Figure 1. HEAL Zone Phase 2 Framework

**Vision: People Eat Better and Move More as a Part of Daily Life**

**Community Action Plan**

- Mix of evidence-informed strategies that reach target populations in community settings where people live, eat, work, play, and learn
- Community capacity building

**Community Change Outcomes**

- Environmental & Policy
  - Increased access to fruits and vegetables
  - Increased availability of free, safe water
  - Reduced availability of sugar-sweetened beverages
  - Decreased access to unhealthy food and beverages
  - Increased physical activity opportunities and spaces
  - New and improved policies that enable access to healthy food options
  - Maximized outreach, enrollment, retention, and utilization in federal food programs
  - Improved policies to screen and enroll for federal food programs eligibility
  - New and improved policies that promote active transportation and physical activity

- Clinical and Community Systems
  - Improved proportion of patients who are regularly assessed for obesity, diabetes, and/or heart disease
  - Improved provision of education and counseling to prevent and manage diabetes, obesity, and heart disease
  - Increased referrals and coordination between clinics and community resources and programs (clinic to community integration)

- Knowledge, Skills, & Attitudes
  - Increased awareness, knowledge, skills, and motivation to recognize and make healthy behavioral choices
  - Improved capacity to manage chronic conditions

- Social & Economic (optional)
  - Improved community safety
  - Improved transportation to access vital services
  - Improved resident leadership and civic engagement
  - Improved leadership buy-in and engagement among elected/appointed officials
  - Improved collaboration between community partners

**Population Health Goals**

- Increase fruit, vegetable, and water consumption
- Decrease consumption of sugar-sweetened beverages
- Increase physical activity
- Improve prevention, treatment, and management of obesity and its related conditions