

SUCCESS STORIES 2014



June 2015

Dear Colleagues, Stakeholders, and Public Health Partners,

It is my pleasure to share with you the 2014 Creating Healthy Communities (CHC) Success Stories. Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention, CHC is working to increase opportunities for physical activity, improve access and affordability of healthy food, and assure tobacco-free living for all Ohioans.

CHC Coordinators in 16 counties across the state have activated and engaged local stakeholders through coalitions to accomplish objectives and ensure sustainability. Examples of this work include community gardens, farmers markets, healthy corner stores, playgrounds, bike/pedestrian infrastructure, worksite wellness policies, and tobacco-free schools, multiunit housing and public spaces. In 2014, the CHC program impacted approximately 700,000 Ohioans and leveraged over \$2 million to support these sustainable changes, leading to a healthier Ohio, especially in the most vulnerable areas of the state.

CHC has completed another productive and successful year. These success stories depict just a few of the numerous projects that CHC works on throughout the year. We are pleased to announce that for the 2015-2019 grant cycle, we were able to expand our reach to 23 high-need counties in Ohio. Thank you for your continued support of the CHC program.

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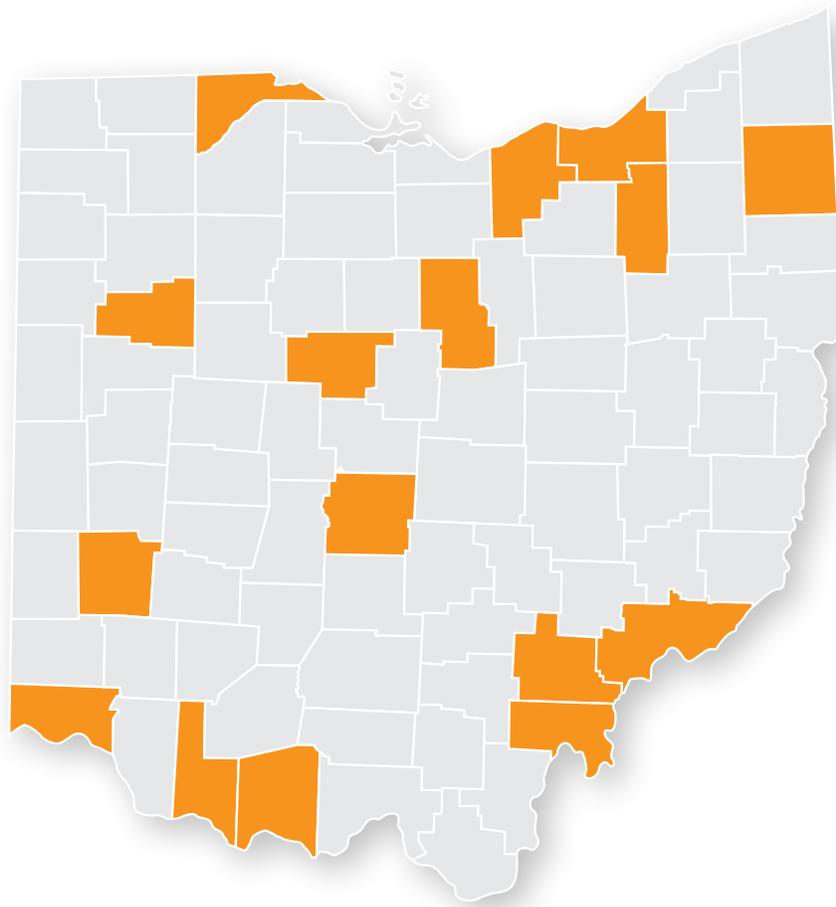
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Vision:

Making the Healthy Choice the Easy Choice

Mission:

Creating Healthy Communities (CHC) is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.



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Adams/Brown Counties

A Partnership That's Paid Off to Fight Diabetes

Summary

To address the gap in diabetes-related educational services, the Adams-Brown Diabetes Education Coalition (ABDEC) began over a decade ago with the help and support of the Adams-Brown Creating Healthy Communities Program (ABCHCP). To broaden its reach, and increase its chances of becoming a free-standing, sustainable coalition, the ABDEC began its participation with the Marshall University Center for Rural Health and the Appalachian Diabetes Coalitions network. This partnership has led to extra funding (including a \$160,000 Together on Diabetes grant), leadership and skill building opportunities for coalition members, and ongoing technical assistance for coalition building and maintenance. With the Adams-Brown Creating Healthy Communities Program official operations coming to an end in December 2014, the ABDEC remains a viable coalition well on the road to sustainability.

Challenge

The diabetes prevalence and incidence rates in Adams and Brown Counties exceed the national averages.¹ Yet during the past decade, this rural Appalachian region of Southwest Ohio has had relatively few formal diabetes education programs available. To address this health services gap, the Adams-Brown Diabetes Education Coalition was started in 2003. Despite the membership and support of several area agencies, the majority of the Coalition workload generally had been carried out by the Adams-Brown Creating Healthy Communities staff and relied exclusively on their grant support. The challenge facing the ABDEC was to become a sustainable group which could eventually continue its great work.

Solution

In 2012 the ABDEC applied for, and was one of 5 Appalachian Diabetes Coalitions to receive, the new Together on Diabetes grant funded by the Bristol-Myers Squibb Foundation and administered by Marshall University. This 4-year, \$40,000 per year grant seeks to help coalitions implement effective local solutions by addressing both prevention of, and selfmanagement skills for, type 2 diabetes. As a grant recipient, the coalition was finally able to compensate its part-time Coalition Coordinator, and members received new programming skills through free trainings provided by the Marshall University Center for Rural Health staff.

Results

The Together on Diabetes grant's increased support has greatly expanded ABDEC's programming, outreach, and visibility within Adams

¹ Centers for Disease Control and Prevention, Diabetes Data & Trends: Methods and References for County-Level Estimates and Ranks. (2012).



and Brown counties. It has also helped with enhancement of local Creating Healthy Communities initiatives, such as the adoption of a physical activity policy for the region's seven Head Start centers, initiation of a new community garden in Ripley, and worksite wellness training throughout the two county region. Other coalition achievements include an ongoing diabetes support group, assisting Manchester Schools to use a Lay Health Advisor at its School-Based Health Center, and coordinating Cooking Matters cooking and grocery shopping classes for Head Start and Early Head Start parents.

"This is a great coalition. The members are very dedicated."

- ABDEC member

Initiatives made possible by the grant also sparked an increased enthusiasm among coalition members and partners. Annual coalition assessments conducted since 2012 have shown increases in members' ratings of the coalition's structure, function, and overall value to the Adams-Brown community. ABDEC's Coordinator, Phyllis Smith has made strides in leadership, skill development and has recently becoming a Certified Diabetes Educator--one of the first in this region! Organizationally, the coalition has strengthened itself with new by-laws and increased connections with the community as a whole.

Sustaining Success

ABDEC has a work plan objective for 2015 to address coalition sustainability beyond the Adams-Brown Creating Healthy Communities Program (which recently came to a close) and the Together on Diabetes grant (which is now entering its fourth and final year). One of the coalition's sustainability strategies is to become an affiliated group with the Adams County Medical Foundation. This Foundation is an excellent resource for locating and securing funding sources, as well as a pipeline to key community leaders throughout Adams County. Phyllis Smith has completed a grant-writing course and was recently successful in receiving a \$10,500 physical activity grant from Interact for Health for the Village of Manchester.

As an already-established member of the Appalachian Diabetes Coalitions network, the coalition will also continue to receive ongoing technical assistance and mentorship from the Marshall University Center for Rural Health, as well as several opportunities to share information and collaborate with other coalitions in this network. ABDEC's partnerships with the Adams-Brown Creating Healthy Communities Program and the Marshall University Center for Rural Health have indeed been extremely valuable for its continued existence.

Your Involvement is Key

If you are interested in initiatives that address the prevention and self-management of Type 2 Diabetes in Adams and Brown counties, join the Adams-Brown Diabetes Education Coalition. You can also visit countyhealthrankings.com, for information about diabetes rates in your own community.



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Allen County

Allen County Makes Breastfeeding Work

Summary

Today, more worksites in Allen County are now breastfeeding friendly, providing comfortable, clean and safe places for new mothers who return to work from maternity leave. The Creating Healthy Communities (CHC) program worked with nine local worksites to help identify designated space and appropriate lactation services to support breastfeeding. This support will help employees successfully breastfeed, and for a longer duration, a practice that has been shown to reduce the risk of obesity in youth.

Challenge

According to the Allen County Department of Public Health, childhood obesity continues to be a problem, citing that 32% of Allen County youth are overweight or obese. Breastfeeding has been shown to have a positive impact on obesity

throughout the life span. Therefore, obesity prevention begins at the earliest moments of life when parents make infant feeding decisions. Worksite lactation support programs help ensure breastfeeding success. When lactation support programs are not in place, breastfeeding decreases significantly as mothers return to work. Many worksites in Allen County do not have formal policies in place, designated areas, or needed resources to provide support for breastfeeding employees and find this to be a challenge.

Solution

To help worksites meet the challenge of finding space and resources and develop a lactation support program, the Allen County CHC program provided training and assistance to interested worksites. The businesses first attended a “Business Case for Breastfeeding” training and then were asked what assistance was needed.

Worksites who adopted a policy received breastfeeding equipment, including breast pumps, refrigerators, chairs, and educational materials to help enhance their program. Worksites identified lactation rooms, if able, or designated conference rooms or offices for employees to schedule for expressing breast milk. The worksites informed all employees of the program and what services were offered to further increase awareness of the importance of breastfeeding.

