

## Examples of Goals for CA4Health Funding Opportunity

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The following information provides suggestions for goals that are appropriate for each strategic direction subject area. More ideas and examples of PSE goals and strategies can be found by clicking the links to documents created by CA4Health included below.

### **Tobacco-Free Living: Smoke-Free Multi-Unit Housing**

- By September 29, 2014, two subsidized apartment complexes will include in their rental agreement indoor and common area smoke-free voluntary policies.
- By September 29, 2014, at least three market rate multi-unit housing complexes will adopt a voluntary policy stating that all newly leased apartment units will be 100% smoke-free.
- By September 29, 2014, a recently passed city-wide policy requiring 100% smoke-free multi-unit housing will be implemented and enforced.

See additional examples in the smoke-free multi-unit housing brochure and roadmap [online here](#).

### **Healthy Eating Active Living: Decrease Consumption of Sugary Beverages/Increase Access to Water**

- By September 29, 2014, increase from 0 to 3 the number of school districts that have decreased access to sugary beverages and increased access to water through adoption of PHI/healthy beverage standards (e.g. water, non-fat, and 1% unflavored milk).
- By September 29, 2014, increase from 0 to 2 the number of government departments that have decreased access to sugary beverages and increased access to water through incorporation of PHI/healthy beverage standards into vending and procurement policies and/or systems.
- By September 29, 2014, increase from 0 to 17 the number of Head Start Centers that have decreased access to sugary beverages and increased access to water through adoption of PHI/healthy beverage standards.

See additional examples in the sugary beverage brochure and roadmap [online here](#).

### **Clinical-Community Preventive Services: Chronic Disease Self-Management Program**

- By September 29, 2014, “clinic/healthcare provider” will increase the number of physician teams engaging Community Health Workers who link with community-based resources from 2-5.
- By September 29, 2014, “health department/clinic/healthcare provider” will increase the number of workforce development strategies implemented to support a comprehensive approach to developing Community Health Workers from 0 to 3.
- By September 29, 2014, “clinic/health organization” will incorporate a Chronic Disease Self-Management Program (specifically Stanford Lorig model) into available services by training 12 lay leaders and developing a referral system.

### **Healthy & Safe Physical Environment: Safe Routes to School/Walkable & Bikeable Communities**

- By September 29, 2014, develop and adopt a Campus Bicycle and Pedestrian Plan (and/or incorporate it into the Campus Master Plan).
- By September 29, 2014, the school district will embed SRTS language into their wellness policy to encourage walking/biking to school, including the establishment a remote drop-off location.
- By September 29, 2014, SRTS policy language will be incorporated into the countywide general plan update.

See additional examples in the safe routes to school brochure and roadmap [online here](#).