

Healthy lifestyles Initiative

Our Overall Mission: Primary care providers, public health professionals, and community organizations are working together to promote healthy lifestyles and healthy weight for all within their community by implementing “MAPPS for change.”

Purpose: This document outlines a planning framework to help **Local Public Health Agencies (LPHA) and other community programs** identify and outline actions their program(s) /agency will take as being part of the Healthy Lifestyle Initiative.

“MAPPS” for change elements:

- **M-** Consistent use of **message** (12345 Fit-Tastic!).
- **A-** Consistent **assessment** of weight status and lifestyle behaviors.
- **P-** Customized healthy lifestyle **plan** for all.
- **P-** **Policies** & environments that enable healthy eating and active living.
- **S-** **Statistics** on message reach, assessment/plans completed and policy/ environmental changes made.

Using these 5 elements, community programs can engage at a level that best matches their needs, resources and capabilities. Partners compile a work plan, a "MAPPS for change", that is customized and will guide their actions in incorporating the Healthy Lifestyle Initiative into their program(s)/ agency's actions.

Levels of Engagement:

- **Initial** → promote messages; explore other information to add elements of MAPPS within agency/program efforts. Report numbers reached by message.
- **Intermediate** → take active role to promote within agency program(s), policies, environment and/or screening or health services. Engage staff and individuals served to inform MAPPS for change within your program or agency. Track and report progress.
- **Comprehensive** → comprehensively implement elements of MAPPS within your agency/programs, identify ways to coordinate efforts with other community partners, actively engage staff and community served to identify and implement policy/environmental changes to support healthy behaviors. Track and report progress.

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MAKING YOUR “MAPPS” FOR CHANGE:

WHAT DOES LPHA “MAPPS” FOR CHANGE LOOK LIKE?

Brainstorm about each element with others in your agency or within the community. Determine how and at what level your LPHA plans to implement it. Once you have completed your “MAPPS” for change, please **submit it online** (<http://fittastic.org/partners/private/mapps-report>). This will help us track our collective reach and impact.

MESSAGE: Which agencies or programs in your community will be willing to adopt the message?

How will your agency and programs incorporate/disseminate the 12345 Fit-Tastic! message?

How will you track the reach of the numbers that hear or see your message?

ASSESSMENT & PLAN: Is it appropriate for programs or services provided by your agency or by another community partner to incorporate the standardized behavior/height/weight assessment and customized plan protocol into your or their health screenings or health exams?

If yes, which program or agencies are these and how?

If not, do you have ways to promote evaluation of behaviors?

Where you are doing the assessment, How will your agency/ program incorporate and deliver a customized healthy weight/lifestyle plan with their clients/patients?

How will you track their progress and provide ongoing support for them on their plans?

POLICY: Which programs might want to make policy changes? What are key areas for focus for policy change?

Which other community agencies or programs will make policy change(s)?

How will they implement policy or environmental change that supports healthy eating and active living within their agency/ program? In support of broader neighborhood or community efforts? Are there common policy elements on which we could work?

STATISTICS: How will your community track and share numbers reached (messages, assessment, plans) and changes made (policy/environment)? What ways can you share your story and track progress within the community?

MAKING YOUR “MAPPS” FOR CHANGE:

WHAT DOES YOUR “MAPPS” FOR CHANGE LOOK LIKE?-Program Level

This is your program’s chance to brainstorm about each element and how and at what level you plan to implement it. Once you have completed your “MAPPS” for change, please **submit it online** (<http://www.12345fit-tastic.org/partners/mapps/>). This will also help us track our collective reach and impact.

MESSAGE: How will your agency/program incorporate/disseminate the 12345 Fit-Tastic! message? How will you track the reach of the numbers that hear or see your message?

ASSESSMENT: How will your agency/ program incorporate the standardized behavior/height/weight assessment protocol into your health screenings or health exams (if part of your agency/program)? If yes, how, if not what ways will you promote evaluation of behaviors?

PLAN: How will your agency/ program incorporate and deliver a customized healthy weight/lifestyle plan with your clients/patients? How will you track their progress and provide ongoing support for them on their plans?

POLICY: How will your agency/ program identify/ implement policy or environmental change that supports healthy eating and active living within your agency/ program? In support of broader neighborhood or community efforts?

STATISTICS: How will your agency/ program track and share numbers reached (messages, assessment, plans) and changes made (policy/environment)? How will you update your MAPPS for change?