

Mid-North Health Plan

Mid-North residents have access to affordable, high-quality, healthy foods, knowledge about good nutrition, and practice healthy eating habits.

| Action Steps | Performance Measures | Collaborating Partners | Lead Partner | Year |
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| 10.1 Work to attract a high-quality, full-service grocery store to the community. | | | | |
| 10.1.1 Review the 2012 Commercial Node Study and develop an action plan for the identified nodes. | Development of an Action Plan. | Indy Food Council, LISC, Marion County Health Department, Near North Development Corporation, North United Methodist Church, Fall Creek Gardens, Keep Indianapolis Beautiful | Mapleton Fall Creek Community Development Corporation | 2015 |
| 10.1.2 Continue to advocate with Double 8 to provide high-quality fresh fruits and vegetables. | Resident feedback on product quality is collected and delivered to Double 8, encourage suggestion boxes in Double 8 stores. | Indy Food Council, LISC, Marion County Health Department, Near North Development Corporation, IU Health | Mapleton Fall Creek Community Development Corporation | 2015, 2016, 2017 |
| 10.1.3 Explore the creation of a food co-op (see Pogue's Run as an example). | Decision on whether to pursue the creation of a food co-op. | Indy Food Council, LISC, Near North Development Corporation, IU Health, Fall Creek Gardens | Mapleton Fall Creek Community Development Corporation | 2015 |
| 10.1.4 Increase presence of healthy food distribution activities, including Fresh Stop program at Tab, Garden on the Go, ice cream truck style healthy food truck that stops at parks and other public sites, additional farmers' markets. | Statistical improvements of the number of healthy food distribution sites in the neighborhood. | Central Indiana Council on Aging, Elders at the Table Coalition, Growing Places Indy, Indiana Minority Health Coalition, IU Health, Ivy Tech Culinary Department, Mid-North Church Council, Fall Creek Gardens, TAB, North United Methodist Church | Mapleton Fall Creek Community Development Corporation | 2015, 2016, 2017 |

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| <p>10.1.5 Advocate for transportation resources (church buses, car pooling) to high-quality grocers, farmers markets and Garden on the Go stops.</p> | <p>Creation of a transportation program.</p> | <p>Central Indiana Council on Aging, Elders at the Table Coalition, Growing Places Indy, Indiana Minority Health Coalition, Ivy Tech Culinary Department, Mid-North Church Council, Tabernacle Presbyterian Church</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2016, 2017</p> |
| <p>10.2 Improve knowledge of good nutritional practices and how to apply them in modern daily life.</p> | | | | |
| <p>10.2.1 Integrate cooking and food preparation instruction into programs at Mid-North businesses, schools, churches and community gardens.</p> | <p>Two residents from each Mid-North neighborhood enrolled in the Master Food program; quarterly NEP programs at Mid-North locations</p> | <p>Indy Food Council, Ivy Tech (Culinary Department), Kheprw Institute (Ki Eco Center), Marion County Health Department, YMCA – Top 10, Urban Patch, Fall Creek Gardens</p> | <p>Purdue Extension</p> | <p>2015, 2016, 2017</p> |
| <p>10.3 Work with local organizations and business to improve the healthfulness of food sold or served.</p> | | | | |
| <p>10.3.1 Work with neighborhood food pantries/congregate meal sites to ensure are serving healthy food.</p> | <p>Mid-North partners agree to improve healthfulness of food served through the creation of a “Mid-North Health Matters Pledge”.</p> | <p>Indy Parks - Summer Servings, Indiana Department of Education, Indy Food Council, Ki-Eco Center, Mapleton Fall Creek Community Development Corporation. Mid-North Food Pantry, IU Health, Gleaners, YMCA – Top 10, North United</p> | <p>Purdue Extension</p> | <p>2016, 2017</p> |

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| | | Methodist Church | | |
| 10.3.2 Work with summer camp programs to ensure that meals and snacks are healthy. | 100% of summer camp programs agree to serve healthy meals and snack options. | Indy Parks - Summer Servings, Indiana Department of Education, Indy Food Council, Ki-Eco Center, IU Health | Purdue Extension | 2015, 2016, 2017 |
| 10.4 Increase support for and participation in breastfeeding.* | | | | |
| 10.4.1 Establish a breastfeeding drop in clinic in the neighborhood. | Establishment of a breastfeeding drop-in clinic | Goodwill Nurse-Family Partnership, Healthy Families, Indiana State Breastfeeding Coalition, Raphael Health Center, Walgreens, Indianapolis Healthy Start, IU Health | Raphael Health Center | 2016 |

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The Mid-North area will have the necessary infrastructure to support physical activity that is responsive to residents’ interests and needs and engages residents of all walks of life.

| Action Steps | Performance Measures | Collaborating Partners | Lead Partner | Year |
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10.5 Increase opportunities for physical activity within the neighborhood.

