

Area	2019 Goal	Did we Accomplish it?
Youth	Daily Mile: All Elementary Schools to incorporate, better fidelity/monitoring	Somewhat <ul style="list-style-type: none"> 3 schools remaining – Bostian, Isenberg, Knollwood – for onboarding Evaluation from UNCC still not finished due to RSSS staff
	Adventure Rowan: Finish cohort 2 and get data	YES! <ul style="list-style-type: none"> Cohort 1 was evaluated by the Duke Center for Childhood Obesity research and found to have clinically significant positive outcomes Cohort 2 is 3 months in progress reaching 10 patients Stronger partnership with Catawba – but not a formal class yet Duke awarded us \$10,000
	Go NAP SACC	*Not included* Partnership with Smart Start Rowan and Rowan County Health Department to improve nutrition and physical activity for children 0-5
Adults and Seniors	Exercise is Medicine: <ol style="list-style-type: none"> Evaluate outcomes Promote to Rowan Diagnostic Clinic and Novant Health Primary Care 	YES! and Somewhat <ul style="list-style-type: none"> Over 850 patients reached by CCC with clinically significant improvements in BP, cholesterol, A1C, and BMI. New partnership formed with RCHD with adult health patients receiving referrals *No contact with Rowan Diagnostic Clinic *Novant Health – Cleveland clinic to open clinic with integrated EIM in March. We will be doing a comparative research study *CRCHC also approached with integrating EIM
	Healthy Vending, Kitchens, and Food Pantries	YES! and Somewhat <ul style="list-style-type: none"> City of Salisbury passing Healthy Food and Beverage Pledge on 1/01/2020 Rowan County Government also moving forward with Healthy Food and Beverage Pledge on 01/01/2020
	Clinical-Community Linkages: Organized approach to diabetes education and management	In progress <ul style="list-style-type: none"> NCCARE360 model will help with creating a better system
	Mental Health: <ul style="list-style-type: none"> Find a willing and passionate leader Convene Partners Develop Metrics we are working towards 	YES! and Somewhat <ul style="list-style-type: none"> Identification of three community groups working on mental health Collapse of Rowan Community Partners (Cardinal) into Healthy Rowan Judy advocating for CRM Training - \$50,000
What we said for 2020: <ul style="list-style-type: none"> Daily Mile – sustainability and champion within school system Continue Adventure Rowan depending on establishing efficacy Reach out through Dr. Wilson and Shawn Edman to work with additional partners within Novant Health and other clinics Pursue a healthy vending policy and healthy choices as part of Bell Tower Green Create a guide for accessing diabetes programs in our community 		

2018 Goal	Did we Accomplish it?
<p>Tobacco-Free Parks: By the end of 2018, we want to have the County pass a resolution for Tobacco-free Parks</p>	<p>YES!</p> <p>June 6, 2018 the County unanimously passed the resolution. Dan Nicholas is now tobacco-free.</p> <p>Rowan County and Healthy Rowan won an award at the Region IV – Tobacco Leadership and Recognition Awards for this work</p>
<p>Daily Mile: Have all 20 schools participating in the Daily Mile by the start of the next school year</p>	<p>In progress</p> <p>We have 10 Daily Mile schools, with 6 more starting in January 2019. We are still on track to have all 20 schools begin for the 2019-2020 school year.</p> <p><i>Tracking/Fidelity of program needs to be monitored</i></p>
<p>Healthy Catering: Have at least one training in 2018 for catering companies to begin adopting healthier food menus</p> <p>Partner with Chamber of Commerce to promote Healthy Food and Beverage policies for organizations in order to require caterers to meet the need</p>	<p>In progress</p> <p>Worked with Rowan Helping Ministries and Main Street Market to transform their food pantries into healthy food pantries as a first step.</p> <p>Two trainings were scheduled for October 2018 and then were moved to January 2019 to train the larger community on healthy food policies. Connecting churches and businesses to the bigger idea of healthy food and beverage guidelines</p>
<p>Connector Resource guide and navigator for new community member to be able to better access services around Rowan County</p> <p>Resource guide/Physical Activity handout to connect patients to opportunities to be active</p> <p>Walking trails at St. Peter’s Church and at Novant Health</p>	<p>Somewhat</p> <p>We created the “Access to Care” brochure and City of Salisbury created a video and marketed the services for Healthy Rowan.</p> <p>We created an App for Healthy Rowan</p> <p>We created the Physical Activity handout</p> <p>Graphics and signs were created</p>
<p>Exercise is Medicine Begin pilot of Exercise is Medicine</p>	<p>In progress</p> <p>EIM pilot planning began in the Summer of 18 and implementation started in September 2018. We are looking to 2nd visits to track health status changes</p>
<p>What we said for 2019:</p> <ul style="list-style-type: none"> • Begin working in the faith community with “Faith, Activity, and Nutrition” project • Begin thinking about sustainability • Look at how to best connect diabetes prevention programs throughout county 	