**Direct Service / Engagement Work Group Action Guide**

Three main needs and recommendations surfaced more than others throughout the data and reports we have collected:

1. Lack of transportation & lack of knowledge of existing transportation resources

2. More nutrition / cooking / food preservation / gardening education

3. Lack of access to fresh produce (pantries, school meals, community meals, community gardens)

The tables below summarize which reports each recommendation can be found in, the population and geographic area that the reports were drawn from, and the specific need or recommendation identified by the report.

**1. Lack of transportation & lack of knowledge of existing transportation resources**

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| **Study Name and Citation** | **Geographic area; populations represented** | **Needs / Recommendations Identified by Study** |
| 2016-2019 Area Plan Combined Results Survey, Klickitat County *Area Agency on Aging & Disabilities of Southwest Washington, 2015* | Klickitat County; Elderly adults (60+) and their family caregivers | Seniors would benefit from grocery delivery service |
| Columbia Gorge Regional Community Health Assessment (CHA) *Columbia Gorge Health Council, 2013 and 2016* | Gorge-wide; general population, vulnerable populations, adults, vulnerable adults, youth, people of color, low-income | Transportation identified as a key issue in both 2013 and 2016 reports |
| Community Health Improvement Plan (CHIP) Community Listening Session Findings *Community Advisory Council, 2017* | Gorge-wide; targeted recruitment of engaged youth, medicaid recipients, mental health service recipients, seniors, Native Americans, Latinos, and LGBTQ+ | There is an expressed need for an expanded bus system that offer reliable, regular, daily routes |
| Food Access Qualitative Insight from Klickitat County *Sharon Carter, Director of Klickitat County Senior Services / Mt. Adams Transportation, n.d.* | Klickitat County; seniors | Many don’t realize Mt. Adams Transportation Service is available |
| Gorge Wide Food Survey Results *Columbia Gorge CCO Consumer Advisory Council, 2017* | Gorge-wide; general population, food insecure individuals | Distance to store and transportation identified by food insecure individuals as key barriers to accessing food |
| Veggie Rx Survey *One Community Health, 2017* | Gorge-wide; OCH Veggie Rx recipients | Transportation was a barrier to refilling prescriptions |

**2. More nutrition / cooking / food preservation / gardening education**

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| **Study Name and Citation** | **Geographic area and populations represented** | **Needs / Recommendations Identified by Study** |
| 2016-2019 Area Plan Combined Results Survey, Klickitat County *Area Agency on Aging & Disabilities of Southwest Washington, 2015* | Klickitat County: Elderly adults (60+) and their family caregivers | Seniors and their caretakers both site education about healthy cooking as a need in the population |
| Community Food Assessment (CFA) Summary *Gorge Grown Food Network, 2011* | Gorge-wide: general population, all food system players | Expand local availability of cooking and nutrition classes, including offering cooking resources and instructions for on-site demos at food pantries  Make home cooking and preserving resources available in easy to find and utilize places in the region  Expand and coordinate local gardening resources for home gardeners, and establish community gardens that provide educational support  Younger and low-income residents most interested in home gardening, target them |
| Community Health Improvement Plan (CHIP) Community Listening Session Findings *Community Advisory Council, 2017* | Gorge-wide: targeted recruitment of engaged youth, medicaid recipients, mental health service recipients, seniors, Native Americans, Latinos, and LGBTQ+ | Many people believe that education is the key to healthy eating |
| Gorge Wide Food Survey Results *Columbia Gorge CCO Consumer Advisory Council, 2017* | Gorge-wide: general population, food insecure individuals | Increase focus on education and food skills (shopping, cooking, preserving, growing) |
| Harvesting Health: A Community-Based Participatory Evaluation of the Veggie Rx Program *Center for Outcomes Research and Education (CORE) & The Next Door, 2016* | Gorge-wide: Veggie Rx users | In contrast to the other studies, this study states that there is “little evidence that [Veggie Rx] participants need nutrition education” |

**3. Lack of access to fresh produce (pantries, school meals, community meals, community gardens)**

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| **Study Name and Citation** | **Geographic area and populations represented** | **Needs / Recommendations Identified by Study** |
| Community Health Improvement Plan (CHIP) Community Listening Session Findings*Community Advisory Council, 2017* | Gorge-wide: targeted recruitment of engaged youth, medicaid recipients, mental health service recipients, seniors, Native Americans, Latinos, and LGBTQ+ | Buying fresh (let alone local and organic) produce can be prohibitively expensive  Seniors in particular experience barriers to accessing fresh, healthy foods  Expand existing resources such as Veggie Rx and community garden, and make easier to access  Interest in revitalizing community garden in The Dalles  School meals lacking fresh produce and healthy options, and there is a desire for schools to lead by example and offer local fresh foods |
| Community Food Assessment (CFA) Summary *Gorge Grown Food Network, 2011* | Gorge-wide: general population, all food system players | Increase amount of fresh produce available in food pantries, school meal programs, and community meal sites by coordinating multiple donation streams to ensure steady and sufficient supply from orchards, farmers’ markets, farm stands, and home gardens. Produce drives?  Identify additional space and partnership opportunities for community gardens in the region  Work with school gardens to coordinate efforts, share resources, and expand programs  Work with schools to find additional means of increasing students’ exposure to and consumption of fresh food, especially fruits and vegetables  Support rural foodstores to provide a larger quantity of healthy, fresh, and affordable foods, and work with rural grocers to evaluate interest and barriers to sourcing fresh produce  Offer financial incentives for low-income folks to buy direct from producer, and improve farmers’ market outreach and marketing to attract underrepresented populations |
| Gorge Wide Food Survey Results *Columbia Gorge CCO Consumer Advisory Council, 2017* | Gorge-wide; general population, food insecure individuals | 21% of surveyed population expressed an interest in gardening classes, and 14% expressed interest in a community garden |
| Food Access Qualitative Insight from Klickitat County *Sharon Carter, Director of Klickitat County Senior Services / Mt. Adams Transportation, n.d.* | Klickitat County: seniors | Seniors find produce is especially unaffordable during winter months |