Results

The initiative inspired policy development, or improvements in the breastfeeding policies, at nine worksites in Allen County. These worksite lactation support programs have impacted over 1200 employees, 30% of those being female employees of childbearing age. The worksites have incorporated the notice of the policy into new employee orientations and have shared information at staff



meetings and trainings. They are now able to offer a private room for pumping to working mothers who wish to continue breastfeeding, flexible scheduling to accompany pumping breaks, and hospital grade pumps to full-and part-time employees. Lastly, the worksites make sure employees are aware of access to maternity resources available through insurance providers, educational resources and local breastfeeding resources.

“I myself am expecting and am very happy that I’ll have a private place to go to support natural feeding [because of the lactation support program implemented at my work].”

-Ashley Wiechart

Sustaining Success

The long-term goal of this program is to have more breastfeeding friendly locations throughout Allen County that support a mother’s decision to breastfeed. Groundwork has been laid by the CHC initiative, as well as other

community partners, that will allow work to continue towards the long-term goal. Activate Allen County, Allen County WIC, the Child and Family Health Services program of Allen County Public Health, and the Allen County Breastfeeding Coalition will all continue to promote breastfeeding friendly worksites, public venues supporting breastfeeding, as well as baby friendly hospitals. By having accommodations in place for breastfeeding mothers, it becomes easier for mothers to continue to naturally feed their babies.

Your Involvement is Key

Most employers are happy to provide the support you need, as long as they know what your needs are and how important it is for you to have their support. If your company does not have a breastfeeding support program, here’s what you can do:

- Look around for a space that you are willing to use.
- Encourage co-workers to learn about the benefits of breastfeeding.
- Remind your supervisor that supporting breastfeeding benefits the company – lowers health care costs, results in less turnover of employees, better work moral, and increased work output.



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Athens County

Eat to Compete: Making the Healthy Choice the Easy Choice at Concession Stands

Summary

Healthy concessions can win on taste and make money! The Athens City-County Health Department's Creating Healthy Communities (CHC) program collaborated with the Alexander Spartan Athletic Boosters to provide healthier options at school sporting events. Despite the obstacles, the Boosters successfully meet their fundraising needs while replacing some of their traditional concessions with healthier options. Booster organizations interested in supporting athletes and families by offering healthy food items are likely to find that people will buy them! In fact, Boosters don't have to make big changes in order to offer healthy food, fundraise for schools sports, and support local vendors.

Challenge

For many school sports, volunteer-based concession stands are the main

driver of funding. Concession stands traditionally offer highly processed foods that lack adequate nutrition and have high profit margins. This need for high profit margins, along with volunteer turnover and limited storage space and equipment creates challenges for offering healthy food at sporting events. Further, the reluctance to offer anything deviating from traditional concessions is influenced by the belief that no one will choose the healthier option and that healthier options are more expensive. This tradition and reluctance can be a barrier to change what is available at school sporting events and is compounded by Athens County having the highest poverty rate in Ohio.

Solution

One of the key elements to offering healthy concessions is working with existing vendors to develop innovative, healthier options. In Athens County, local vendors such

as Avalanche Pizza, Kiser's BBQ and Mama Renie's now make whole grain veggie calzones, healthy chili and a whole grain vegetable pizza. This allows for all partners to succeed--vendors and boosters make money and kids have healthy food options. Another key element is having support from key people in the school and community. Keith Wilde, wrestling coach and dedicated dad, wanted healthy options at sporting events to fuel his kids and wrestlers for success. With the help of school and community partners, Competition Foods became the slogan to promote healthy food items and a Competition Foods Committee was formed. Altogether, working with local, existing vendors, providing innovative options, and developing the Competition Foods slogan and Committee dispelled the myth that healthy foods won't sell.



Results

The Alexander Spartan Athletic Boosters added veggie calzones, carrots with dip, and apples with peanut butter to all of their sport concession stands with great success, typically selling out of the veggie calzones. New items create interest at the game as well for the local vendor. Survey results show that the healthy items (and their cost) are what people want. One of the observations made by Anita Wallace, Alexander Booster President, was that parents were choosing healthier options for their kids. Alexander's leadership and their partnership with Avalanche Pizza has encouraged other local schools and vendors to become part of the Competition Foods movement!

"Healthy concessions have been a fantastic idea! The biggest audience we have reached is the kids. Parents are buying carrots and apples with peanut butter as a snack instead of chips. Veggie calzones are also very successful. We are really happy."

***- Anita Wallace,
Alexander
Booster President***

Sustaining Success

The Athens' CHC program aims to create access to healthy options wherever people make food choices. To build on the success of Alexander Spartan Athletic Boosters, a Competition Foods Committee will continue to work with schools throughout the County to create access to healthy food options at concession stands. Athens' CHC program is developing marketing materials and a toolkit to inform schools inside and out of Athens County how to successfully offer healthy concessions. The toolkit will include healthy concession guidelines, promotional ideas, and suggestions for approaching school booster organizations and local vendors. Keith Wilde, Competition Foods leader and artist, designed a logo that could be personalized for any school district to make the healthy choice the easy choice.

Your Involvement is Key

- You can help your school sports programs by creating demand for healthy options and offering to pilot them as a volunteer in the concession stand.
- Find out which local vendors already work with the school and ask if they can offer a healthy, competitive version for athletes and their families.
- Start by testing items on booster members to find the winning options! Make sure everyone involved gets what they need to succeed.



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City of Cincinnati

Proposed Policy Makes it Easy for Kids to Walk or Bike to School

Summary

In collaboration with Cincinnati Public School's Safe Routes to School program (CPS-SRTS), the Cincinnati Health Department's Creating Healthy Communities program developed a One Mile Drop-off policy to directly combat the lack of physical activity opportunities for 33,748 CPS students. With a geographical scope of 91-miles, the proposed policy will provide a safe, chaperoned 1-mile walk or bike ride to and from all 55 schools within the CPS district. If adopted, this collaborative effort will allow all CPS students to begin their day with fresh air and exercise.

Challenge

Childhood obesity is a growing epidemic amongst Cincinnati Public School children. In 2010, over 30% of Hamilton County third graders were identified as overweight or obese.¹ Research shows that physical

inactivity is a contributing factor to obesity, yet CPS students experience numerous barriers to achieving the recommended levels of daily activity. These barriers include the reduction or elimination of recess and physical education, and a surrounding built environment that is unsafe for walking or bicycling to school.

Beyond health, physical activity is also linked to education attainment. According to a 2010 CDC report on School Based Physical Activity, "there is substantial evidence that physical activity can help improve academic achievement, including grades and standardized test scores."² In an effort to increase the opportunity for physical activity amongst Cincinnati Public School students, and support health, CPS is promoting walking and bicycling to school through their Safe Routes to School Program.

Solution

As part of the CPS District-wide School Travel Plan, the CPS-SRTS program conducted a comprehensive assessment to identify barriers for students to walk and bike to school. The assessment utilized input from surveys of school administrators, parents, and community stakeholders. Walk audits and geographical data analyses were used to examine existing conditions and perceptions regarding walking and biking to school. The assessment revealed that distance was the top perceived barrier, followed by safety and insufficient infrastructure (e.g., no crosswalks, bike lanes, etc.). Countermeasures were developed and prioritized to address perceived and actual barriers. As a result, the One Mile Drop-off policy was proposed.

¹ Oza-Frank R, Norton A, Scarpitti H, Wapner A, Conrey E. (2011). A Report on the body mass index of Ohio's third graders: 2009-10. Ohio Department of Health, Columbus, OH.

² Cincinnati Public Schools and Ohio Department of Education Interactive Local Report Cards. (2013). Power User Reports.



Results

The proposed One Mile Drop-off policy will establish remote bus drop-off/pick-up locations and/or bus hubs 1-mile from schools along routes that are vetted for safe walking and bicycling. Students that are dropped off and/or picked up will participate in a chaperoned walking school bus or bike train. This proposed policy particularly addresses issues of health in vulnerable, urban student populations - such as those with asthma, pre-existing chronic disease, and in low-income households. If adopted, the policy has a geographical scope of 91-miles, serving 33,748 students within 55 schools in Southwest Ohio.

“I remember walking to school, or riding my bike, nearly every day as a kid. I never thought about it in terms of health but it’s something I loved to do.”

- Community member

Sustaining Success

The results of this initiative have been documented in the Cincinnati Public Schools District-wide School Travel Plan, which has been adopted by the CPS Board of Education and the Ohio SRTS program. However, the CPS Board of Education has not yet implemented the One Mile Drop-off policy. With leadership from the CPS-

SRTS steering committee, adoption of this initiative will require an engaged community, focused on providing healthy and holistic opportunities for our youth.

Your Involvement is Key

The CPS-SRTS One Mile Drop-off policy is truly a collective community effort. To impact the health of CPS students and increase their opportunities to be physically active, contact the Cincinnati Health Department’s Creating Healthy Communities Program. You can also show your support by volunteering and/or participating in the CPS Safe Routes to School Program. For more information, visit:

<http://www.cps-k12.org/parents-students/student-safety/safe-routes>.



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Columbus City Hospital Shares Space to Promote Health

Summary

Mount Carmel's Community Health Resource Center (CHRC) developed a shared use agreement to bring a variety of health, educational and support resources to the local community. The center utilized available space to provide health and wellness services to the community, with a focus on low-income areas of Columbus, OH. By moving healthcare information and education beyond the traditional hospital setting, communities can work towards preventing and managing chronic medical conditions and encouraging healthy lifestyle habits.

