



## Practice #1: Approach Your Work with Vision, Purpose and Intentionality

### Step-by-step to success...

- 1 Create a powerful, compelling vision
- 2 Set clear, achievable goals
- 3 Develop action plans to achieve your goals
- 4 Invest in the development of your staff
- 5 Embed physical activity, nutrition & food security in your program activities and approaches
- 6 Establish strong connections in your community
- 7 Measure and manage outcomes

“Our vision has always been of children being fit, healthy and ready to learn. It wasn’t enough to hope this would happen. We’ve had to work hard to become more intentional in everything we do. It has made a huge difference!

-Normandie Nigh, Executive Director, A World Fit for Kids!

## INDICATORS FOR PRACTICE #1:

INDICATORS	
<b><i>Program/Site Vision and Goals</i></b>	
1	We have a powerful vision of students and their families adopting healthy lifestyles and maintaining them over the course of their lifetimes.
2	Our vision brings people with different interests, perspectives and experiences together in a common purpose.
3	Our staff understands our vision and how to move toward achieving it in their everyday work with students.
4	Our goals in the area of nutrition are clear, easily understood and achievable.
5	Our goals in the area of physical activity are clear, easily understood and achievable.
<b><i>Staff Development</i></b>	
6	We provide research-based training in nutrition and physical activity to our staff.
7	We provide ongoing coaching and mentoring to ensure the effective translation of training into daily practices and approaches.
<b><i>Staff Knowledge, Attitudes and Skills</i></b>	
8	The positive attitudes and behavior of our staff are evident in their healthy eating habits and regular physical activity.
<b><i>Staff Knowledge, Attitudes and Skills continued</i></b>	
9	Our staff uses research-based resources, materials and curricula that build students' skills.
10	Our staff uses approaches that are interesting and engaging to students.
11	Our staff is clear about the connections between nutrition and health, and physical, mental and emotional well-being, and academic achievement.
12	Our staff regularly offers suggestions and provides feedback to strengthen the activities we provide in nutrition education and physical activity.
13	Our staff is working on improving their own nutrition and physical activity.
<b><i>School and Community Relationships</i></b>	
14	We have established positive working relationships with the school district(s) and schools, and they share our vision.
15	A variety of community partners share our vision and help us develop and strengthen the quality of our program and the nutrition and physical activities students are engaged in.
<b><i>Evaluation and Assessments</i></b>	
16	We have a system in place that makes it possible for us to track our progress toward the achievement of our goals.
17	We engage students in tracking their progress toward the achievement of their goals in the areas of nutrition and physical activity.
18	We identify, celebrate and publicize our successes.

This information is part of the Changing Lives, Saving Lives Guide published by the Center for Collaborative Solutions and can be referenced on pages 34 & 35. The Guide is available for download at [www.HealthyBehaviorsInitiative.org](http://www.HealthyBehaviorsInitiative.org).

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