

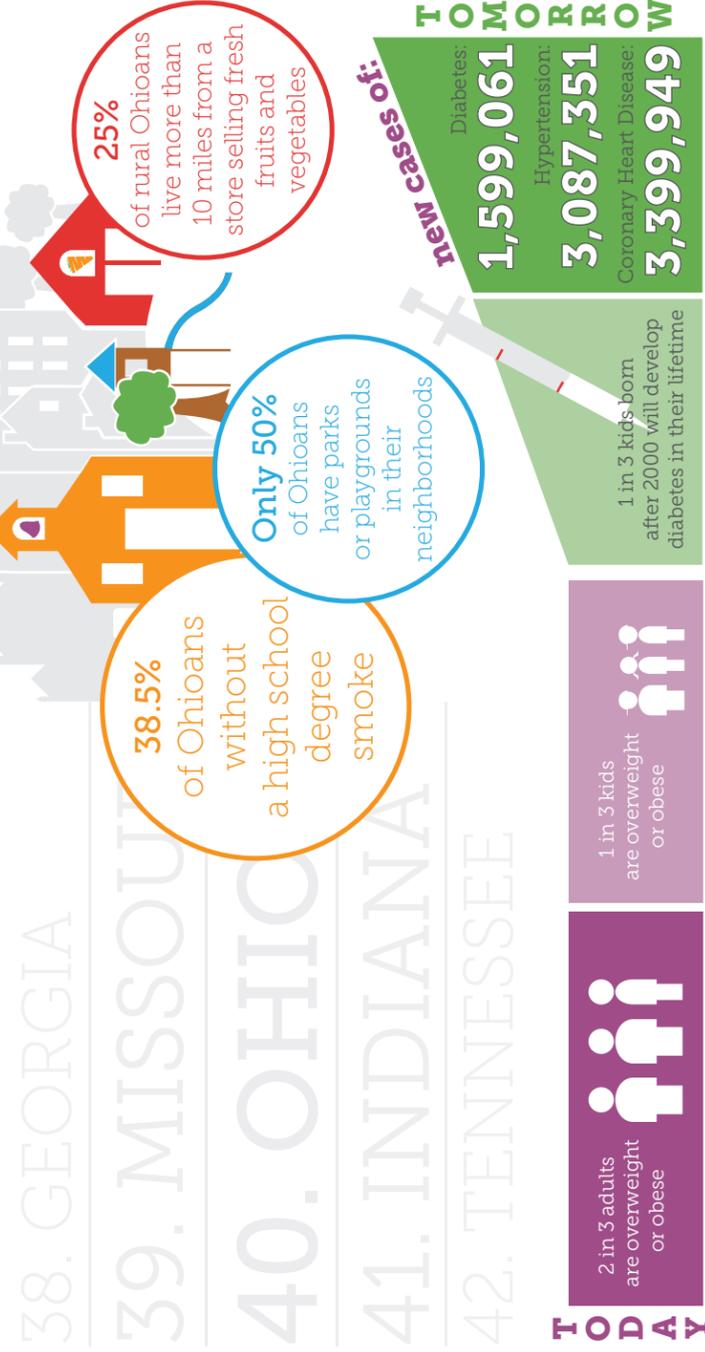


CREATING HEALTHY
COMMUNITIES 2013

CUYAHOGA
LUCAS
MONTGOMERY
SUMMIT
RICHLAND
MARION
ATHENS
LORAIN
ALLEN
BROWN
MEIGS
TRUMBULL
WASHINGTON
ADAMS
CITY OF CINCINNATI
COLUMBUS CITY

CREATING HEALTHY COMMUNITIES 2013

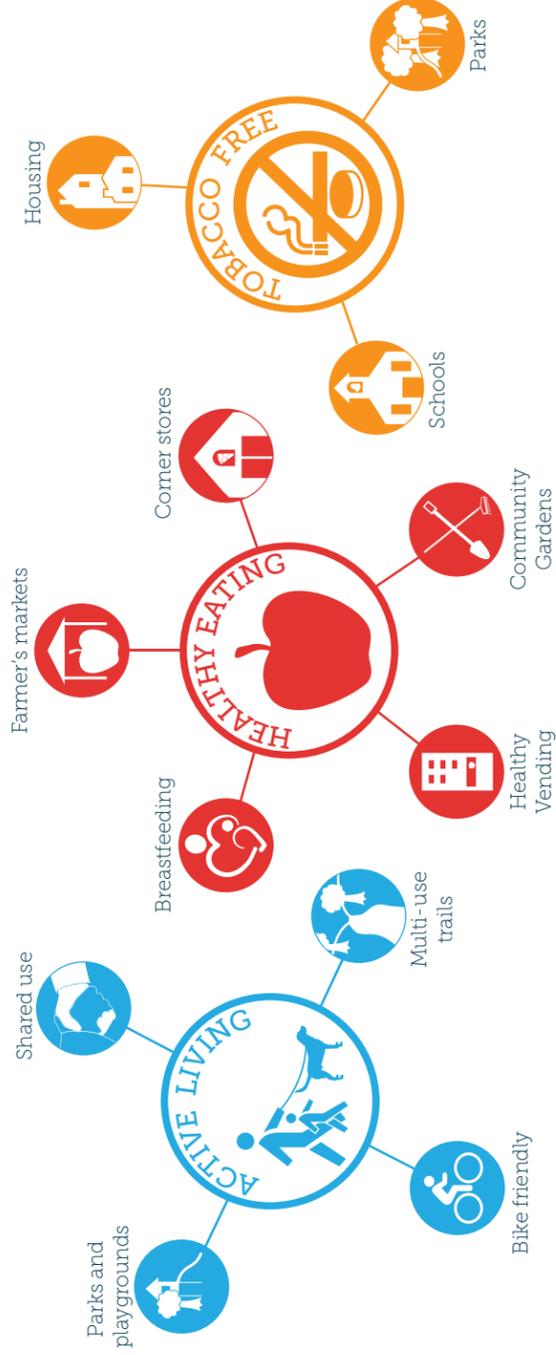
Ohio's health is ranked **40th** in the nation....