Challenge

Findings from the 2014 County Health Rankings and Roadmaps show that within Franklin County, 30% of adults are obese and 26% are physically inactive.¹ The Franklinton neighborhood, which is located

around Mount Carmel West Hospital, is economically disadvantaged, with greater health disparities than other Columbus neighborhoods. Fifty-seven percent of individuals living in Franklinton do not meet the recommended physical activity guidelines and 83% percent consume less than 5 servings of fruits and vegetables per day.² These risk factors contribute to the health status of the population, therefore leading to chronic disease. People living within this neighborhood have a greater need for health services and opportunities to engage in healthy lifestyles.

Solution

A shared use agreement is a formal agreement between two separate entities, often a school district and a city or county, setting forth the terms and conditions for the shared use

of public property so that no single party is fully liable for the costs and responsibilities. Thinking outside the box, Katie Stone, Columbus Public Health's Creating Healthy Communities (CHC) Coordinator, explored what shared use would look like in the hospital setting.

In the fall of 2013, CHC, partnered with the CHRC to explore potential opportunities through policy development and external shared use agreements with local service providers. As a result, a shared use agreement, along with supplemental community forms, were created for use of the CHRC. This shared use agreement supports the creation of an accessible and diverse set of health and wellness opportunities for the community.

The various services and programs were advertised to the community through multiple strategies, such as partnership and relationship building with local community agencies and information sharing at community meetings and events.

¹ County Health Rankings and Roadmaps, 2014

² Franklin County Health Risk Assessment, 2005



Results

Since November 2013, the CHRC has approved over 50 partner groups to utilize the facility, hosted over 600 activities, and had over 6,000 visitors. Relationships built with local community organizations provide opportunities for health and wellness, physical activity and cooking classes to improve health and reduce chronic disease of Columbus residents.

“It is inspiring to see the enthusiasm from community members actively participating in the activities!”

***- Ami Peacock,
Mount Carmel***

There are currently over 20 potential programs, free of charge, for community members to access. These programs include diabetes education and support groups, perinatal service, tai chi classes, cooking demonstrations, stress management and meditation/mindfulness classes, cancer services, and programs with a focus on reducing infant mortality. Programs that are in most need within the surrounding community are offered based on the community assessment conducted by the CHRC Program Manager.

Sustaining Success

Because the Mount Carmel CHRC has developed a formal shared use agreement, access to the space is available for a stated time period, free

of charge to community residents. The CHRC continues to expand upon services provided to the community such as cooking and activity classes, and is managed by the Mount Carmel CHRC Manager, Ami Peacock, MSW, LISW-S, to ensure that services are sustainable.

Shared use agreements continue to be used to increase opportunities for physical activity and healthy eating. In 2015, the Creating Healthy Communities team at Columbus Public Health will focus on shared use efforts within Columbus City Schools. By creating shared use agreements between schools and community based organizations, and enhancing school wellness policies, students and their families will have increased access to physical activity opportunities. The passing of House Bill 290, Ohio’s Shared Use bill, helps efforts by clarifying liability protection for schools that want to open their doors to communities after school hours.

Your Involvement is Key

Join the Ohio Shared Use Action Team to stay current on what’s happening with shared use around Ohio and what new information and resources are available to enhance your work in shared use.

If you are interested in chronic disease prevention strategies within your community, join the Chronic Disease Prevention Advisory Board at Columbus Public Health. The committee meets to share ideas and action plans that can improve health within our community.



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Cuyahoga County

Lactation Support Program Benefits Moms, Babies, and Business!

Summary

Thanks to collaboration between the Cuyahoga County Board of Health (CCBH) Worksite Wellness Team, the Child and Family Health Services and Creating Healthy Communities programs, the CCBH lactation support program is improving the health of moms and babies.

Challenge

In July 2014 the CDC published a “Breastfeeding Report Card.” According to this report, 70% of Ohio babies were ever breastfed in 2011. Only 42% of babies were breastfed at six months, and only 15% of babies were meeting the recommendation of being exclusively breastfed at six months. Returning to work is a very common reason why women stop breastfeeding. According to the World Health Organization, “Many mothers who return to work abandon breastfeeding partially or

completely because they do not have sufficient time, or a place to breastfeed, express and store their milk. Mothers need a safe, clean and private place in or near their workplace to continue breastfeeding. Enabling conditions at work, such as paid maternity leave, part-time work arrangements, on-site crèches, facilities for expressing and storing breast milk, and breastfeeding breaks, can help.”

Solution

The Cuyahoga County Board of Health (CCBH) recognized the need to support working mothers to continue breastfeeding once they return to work. Members from the worksite wellness and community health programs presented the benefits of a workplace lactation support program to the CCBH Human Resources and Administration Departments. The CCBH designated a room for lactation and staff from the Child and Family Health Services

(CFHS) and Creating Healthy Communities (CHC) programs provided materials and resources. CHC funding provided a closed system lactation pump and kits for new mothers returning to work.

“The lactation support program at CCBH made my decision to breastfeed easier.”

*– Angela White,
Supervisor*



Results

Employers who encourage breastfeeding after a mother's return to work have the opportunity to benefit from reduced absenteeism, higher morale and higher productivity from employees. Even better, they have the opportunity to be recognized as a "family friendly" workplace. Four moms have utilized the new pump and kits thus far. A "lactation support team" has formed within the agency, and will serve as support staff to ensure that the lactation program is maintained and that the employees are educated on the opportunity and benefits of the program. A lactation support policy is scheduled to be adopted by the board of CCBH in the first quarter of 2015. Finally, CCBH received the 2014 Silver Healthy Ohio Breastfeeding Friendly Employer Award for this lactation support program.

Sustaining Success

The goal of the lactation support team is to determine the impact that the program has had on duration of breastfeeding rates. In order to determine the impact, the team will conduct a survey of employees to establish a baseline of initiation and duration of breastfeeding. The survey will be conducted again to serve as a surveillance tool and to improve the program over time. The survey will also assist the team to identify resources that will help moms extend the duration that they breastfeed.

Your Involvement is Key

Healthy Moms and Babies Benefits All! If your colleague is returning to work after maternity leave and is planning to continue breastfeeding, congratulate and support her! Her decision to breastfeed her baby after returning to work will save your company money by reducing

absenteeism, increasing productivity, increasing employee morale and best of all improve health. Your agency may become known to be a "family friendly" workplace. This designation is desirable to all employees, since mothers are the fastest growing segment of the workforce.

"I have found the Lactation Support Program to be extremely beneficial during my transition back to work. At CCBH, having the time, space and equipment dedicated to support me and others while we continue to work and breastfeed is PRICELESS!"

***– Brandy Eaton,
Supervisor***



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Lorain County Cornering the Market on Good Health

Summary

Norma Lukachko, Owner of the Pit-Stop Mini-Mart, feels a deep sense of pride in serving her nearby residents and workers. In collaboration with the Lorain County General Health District (LCGHD) Creating Healthy Communities program, Norma took steps toward providing a selection of fruits and vegetables at her store. Although the initial success has been limited, she is not deterred from her mission of improving offerings and elevating awareness of new healthy options at The Pit-Stop.

Challenge

Eight miles outside the small town of Oberlin, Ohio, straddling the edge of a gravel drive off the highway, sits The Pit Stop Mini-Mart. Situated across from a large wholesale green house and amidst a rural desert of highway, the small 2,500 square foot store is the only place for locals,

workers, and passers-by to stop for food, beverages, or small necessities. Over the years, owners have mainly stocked the shelves with beer, soft drinks, cigarettes, and snack foods—offering little nutritional value to those frequenting the store. These customers include green house employees who are Spanish-speaking and have short breaks, limiting time and communication between the store and customers. With minimal resources, little was done to offer customers nutritious options.

Solution

Owner Norma Lukachko, with the help of LCGHD Creating Healthy Community staff and funds, began implementing strategies to provide fresh fruits and vegetables to Pit-Stop Mini-Mart customers. Armed with this new vision, the plan was put into motion through purchasing new baskets and display stands, creating banners and new

signage, ordering fresh produce, and hosting a kick-off event to create excitement for the upcoming food options. Since then, Norma has permanently dedicated part of the shelf space for produce, added new food displays, and hung banners to showcase and advertise healthier food options.

Results

The Pit Stop Mini-Mart began offering fresh produce in August with a selection of fruit and vegetables and newly stocked food display units. In early October, an afternoon of food tasting highlighted the nutritious offerings. The event included free salsa and apple samples, distribution of recipe cards in both English and Spanish, and displays showcasing produce available for purchase to recreate the recipes provided. Approximately 72 customers visited the store on the day of the kick-off event, and over 36 customers



made produce purchases. In a survey conducted a month and a half after the initial implementation, the store saw a slight increase in the purchase of fruits and vegetables, with a three month total sales of \$27.50.

"I'm a health conscious person, so I have (produce) in my house. I liked the idea of being able to offer fruits and vegetables in my store. We've had several customers comment on how they like having them at The Pit Stop."

*- Norma Lukachko,
Owner*

Sustaining Success

Plans for 2015 will address the challenges of creating greater demand for fruits and vegetables by connecting with a low cost produce supplier, and

acquiring a display cooler to keep produce fresh. A new store layout will be developed to utilize cooler space to feature healthier foods and water. The Pit-Stop will continue to partner with a local soda distributor to feature a water advertisement on their outdoor vending machine.

With continued Creating Healthy Communities funding, the LCGHD will support Pit-Stop Mini-Mart in meeting requirements to accept Supplemental Nutrition Assistance Program (SNAP) benefits. Additionally, the Pit-Stop will benefit from the new Good Food Here, Ohio healthy retail marketing materials in 2015.

Your Involvement is Key

Let your local store owners know that there is a demand for healthy items! Getting to know local owners and requesting foods and beverages that are healthier and convenient can help small stores stock fresh produce, provide nutritious food options, and keep water available to their local customers.



