



Healthy Choices Count!

2022 ANNUAL REPORT



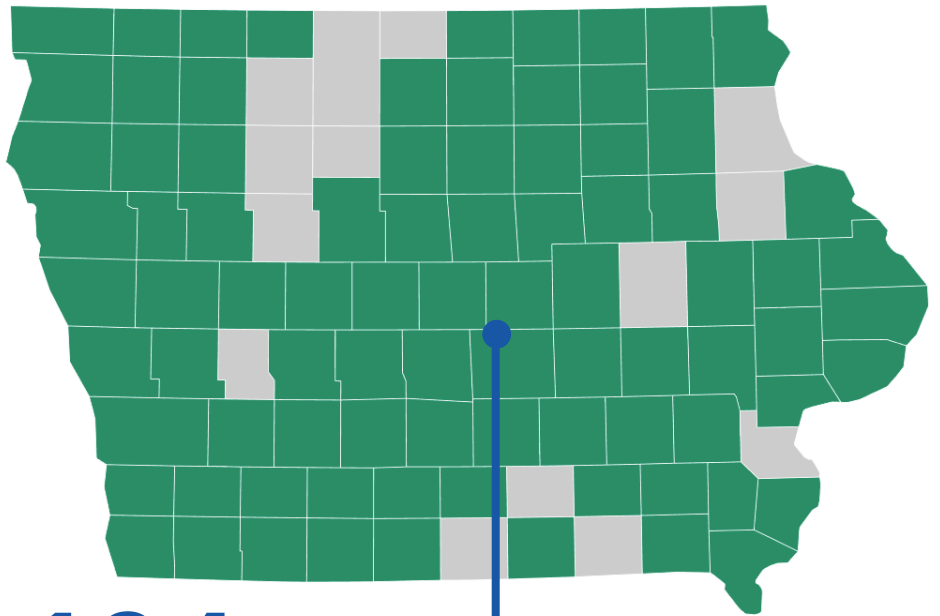
Healthiest State
INITIATIVE



REGISTERED SITES

5-2-1-0 Healthy Choices Count! Registered Sites are part of an important network of sectors across the state working to create healthier environments where Iowans live, learn, work and play.

Sites in 85 counties have made the commitment:



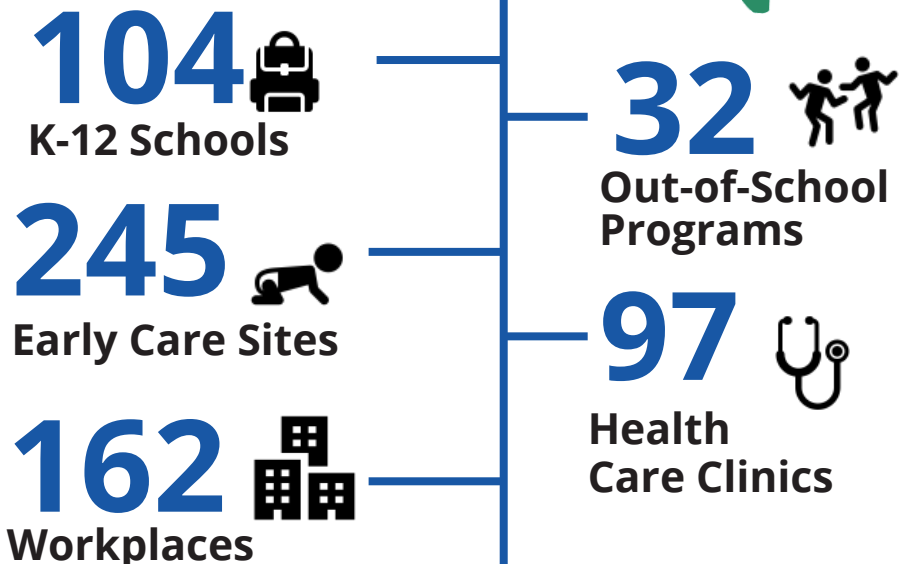
WHAT IS 5-2-1-0?

5-2-1-0 Healthy Choices Count! is a nationally recognized and evidence-based prevention framework to promote healthy habits. The goal is to increase physical activity and healthy eating through policy, systems and environmental change.

