

4 Years of ALProHealth

Alabama Preventing and Reducing Obesity:
Helping Engage Alabamians for Long-Term Health



Needs Assessment

Focus groups with asset mapping
Environmental audits
Healthy eating
Physical activity



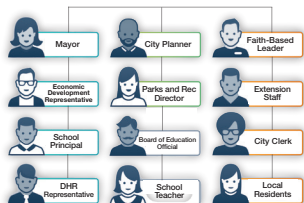
Work Plan

Direct education
Access to healthy and affordable food and beverages
Access to safe and affordable places to be physically active



Coalition Building

16 Coalitions
122 Partners



Leverage Funds

Volunteer hours
\$1,083,875
Partner contributions
\$1,006,567
Grants
\$987,070
Total leveraged funds
\$3,077,512
(67% of 4-year total funding)

“ These gardens are allowing us to have the opportunity to educate and feed our future leaders! ”

“ The Aliceville Farmers Market is a wonderful asset to our community. What a great opportunity to be able to purchase locally grown food in a beautiful setting. ”

“ Because of the parents, children, community members, vendors and supporters joining our mission of a healthier future, the Get Movin’ celebration was a huge success. ”

“ The trails are a tremendous asset to our park and our community. We have doubled our handicap accessible trails and made existing trails safer and more attractive with the lights and exercise equipment. ”

Mapping the Road to Success!



Schools

- Established, expanded, or supported **15** school gardens
- Enhanced in-school physical activity opportunities at **4** high schools and **3** elementary schools through updating playgrounds and physical education equipment and infrastructure
- Increased opportunities at **2** schools for active transportation through infrastructure and safety improvements
- Implemented Body Quest—an obesity-prevention initiative designed for third-graders and their parents—in **34** schools reaching **5,262** third-graders and **4,279** of their parents



Food Access

- Provided point-of-purchase coolers and refrigerators to **17** convenience and grocery stores
- Increased capacity of food storage at **8** food banks supporting the distribution of healthier variety of foods

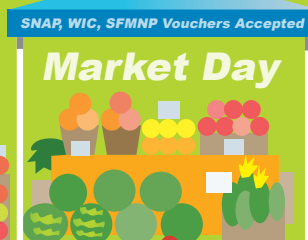


PLAY SPACES

BIKE PATHS

Community Spaces

- Enhanced safety, aesthetics, and usefulness of **26** community spaces
- Updated and enhanced children's play spaces in **11** community parks
- Increased opportunities for physical activity along trails by installing outdoor exercise equipment in **11** parks
- Established or enhanced **22** community gardens
- In one growing season, **5** of the gardens produced more than **2,000** pounds of produce.



Farmers Markets

- Established **7** farmers markets
- Enhanced **10** farmers markets by providing marketing materials, produce displays, and portable shade structures
- Trained producers in **11** counties to accept SNAP, WIC, or SFMNP vouchers



WALKING TRAILS



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