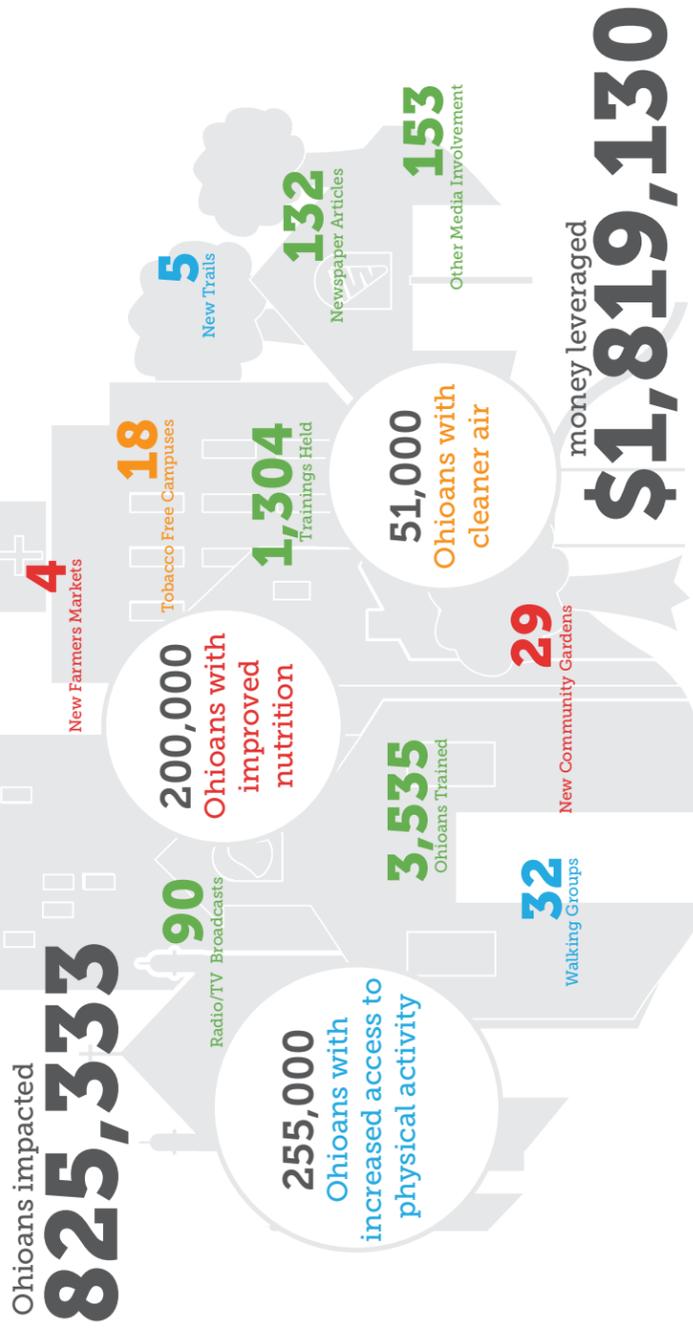
...but by focusing on prevention....



...and making the healthy choice the easy choice....



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





March 2014

Dear Colleagues, Stakeholders, and Public Health Partners,

It is my pleasure to share with you the 2013 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 to healthy food, and assure tobacco free living for all Ohioans.

CHC Coordinators in 16 counties across the state activate and engage local stakeholders through coalitions to accomplish objectives and ensure sustainability. This work will lead to healthier Ohioans, especially in the most vulnerable areas of the state. In 2013, the CHC program impacted nearly 1 million Ohioans and leveraged nearly \$2 million to support coalition work.

CHC has completed another productive and successful year. These success stories depict just a few of the numerous objectives that CHC works on throughout the year. Thank you for your support of the CHC program. We'll have more for you next year.

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SUCCESS STORIES 2013





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STATEWIDE EFFORTS

The **Creating Healthy Communities (CHC) program** at the Ohio Department of Health is funded from the CDC's Preventive Health and Health Services Block Grant. Through 16 counties in Ohio, both rural and urban, CHC is helping communities, schools, worksites, and faith-based institutions to become places where healthier choices are easier choices. Through policies, systems, and environmental changes, CHC is working to increase opportunities for physical activity, improve access and affordability to healthy food, and assure tobacco-free living to improve the health of Ohioans and prevent chronic disease statewide.



If They Grow It, They Will Eat It

CHALLENGE

Eating patterns that are formed in childhood often continue into later life. In Adams County, one out of every two third-graders is either overweight or obese. Peebles Junior/Senior High School (PHS) has an enrollment of 446 students in grades 7 through 12. Of these students, 41.26 percent receive free lunches and 9.64 percent receive reduced-price lunches. In 2011, only 17 percent of Ohio high school students reported eating fruits and vegetables five or more times per day in the past week. Therefore, there was a local need to address the obesity issue and identify an effective strategy that could enable youth to eat more fruits and vegetables, particularly within the school setting.

SOLUTION

Farm to Fork policies and programs focus on procuring local sustainably-grown food to consumers through schools, community-supported agriculture (CSA) farms, farmers' markets, and local grocers. One common objective of Farm to Fork programs is to strengthen the ability of schools to safely grow, purchase, and serve fresh locally grown fruits and vegetables. With an already established school garden in 2012, expanding its supply of fresh vegetables in 2013 was the logical next step for using more locally grown produce in the school's lunch program.

RESULTS

Due to an abundant harvest and subsequent use of fresh vegetables from the school garden, the school district's Child Nutrition Specialist determined a cost savings of more than 25 percent for purchases of vegetable products. The amount of vegetables prepared by the nutrition service staff for lunches was also increased by at least 25 percent.

Prior to the Farm to Fork program, the typical cafeteria salad consisted of lettuce, tomatoes and carrots. Additional vegetables harvested from the school garden, which would not otherwise have been available

SUMMARY

Studies show that participation in a school garden program increases a student's consumption of fruits and vegetables. In 2012, with the support from the Adams-Brown Creating Healthy Communities (CHC) program and the General Electric-Peebles Community Giving Fund, Peebles Junior /Senior High School began its own school garden. This garden was continued in 2013 with the goal of providing fresh

produce for the school lunch program on a more regular basis (i.e. pilot a Farm to Fork program). It was determined that the school's nutrition services department had increased the amount of vegetables used in production, saved money and increased the variety of vegetables. Perhaps most importantly, staff noted that students were actually eating more fresh produce.



ADAMS COUNTY

FUTURE DIRECTIONS

Plans are already underway for enhancing the school garden and continuing the Farm to Fork program in 2014. Funds and materials have been acquired for making the garden an outdoor learning lab in the upcoming growing season. For example, a new pergola and benches are scheduled to be installed in the spring. The school's art department helped students to make a variety of educational signs to post within the garden. There are also plans to expose Peebles Elementary students to the garden in 2014, particularly as the elementary school will begin to use the five-week Veggie U curriculum with its third graders.

