



## Q & A

### Lifetime Eating & Physical Activity Practices (LEAP): Common Goals + Common Measures

#### LEAP Forward

*What can we do to create a culture of healthy eating and physical activity in Guilford County?* Guilford County has many existing programs and initiatives aimed at nutrition and physical activity. What we lack, though, is a targeted and coordinated effort that works with existing efforts, *to identify common goals that programs and residents can use to improve their own efforts at wellness*, and to identify the data needed to understand whether goals have been met.

*Thanks to Early Partners & Supporters:* UNCG, Cone Health, Guilford County Department of Health and Human Services, Guilford County Schools, Greensboro Parks and Recreation, and Ready for School Ready for Life.

#### COMMUNITY SUMMIT

*In May 2018*, we will convene the wisdom gained through the working groups (see other side) with a larger body of residents and representatives of key organizations to discuss and commit, as a community, to common goals and common measures that advance health equity in eating and physical activity in Guilford County.

#### JOIN US!

We welcome new people at anytime, and we value a range of experiences and perspectives.

Contact [LEAP@uncg.edu](mailto:LEAP@uncg.edu) to be added to a group.

#### What is the goal of LEAP?

To improve the Lifetime Eating and physical Activity Practices of individuals and families in Guilford County.

**What is LEAP doing?** Working with you and other to measure healthy eating and physical activity in Guilford County so that we can better understand opportunities for improvement.

**Why worry about indicators and measures?** “You can’t change what you don’t know about.” Guilford County is program rich, yet challenged by data gaps related to timely, detailed, and accurate information about the health of our residents. Good data helps us set goals and track progress.

#### Why is UNCG involved?

UNCG seeks to transform health and wellness and involve university students and researchers in building more vibrant communities. Building on a series of community meetings co-hosted with Cone Health, a team of UNCG researchers received funds from UNCG to help advance these goals.

## Community Advisory Committee (CAC)

*Large, open invitation*

**Purpose:** To continue to **communicate with** and **connect to** a broad spectrum of individuals and organizations about the LEAP initiative.

**Members:** Individuals and representatives of groups and organizations who seek to improve eating and physical activity in Guilford County.

**Role:** Receive **updates**, provides **input**, and **connect** LEAP to key constituents in Guilford County and beyond.

**Time Commitment:** Ongoing; meet 2 times in fall and 2 times in spring, attend summit.



### Primary LEAP Contacts

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## Data Advisory Committee (DAC)

*Small team, invite only*

**Purpose:** To ensure the best possible selection of LEAP indicators and measures, drawing on existing data, current research, and evidence-based practices.

**Members:** Data “geeks” and researchers.

**Role:** **Guide** the selection of indicators and measures to be discussed in CANS, and **select** measures and indicators to discuss at large community summit (based on input from CANS).

**Time Commitment:** Time limited: meet 2 times in fall and 2 times in spring, attend summit.



### Primary LEAP Contacts

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## Community Action Network (CAN)

*Large, targeted around specific topics, open invitation*

**Purpose:** To inform indicators and measures, especially as they relate to early life, including prenatal & early childhood, K-12 youth, and early adulthood.

**Members:** Program directors, data “geeks,” and researchers who think about these LEAP populations.

**Role:** **Identify** and **inform** indicators and measures as presented by DAC.

**Time Commitment:** ongoing; LEAP Core Team members will reach out to agencies to meet with them. We will also convene two CAN meetings that will be open to anyone. Invited to attend the summit.



### Primary LEAP Contacts

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