN partners 	<ul style="list-style-type: none"> To address the gap in service in Dufferin County re: nutritional services (e.g. there are no private practice dietitians and a 3-month waiting list at the hospital for high needs residents, and no other service). To reduce barriers to cycling. To increase use of City of Guelph trails/cycle lanes. 		
Organizational Capacity Objectives			<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> To increase the number of community partners that use common risk factor messages for individual and collective communications. To increase support for walkable communities. </div>				
OHHP – TAFHL Objectives	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Increasing the percentage of Ontarians who consume five or more servings of vegetables and fruits daily. Increasing the percentage of Ontarians who participate in moderate to vigorous activity on most days of the week. Decreasing the percentage of adults who are current cigarette smokers. </div>						