To work towards garden sustainability, PHS is making connections between its school garden and the community. It has a supportive partner in the General Electric-Peebles Community Giving Fund, which has already contributed financial support for the garden. The school's Future Farmers of America chapter members help with summer garden maintenance when the school is closed. The produce harvested during the summer is donated to a local church in Peebles for its summer feeding program, which serves the home-bound and senior citizens.

YOUR INVOLVEMENT IS KEY

Teach! Introducing your family to new varieties of fruits and vegetables can help establish lifelong healthy eaters!

Volunteer! Schools are always looking for volunteers and clubs to keep their gardens thriving over the summer months. Contact your local school to see what help you can provide.

Do you work for an institution? Use the collective purchasing power of schools, hospitals, colleges and universities to influence the food supply chain to provide healthier food and more foods grown, raised and processed in Ohio.

EXTRA! EXTRA!

Other 2013 Initiatives for the Adams County CHC program included:

- Healthy Faith-Based Events
- Community Gardens
- Worksite Wellness
- Multi-Use Trails
- Tobacco-Free Worksites
- Tobacco-Free Schools

Looking at the school's Farm to Fork program from the Child Nutrition Program viewpoint, it has been beneficial . . . It has saved the PHS kitchen budget, it has given the students the opportunity to try even more new vegetable items, and it is very convenient.

Krystia Hess, Child Nutrition Specialist, Adams County/Ohio Valley School District



Students and Partners Serve Up Fresh Local Food for the Neediest in Lima

CHALLENGE

The United States Department of Agriculture recommends making half your plate fruits and vegetables to reduce and prevent chronic diseases.¹ This is a challenge for residents who live in one of Lima's "food deserts" where access to healthy and affordable foods is limited. The majority of patrons, approximately 150, at Our Daily Bread Soup Kitchen live in a food desert. About three in four patrons have physical, cognitive, or mental health challenges; 78 percent walk, bike, or use public transportation as their main mode of transportation and have financial challenges that make it difficult for them to

access fresh produce.² With this in mind, the CHC program at Allen County Public Health collaborated with Transition Lima and Lima Senior High School teaching staff to assist Our Daily Bread Soup Kitchen to expand their garden and develop solutions to barriers such as pests, inadequate water supply, and a need for volunteers.

¹ 2010 USDA Dietary Guidelines for Americans
² A Snapshot of People Who Ate at Our Daily Bread, Survey, Jennifer McClure, December 2010



SUMMARY

The goal of the Allen County Creating Healthy Communities (CHC) coalition is to create sustainable solutions that increase access to healthy food for the most vulnerable in Lima and Allen County. With the support of Transition Lima, Lima Senior High School, and other community partners, the Our Daily Bread Soup Kitchen expanded its garden and provides a learning laboratory for Lima Senior High School students.

FUTURE DIRECTIONS

The goal of this initiative is to strengthen our regional food system in order to increase access to affordable, local, healthier food options for Allen County residents. Our Daily Bread Soup Kitchen, Transition Lima, and Lima Senior High School's biology program are committed to continuing their collaboration to grow fresh produce.

Short-term goals include the support and expansion of gardening initiatives in the community. Long-term goals include conducting a local food policy audit to more accurately assess and quantify strategies that will support our local economy and increase affordable local food for all.

YOUR INVOLVEMENT IS KEY

Go Green! Start your own garden or participate in a community garden.

Buy Local! Support local foods in your area by buying local produce at community farmers' markets or farm stands.

Give! Share extra produce from your garden with neighbors and friends, or perhaps a food pantry that accepts fresh produce.

EXTRA! EXTRA!

Other 2013 Initiatives for Allen County CHC program included:

- Community Gardens
- Healthy Beverage Promotion
- Healthy School Celebrations
- Worksite Lactation Support
- Bike/Pedestrian Infrastructure
- Tobacco-Free Multi-Unit Housing
- Tobacco-Free School/University Policy

ALLEN COUNTY

SOLUTION

Lima Senior High School carpentry students built raised bed boxes. Biology students worked to fill the boxes, plant seeds – including seedlings grown at school, and prepare the gardens for winter. Soup kitchen director Steve Jenkins developed a watering system and fence around the garden to keep away pests. Transition Lima coordinated volunteers to assist with watering and weeding the garden throughout the summer. Funding from the CHC program provided garden equipment and supplies. To raise community awareness about the project, a large mural painted by a Lima Senior High School art student is scheduled to be installed next to the garden in the Spring of 2014.

RESULTS

Because of this community effort:

- Soup kitchen patrons are eating more fresh local produce.
- The cook at the kitchen incorporates fresh herbs and vegetables from the garden, as well as other donated local produce, into salads, vegetable dishes and entrees.
- Over 80 Lima Senior High School students gained hands-on experience with gardening-from building, planting, and preparing the beds for winter.
- 20 adult garden volunteers from the community, as well as 4-H and agriculture club members, participated in urban gardening as a sustainable solution to healthy food.



Some of our elderly have commented on how inspiring it is to see the youth of 'tomorrow' assist at the Soup Kitchen.

Stephen Jenkins, Executive Director,
Our Daily Bread Soup Kitchen

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Hunger Doesn't Take a Holiday

CHALLENGE

More than half of children in Athens County receive free or reduced meals at school. These are the most nutritious, and sometimes the only, meals these kids eat daily. When schools break for the holidays, children who receive these meals are at risk for periods of hunger. Children with food insecurity are sick more often and are 31 percent more likely to be hospitalized. Good nutrition is important for establishing a good foundation that has implications for a child's future physical and mental health, academic achievement, and economic productivity.¹ According to the United States Department of Agriculture, 15.9 million children under 18 years in the United States live in households where they are unable to consistently access enough nutritious food necessary for a healthy life. In Athens County, the need is even greater than other parts of the state; 56 percent of residents were eligible for Supplemental Nutrition Assistance Program (SNAP) benefits compared to 19 percent across the state of Ohio.² Pulling together community organizations and key school personnel to discuss food access issues was the beginning of this movement.

¹Feeding America, Child Food Insecurity: The Economic Impact on our Nation, 2012

² Athens Messenger, April 2012

SOLUTION

Addressing food access issues for children is key to improving Athens County children's success at school and to create productive citizens of Athens County. Community collaboration between systems that support children, such as schools, hunger relief groups, and public health organizations, is essential to addressing disparities. Building food access systems that are supported locally bridges service gaps and builds community investment. Realizing this need, the CHC program convened a meeting in November of 2013 to discuss ways the Southeast Regional Food Center, Trimble Local School District and Athens City Schools could partner to provide access to affordable foods to support school meal programs in the 2014-2015 school year. While the objective of the meeting was to discuss long-term goals, the more immediate goal of hunger during

SUMMARY

Children with food insecurity need all the help they can get to succeed. A group of connected and concerned agencies in Athens County saw a need to feed children with food insecurity during the winter holiday break. The Athens County Creating Healthy Communities (CHC) program used local resources to create a system that

impacted children's health. The Southeast Regional Food Center offered food to schools at a reduced price to support breakfast and after-school programs for low-income students. More than 1,600 children in two school districts received 18 meals each while on break.

