



Creating Communities that Support Healthy Living in Ohio

The Creating Healthy Communities (CHC) Program at the Ohio Department of Health provides funding to 16 local counties through the Center for Disease Control and Prevention's Preventive Health and Health Services Block Grant (PHHSBG). Funds are used to help communities reduce chronic disease in schools, worksites, health care and community settings by addressing the risk factors of poor nutrition, tobacco use, and sedentary lifestyles. The CHC Program uses a population-based, evidence-based approach to expand and enhance a community's ability to develop policies, systems and environmental changes to prevent obesity, diabetes, and other chronic diseases.



Get the Facts

- Obesity and chronic disease are the most common causes of death and disability in Ohio, with an economic impact of approximately **\$56.8 billion** per year.
- Reducing the average body mass index (BMI) in Ohio by 5 percent could result in **\$9 billion in health care savings** over the next 10 years and \$25 billion over the next 20 years.
- The economic impact of smoking in Ohio cost over \$9 million and resulted in 18,590 deaths in the state during 2010.
- In 2012, policies, improvements and programs implemented through CHC projects positively impacted more than 1 million high-need Ohioans.

Creating Healthy Communities Projects



2012 Creating Healthy Communities Successes

Schools



Schools in Adams County build raised beds to increase consumption of fruits and vegetables while connecting learning from the garden to the classroom.

By instilling healthy habits at an early age, it is more likely that children will grow into healthy adults. In 2012, CHC has helped to create:

- 9 school health teams
- 15 physical activity and nutrition policies
- 84 environmental/systems changes affecting physical activity and nutrition
- 5 tobacco-free campus schools

Communities



Increasing access to healthy food and opportunities to be physically active in high risk populations is key to preventing chronic disease. In 2012, CHC has established:

- 15 community gardens
- 5 farmer's markets
- 12 walking trails
- 86 walking groups
- 8 faith-based wellness committees
- 2 bike trails

Fresh produce is now available in an Athens County convenience store, thereby increasing access to fresh and affordable foods.

Worksites

A healthier workforce helps to increase productivity in the work place and lower insurance costs. CHC has helped shape a healthier workforce by implementing the following in 2012:

- 18 wellness teams
- 9 tobacco free policies
- 49 environmental/systems changes that promote a healthy lifestyle
- 22 wellness trainings



Through healthy food options and active breaks, healthy meetings create a supportive environment for employees to thrive.

Healthcare

Ounce of Prevention is a training program that provides physicians with resources to address excessive weight gain, educate and empower families about lifelong nutrition and physical activity, and measure BMI percentile annually. Key messages include portion sizes, excessive juice/sweetened beverages, fruit and vegetable intake, family mealtime and more. Because of the CHC program:

- 13 trainings were conducted in 2012
- Over 100 offices have implemented the Ounce of Prevention toolkit since 2010



The Creating Healthy Communities Program allows residents at the local level to address obesity and chronic disease issues in their communities, schools, worksites, and healthcare settings. **Loss of funding from the PHHSBG will leave communities unable to address these critical issues and successfully promote healthy living.**

For more information on the Creating Healthy Communities Program, visit our website at:
<http://www.healthyohioprogram.org/healthylife/createcomm/chc1.aspx>