

# APPENDIX 1

CONTENTS AT A GLANCE LIST  
OF LEADING AND SUPPORTING  
INTERVENTIONS

## Contents “At A Glance”

### OHHAP: Mix of “Leading” Interventions

CHANNEL	Multiple Risk Factor	Physical Inactivity	Unhealthy Eating	Tobacco Use
Community at Large	~Code Blue •F.I.T. Kit - •Adventure into Heartland Play	○Signature Series of Walks	○Leadership Training for Cooking Together ○Nutrition Database ○Community Gardens •Drop-in Community Kitchens	+ETS By-Law +Advocacy for Tobacco Legislation ~This Business Loves Kids
Grocery Stores			○What’s for Supper Tonight ? ~Supermarket Program	
Health Care Settings	~Healthy BP Campaign			-○Getting Rid of an Old Flame -○Light Up Your Smile
Restaurants			○Restaurant Program	
Schools/ Camps	~”Adventure into Heartland” Heart Healthy School Kit ~Happy Heart Goes to Camp ~Day Camp Programming ~Healthy Schools Healthy Kids ~Heart Health Family Challenge	+Quality Daily Fitness ~Family Heart Active	○High School Breakfast Program ~Take a Slice Into Life •Collective Kitchens (11-13)	
Workplaces	•Worksite Wave Campaign ~Worksite Program		○Cafeteria Program	

#### Approaches:

•Awareness +Policy \*Educational/Skill Building ~Comprehensive ○Environmental Support

**Contents “At A Glance”**

**OHHAP: Mix of “Supporting” Interventions**

CHANNEL	Multiple Risk Factor	Physical Inactivity	Unhealthy Eating	Tobacco Use
Community at Large	<ul style="list-style-type: none"> <li>○Community Partnerships/Development Initiatives</li> <li>○Library Books with Hearts</li> <li>○Awards Program</li> <li>○Tell Two Hearts</li> <li>•Marketing Campaign</li> <li>•Multi-Media Campaign</li> </ul>			
Grocery Stores				
Health Care Settings	<ul style="list-style-type: none"> <li>•Happy Heart Club Activity Book</li> </ul>			
Restaurants				
Schools/ Camps	<ul style="list-style-type: none"> <li>•Daycare Initiative</li> </ul>	<ul style="list-style-type: none"> <li>○Adventure into Heartland Obstacle Course</li> </ul>		
Workplaces				<ul style="list-style-type: none"> <li>•Smoking Stages of Change</li> </ul>

**Approaches:**

•Awareness +Policy \*Educational/Skill Building ~Comprehensive ○Environmental Support