ATHENS COUNTY

the holidays was identified. "I was a hungry kid when I was in school. Holiday breaks were a struggle. I worry about our kids." Tom Gibbs, Athens City Schools Assistant Superintendent, related this personal experience to the group. The partners decided to jump into action and work to resolve this immediate need.

RESULTS

In a little more than a month, more than 18 meals were prepared and delivered to the 1,620 kids enrolled in free and reduced lunches in the Athens City and Trimble Local school districts during the winter holiday break. Half of the meals were delivered to students at school as they left for their break and a second delivery occurred a week later. Some students who could not pick up their meals at Trimble Local School had a special home delivery

from their superintendent, Dr. Kim Jones. The partnership between local schools, non-profits and anti-hunger agencies in Athens County expanded the capacity of each individual organization to meet the needs of families with food insecurity. Children were able to celebrate the holidays without being hungry.

FUTURE DIRECTIONS

The next step is to strengthen the system of fresh and local food procurement by working with the Southeast Regional Food Center. The CHC program is working with non-profit agencies, local health departments and Ohio Action for Healthy Kids to host a Farm to School

Conference in June 2014. The goal for the conference is to prepare participants to increase local food in the schools. Together, schools and farmers will learn about the process of procuring local food in nearby schools. School food service directors and local farmers will network and share their expertise. Information will also be provided about the classroom connection through ideas such as school gardening curriculums.

YOUR INVOLVEMENT IS KEY

Donate! Give to your food pantry or food bank in your area!

Volunteer! Get involved with the local food system in your region through participation in local food policy councils.

Speak Up! Advocate for programs that increase access to healthy and affordable foods such as Farm to School and patronize restaurants that source local foods.

EXTRA! EXTRA!

Other 2013 Initiatives for the Athens County CHC program included:

- Farmers' Markets
- Community Supported Agriculture
- Safe Routes to School
- Bike/Pedestrian Connections
- Smoke-Free Multi-Unit Housing

It is difficult to express how grateful I am for the generous donation that enabled us to direct food to the neediest families.

Dr. Kim Jones, Superintendent, Trimble Local School District

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CHALLENGE

In 2011, only 17 percent of Ohio high school students reported eating fruits and vegetables five or more times per day in the past week.¹ Studies have shown that school garden-based education can increase student consumption of fruits and vegetables and help fight the childhood obesity epidemic. However, despite the recent popularity of school gardens, many schools that have started them eventually discontinue them. The most commonly cited reasons for ending school garden programs are teacher overload, lack of funding, and the loss of available space. To date, there has not been much research on school garden sustainability. Yet several prominent gardening organizations advocate for the use of a school garden team and a garden plan addressing a few key elements to increase the likelihood of long-term garden operations.

¹ Ohio Youth Risk Behavioral Survey, 2011

SOLUTION

With the school principal's knowledge and blessings, Arn, Sue Basta (CHC Project Director), and Kline met during the fall of 2013 to discuss the school's most pressing needs and concerns for working towards garden sustainability. The core School Garden Team was initiated and included the recruitment of two middle school students who both came from farming families. The School Garden Sustainability Plan was drafted during a six-week period with the school's specific needs for resources and garden know-how in mind. It also

included a year-round timetable for various garden tasks and plantings that were agriculturally sound for the local climate zone and school garden site. Other elements addressed in the Sustainability Plan were identification of additional members for the School Garden Team and strategies for building more school-to-community connections.

RESULTS

Forming the School Garden Team was the first big step. When Arn asked his students for two volunteers, there were so many interested students that the class had to conduct an election for the Team's student members! The Team had two very productive meetings during the fall of 2013. With the year-round timetable for garden tasks already completed by Kline, students have begun to plan for 2014 crops and indoor seed-starting. Kline also made recommendations for an easier watering system for the garden. The Ohio-Kentucky Chapter of the Ohio Ecological Food & Farm Association (OEFFA) will assist

the students with the garden at various times of the growing season; OEFFA has also offered the school use of a new set of heavier-duty garden tools. With resources provided by CHC, Arn and the students have been studying the square foot gardening technique and are in the process of graphing crop placement using this planting method within the 2014 garden. Students are now writing monthly news releases to share their gardening activities with others, and a viable summer maintenance plan has been launched.

Digging In to Keep the Garden Growing

SUMMARY

St. Michael School, a small parochial school located in Ripley, OH, piloted a school garden in 2012 with the help and support of the Adams-Brown Creating Healthy Communities (CHC) program. With student graduations and staff turnover in 2013, it was becoming increasingly difficult for School Garden Coordinator Andrew Arn, Life Science Teacher, to manage and organize the various tasks needed to keep the garden growing. In the fall of 2013, the

FUTURE DIRECTIONS

Although the School's Garden Sustainability Plan has been developed, several of its key elements will need to be implemented in 2014 and beyond. Needs for additional gardening know-how will be assessed and Kline will conduct short training sessions for students, staff, and volunteers. The Team will gain exposure in the local media to strengthen connections with the community and to build networks for future sustainability. The Team plans to contribute produce harvested from the school garden during the summer break to a local food pantry.

Securing the funds for ongoing school garden operations will be a future concern. The Team has already identified several potential sources of future funding, and building a network of St. Michael School Garden "champions" should also help to address this concern. In addition, the Team has been exploring less expensive and less labor-intensive gardening methods, including straw bale gardening, as future means to keep the garden growing.



BROWN COUNTY

EXTRA! EXTRA!

Other 2013 Initiatives for the Brown County CHC program included:

- Healthy Faith-Based Events
- School Gardens
- Painted Playgrounds
- Active Classrooms
- Multi-Use Trails
- Tobacco-Free Schools

Thanks to the Adams-Brown Creating Healthy Communities program and OSU Extension Master Gardener Julie Kline, we have our School Garden Team and School Garden Sustainability Plan in place. So now our students and teachers have loads of enthusiasm and a much better sense of where we are going with our school garden!

