



Healthy Eating Active Living 2015 Report Newsletter

Healthy Options for a Healthy Future

The Clackamas County Public Health Division is committed to helping communities identify and achieve their health goals. The Healthy Eating Active Living (HEAL) grant program is an example of what it looks like when communities set their own health goals and then make them happen. Looking back on five successful years of HEAL projects, the range of projects shows the creativity possible when communities get involved in their own health. These project encourage residents to think long-term about their health and the health of others.

It is rewarding to see that their efforts are sustainable and therefore will have generational significance. These walking paths, gardens, and skills will be passed on to friends, family, and community members for many lifetimes.

We are proud to reflect on accomplishments of our partners and communities and look forward to seeing more healthy options created for the healthy future of Clackamas County. Please read on to learn more about the HEAL program’s activities in 2015.

Dana Lord, Director

Clackamas County Public Health Division

Reflecting on five years of Community Accomplishments

2011-2015

<i>Number of Education Programs</i>	32
<i>Number of Gardens Created</i>	24
<i>Number of Walking Paths Installed</i>	6
<i>Number of Greenhouses Installed</i>	5
<i>Number of Outdoor Classrooms Installed</i>	5
<i>Number of Farmers Markets started</i>	3
<i>Number of Employee Wellness Programs Implemented</i>	3

Additional projects included playgrounds, a disc golf course, Power of Produce Kids Club, Handicap Access, a kids cooking series, delivery of food boxes to elders program, a bridge, and more.

2015 HEAL grant project summaries

AntFarm

\$8,00 HEAL Grant

The AntFarm Outdoors: connecting the dots and expanding choices project included local youth creating a vibrant farmers' market as an outlet for local farmers to distribute their agricultural products. AntFarm established a partnership with Clackamas County Tourism to promote agri-tourism by building awareness of the farmers' market as an inviting destination in the Sandy area with local produce, information, and experiences for local people and tourists. Agri-tourism enables farmers to add a new revenue stream by offering activities, such as hiking, biking, and pick-your-own operations which in turn supports increased fresh produce consumption, physical activity, and social interaction. AntFarm interns learned about organic gardening and working at a farmer's market. They added the successful Power of Produce club to promote vegetable consumption and physical activity for youth.



Youth interns promote "Power of Produce" club.

City of Sandy

\$4,610 HEAL Grant



Garden beds make fresh foods available to the community.

The City of Sandy built Bornstedt Park in 2014. The park included a community garden area with sixty-seven empty raised garden beds. HEAL grant funds were used to complete the community garden by creating the garden pathway for access, installing a storage shed for tools, and purchasing the soil, hoses, and basic tools to get the garden up and running.

The Bornstedt Garden is the only community garden in Sandy. The beds were planted with fruits and vegetables as soon as they were made available. Twenty-five of the garden beds were cultivated to be donated to the Sandy Helping Hands, a local non-profit that helps connect people in need with available resources.

Sandy Helping Hands said, "Our wonderful volunteers came and picked everything, families brought their children to run, pick, learn and eat! We will be making fresh produce boxes and delivering them monthly."

2015 HEAL grant project summaries

Clackamas Women's Services

\$8,000 HEAL Grant



Banner at Camp HOPE welcoming families.

The Camp HOPE Oregon program provided high adventure experiences for children that witnessed or experienced domestic and/or sexual violence. Trauma from these types of violence often result in children withdrawing from friends and struggling in school.

Staff and volunteers supported two wonderful groups of campers, twenty-nine kids ages 7 to 11 during the first week and fifteen campers ages 11-15 during the second week. Each day's schedule included field games, pool time, campfire gatherings, and shared meals in the lodge. Because the camp is not filled with domestic violence programming but rather provides different adventure experiences to campers, it harnesses the power of movement to promote positive change.

In an effort to help participants engage in the camp and reduce screen time, electronic devices are not allowed. One parent stated after her children attended Camp HOPE, "I had to push my kids to play outside before. Now they spend more time playing outside or with toys instead of electronics."

Food Waves

\$7,952 HEAL Grant

FoodWaves established an on-site, model garden for the Assemblies of God Church in Estacada, OR. The fenced model garden provided hands-on learning to church members, community members, and horticulture students at Estacada High School.