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Lucas County

Breaking Down the Walls to Corner Store Fresh Produce Distribution

Summary

According to the 2011 Lucas County Health Assessment, only 21% of Lucas County households with incomes under \$25,000 consume recommended servings of fruits and vegetables each day. To help find a solution, the Lucas County Creating Healthy Communities (CHC) program along with Live Well Greater Toledo developed an 'Eat Fresh Live Well' healthy corner store committee. Since 2012, this group has succeeded in transforming eleven corner stores into healthy corner stores which carry fresh produce. This has increased access to fruits, vegetables and other healthy options in underserved areas of Toledo, Ohio. One major obstacle was the identification of a produce distribution process that worked for smaller stores. The 'Eat Fresh Live Well' corner store committee helped to develop a distribution model that met the needs of these small stores.

Challenge

According to the Centers for Disease Control and Prevention, corner stores generally stock little or no produce because of limited space or equipment, and they may charge more for healthier foods. For neighborhood residents who use the local corner store, this lack of access to healthier foods makes it difficult to achieve or maintain a nutritious diet.

Since 2012 Lucas County CHC has worked with eleven area local corner stores to increase access to fresh produce. However, finding a reliable and cost effective method of receiving fresh produce has been a major barrier to a successful healthy corner store program. Currently, wholesale produce distributors are not in a position to deliver smaller quantities of produce needed by corner stores with less capacity. This results in many store owners making trips to big box stores to purchase the needed produce, which leads to inflated prices for customers.

Solution

The Lucas County CHC program and the 'Eat Fresh Live Well' committee identified LOTT Industries, a local non-profit organization which provides jobs for the developmentally disabled, as a partner. LOTT Industries had the ability and interest to deliver produce from local wholesalers to the corner stores. Once a local source for wholesale produce was identified, a plan was put in place for stores to order produce on a weekly basis through the non-profit organization. The nonprofit would combine the store orders and place one large order with the wholesale distributor. The order was delivered to the nonprofit who divided and delivered the orders to each store for a small delivery fee. This new distribution model established a relationship between the corner stores, the nonprofit, and the wholesaler which allowed the stores flexibility on the size of their orders and resulted in lower produce costs and savings that are passed on to the customers.



Results

- Affordable produce is now available to neighborhood customers surrounding healthy corner stores.
- Corner stores now have access to affordable produce for their customers.
- The new distribution model will allow more stores to join the healthy corner store program.
- Healthy corner stores have fewer restrictions on the size of their orders.
- Customers have indicated that affordable fresh produce in their neighborhood benefits their family and neighborhood.
- Stores/Customers will have access to a larger variety of produce.

“It comes down to giving everybody an equal chance to eat healthy... kids can come in to buy a banana for fifty cents instead of a bag of chips...”

*- Ryan Aridi,
Save Way Market*

Sustaining Success

The ‘Eat Fresh Live Well’ healthy corner store committee’s goals are to:

- Expand the healthy corner store initiative to at least 75% of corner stores in the underserved areas of Lucas County.
- Educate school children on the importance of choosing healthy food options.
- Develop a reliable and affordable source for local produce.
- Recruit local businesses and schools to sponsor healthy corner stores in their neighborhood.

Your Involvement is Key

- **Advocate!** See whether your neighborhood corner store has fresh produce and if not, request it.
- **Volunteer!** Work with healthy corner store coordinators to expand the healthy corner store initiative.
- **Purchase!** Support locally owned stores in your area by purchasing their fresh and healthy foods.



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Marion County Gardens Growing and Corn Sprouting- One Community's Solution to Food Access

Summary

A church is known by many as a place where doors are always open. Marion's Christ Missionary Baptist Church went one step further and opened their outdoor space to the community. In early 2013, the Creating Healthy Communities (CHC) project director presented to the church pastor the idea of establishing a small community garden on church property. The USDA identifies this area on the north-end of Marion City as being food insecure. Access to healthy and affordable foods can be a challenge for residents due to finances, limited transportation, and proximity to full service grocery stores. Both the densely populated neighborhood and the church's vacant lot made for an ideal site to bring the community together to garden and grow food. In 2013, the establishment of 10 raised beds proved to be a success and within a year, school and community gardens began popping up across Marion County!

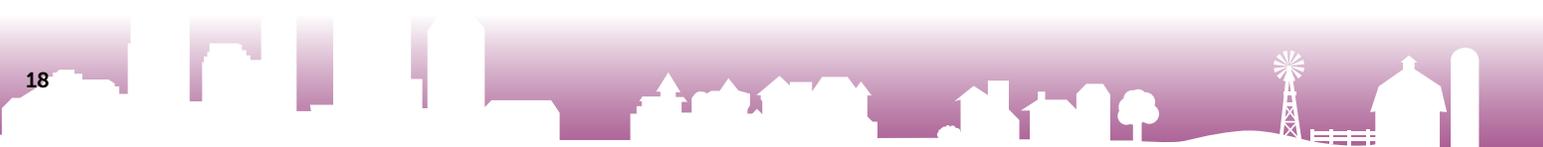
Challenge

According to the Robert Wood Johnson Foundation (RWJF) County Health Rankings, 32% of Marion County adults are obese. A county-wide 3rd grade BMI study revealed 39% of Marion County youth are overweight or obese. Local data further supports the higher incidence of chronic disease risk factors in Marion County. Limited access to healthy foods and physical activity opportunities can contribute to a disproportionate incidence of chronic disease in a community. USDA recommends making half of your plate fruit and vegetables. As with many households across the nation, this simple health message is much more complex. Lack of transportation, finances and access to healthy foods can contribute to unhealthy diets, especially in a neighborhood where, according to the U.S Census Bureau, over 47% of residents fall below poverty. In an effort to combat low access to healthy foods several organizations joined this effort to

reduce this health disparity. CHC in conjunction with Pioneering Healthier Communities (PHC) and funding support from our local community foundation worked together to expand community garden space.

Solution

Building on the success of the 2013 community garden season, a food access action team along with the CHC coordinator decided to expand the current garden site at Christ Missionary Baptist Church. The expansion would serve an additional 10 families, however, it did not stop there! Winnie Brewer, Food Service Director for Marion City Schools, the largest school system in Marion, quickly jumped on board and soon had approval from administration to add an additional 30 garden plots to six schools in Marion City. Winnie saw this as another creative solution to address food access for her students and families.



Results

In a matter of a few months, Marion expanded from 10 gardens to over 50 gardens. In addition to the community/school garden expansion, Farm Bureau members presented another unique opportunity to address food access in Marion County. The Farm Bureau partnered with CHC/PHC Marion to grow an acre of sweet corn at the Marion Family YMCA. Over 8,000 ears of sweet corn were harvested by food pantry volunteers and the community-at-large.

“This is how a community takes on a health issue like food access,” states Tom Quade Health Commissioner for Marion Public Health. “It starts with one person connecting with another person and that is how you build a mini movement.”

“I love the garden. It is so much more than a garden. It’s something I can do to give back. I have a feeling we are just beginning, so I’m getting ready to just begin.”

- Dorothy Downing

Sustaining Success

The Marion City/County Regional Planning Commission, along with community leaders has recently organized a Local Food Committee. The goal of this group will serve a dual purpose to make food production an economic driver in Marion County and to improve access to healthy locally grown food. The committee has settled on two short term goals: increase urban farming by growing fruits/ vegetables in vacant downtown spaces and converting part of a Marion City park into an edible forest/ garden space for the surrounding residential neighborhood.

The ultimate goal of the Local Food Committee is to create a sustainable local food hub where local fruits, vegetables, and meats are available to county residents year round.

Your Involvement is Key

- **Connect-** Community change requires traditional and non-traditional partners from a variety of settings. Identify shared opportunities, resources and assets. Collaborate to achieve the highest impact, this will have lasting results!
- **Share-** Share your time, talent and story with others in your community.
- **Advocate-** Be a voice in your community whether it’s at school, work, church or home. We all have a role to make our community a healthier place to live, work, play and learn! Seek to make the healthy choice the easy choice for all!



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Meigs County

Meigs Local Schools Creates Tobacco Awareness

Summary

Meigs County, like most of Ohio, faces the challenges of early tobacco use and exposure to secondhand smoke among its adolescent and youth population. The Creating Healthy Communities (CHC) Coalition and its community partners believe that early intervention to prevent tobacco use can go a long way in reducing the number of adolescents in the county who are exposed to the dangers of tobacco. Therefore, in collaboration with two local schools, the Meigs County CHC program implemented a tobacco awareness and prevention initiative that brought together more than 900 students, teachers and parents.

Challenge

According to the Ohio Youth Tobacco Survey (OYTS), 50.5 percent of high school students used some form of tobacco product in their lifetime, as had 26.8 percent of middle school students.

16,900 children under the age of 18 in Ohio become new daily smokers each year. In 2010, 5.5 percent of high school students smoked cigarettes on school property compared with 2 percent of middle school students. The use of smokeless tobacco on school property is a rising issue of concern, with 6.4 percent of high school students and 2.3 percent of middle school students using some form of smokeless product.¹ While there is no county-specific data available for youth tobacco use in Meigs, the 2014 adult smoking rate was the highest in the state.²

The above numbers provide sufficient reasons to be proactive in creating awareness among adolescents and their teachers and families about the dangers and risk of tobacco use. These statistics also show the need for the adoption and enforcement of 100% tobacco-free campus policies.