Andrew Arn, Life Science Teacher and School Garden Coordinator,
St. Michael School, Ripley, OH

YOUR INVOLVEMENT IS KEY

Teach! Expose your family to new fruits and vegetables! The more kids are involved in the growing process the more likely they are to try and enjoy the produce.

Go Green! Start a school or community garden in your area.

Be Informed! Join a local garden coalition and/or subscribe to a gardening newsletter.

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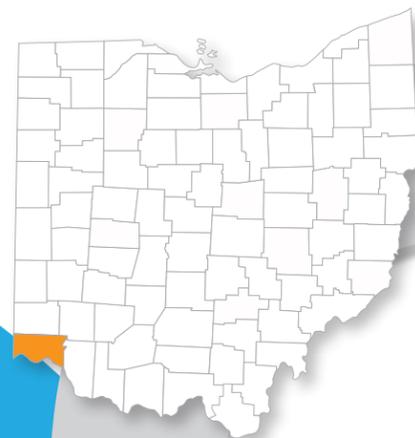
Local Gardens Yield Two Tons of Food

CHALLENGE

Ohio adults consume on average approximately one fruit serving and one and a half vegetable servings a day compared to the recommended five to nine servings combined.¹ For the residents of Spring Grove Village and Winton Hills, access to healthy food is a daily challenge. U.S. Census Tract data (2010) indicates that nearly 84 percent of the population in this area lives under the poverty line. Furthermore, the Cincinnati CHC program and Ohio Department of Health mapped 11 convenient stores within a two-minute drive of three schools within the neighborhood of

Spring Grove Village/Winton Hills. There is only one grocery store in the adjacent neighborhood. With limited healthy options, residents face daily challenges to healthy, sustainable living. As such, the Cincinnati CHC partnered with Evergreen to expand their community garden and develop sustainable outlets for distribution of fruits and vegetables.

¹ 2013 Fruit and Vegetable Indicator Report, CDC



SOLUTION

The creation of localized food systems improves the growing issues of health equity by reducing the cost of healthy and diverse foods and making them more convenient. Since 2011, Evergreen has partnered with CHC to develop a model localized food system. Funding from the CHC program has provided resources for garden expansion and infrastructure, including a water harvesting system. Technical assistance from the CHC's Urban Farming Coordinator has assisted in developing a comprehensive model of production, consumption, economy and distribution.

SUMMARY

For three years, the gardens of Evergreen Holistic Learning Center (Evergreen), a non-profit agency dedicated to serving people throughout all stages of life, have increased access to healthy foods within the community of Spring Grove Village/Winton Hills. With support from Cincinnati's Creating Healthy Community (CHC) program, Evergreen has utilized

small-scale, intensive farming methods and direct outlets for distribution to maximize the potential of a localized urban food system. Together, Evergreen and CHC are growing food and hope, one fruit and vegetable at a time.

FUTURE DIRECTIONS

Evergreen is committed to the continued development of a localized food system. Short-term goals include expansion of gardening initiatives and community programs, such as the Seed-to-Table nutrition program, healthy cooking classes, and garden therapy. Long-term goals are focused on developing a sustainable and replicable localized food system. Through strategic partnerships, Evergreen hopes to

increase accessibility of healthy foods through enhanced distribution outlets and support of local economies.

CITY OF CINCINNATI

RESULTS

Two tons of food! This has been the annual production of healthy food from the community gardens in 2012 and 2013. Nearly 90 percent of the fruits and vegetables from the gardens were donated to local food pantries, senior centers, schools and community centers. In addition to the production of fresh foods, Evergreen regularly hosts school and community agricultural education programs. With the support from CHC, Evergreen has also experienced unexpected growth in local niche markets. For example, their zucchini bread, with nearly all ingredients grown on site, has become a top seller at many farmers' markets and local artisan eateries. The successful partnership of CHC and Evergreen has resulted in a model localized food system that is impacting thousands of individuals.



EXTRA! EXTRA!

Other 2013 Initiatives for City of Cincinnati CHC program included:

- Urban Agriculture Policies
- Community Gardens
- Healthy Faith-Based Events
- School District Wellness Policies
- Healthy Worksites
- Safe Routes to School

I walk to the garden every week. It changes how my family eats, and it's better than taking the bus to the store.

Spring Grove Resident

YOUR INVOLVEMENT IS KEY

Find Out More! Many municipalities offer public space for urban agriculture. For local gardening initiatives, contact a local civic gardening association.

Buy Local! Support your local eateries and farmers' market!

Eat Seasonally! Using in-season produce lowers your food cost and the quality is usually better. This is a good opportunity to try new recipes!

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Garden to Pantry, Produce to Families

CHALLENGE

Health disparities are prevalent in neighborhoods that have the highest percentage of the population living at or below the poverty level. In addition to low socioeconomic status, another important social determinant of health is access to healthy fresh foods. According to the Columbus Public Health Food Mapping Project, these priority neighborhoods are located in areas where it is much more difficult to buy fresh nutritious food due to numerous factors, such as prevalence of fast food restaurants and limited availability of transportation.¹ This lack of access to healthy food makes it difficult for families to eat well, fueling the growing obesity epidemic and putting individuals at increased risk for chronic diseases, such as heart disease, stroke, cancer, and diabetes.

¹ Columbus Public Health, Food Mapping Project, 2012

SOLUTION

CHC has partnered with Franklin Park Conservatory's Growing to Green Program since 2012 to create a Produce to Pantry system between neighborhood gardens and food pantries. In 2013, two gardens in each

neighborhood were recruited to donate produce to a local pantry. Gardens received a scale and tracking log to help track pounds of produce donated. This supply of produce was used to increase access to nutritious food that may not have been available without the establishment of the relationship between the neighborhood garden and pantry.

SUMMARY

The Hilltop, Franklinton, and Linden neighborhoods of Columbus, Ohio lack access to healthy foods, a risk factor for chronic disease. The Creating Healthy Communities (CHC) program at Columbus Public Health worked to support a Produce to Pantry system to link community gardens with local pantries, so

fresh produce can be harvested and donated throughout the community. Produce itself provides health benefits, but a garden can offer more than just produce, it can build a vibrant community.

FUTURE DIRECTIONS

The findings of the Produce to Pantry system serve as a reminder that with guidance and support, community groups can make a great impact on the health and overall well-being of a neighborhood. Columbus Public Health's CHC program plans to help organizations use produce

donated in the most effective and efficient way. Technical assistance and trainings will be offered in 2014 to organizations wanting to increase opportunity for more nutritious food options. Guidance will be given on recipe ideas, menu planning, healthy event planning, and policy options.