After the garden was built it was used to hold training sessions to teach sustainable gardening methods so that community members were able to learn how to grow, harvest and prepare their own fresh vegetables, fruits and herbs from raised beds and small containers.

Additionally the project helped connect organizations interested in food security, increased food awareness and food security for the local community, energized community members to eat healthy and be active, created volunteer activity for youth, and empowered people to give support and help those in need of food.



Demonstration garden in Estacada.

2015 HEAL grant project summaries

Friends of Sandy Pool

\$5,000 HEAL Grant



New stairs installed at the Sandy pool .

The Olin Y. Bignall Aquatic Center pool was built in 1964. Two pieces of equipment had been patched and repaired many times and had gone beyond their serviceable life. Replacing the American with Disabilities Act Handicap Stairwell and the American with Disabilities Act Hydraulic Chair lift became a priority for the local community. Community members and local business began raising funds to match the HEAL grant funds so that both pieces of equipment could be purchased. The community contributed five-thousand six hundred and sixty dollars toward the project. Friends of the Sandy Pool believe it shows how important the Sandy Pool is to the residents of Sandy and the surrounding area.

Having both pieces of new equipment improved access to the pool and allows children, the physically impaired, pregnant women and seniors to continue to access the pool safely. With up to 250 people using the facility on a weekly basis the pool supports an active, healthy lifestyle in the community.

Housing Authority of Clackamas County

\$5,700 HEAL Grant

The Public Housing Community Gardens Improvement Project built a covered meeting space at the Clackamas Heights Community Garden so that the gardeners had shelter from the weather during regularly scheduled volunteer work parties, gardening education workshops and garden meetings. At the Hillside Manor Community Garden a garden shed was installed to house garden tools and materials that help community members to care for and maintain their garden beds.

Resident gardeners were surveyed at the end of the garden season. A majority indicated they saved money growing their own vegetables, that gardening was good exercise that got them outside and that they enjoyed doing garden projects with other people in their community.



Covered area provides shelter rain or shine.

2015 HEAL grant project summaries

Metropolitan Family Services

\$8,000 HEAL Grant



Students create an on-site farmers' market.

The Community Roots: Establishing Partnerships for Health, Education and Leadership project provided access to health education to mitigate the negative health implication of poverty.

Students expanded their current garden program to establish a youth-run farmers' market. The Youth Farmers' Market increased the availability of healthy food, awareness about food production and enthusiasm for eating local healthy foods. Increased economic opportunity in the neighborhood helped a total of ten vendors participated in the market over the summer with over 80 people attending one day of the market.

Parents were engaged to create a committee to address health issues. Trained parent leaders provided basic nutrition and fitness education on topics such as the amount of sugar in drinks, portion size, and ideas for ways to do physical activities as a family during family events at Lot Whitcomb Elementary School.

Oregon City Farmers Market

\$7,045 HEAL Grant

The Market Kitchen- Cook Real Food Project engaged market customers to take tours of the market with a chef and take part in classes to learn simple, basic, cooking techniques for preparing healthy whole foods, with an emphasis on local fresh produce and take home recipes.

Access to healthy foods not only means physical access but knowing how to prepare the foods is essential for healthy eating. Over 23 weeks of the market 2,903 customers participated in the Market Kitchen, watching cooking demonstration and learning from the on-site chefs.

One chef said participants told her they were trying the recipes at home and enjoying them. Attendees said they were inspired to cook more or try vegetables they don't usually work with.



Participants learn how to incorporate fresh vegetables into family meals.

2015 HEAL grant project summaries

Oregon Outreach

\$8,000 HEAL Grant

The Student-Led Farm to School Tasting Table program provided elementary school students in Molalla the opportunity to taste local seasonal produce and receive healthy eating messaging during their school lunch time.

Alternative high school students at Oregon Outreach emphasized service to others as a platform to make change in their community. Students secured partnerships with farmers to create access to local produce, prepared the tasting recipes, developed the education outreach materials and presented tasting opportunities to the elementary students.

