

Draft WIC Healthy Weight 3-Year Plan

Year One Healthy Weight Promotion Activities

1. Partner to Achieve Consistent Messaging and Strategies
 - a. Increase State Level Collaboration
 - b. WHO Charts
 - c. Promote Standardized Messages at the State and Local Level
 - d. Support Local Agencies in Building Referral Systems
2. Participant Level Resources
 - a. Assess Effectiveness of Current Tools
 - b. Support Local Agencies with Curriculum Ideas for Classes
 - c. Develop Plans to Create Current & Attractive Materials
3. Local Agency Healthy Weight Champions (HWC)
 - a. Develop HWC Project Plan
 - b. Define the Roles of the HWC
 - c. Identify Local Agency HWC
4. Revise Resources for Local Agency Staff
 - a. Healthy Weight Promotion Guidance for Nutrition Education Plans
 - b. Protocol Manuals
 - c. Healthy Weight Promotion Session in New Employee Training

Year Two Healthy Weight Promotion Activities

1. Support for Local Agency Worksite Wellness Activities
2. Develop Staff Competencies
 - a. Healthy Weight in WIC Regional Workshop
 - b. More Colorado WIC News Healthy Weight Articles
 - c. Staff Performance Evaluation Tools
3. Create Current & Attractive Participant Materials
4. Guide and Monitor Local Agency Healthy Weight Activities
 - a. Accountability and Follow-up
 - b. Establish Data Collection for Outcome Measures
 - c. Evaluate Colorado NRF Definitions and Policy
 - d. Strengthen Healthy Weight Consultation of State Agency Staff
5. Implement Healthy Weight Champion Structure

Year Three Healthy Weight Promotion Activities

Continuation and follow-up of Year One and Year Two activities