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| <p>10.5.1 Improve neighborhood-based facilities and infrastructure, including capital improvements to Tarkington Park, creating an intergenerational playground, connecting trails and pocket parks with exercise stations, identifying "way finders" between trails/parks, and exploring the creation of a community recreation center at Tabernacle Presbyterian Church.</p> | <p>Improvements to physical activity infrastructure happen annually.</p> | <p>City-County Councilors, Indy Parks, LISC, Tabernacle Presbyterian Church (TAB), IU Health, North United Methodist Church, MLK Center</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2015, 2016, 2017</p> |
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| <p>10.5.2 Create one or more of the following neighborhood-based, neighborhood driven fitness events: Neighborhood 5K, Neighborhood Olympics, sports leagues for kids and adults, a mobile gym with exercise bicycles and weights, healthy behaviors/fitness challenges between the neighborhoods.</p> | <p>Establish two Mid-North neighborhood-based fitness events annually.</p> | <p>The Children's Museum, Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Raphael Health Center, Historic Watson Park, YMCA</p> | <p>Tabernacle Presbyterian Church</p> | <p>2015, 2016, 2017</p> |
| <p>10.6 Promote existing resources that support physical activity within the community schools.</p> | | | | |
| <p>10.6.1 Increase awareness among Mid-North schools about updated Indiana law on limited liability for school facility use and negotiate shared-use agreements for residents to use existing publicly and privately held fitness facilities (schools, churches, community-based organizations)</p> | <p>100% of Mid-North schools are informed.</p> | <p>IPS School Coordinators, Ivy Tech, TAB, Jump In, Mid-North Church Council, YMCA Top Ten, Indiana Health Weight Initiative</p> | <p>IU Health & Mapleton-Fall Creek Development Corporation</p> | <p>2016, 2017</p> |
| <p>10.7 Reduce barriers to walking as a means of exercise.</p> | | | | |
| <p>10.7.1 Support the development and expansion of Walk Urban Indy.</p> | <p>One route within the six Mid-North neighborhoods added annually to Walk Urban Indy guide.</p> | <p>Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Historic Watson Park</p> | <p>Walk Urban Indy</p> | <p>2015, 2016, 2017</p> |

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| <p>10.7.2 Work with the Crime and Safety workgroup to integrate concerns about safe walking.</p> | <p>Information about walking incorporated into the Public Safety Handbook and Crime Summit.</p> | <p>Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Historic Watson Park, IMPD</p> | <p>Walk Urban Indy</p> | <p>2015</p> |
| <p>10.7.3 Engage each neighborhood to identify up to 5 specific infrastructure issues that inhibit walking (street lights, sidewalk condition, safe crossing areas, etc.) and merge them into a priority list that all Mid-North leaders present to the City as part of an advocacy campaign.</p> | <p>Selection of priority infrastructure issues for advocacy campaign.</p> | <p>Crown Hill Neighborhood Association, Health by Design, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Historic Watson Park, Walk Urban Indy</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2015, 2016</p> |
| <p>10.7.4 Develop safe crossings from the neighborhood to the Fall Creek trail, as proposed in the Destination Fall Creek Scheduling & Funding Plan.</p> | <p>Construction of safe crossing zones, as proposed in the Destination Fall Creek Plan.</p> | <p>Health by Design, Reconnecting to Our Waterways, Destination Fall Creek, Walk Urban Indy, IU Health</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2015, 2016, 2017</p> |
| <p>10.7.5 Work with local schools to incorporate the Safe Routes to School program.</p> | <p>Number of schools implementing Safe Routes to School program.</p> | <p>Health by Design, the Children’s Museum, Walk Urban Indy</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2016, 2017</p> |

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| Mid-North residents have access to the full range of healthcare services and utilize healthcare services as needed and desired. | | | | |
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| Action Steps | Performance Measures | Collaborating Partners | Lead Partner | Year |
| 10.8 Launch a grassroots campaign to increase healthcare enrollment. | | | | |
| 10.8.1 Engage and train community volunteers to connect residents with healthcare enrollment services. | Number of volunteers trained to connect residents with enrollment services. | Covering Kids and Families, Indiana Minority Health Coalition, Indianapolis Public Library, Indianapolis Public Schools, Marion County Health Department, Mid-North Church Council, Nextdoor.com, Raphael Health Center, Senior Advocacy Action Team | Mapleton-Fall Creek Development Corporation & IU Health | 2016, 2017 |
| 10.8.2 Provide coordinated enrollment events throughout the community at libraries, schools, and other public locations. | Number of enrollment events held. | Covering Kids and Families, Indiana Minority Health Coalition, Indianapolis Public Library, Indianapolis Public Schools, Marion County Health Department, Mid-North Church Council, Nextdoor.com, Raphael Health Center, Senior Advocacy Action Team | Mapleton-Fall Creek Development Corporation & IU Health | 2016, 2017 |
| 10.9 Promote existing healthcare services, especially mental health, substance abuse, and prenatal health services, offered within or near to the community. | | | | |