Solution

The Meigs County CHC Coalition believes it is important to create awareness about the dangers of tobacco use and exposure to children at an early age. Therefore, age-appropriate messages and activities were developed and implemented for children in the K-5 age groups at Meigs Primary and Meigs Intermediate schools in Middleport, Ohio. Close to 1,000 students and parents participated. Joyce Hill, fourth grade teacher and Jill Johnson, school nurse, were instrumental in working with the CHC coalition to lead this initiative. Materials were provided through funding from the Ohio Department of Health through the Centers for Disease Control and Prevention's Preventive Health and Health Services Block Grant and the Together on Diabetes grant from Marshall University Rural Health Center.

¹ Ohio Department of Health. Ohio Youth Tobacco Survey, 2010 Columbus, OH. May, 2012.

² County Health Rankings and Road Maps, 2014.



Results

There has been an instant increase in awareness and interest among the students about the danger of tobacco use and exposure to secondhand smoke. This is shown by calls received by the CHC program from parents seeking information about how they can quit smoking. It is apparent that when children are aware of the dangers of tobacco they can influence their peers and parents to quit. This can also reduce the likelihood of tobacco initiation among youth and exposure to secondhand smoke, especially in the home.

Due to the increase in anti-tobacco initiatives, the school decided not to revise its tobacco policy at this time, however more work will be done by the CHC program to encourage policy change in future years.

***“It’s not worth
it to expose
our children
to the danger
of cigarette
smoke just
because we
have the right
to smoke.”***

***-Meigs Intermediate
Local School parent***

Sustaining Success

CHC and its partners will continue to work towards implementing 100% tobacco-free school campuses, worksites, public spaces, and events in order to impact the health and wellness of county residents. This will require long-term continuous involvement of all community stakeholders, including elected officials, faith leaders, educators, law enforcement and residents of the county. The ultimate goal is to have policies, systems and environmental changes that support a tobacco-free lifestyle throughout the county.

In 2015, CHC and its partners will work with local communities and stakeholders to establish tobacco-free schools, public spaces, and discourage the sales of tobacco from small retail stores.

Your Involvement is Key

- Making Meigs County a healthy place to live, work and play requires the input and participation of all community members and stakeholders. Your participation is necessary in order to attain the ultimate goal of a healthier Meigs County.
- Join the CHC coalition to help make a difference in your community.
- Visit www.meigs-health.com to learn more about the Meigs County CHC program.



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Montgomery County Healthier Menus Today Result in a Healthier Generation Tomorrow

Summary

Early Childhood Education Centers (ECEs) serve as a great opportunity to instill healthy lifestyle habits at a young age. Many children ages 0-5 spend significant time each week at ECEs and can eat up to four meals and snacks at the center each day. In 2014, the Montgomery County Creating Healthy Communities (CHC) Program helped train and support centers on how to incorporate healthier items into their menus. Thanks to the positive changes, over 850 children are now eating healthier while attending ECEs.

Challenge

In 2010, 18.2% of the children in Montgomery County experienced food insecurity¹ and one-third of third grade students were overweight or obese.² A 2014 Dayton Children's Medical Center's Community Health Needs Assessment showed that nutrition education and childhood obesity were the leading health needs in the

Dayton area.³ This study reported that the majority of parents with children identified as obese or overweight did not perceive their children as having any weight problems. Food insecurity and misperception of nutrition and weight are two large barriers to alleviating childhood obesity in the county. Educating parents and caregivers about low cost, simple and nutritious food can be one way to address this critical challenge.

¹Gundersen, C Waxman E, Engelhard E, Del Vecchio T, Satoh A, Lopez-Betanzo A. (2010). Map the Meal Gap 2010: Food Insecurity Estimates at the County Level. Feeding America.

²Oza-Frank R, Norton A, Scarpitti H, Wapner A, Conrey E (2011). A Report on the Body Mass Index of Ohio's Third Graders: 2009-10. Ohio Department of Health, Columbus, OH.

³Huffman B et al. (2014) 2014 Community health needs assessment. Dayton Children's Hospital, Dayton, OH.

Solution

Young children who establish healthy lifestyle behaviors are more likely

to continue those behaviors into adulthood. To promote healthy eating habits, CHC partnered with the Ohio Healthy Program and the Montgomery County GetUp Child Care Award of Excellence Program to provide ECEs with practical strategies to incorporate healthier foods into their menus. Through this partnership, trainings were available for all staff levels; individualized menu support was encouraged; and sample recipes, classroom activities, and education materials were provided to each center.

Results

A total of fourteen ECEs in Dayton with over 850 children are eating healthier meals and snacks. There have been a total of seventeen trainings for ECE staff members; and two centers have requested individualized menu support. The Learning Tree recently hired a new director, who made updating the menu a first



priority. In addition, a new cook was hired who makes almost everything “from scratch”, which has reduced the fat and sodium content of the food served. Meals and snacks include more whole grain items such as whole grain pitas and whole grain pasta; and buying produce in season has allowed the center to offer more fresh produce while staying within budget. Juice has been eliminated from the menu; and the teachers have been amazed at how much water the children are drinking each day!

“The teachers were very concerned about eliminating juice, but have been pleasantly surprised at how much water the children are drinking. The children aren’t even asking for juice!”

- Center Director

Sustaining Success

In 2015, CHC will provide resources to support the development of three new gardens at Early Childhood Education Centers. These gardens will increase access to fresh produce for both staff and families served at the center. It will also provide an opportunity to incorporate gardening and nutrition education into the learning curriculum. Policies will be adopted and included in the Parent Handbook to inform families that the center is committed to making this a permanent change. CHC will also provide ongoing technical assistance for centers interested in being designated as an Ohio Healthy Program or GetUp Child Care Award of Excellence winner.

Your Involvement is Key

- Providers can work towards becoming designated as an Ohio Healthy Program and GetUp Child Care Award of Excellence winner. To learn more visit: <http://occrpa.org/ohp.php?pid=2> and www.getupmc.org
- Parents can advocate for change. Ask for healthier items to be included in the menus; or volunteer to help start a garden.
- If you are a member of the community or a community organization you can join the Montgomery County CHC Coalition to help support the work with early childhood education centers.



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Richland County Residents Enjoy Farm Fresh Food in the North End

Summary

For those without sufficient income, purchasing healthy foods can be a challenge. For residents without a local store that carries fresh and healthy foods, this task becomes even more difficult. In 2014 the North End Community Improvement Collaboration (NECIC) in partnership with the Richland County Creating Healthy Communities (CHC) project, and local funders, launched the North End Farmers Market. Twice a month this new market brought farm fresh foods from local growers to North End residents.

Challenge

The North End Community represents the most economically challenged area in the City of Mansfield. The American Community Survey estimates that over 27% of households live below the poverty level. With limited income, meeting needs for food is difficult for

many residents. That challenge became even more significant in 2013 when the only full service grocery in the North End community closed its doors. Residents were left with an abundance of less healthy food and beverages, sold mainly in neighborhood “drive thru” and “dollar” stores.

Solution

Providing options for healthy foods, especially fresh fruits and vegetables, requires great partnerships and creative solutions. The CHC program relied on its community partner, the NECIC, to organize a new farmers market in the North End community. They were not only interested in a new North End Farmers Market but also committed to becoming eligible to redeem Supplemental Nutrition Assistance Program (SNAP) benefits to meet the needs of customers and draw them to the Market. Armed with data and information from other programs around the country, the

Richland County Foundation was engaged to provide funds for a SNAP Match program in which qualified shoppers could receive up to \$20 to spend on fresh produce at the Market. This increased the buying power of residents and encouraged them to purchase and consume more fruits and vegetables.

Results

With the opening of the North End Farmers Market, residents now have access to fresh fruits and vegetables, and so much more! The North End Farmers Market became the sixth operating farmers market in the county and only the second market at which SNAP benefits could be redeemed for the purchase of fresh fruits and vegetables. In 2014, this new market was held twice a month for a total of eleven market days throughout the summer season. The SNAP redemption process was slowly introduced to the market, and



was available to customers during nine market days. Once the SNAP redemption process was established, the financial SNAP Match program was initiated. SNAP Match was available seven times during the remaining summer market season.

A total of \$440.00 in SNAP and Match was redeemed. This was more than any other established local market in past years. In addition to a rainbow of fresh foods, the market hosted four cooking demonstrations, offering customers the opportunity to see new uses for fresh produce and to sample wonderful, healthy new food.

“Having lost our local grocer last year to a chain store, which does not carry fresh produce, the new market at the Steelworkers Hall on Longview Avenue is a wonderful addition to the North End.”

***-Bill Baker
North End Resident***

Sustaining Success

Richland County CHC program and community food advocates have set lofty goals to increase access to fresh and healthy foods for all of our residents. New urban agriculture and small farmer training workshops are being launched to increase the number of local growers participating in farmers markets. Steps are being taken to increase and expand the farmers markets by engaging with local restaurants and institutional buyers interested in purchasing local produce. In 2015, we hope to:

- Increase the number of vendors selling fresh fruits and vegetables.
- Enlist one additional farmers market in the redemption of SNAP benefits for consumers.
- Expand the number of markets participating in the SNAP Match program.
- Increase the redemption of SNAP Match at local markets. By increasing the amount of fresh food available, we hope that all residents will find it easy to buy and enjoy healthy foods.

Your Involvement is Key

- Consider growing for a farmers market. Plentiful produce is always in demand. School, community or backyard gardeners with excess produce are always welcome at the market. Whether a small farmer or a large farm, we value the ability to keep your product local!
- Teach and share. Market vendors, market organizers and customers alike can all benefit from the expertise within our community. Consider your own talents and resources. Assistance is always needed with marketing activities, in funding of a market project, and in providing educational cooking demonstrations.



