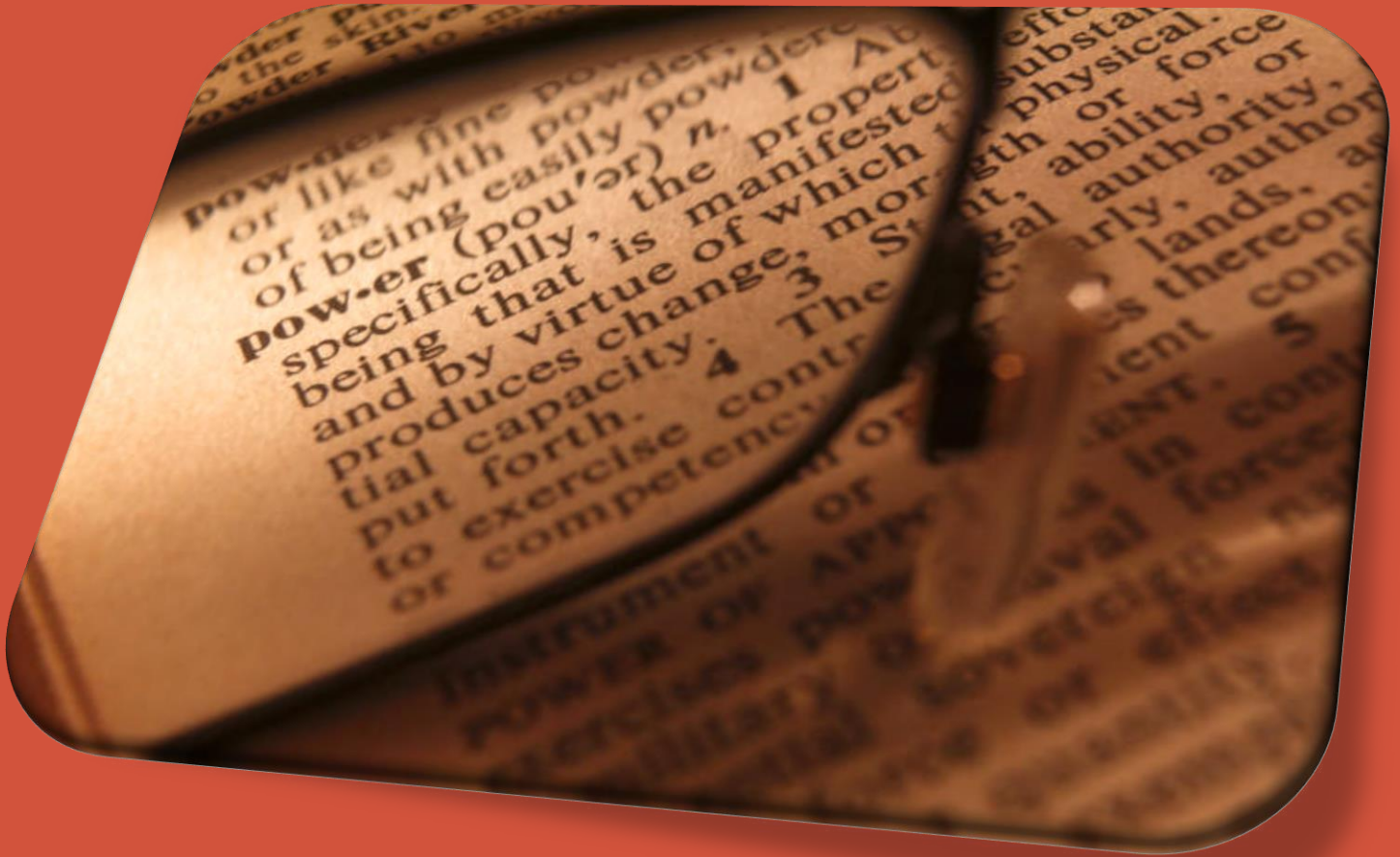


Healthy Eating



Healthcare Delivery Proposal

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Overview

I would like to share with you a proposal for implementing the Recipe Rules Program as an action plan to address the healthy eating issues of our youth. My Recipe Rules Program will provide an intervention to focus and include children who are predisposed to chronic illness and disease due to genetics or social environment. The formula for this program is based on the Health Eating Priority outlined in the Office of Surgeon General's National Prevention Strategy. "This Strategy released June 16, 2011, aims to guide our nation in the most effective and achievable means for improving health and well-being." As defined by the Office of the Surgeon General, "The Strategy envisions a prevention-oriented society where all sectors recognize the value of health for individuals, families, and society and work together to achieve better health for Americans." There are a total of seven Priorities designed to address, focus and improve general health and wellness for the entire U.S. population.

The seven Priorities are:



Proposal

My proposal includes bringing in a culinary specialist one day a week to public middle schools across America to teach and demonstrate to students aged 12-15 various healthy eating recipes which focus on gluten free, low sodium, fat-free dairy, sugar free, and meat free options. I am confident based on the participation of the Federal Government, reaching school aged students prior to high school gives them a chance to safely learn to form healthy eating habits which means consuming a variety of nutritious foods and beverages, especially vegetables, fruits, and fat-free dairy products, and whole grains. The table below introduces six action items that will improve health through prevention and the Strategic Directions that the plan supports.

National Improvements	Direction
1. Work to ensure that foods purchased, distributed, or served in Federal programs and settings meet standards consistent with the Dietary Guidelines for Americans	Healthy and Safe Community Environment
2. Increase access to healthy and affordable foods in communities.	Healthy and Safe Community Environment
3. Help people recognize and make healthy food and beverage choices.	Empowering People with the tools and information to make healthy choices.
4. Improve and expand the use of existing food and nutrition systems to track changes in eating patterns and conduct research to identify effective approaches	Empower people and communities to plan and implement prevention policies and programs.
5. Implement programs and regulations to increase access to healthy food and eliminate food insecurity (e.g., USDA Healthier U.S. School Challenge).	Elimination of Health Disparities by focusing on at risk communities.
6. Provide information, tools, and expertise to help Americans understand and apply the Dietary Guidelines for Americans (e.g., MyPlate).	Elimination of Health Disparities by reducing disparities in access to quality health care.

Implementation

The CDC offers a Health Improvement Navigation tool, which can serve as a template to increase success. There are four crosscutting tenets. They are outlined below.

- **Work Together-** Monthly collaboration with other supportive community service groups of children aged 12-15, including private doctors, local health departments, community action agencies, and community health centers.
- **Communicate-** Weekly communication between the school nutritionists and the parents is essential to helping ensure the chosen activates can be incorporated at home and lead towards intended outcomes of success.
- **Engage the Community-** Organize an annual Recipe Rules community event to showcase the recipes from the students as a fundraising activity to give back to the community.
- **Sustain Improvement Results-** Establish the foundation of change for the long haul and look for increasing positive results by incorporating sustainability planning.

Measureable Outcomes

The use of the following flowchart on the accompanying page will help address, adjust and adapt to the needs of the program on a continuous basis. These outcomes must start with a baseline of statistics, a background of metrics, and a checklist for organization and consistency. The list below includes the corresponding measurable outcomes we will use to support the implementation of the Recipe Rules program.

- Access needs and resources
- Choose effective policies and programs
- Evaluate actions
- Focus on what's important
- Act on what's important