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| <p>10.9.1 Train community members to become healthcare services advocates and connectors within the community, such as barbers, librarians, staff at community- and faith-based organizations, parish nurses, school nurses, and university students.</p> | <p>Number of community members trained to serve as healthcare connectors.</p> | <p>Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Mid-North Church Council, Raphael Health Center, Historic Watson Park, IU Health, Raphael Health</p> | <p>Mapleton-Fall Creek Development Corporation & IU Health</p> | <p>2015, 2016, 2017</p> |
| <p>10.9.2 Build on the existing Annual Community Health Fair to coordinate logistics, timing, and offerings to increase the reach of the events and the services, resources, and information provided.</p> | <p>Increase in attendance at Miracle on 34th Street</p> | <p>Mid-North Church Council, Tab, WUI</p> | <p>Raphael Health Center</p> | <p>2015, 2016, 2017</p> |
| <p>10.10 Continue to explore options with the Renaissance Center as a potential health services location.</p> | | | | |
| <p>10.10.1 Connect with previous partners to determine level of interest and need.</p> | <p>Renaissance Center Planning Committee formed and active</p> | <p>Renaissance Center, IU Health, Citizen's Energy, Mt. Zion</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2016, 2017</p> |
| <p>10.10.2 Market the location to individual practitioners and/or as an "outpost" for existing providers.</p> | <p>Increase occupancy level at Renaissance Center.</p> | <p>Renaissance Center, IU Health, Citizen's Energy, Mt. Zion</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2016, 2017</p> |

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| Mid-North residents are informed of health, nutrition and wellness programs, services and amenities. | | | | |
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| Action Steps | Performance Measures | Collaborating Partners | Lead Partner | Year |
| 10.11 Ensure Mid-North residents are aware of health, nutrition and wellness programs, services and amenities through the creation of a Mid-North Health Matters packet. | | | | |
| 10.11.1 Work with Mid-North and Indianapolis providers whose organizations service the Mid-North area and develop an annual packet so residents are informed. | Creation of a packet to be distributed annually. Online information is offered throughout the year. | IU Health, Marion County Health Department, Ivy Tech, Citizens Energy Group, Raphael Health Center, The Children's Museum of Indianapolis, Purdue Extension, Health Families, Covering kids and families | Mapleton-Fall Creek Development Corporation | 2016, 2017 |
| 10.11.2 Launch a public education and advocacy effort to address one or more preventable causes of death that impacts neighborhood residents. | Awareness and prevention information and resources are included in the semi-annual publication. | | | |
| 10.12 Mid-North residents are informed of nutritional practices and healthy food options. | | | | |
| 10.12.1 Develop a "food calendar" and map of options available in the neighborhood. | A Mid-North food calendar and map is included in the annual packet and made available online. | Elders at the Table Coalition, Growing Places Indy, Indiana Minority Health Coalition, Ivy Tech Culinary Department, Mid-North Church Council, IU Health | Mapleton Fall Creek Community Development Corporation | 2016, 2017 |

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| <p>10.12.2 Gather Educational materials about good nutritional practices (EAT Coalition Recipe Cards, information for shopping on a budget).</p> | <p>Information is included in the annual Mid-North Health packet.</p> | <p>Indy Food Council, Ivy Tech (Culinary Department), Kheprw Institute (Ki Eco Center), Marion County Health Department, YMCA – Top 10, TAB Pres</p> | <p>Purdue Extension</p> | <p>2016, 2017</p> |
| <p>10.13 Promote existing resources that support physical activity within the community.</p> | | | | |
| <p>10.13.1 Design and implement a communication plan that taps into partners' communication tools to promote key resources and programs, including Free Wheeling Bikes, Walk Urban Indy, Destination Fall Creek, and existing sports leagues.</p> | <p>Mid-North wellness amenities are included in the annual packet and made available online.</p> | <p>Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Watson-McCord Neighborhood Association, YMCA - Top Ten</p> | <p>Mapleton Fall Creek Community Development Corporation</p> | <p>2016, 2017</p> |

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*In addition to these health-specific action steps drafted in 2014, there are existing action steps from the original quality-of-life plan drafted in 2011 that are health-related but organized under different strategy headings. See below for a complete list. Lead agencies and volunteers are encouraged to engage across action teams to connect on health issues to further strengthen the overall quality of life.

Aesthetics:

- 1.2 Improve conditions of infrastructure elements of the Mid-North area.
- 1.3 Increase access to greenspace and recreation, including community gardens, parks, and rain gardens.

Crime and Safety:

- 3.3 Educate Mid-North area residents about safety procedures.

Education:

- 5.1 Improve access to health and wellness education facilities and resources.
- 5.2 Improve wellness education outreach.

Housing:

- 6.2 Create new and innovative uses for vacant and abandoned properties.

Senior Advocacy:

- 7.4 Arrange networks of services that help ensure seniors' safety at home and in their community.
- 8.1 Promote health by informing seniors about and coordinating providers of medical, insurance, prevention measures, health and alternative health options, fitness and nutrition.
- 8.2 Promote activities that strengthen the mental, intellectual, and spiritual health of seniors.