YOUR INVOLVEMENT IS KEY

Live in Columbus? Partner with the CHC program at Columbus Public Health for technical assistance and/or training on improving healthy food access.

Get Involved! Joining a coalition such as the Greater Columbus Growing Coalition (GCGC) can provide valuable information and resources about local gardens.

Go Green! You can start your own garden: Start small with a few pots in your back yard, or utilize a plot in a community garden.



COLUMBUS CITY

RESULTS

Participating gardens donated a total of 8,262 pounds of produce, resulting in approximately 16,524 meals to community members. Vines of Life Community Garden, located within the Hilltop neighborhood, is one example of how a community garden can provide a healthy harvest as well as overall individual and community growth and wellness. The garden allowed community members to utilize their own talents, add value and take ownership of the garden. More than 80 volunteers, young and old, offered services from painting rocks to transporting soil. The garden grew to become a place of peace and hope as well as a source of love and appreciation in the lives of individuals who may be facing times of uncertainty and imbalance. This plot of land flourished into an integral community network where individuals could heal and blossom.



“The garden was built slowly, taking time to build ownership, taking time to grow produce, and taking time to teach people how to eat well. Over time, the community builds relationships around the garden, offering personal growth and wellness.”

Doris Ing, Garden Coordinator

EXTRA! EXTRA!
Other 2013 Initiatives for the Columbus City CHC program included:

- Safe Routes to School
- Healthy Beverage Campaign
- Smoke-Free Multi-Unit Housing

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Growing the Movement - Health Impact Assessment (HIA)

CHALLENGE

Poverty, racism, lack of education, transportation, vacant property, and the built environment all have prevented public health strategies from being successful. The CHC program recognizes that where you live impacts your health. The way our cities and towns are developed and the way our land is used contribute to the epidemic rates of chronic disease and impact the quality of life of our residents. Cuyahoga residents of low-income communities of color, such as those of the urban core and the inner-ring suburbs, suffer disproportionately from the disparities listed above.

SOLUTION

In order to achieve optimal community health, public health and urban planning are working together. The HIA movement began in 2010, with generous support from CHC, the Saint Luke's Foundation of Cleveland, NACCHO's HIA mentorship program, and the Place Matters initiative. Through a multi-sector partnership, the NEO HIA-P was formed with a common vision to improve human health through HIA. HIA is a tool that aims to look at the overall public health effect of a plan, project or policy. HIA utilizes a six-step approach that helps to inform, influence and engage decision-makers and community members by utilizing a health equity lens to develop policies that create conditions for optimal health.

RESULTS

CHC has been partnering with the Cleveland City Planning Commission (CPC) and the Place Matters team since 2011 on a three pronged-approach to advance HIA through building local capacity, HIA practice and institutionalizing HIA. Through this partnership, CHC has supported activities such as the 2012 local, two-day HIA training, Euclid Ave. Transportation for Livable Communities (TLCI) HIA and the NEO HIA-P. The NEO HIA-P was convened in January of 2012 by the co-leads of the Cuyahoga County Board of Health and the Cleveland City Planning Commission. The committee is made up of representatives

SUMMARY

The Cuyahoga County Board of Health's Creating Healthy Communities (CHC) program has been a leading partner in bringing Health Impact Assessment (HIA) to the region. CHC is currently an active member of the Northeast Ohio Health Impact Assessment – Partnership (NEO

HIA-P), whose mission is to “utilize evidence-based strategies and tools to ensure that health and equity are considered in decision-making; thus transforming policies, organizational systems and communities in Cuyahoga County and the Northeast Ohio region.”

CUYAHOGA COUNTY

from diverse sectors of the community sharing a commitment to utilizing HIA as a means to advance “Health and Equity in All Policies.” “Health and Equity in All Policies” is a coordinated policy response focused on addressing the social, environmental and economic determinants of health such as land use, education, agriculture, transportation and urban development. With the collective impact of the partners participating in the NEO HIA-P, a strong movement has been established in our region to incorporate health and equity considerations at the beginning stages of a process.

FUTURE DIRECTIONS

Next steps of NEO HIA-P include:

- Establishing a structure for screening of future HIAs.
- Establishing a protocol to review and select potential HIAs.
- Establishing health and equity resources for any screened project.
- Educating partners on “Health and Equity in All Policies.”
- Continuing to build partnerships.
- Continuing to educate partners on the HIA practice.
- Continuing to seek resources to support HIA practice.

“An HIA is a Rosetta Stone. It's a translator. When HIA is a part of all our lives, we're asking what people think, we're saying we care what they have to say and we're making the effort to do it.”

Joe Cimperman, WARD 3, Cleveland City Councilman

YOUR INVOLVEMENT IS KEY

Do you live in Cuyahoga County? Join NEO HIA-P to support their mission to advance “Health and Equity in All Policies.”

Support! Everyone can assist with sharing the message about HIAs. The way we build our cities impacts our health.

Consider Health! Encourage policy makers to incorporate health considerations into an existing government process, such as the legislative analysis, or the allocation of grants.