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Summit County Local Corner Store Improves Community's Health

Summary

Communities that lack supermarkets depend on corner stores for food purchases. The choices at these stores are often limited to packaged food and very little, if any, fresh produce. Summit County's Creating Healthy Communities (CHC) program collaborated with a local organization and a corner store to implement a healthy corner store initiative in the Buchtel community to improve residents' access to fresh fruits and vegetables.

Challenge

The Buchtel community in Akron Ohio is located in a food desert, where fresh fruits and vegetables are not easily accessible to its residents. The community's population is 80 percent black¹ with 26.8 percent of the adult population being obese.² Research shows that black community members are at least two times less

likely to eat five or more fresh fruits and vegetables daily compared to white residents.³ There is also a 20 percent higher prevalence of obesity among adults living near convenience stores, compared to those who live near supermarkets.⁴

Living in a food desert limits residents' ability to maintain a healthy diet due to the lack of access to healthy, affordable produce. Therefore, the Summit County CHC program, Akron Summit Community Action (ASCA); a non-profit organization in Akron, and Copley Mini Mart came together to determine a solution to increase healthy food options for the community.

Solution

Over the course of a few months, a great working relationship was developed and trust was established between CHC staff and the store owners of Copley Mini Mart. The Summit County CHC program, ASCA and the Copley Mini Mart store owners agreed to implement a healthy corner store. CHC provided funding for a produce stand to help increase the capacity to sell a variety of fruits and vegetables, in addition to signage to help with advertising. The produce supply came from a local grocery store and donations from a Buchtel residents' garden.

A community kick-off day was held on June 5, 2014 where ASCA hosted a "Taste It, Make It" event. A community chef provided a healthy recipe for customers to taste, using ingredients which could be purchased at Copley Mini Mart. Approximately 60 customers attended the successful kick-off event where they received a copy of the recipe and nutrition information.

¹ City of Akron. www.akronohio.gov. Retrieved December 2014

² Ohio Department of Public Safety's driver license database.

³ NE Denver Healthy Corner Store Initiative Pilot Program. 10/14/2014

⁴ "A Snapshot of Healthy Corner Store Initiatives." 2013. National League of Cities



Results

Copley Mini Mart has increased access to healthy, affordable produce for the lower income community of Buchtel where 29.3% of households use the Supplemental Nutrition Assistance Program (SNAP).⁵ By accepting SNAP, the Copley Mini Mart is truly addressing the needs of the community. They have expanded produce options to include plums, potatoes, bananas, apples, oranges, onions, tomatoes peaches and squash.

In addition, ASCA provided monthly “Taste It, Make It” events from June to October where community chefs used store produce to make a healthy recipe for customers to taste and rate with most customers giving the recipes a high score. They were encouraged to take the recipes home and make it themselves using the produce sold in the store.

Before CHC’s involvement, store owners were spending approximately \$20 a week on basic produce items such as apples and bananas, which were often going to waste. After the produce stand and signage were provided and the “Taste It, Make It” monthly series started, the owners have more than doubled their weekly expenditures on produce to keep pace with the increase in customer demand. Little, if any, of the produce is going to waste.

⁵ 2009-2013 American Community Survey

“It is nice to see a convenience store that includes healthy ideas.”

- Everett, Buchtel community resident

Sustaining Success

The Summit County CHC program will continue their support in Copley Mini Mart’s healthy corner store initiative. The store owners have experienced such a success this year that they have requested a second produce stand to expand the wide variety of produce options for their customers. CHC staff will maintain a working relationship with store owners through regular site visits and provide technical assistance when needed. ASCA will also continue to offer their “Taste It, Make It” series to Copley Mini Mart customers in 2015. Buchtel community residents will enjoy increased access to fresh produce and more easily maintain healthy eating habits.

In 2015, CHC will be expanding its healthy corner store initiative to the priority community of Springfield/Lakemore.

Your Involvement is Key

Live in Summit County? Join the coalition to help efforts in Creating Healthy Communities by contacting Summit County Public Health.

Donate! Give extra produce from your personal garden to assist local corner stores with distribution of fresh fruits and vegetables.

Be a Healthy Role Model! Eat fruits and vegetables with meals or as snacks. Let your child see that you like to munch on raw vegetables.



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Trumbull County Moving is the Right Direction

Summary

In February 2014, physical education teachers in Northeast Ohio, discovered that they can keep kids moving in class for longer periods of time, and meet requirements to test children on the specific skills they are learning in school. Using the Game Performance Assessment Instrument as a tool for teaching and evaluation, over 43,500 students are now receiving more physical activity during the school day.

Challenge

In Trumbull County 43.3% of the 3rd graders are considered overweight or obese.¹ Recess has been eliminated in some schools or limited to just children in grades K-4. Physical Education teachers have a limited amount of time not only to teach required skills, but to conduct mandatory testing in specific grade bands. Physical education classes can be as short as 25 minutes and the students may only meet with

the teacher 18 times in a school year. In some schools there are as many as 60 children in one physical education class.

Solution

The Trumbull County Creating Healthy Communities (CHC) program partnered with Youngstown State University (YSU) and the Trumbull County Educational Service Center to hold a Community of Learners workshop at YSU for physical education teachers. The purpose was to give teachers the tools needed to both test students efficiently, but also increase activity time in the class. Dr. Mary La Vine provided an all-day training on the Game Performance Assessment Instrument (GPAI). The GPAI makes it possible to assess children, in a group setting, on the skills they are being taught, without interrupting the time they are physically active.

Results

As a result, 63 teachers and professionals representing 29 schools in 4 counties were given hands-on training in the Game Performance Assessment Instrument. The teachers were trained in its use for both indoor and field activities. In a follow-up survey, teachers indicated that they were able to increase activity time by 3-10 minutes per class. Considering that some classes are only 25 minutes long, this small increase can make a huge difference. When asked about the benefits of the workshop, the main comments were that the teachers appreciated networking with colleagues, enabling them to get ideas from others and improve their teaching methods.

¹ Oza-Frank R, Norton A, Scarpitti H, Wapner A, Conrey E (2011 March). A Report on the Body Mass Index of Ohio's Third Graders: 2009-10. Ohio Department of Health, Columbus, OH.



***“The teachers
are connecting
physical activity
with healthy
lifestyle changes
that their
students can
embrace and
adopt.”***

- Mary La Vine Ph.D.

Sustaining Success

Youngstown State University and Trumbull County Educational Service Center plan to continue holding ongoing Community of Learners workshops to:

- Help improve educational outreach to the PreK-12 student
- Increase advocacy starting at a grass roots level
- Give the PreK-12 teachers confidence and a voice
- Recruit more of our teachers to be involved in contacting legislators concerning State Health Standards and elimination of waivers that exempt students from participating in physical education classes.

In 2015, the Creating Healthy Communities program will continue to increase access to physical activity opportunities in Trumbull County through:

- Repairing a playground in Bolindale
- Establishing a pocket park in South Warren City
- Adopting physical activity

policies in child care centers in North Warren City

Your Involvement is Key

Quality physical education on a regular basis, for the entire school year, is a key element in physical, intellectual and mental health.

- If you are a physical education teacher continue to seek out professional development that will enable you to give quality and quantity time in your classes.
- If you are a classroom teacher, support the efforts of the physical education teacher, but also work activity breaks into your class and make physical activity type assignments in your class.
- If you are a parent, lobby for more quality physical education in your school.



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Washington County High School Green House Connects Gardening to Learning

Summary

Most high-schoolers today do not know where the food they eat comes from and very few youth have adequate, if any, gardening skills. The idea to build a greenhouse at the Belpre High School was generated by a science teacher and members of the community who envisioned a hands-on practical learning lab to not only enhance the school's science curriculum, but also to help supply the school cafeteria with local produce. Community members partnered with the Creating Healthy Communities (CHC) program to bring the vision to life, impacting 560 students, teachers, administrators and staff at Belpre High School.

Challenge

According to the 2013 Youth Risk Behavior Surveillance System, only 30.1% of Ohio teens consume an adequate amount of fruit and only 25.9% consume an adequate

amount of vegetables daily.¹ Research has shown that children who receive both breakfast and lunch as part of USDA school meal programs may consume more than half of their daily calories at school.² At Belpre High School, almost 60% of students received meals for free or at a reduced rate.³ While the new USDA school meal patterns allow for more fruits and vegetables to be served, adding fresh, local produce can still be a challenge, especially in the winter months.

Solution

In order to bring fresh produce to students and staff at Belpre High School, the Washington County CHC program, along with its coalition members,

partnered to build a greenhouse on the school's grounds. Raising money, applying for grants and receiving donations was essential in development of the greenhouse. In addition to CHC funds from the Centers for Disease Control and Prevention's Preventive Health and Health Services Block grant, over \$50,000 was leveraged for this project. Enough funding was available to hire an engineer to look over and approve the construction plans and the structure was built with the help of students and volunteers. The greenhouse is equipped with a climate control system for growing produce year round and is handicap accessible, containing lower shelves and benches to allow all students to participate.

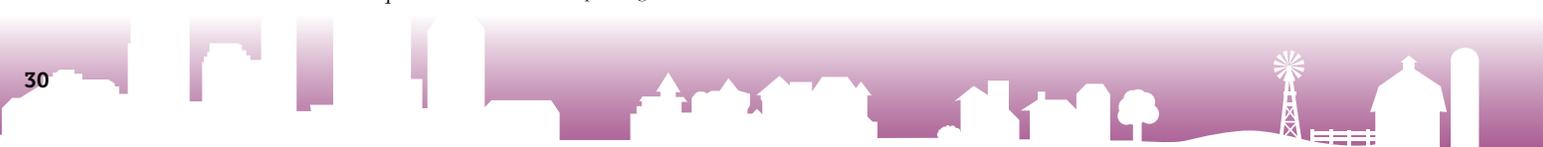
Results

The greenhouse will be used for science classes beginning in January of 2015, providing students with hands-on experience to learn how quickly and easily food can grow. Starting in

¹ Ohio Youth Risk Behavior Surveillance System, 2013

² How Food Away From Home Affects Children's Diet Quality. Economic Research Report Number 104. United States Department of Agriculture. October 2010

³ Belpre High School



the fall of 2015, produce grown in the greenhouse will supply the school's cafeteria.

