

# *Healthy Futures*

## How does CNCS define Healthy Futures?

Addressing health needs within communities by focusing specifically on independent living (aging in place), childhood obesity and access to health care. Grant activities will:

- increase seniors' ability to remain in their own homes with the same or improved quality of life for as long as possible,
- increase physical activity and improve nutrition in youth with the purpose of reducing childhood obesity, and
- improve access to primary and preventive health care for communities served by CNCS-supported programs (access to health care).

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## **Priority Measures**

### *Independent Living*

H8: Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.

H9: Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.

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## **Priority Measures**

### *Food Security*

H10: Number of individuals receiving emergency food from food banks, food pantries, or other non-profit organizations.

H11: Number of individuals receiving support, services, education and/or referrals to alleviate long-term hunger.

H12: Number of individuals that reported increased food security of themselves and their children (household food security) as a result of CNCS-supported services.

# Questions/Issues in Healthy Futures

- Healthy Futures Objective 2 of the Strategic Plan has been expanded to include food security. The new wording is “Reducing Childhood Obesity and Increasing Access to Nutritious Food.” The Measures on hunger (H10 and H11) were moved from Economic Opportunity to Healthy Futures, and an aligned outcome (H12) was added.
- While childhood obesity is the First Lady's initiative, CNCS did not prioritize this issue as one of the most compelling or measurable application of service.