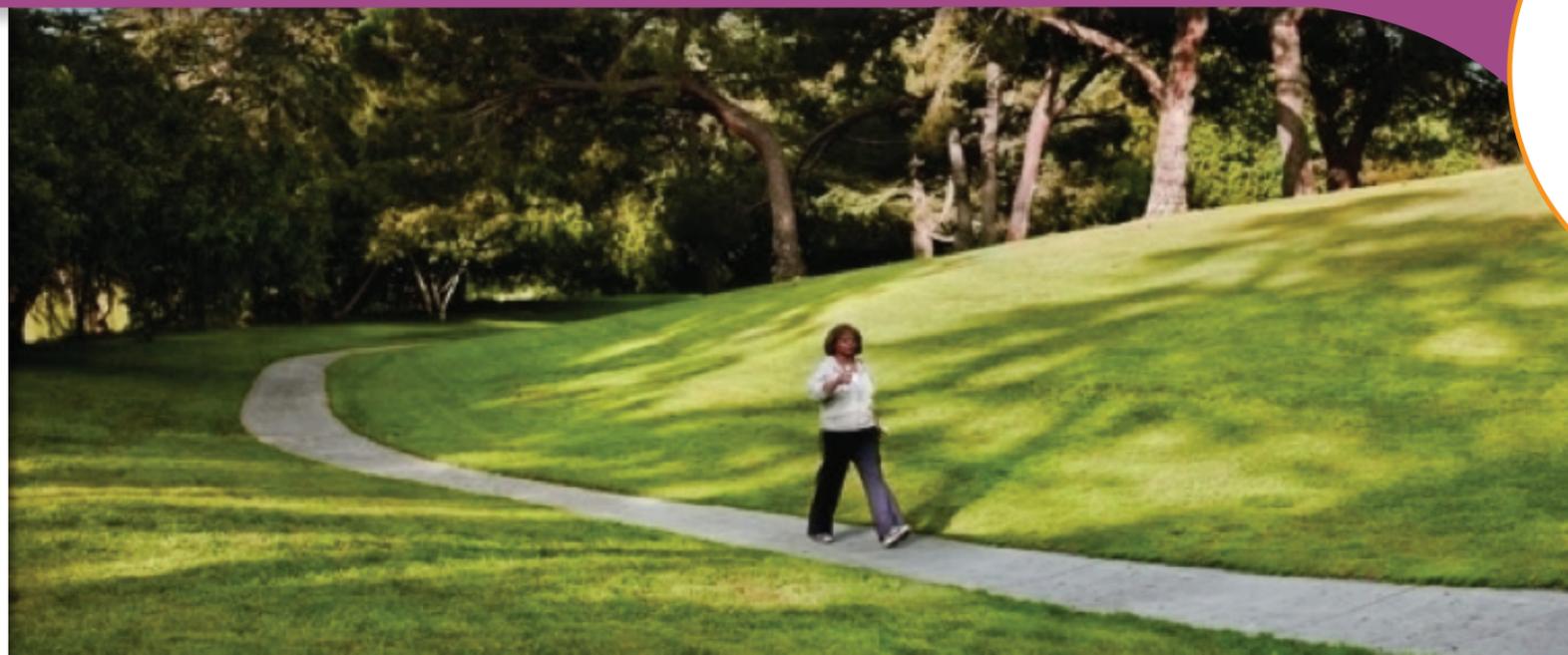
EXTRA! EXTRA!

Other 2013 Initiatives for the Cuyahoga County CHC program included:

- Safe Routes to Schools
- Community and School Gardens
- Farm to School/ Institution
- Worksite Wellness
- Multi-Use Trails
- Tobacco-Free Worksites
- Tobacco-Free Schools

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Creating Wellness that Works!

CHALLENGE

A disconnect exists between perceived health status and health behaviors that actually support health and wellness. Sixty-seven percent of Lorain County adults are overweight or obese, yet 88 percent indicate that their health status is excellent, very good or good. Only 8 percent of adults surveyed ate five or more servings of fruits and vegetables a day and only 29 percent of adults reported getting 30 minutes of physical activity five times a

week.¹ Churches are seeing increased illness among their congregations and worksites are struggling to reduce health care costs, improve attendance, and presenteeism for more productive employees.

¹ Lorain County Community Health Assessment, 2011



SOLUTION

Lorain County CHC provided mini-grants to worksites and community organizations to assist them in creating environmental, policy and system changes. Recipients were asked to build wellness teams and use assessments to determine next steps. Annual workshops have been conducted to share resources and best practice strategies for creating healthier environments. An advisory committee has been assembled to determine how to move forward and most effectively address the needs of local worksites and community groups.

SUMMARY

The Creating Healthy Communities (CHC) program at the Lorain County General Health District has hosted workshops to support employee and community wellness since 2010. The Lorain County Wellness Leadership Workshop is a professional development opportunity designed for employers, human resource professionals, wellness coordinators, wellness team members, health ministry coordinators and community leaders.

The workshop's goal is to mobilize worksites and community organizations to create communities where the healthy choice is the easier choice by increasing opportunities for physical activity, improving access to healthy food options, and reducing tobacco use and exposure.

LORAIN COUNTY

RESULTS

An average of 60 attendees annually, representing a wide variety of Lorain County worksites and community organizations, have participated in these workshops. Participants left the workshops with a renewed motivation to make small, yet impactful changes. Some of the environmental changes resulting from the workshops include:

- Installation of two walking paths
- Mapping of 32 walking routes
- Establishment of four community gardens
- Completion of six worksite/ community wellness assessments
- Initiation of one community wellness network
- Adoption of three tobacco-free policies



FUTURE DIRECTIONS

The goal for 2014 is to develop an integrated county-wide worksite/ community networking system that will provide credible, timely wellness information and a forum for sharing local successes and resources.

The long-term goal is to increase the number of comprehensive wellness initiatives and improve the quality and effectiveness of wellness programming; creating environments where the healthy choice is the easier choice.

The Creating Healthy Community program and partners put together a video to be used at organizations around the county to kick off their wellness initiatives. Check it out! "Why Wellness Works," located at:
<http://bit.ly/WellnessworksLorainCo>.



EXTRA! EXTRA!

Other 2013 Initiatives for the Lorain County CHC program included:

- Healthy Food Pantries
- Farmers' Markets
- Ounce of Prevention
- Worksite Wellness Network
- School Gardens
- Safe Routes to School
- Fuel Up to Play 60

Employee wellness has been very positive for our employees. Through wellness screenings we've found numerous people with serious health conditions that were detected early – they were able to take preventative measures and are living healthy with their families today.

Kevin Rhodes, Vice President of Human Resources, Ridge Tool, Elyria, OH

YOUR INVOLVEMENT IS KEY

Start Simple! Small movements make a big difference. If you don't have time to hit the gym, try chair yoga. Two minutes of stretching and breathing several times a day can increase your fitness and focus.

Sign Up! Join the Lorain County Wellness Leadership Network for support in creating wellness that works! The Network will help you stay up-to-date with the latest wellness trends and best practice initiatives.

Begin a Movement! Establish a worksite wellness committee in your organization.

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Toledo Corner Stores Hit a Grand Slam with Fresh Produce

CHALLENGE

Research has shown that living in low-income neighborhoods, especially urban food deserts has been associated with poor dietary intake and decreased produce consumption as well as higher obesity levels.¹ Toledo is a city that deals with these issues, along with a poor transportation system that hinders residents access to healthy foods. With this in mind, CHC and Live Well Greater Toledo came together to help convert conventional corner stores into healthier corner stores.

¹ Let's Move, Access to Healthy Affordable Food, 2012



SUMMARY

Approximately 32 percent of adult Lucas County residents are obese, which makes the county above the state average of 30 percent. There is strong evidence that residing in a food desert, a geographic area where affordable healthy food is difficult to obtain, is correlated with a high prevalence of overweight, obesity, and premature death. This lack of access to fresh fruits and

vegetables has led the Creating Healthy Communities (CHC) program at the Toledo-Lucas County Health Department and partner Live Well Greater Toledo to work with neighborhood corner stores to increase availability of healthier food options. Since 2012, three Toledo corner stores have increased options of healthier foods through the Healthy Corner Stores initiative.