"I think this greenhouse is going to be fantastic for the kids. A lot of kids don't know or understand where food comes from and this greenhouse, I believe, will be a great teaching tool."

***- Dennis Eichinger,
Belpre High School
Principal***

A survey was conducted to determine what produce students would like to grow. From the 84 science class students who will be utilizing the green house, over 50% would like to grow cucumbers, kale, lettuce, onion, and tomatoes, while some indicated they would like to grow strawberries and spinach as well. The students are very excited about the green house and are looking forward to eating what they've grown.

Sustaining Success

In 2015, students in science classes can begin working in the building as an extension of their laboratories. The school's plan includes the

creation of food science classes to use the greenhouse along with environmental sciences, biology and chemistry classes. Future plans beyond growing produce for the cafeteria include: possibly partnering with area businesses to coordinate production of produce, growing and selling flowers in the spring, growing and selling plants to the community, and partnering with different community organizations to connect them with the students.

Your Involvement is Key

- Belpre High School welcomes all community members to get involved with the green house.
- Show your support by volunteering to maintain the greenhouse or by giving a donation.
- Contact Belpre High School principal, Dennis Eichinger at dechinger@belpre.k12.oh.us or visit their website http://www.belpre.k12.oh.us/belprehighschool_home.aspx to learn more!!



Contact:

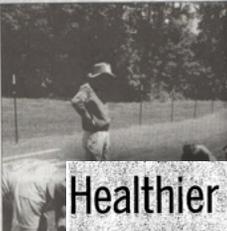
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The Ripley Community Garden is ready for planting

When the very wet April and May weather finally breaks, local Ripley citizens and volunteers started their work to put together the new Ripley Community Garden. A truckload of a good quality soil mix of mushroom compost and topsoil was trucked in to the site.

Some folks have already begun planting, so things are moving along with the Ripley Community Garden. Some of our garden volunteers have extra vegetable plants which they are willing to share, and Grow Inc. has generously donated cabbage and marigold plants to dig holes for the fence posts. Next, volunteer Mick Grant and Dan Henshaw constructed the fence (complete with an electric hotwire to help repel local deer) which now encloses the area set aside for the garden.

Ripley Village workers installed a water tap with faucets and also helped to dig holes for the fence posts. Next, volunteer Mick Grant and Dan Henshaw constructed the fence (complete with an electric hotwire to help repel local deer) which now encloses the area set aside for the garden. Several other local volunteers worked the Saturday of Memorial Day weekend to build some of the raised bed frames and fill those beds with the trucked-in soil. Additional raised beds will be built this week, and then another area within the fence will be plowed for in-ground planting. A tool shed and



Volunteers preparing garden on page.

The Ripley Garden is part by Brown Cre Community

Things are now growing in the Ripley Community Garden



Community garden plants growing in Ripley.

Well, it's official! What was once a garden of hope is now a garden, with raised beds to grow in, soil, and plants. The garden is now open to the public and is ready for planting. The garden is now open to the public and is ready for planting.



A local artist generally... The path along U.S. 52...

The path along U.S. 52 now connects the RULH Middle School with the Aberdeen branch of the Union Township Public Library, with its new leg post Bramel Mobile Home Park and ending at Elm Street.

Eastside Greenway bike paths to Cuyahoga areas without trails.png

A map using geographic information (GIS) analysis shows that Cuyahoga County lacks nearby access to parks and trails in several areas.

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Healthier choices available in Aberdeen

WENDY MITCHELL wendymitchell@times.net

ABERDEEN, Ohio | Healthier choices lead to a healthier community in the eyes of two Aberdeen and Adams County/Brown County organizations.

The collaboration began in 2010, and its mission was to "make the healthier choice the easier choice," by promoting healthy eating, active living, and tobacco-free air.

It is funded through a Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

and she communicates with Aberdeen village council about ACC activities.

The ACC's Beautification Committee currently focuses on getting new Christmas decorations for the village, additions to the village's Safe Routes to School Walk/Bike Path.

The path along U.S. 52 now connects the RULH Middle School with the Aberdeen branch of the Union Township Public Library, with its new leg post Bramel Mobile Home Park and ending at Elm Street.

Partnership for better health in Aberdeen

For three years the Adams-Brown Creating Healthy Communities Program (ABCHCP) has teamed up with Aberdeen Concerned Citizens, Inc. in its efforts to improve community pride and pull people together to strengthen the village.

Another school year has begun and Allen County Public Health will again work closely with area schools to help ensure health and safety for our area youth.

Because one of the priority areas for the Adams-Brown Creating Healthy Communities Program is to promote active living, it is like a no-brainer to work with the ACC on park, playground, and routes to school.

The facilities at Manchester High School are some of the finest in southern Ohio and they are about to get much better. Using deregulation money that Treasurer Karen Ballentine has

Community/athletic complex planned for Manchester

Will benefit students and local communities

Manchester superintendent Craig Hockenberry said he told me we had to find out how to make that box fit and that is how I found out that there was money allocated for a community/athletic facility.

The late Gay Hubbell is credited with originally helping get the groups together, officials said.

She began the project's partnership in 2012, and

PLAY OUTSIDE

Wayne National Forest encourages outdoor activities



Children with the Retlaw Mtn Club's club campus Wednesday.

Movement means

Spending time outdoors provides more than fresh air—it's a good way to improve physical and mental health.

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Media: 140 Newspaper Articles

Finally, ACPH and schools work together to monitor

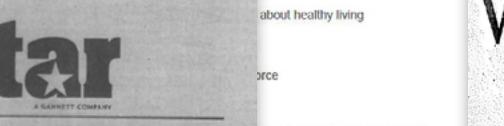


Report: County health improving

By Michelle Rotomo-Johnson The Marion Star

WARREN — In the fifth year of the County Health Rankings and Roadmap study, Marion County sits at its highest point so far.

Two community gardens



Changing the Landscape of Food Deserts in Lucas County by Jan Meyer

Maziarz and Amy eely, Creating Healthy Communities (CHC) Project

diators with the Toledo County Health

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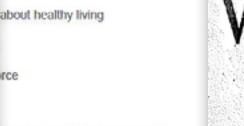
communities into

by Corner Stores

ed as a corner store or convenience store

otes the sales of healthy foods through

about healthy living



Warren bike trail gets

BY RENEE FOX Tribune Chronicle

WARREN — Warren's portion of the 100-mile Great Ohio Lake to River Greenway Bike Trail became a safer way to travel Friday when representatives from Trumbull County MetroParks, in conjunction with the Warren Police Department and private citizens, came together to create the Warren Bike Patrol.

According to the patrol's guidelines

patrol is not affiliated with

ment will offer support

City Health District

Health Department,

Board of Mental H

County General H

Lorain County Health

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Lorain County Health

County Health

Community garden projects expanding

Fresh food is being made more readily available for area families



Major movement

The biggest statistic that jumps out in Marion's high school graduation rate. In 2014, it was reported at 76 percent

dropped to 48 percent in 2014 study. The data were created from 2000-11 data.

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Lorain County health

Kaylee Remington kremlington@morningjournal.com @MJ_KRemington

ELYRIA — Nine organizations have unveiled a Community Health Improvement Plan for Lorain County.

According to a news release on Aug. 7, the plan is made up of goals and objectives with access to care being the top priority.

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connect Cleveland suburbs: Q&A



Submitted photo of the Meigs County Health Department presented a check for \$15,076.58 to Beth Shaver, executive director of Meigs County Council on Aging, pictured second from right, for new equipment for the Wellness Center. From left, Courtney Midkiff, Meigs County Health Department administrator, and Wellness Center director.

to provide more exercise equipment

Submitted photo of the Meigs County Health Department presented a check for \$15,076.58 to Beth Shaver, executive director of Meigs County Council on Aging, pictured second from right, for new equipment for the Wellness Center. From left, Courtney Midkiff, Meigs County Health Department administrator, and Wellness Center director.

105 Radio/TV Appearances

ts volunteer patrol

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path.”
n John Brown Jr.



with resources, the
th the department.

Health plan unveiled

Lorain City Health, Lorain County Health, Lorain Health District, and Dentistry, Parks, Mercy Center and Mercy University Hos- Center. news release, and prevention plan. Lorain professionals mortality rate in 1 year old to 10 years old is 7.3 per 100,000. Reduction of smoking and the number of deaths from opiate/heroin



Albans County Commissioner Chris Chisler, who is hoping to be healthier by spending less time sitting, stands as he listens to 4-H educator Britany Pangburn, right, speak at Tuesday's meeting of the commissioners. From left, are Commissioners Charis Adkins and Lenny Elissen and assistant clerk Julie Brooks.

Stand in the place where you work

Commissioner Chris Chisler takes a stand on standing, in hopes of cutting calories and being healthier. A concept

City council accepts ODOT work on Safe Routes project

By Michelle Robinson
The project will help make the area around the elementary school safer for children to walk to school.

Homeport Sets 'Smoke Free' Policy

Trabue Crossing First Community To Experience; More To Come
established a three-strikes-and-you're-out no-smoking policy for its newest rental phase, Trabue Crossing, and could expand to several of its other communities in 2016.

