

## Health

DUBUQUE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN PROMOTE HEALTHY BEHAVIORS:  
(DUBUQUE COUNTY HEALTH), (IOWA DEPARTMENT OF PUBLIC HEALTH)  
BY 2016 THE OBESITY RATE IN DUBUQUE COUNTY WILL DECREASE FROM 28% TO 24%.

27% of the county is obese  
80% do not eat adequate fruits/vegetables  
19% of county residents do not exercise  
29% of residents have high blood pressure  
6.1% of residents have diabetes

Need for increased education on healthy lifestyle behaviors (including regular exercise and healthy diet/nutrition habits) among young children

## FOOD ENTERPRISE CENTERS

Food Enterprise Centers build businesses through entrepreneurial investments in local food, approaching scaling up the food system through a self-financed, sustainably profitable model. Food enterprise centers are focused on positive cash flow, food, local ownership and local control. Many of these programs work hard to include shareholder loyalty by including options to buy into the company or provide memberships. This strategy a market base and assists in community capacity and financial sustainability. In addition to community support, typically businesses also devote time to give back to the community through good stewardship of the land, sustainable waste management, and affordable food programs.

### Discussion from coalition meetings:

- Dubuque: Shared maker-space / food hub with attached non-profit restaurant
- Galena, IL: Have small businesses and entrepreneurs- need to work together to supply our own area food needs!

## EDUCATION CENTERS

Agriculture education centers teach young and old alike about agricultural systems through hands-on experience. These centers can take on many perspectives from sustainable agriculture production, the history of agriculture, or philosophies and theories behind best management practices of production. Many centers offer learning labs, workshops, and many different types of opportunities to learn about types of food production and ways to integrate food production into life at home. Centers can also be housed via the web, and offer web-based tutorials, webinars, and literature for personal education. These centers serve as a warehouse of information on numerous types of food

### Public Input Sessions:

- Dubuque Rescue Mission: They already do an awesome job, (rooted chef! And Sustainability Fair), but I think even more public opportunity to be involved/ volunteer would be great. I would gladly pay to take a cooking/ gardening class too!
- Sinsinawa Mound, WI- beginning farmer incubator
- County line- Dubuque county/ Jackson County/ Washington Mills Road and 154<sup>th</sup> Ave, Zwingle, Iowa: Will do workshops and hands-on education. Will give garden tours for the public- especially kids and interested adults on organic, permacultural production. Will talk about open-pollinated crops, seed saving, hardy crops, and winter production and harvest; biodiversity; low-input crop production, ecological gardening; environmental awareness; crops for attracting beneficial insects; medicinal wild herbs, green manures, cover crops, mulching, vermi-compost, low-input, growing greens, culinary-: Deborah Ritt- 15615 Washington Mills Road, Zwingle, IA 52079- [Deborah.ritt@yahoo.com](mailto:Deborah.ritt@yahoo.com) 563-513-9848
- Arboretum: Educational classes on growing fresh vegetables and fruits- educational classes on preparing the food for children to adults
- City of DBQ:/ Would love to share and teach on Pet waste digesters! Yay!
- City of DBQ: Would love to share/ teach on vermiculture- go worm farms!
- Education program on edible landscape for residence. Starting a home garden. Homesteading topics such as canning/ preserving. Cooking education- affordable eating education.
- 28<sup>th</sup> and Jackson/ Convivium: Developing Urban Farming examples- engaging community
- 15615 Washington Mills Road- and 154<sup>th</sup> Ave, Zwingle Iowa- Dubuque and Jackson County Line: Deb- growing gardens and welcome people and children to come learn about nature, stewardship of land, growing good food, making compost, etc.