5-2-1-0 RESOURCES

5-2-1-0 Healthy Choices Count! offers countless resources including activity sheets, posters, and more, many of which are free online at iowahealthieststate.com/5210. Our favorites from 2022 include:

- New 2022 Monthly Features
- 5-2-1-0 Daily Challenge
- Capital City Fruit 5-A-Day Club



381,843
Iowans impacted



GRANT-FUNDED EFFORTS

COMMUNITY GRANTS

Select communities across the state receive three-year, tiered 5-2-1-0 grant funding from the Iowa Department of Health and Human Services. Multi-sector community coalitions are provided funding to make sustainable and equitable policy and environmental changes that support active living and healthy eating.

21 communities (shown on map) received funding in FY22.

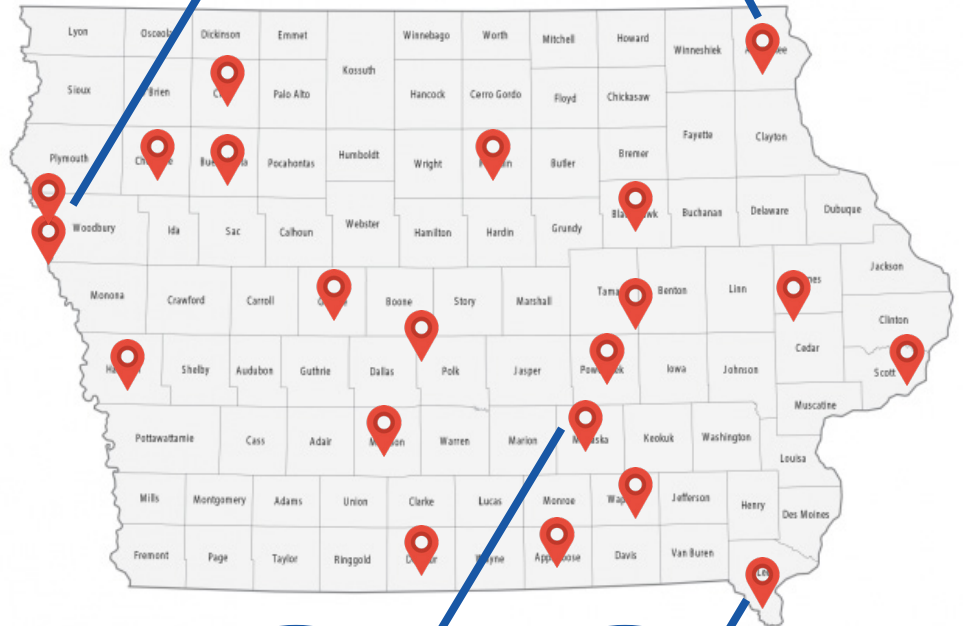
Scan to learn more about the grants:



Kids in Sergeant Bluff enjoying a monthly glow ride on their bikes with glow sticks.



Shared use sports equipment provided to Postville.



Storywalks used at four community events to encourage family physical activity in Oskaloosa



Breaking ground on handicap accessible kid's splash pad in Keokuk.



12 schools were awarded sub-grants to fund 5-2-1-0 projects (up to \$1,000).

These grants were funded by the Iowa Department of Health and Human Services, in partnership with the Iowa Department of Education.



2022 BY THE NUMBERS

104

people attended the 5-2-1-0 Summit in person for the first time since 2019, to learn from experts across the state!



6

registered sites served as 5-2-1-0 Ambassadors during Healthiest State Month in October to spread the word about 5-2-1-0!



30

signs displayed at The Garden at the Iowa State fair featuring 5-2-1-0 produce facts.



18K

5-2-1-0 posters and brochures ordered and distributed free of charge to 5-2-1-0 sites statewide.



PARTNERS:

5-2-1-0 utilizes a multi-sector approach to promoting access to healthy choices for all Iowans. Strong statewide partnerships are crucial to our success. Our partners in 2022 included:

- Blank Children's Hospital
- Iowa Department of Health and Human Services
- United Way of Central Iowa
- Iowa Department of Education
- Iowa Medical Society

SPONSORS:



IowaHealthiestState.com/5210