SWAT: Students Working Against Tobacco

Staff Report
TDSnews@civitasmedia.com
MIDDLEPORT — The SWAT (Students Working Against Tobacco)

a joint effort by Creating Healthy Communities Grant with the Meigs Health Department and the Carol M. White PEP



Submitted photo of SWAT members. In the back row, from left, are Brad Hauenstein, Erin O'Donnell, Ann Ramey and Joyce Hill. In the front row, from left, are Michelle Gilliland, Kellie Harmon, Shannon Jones, Paula King and Heike Perko.

Warren group to host garden walk

Warren — The Community Concerned Citizens II is sponsoring its sixth annual Victorious Garden Walk from noon to 5 p.m. Saturday at the gar-

Connecting schools to produce

Field trip to area farms
By BOB COUPLAND
Tribune Chronicle



24 Public Service Announcements

Springfield celebrates community trail

BY CAROLYNN MOSTYN
The Southtowne

Make the most of the new Springfield Community Trail this summer and pledge to read a few books along the way. Find out how reading and staying

Parking spots become parks for a day

By Lou Whitmore
News Journal



MANSFIELD — Paul Bender sat on a bench at a picnic table under the

Paul Bender talks with Michelle Brown of Chicago Title in the spaces

Double your Ohio Direction Card purchase at North End Farmers' Market

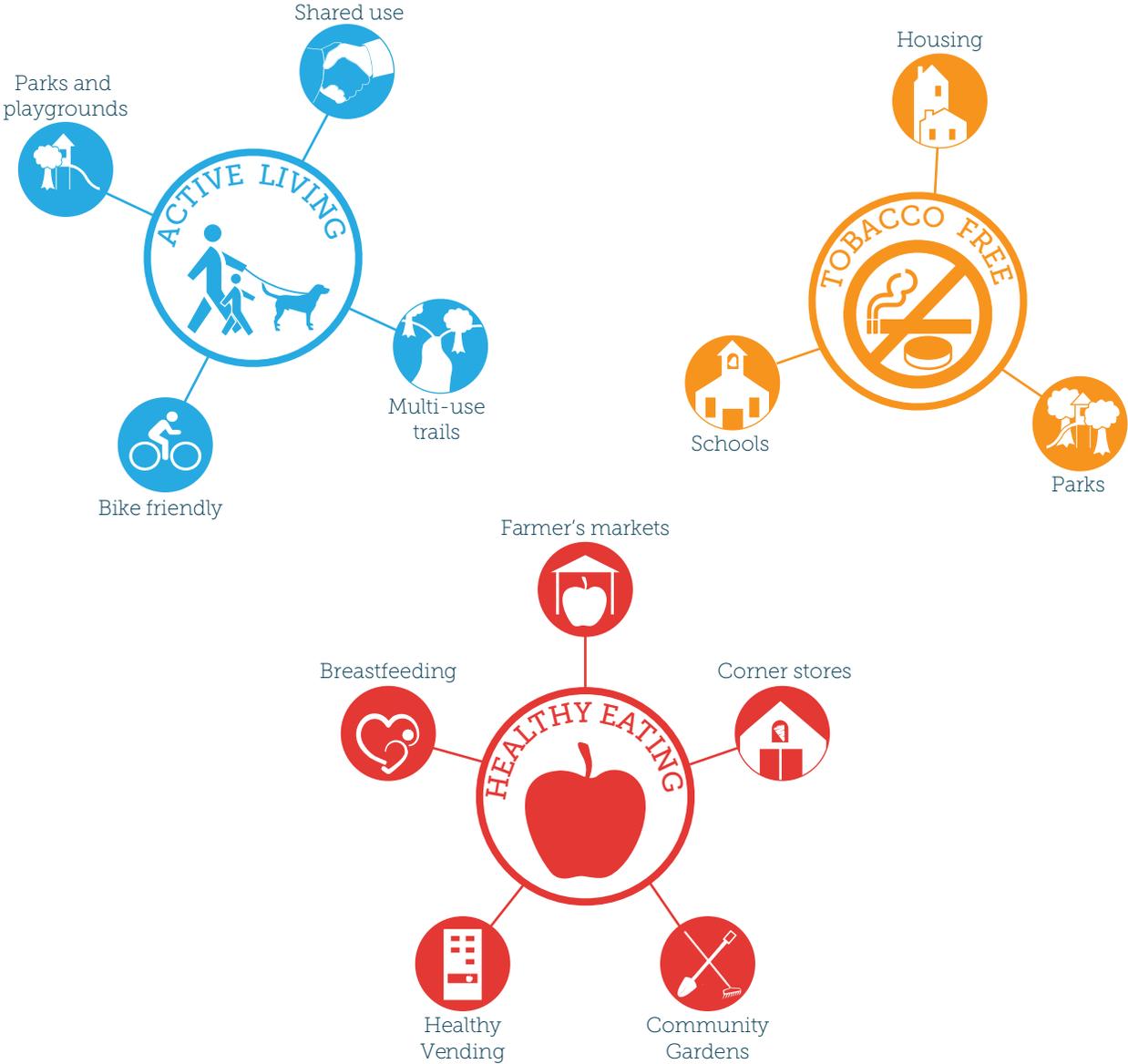
Keep It Growing
From urban lots to abundant farmland, how one community is exploring the wide-ranging potential for local food.

Double your Ohio Direction Card purchase at North End Farmers' Market
Candace Harrell, Asst. Editor | Posted: Monday, August 11, 2014 8:00 am
Farmers' market patrons using their Ohio Direction Card at North End Farmers' Market (NEFM) can now enjoy twice the market goodness with NEFM's SNAP (Supplemental Nutrition Assistance Program) Match Program.

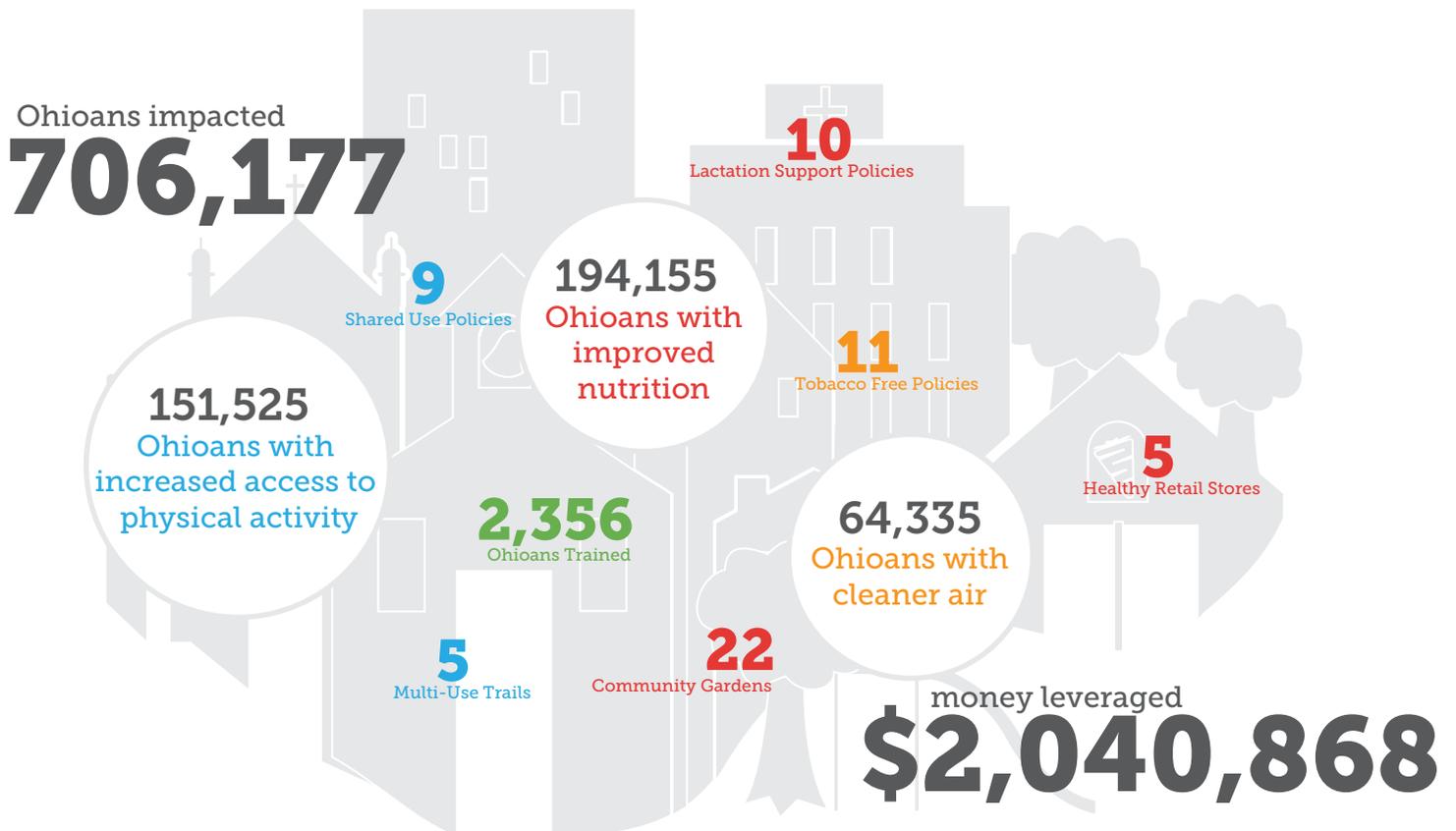


Fresh produce is available at the North End Farmers' Market. The market accepts EBT

By making the healthy choice the easy choice...



...CHC is putting Ohio's health 1st!



www.healthy.ohio.gov/chc





For more information please visit:
www.healthy.ohio.gov/chc