Youth leaders with the guidance of OSU Extension staff developed a monthly food of the month calendar and outreach newsletter that gave parents healthy recipes and ideas on new ways to prepare local produce.



Youth lead produce tasting for Molalla schools.



Youth play on the new natural playscape.

Oregon Trail School District

\$7,820 HEAL Grant

The Oregon Trail School District created a natural playscape at Sandy Grade school that provides children the opportunity to enjoy their outdoor play time in a safe environment.

In addition to serving Sandy Grade students, the project was also part of a larger initiative to enhance recreation opportunities in the Sandy area. The playscape is near several other recreation opportunities and so it also serves as a community playground during off-school hours.

Playscapes are designed to reduce injuries that were associated with traditional playgrounds. The new play area increases the opportunity for physical activity, greater creative play, enhanced development of motor skills, and greater kinesthetic awareness.

The Sandy Volunteer Fire Department, City of Sandy and local volunteers worked 250 hours on the project.

2015 HEAL grant project summaries



Each youth spent an additional 12 hours outdoors experiencing the garden culture as they participated in the vegetable tastings.

Schoolyard Farms

\$8,000 HEAL Grant

The Fresh Food in the Classroom program at Candy Lane Elementary School increased access to healthy food and active living for students by allowing each student to try a seasonal vegetable of the month in its raw form. They would then be taught how to prepare the vegetable as a healthy snack and taste a sample of the snack.

On average 1/3 of the students loved the snack, 1/3 liked it and 1/3 didn't care for it. As part of each tasting, every student took home a coloring sheet with a picture of the vegetable sampled and a healthy recipe to try the vegetable at home. Each student was asked to try the recipes at home. Over half of the students tried the recipe at home.

Students were given the knowledge of food production through helping in the garden to pulling out crops and moving them to compost bins, seed saving, and planting native plants.

Spring Mountain Bible Church

\$8,000 HEAL Grant

The Commonplace Community Garden project created a public garden and engaged the local community in healthy, outdoor activity. Volunteers spent 430 hours designing and constructing the garden. Eleven 10' x 20' beds were created, an irrigation system was installed, and a garden shed was constructed.

The Open House brought together community members from infants to octogenarians. Commonplace promotes issues of food justice and provides a forum for educating the community about agricultural, nutritional, and environmental issues. Community members are excited to supplement their groceries with fresh produce and some are raising food to donate to others. Future plans include the installation of wheelchair-accessible raised beds. The public education programs will be tailored to the interests of the community.



Volunteers create a community garden.

2015 HEAL grant project summaries



Trillium Family Services

\$8,000 HEAL Grant

The North Clackamas Outpatient Summer Recreation Program helped sixty-four youth have access to summer recreation opportunities. The program provided youth the chance to gain skills, achieve a feeling of mastery and join a team, and learn about nutrition and making healthy food choices.

Many youth demonstrated improved confidence and enjoyed being physically challenged while having fun with other youth. A variety of physical activities were experienced including hiking, golf, kayaking, bowling, bouldering, dancing, yoga, swimming, bicycling and circuit training. One summer highlight was when youth were given a budget to purchase fresh farm produce at a local Farmers' Market. A local chef also engage youth in making their own fresh fish taco lunch and copies of recipes to try at home.

Willamette Falls Media Center

\$8,000 HEAL Grant

WFMC created a new healthy cooking series designed to introduce kids to healthy food options that they can make for themselves. Each of the six completed programs contain two segments that promote a kid friendly meal and snack recipe, prepared by local youth between the ages of 4 and 18 years old.

PROGRAM LINKS

[Episode 1 - Fresh Salsa & Yogurt with Fresh Fruit Parfait](#)

[Episode 2 - Summer Salad & Apple Moons](#)

[Episode 3 - Spring Rolls & No Bake Muffins](#)

[Episode 4 - Breakfast Burritos & Frozen Yogurt Treats](#)

[Episode 5 - Skinny Shrimp Scampi & Fresh Fruit Pizza](#)

[Episode 6 - California Chicken Pizza & Peanut Butter Granola Bars](#)



Youth give step-by-step instructions on how to create healthy snacks a meals.