¹ County Health Rankings, 2013

FUTURE DIRECTIONS

Increasing access to healthier foods in corner stores can help to connect the efforts of business owners, public health organizations, and the neighborhood community, resulting in something that benefits everyone. The Healthy Corner Store initiative will continue to be a valued component of the Lucas County CHC program, which plans to:

- Work with communities in identified food deserts.
- Expand to more stores throughout Lucas County, especially near schools.
- Increase capacity for store owners to gather sales data of fresh produce.
- Improve distribution access for corner stores to obtain healthier foods.
- Expand options for healthy corner stores to include more than just fresh produce such as low fat dairy, and whole wheat bread.

YOUR INVOLVEMENT IS KEY

Advocate! See whether your neighborhood corner store offers fresh produce, and if not, request it.

Volunteer! Work with CHC to expand the Healthy Corner Store initiative.

Purchase! Support locally owned stores in your area by purchasing their fresh and healthy foods.

LUCAS COUNTY

EXTRA! EXTRA!

Other 2013 Initiatives for the Lucas County CHC program included:

- Community Gardens
- Healthy Food Pantries
- Breastfeeding Friendly Worksites
- Safe Routes to School
- Smoke-Free Worksites

SOLUTION

In 2012, CHC identified Save Way Market as a pilot for Toledo's Healthy Corner Store initiative to sell fresh produce in a South Toledo neighborhood. Clear goals and expectations for both the store owner and the CHC coordinators were established. The store owner was to keep the fresh produce stocked and visually appealing to the customer. The CHC coordinators supplied a produce stand, indoor and outdoor signage and developed a marketing plan to promote the store improvements to the community. An initial Fresh Produce Kick-Off was planned for the store and community. Save Way Market continues today to successfully offer fresh produce to the neighborhood shoppers.

RESULTS

As a result of this initiative, three Toledo stores have increased access to healthier foods by marketing and offering a variety of fresh produce. By the end of six months, the results of providing fresh produce in the Save Way Market showed:

- Stores increased produce sales by at least 50 percent.
- Stores increased Woman Infants and Children (WIC) voucher redemptions.
- Stores increased the variety of produce sold.
- Store owners have seen this as a good return on investment.
- Customers have indicated that this is a benefit to the neighborhood that the corner store serves.

As a result of the successful 2012 pilot with Save Way Market, CHC in collaboration with Live Well Greater Toledo, began a partnership with a local store chain STOP & GO to offer fresh produce in one of their 40 neighborhood stores. The successful results led the owner the chains to expand the initiative to two more STOP & GO stores.



Kids are choosing bananas instead of candy bars. The produce stand has increased my sales and redemption of WIC vouchers. I couldn't be happier.

Adam Aridi
Save Way Market store owner

CONTACT

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Coalition Sparks Cleaner Air

CHALLENGE

According to the 2010-2011 Community Health Assessment, 23 percent of Marion County adults reported being current smokers. This equates to more than 16,500 families at risk for tobacco-related illness. As a result of this assessment, a priority was placed on tobacco prevention and control with a goal to reduce tobacco use and exposure. Continued review of community resources revealed that there was little infrastructure, resources or services on which to begin a sound tobacco prevention program in Marion County. The Creating Healthy Communities program at Marion Public Health and community partners needed to begin at the very basic level of tobacco prevention planning.

SOLUTION

The Tobacco-Free Marion County Coalition was initiated in February 2013 and hosted monthly meetings thereafter with representation ranging from schools and private worksites to healthcare and other local agencies. A SWOT (Strength, Weakness, Opportunities, and Threats) analysis was conducted with coalition members focused on decreasing the prevalence of tobacco in Marion County.

RESULTS

The Tobacco-Free Marion County Coalition has celebrated many successes in its inaugural year. Aside from the successful formation of the coalition itself, other accomplishments include the adoption of a strategic plan, and the review of four school district's tobacco policies, along with an improvement plan. Increasing cessation services soon became the

SUMMARY

According to the Centers for Disease Control and Prevention, tobacco use is the most preventable cause of death in the United States. It is estimated that one in five cancer deaths in this country is associated with tobacco use. And yet at the start of 2013, Marion County lacked sufficient resources to combat this growing problem. Marion County has suffered from a higher incidence of smoking than state or national averages. In order to reverse this trend the new Tobacco-Free Marion County Coalition was initiated to lead the charge in tobacco prevention and control in the community.



Beginning January 1, [2014], The Ohio State University will join other institutions by going tobacco-free. Our partnership with the coalition affords us the opportunity to develop an infrastructure for tobacco prevention and control.

Greg Rose, Dean and Director, The Ohio State University at Marion

FUTURE DIRECTIONS

The coalition has set some overarching goals to drive their efforts during the next several years. The goals include: the continued development of infrastructure for tobacco prevention and control in Marion County, reduction of exposure to secondhand smoke, increased cessation of tobacco use by Marion County residents, and decreased initiation of youth tobacco use. Another exciting opportunity for the coalition involves the continued support of valued community partners. The city of Marion has the privilege of being the home to a regional campus of The Ohio

State University. The coalition will support The Ohio State University-Marion as they implement a tobacco-free campus in 2014. Coalition and community partners will apply evidence-based strategies and offer resources in effort to assist residents in achieving their highest level of health.

MARION COUNTY

EXTRA! EXTRA!

Other 2013 Initiatives for Marion County CHC program included:

- Community Gardens
- Worksite Lactation Support
- Bike/Pedestrian Infrastructure
- Tobacco-Free School/University Policy
- Healthy Corner Stores
- Healthy Vending

YOUR INVOLVEMENT IS KEY

Live in Marion County? Join the Tobacco-Free Marion County Coalition.

What is the smoking rate in your community? Check out countyhealthrankings.com to find out, along with various other health statistics. Share this information with decision makers in your community.

Know a smoker? Help a friend quit by referring him to local cessation services. Show your moral support and encouragement!

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Local Park Restores Childhood Play

CHALLENGE

Children in Middleport, living near Ferman Moore Park, have not had a functioning playground for a number of years. While they engage in 40-45 minutes of daily physical education at school, these children have no access to a safe and secure playground outside of the school setting. The playground in the neighborhood was in disrepair and unsafe for use. As there is no parks and recreation department in the county, there is no funding to fix broken playground equipment.

Physical inactivity is a significant risk factor for overweight, obesity and multiple chronic diseases later in life. In Meigs County,

SOLUTION

The CHC coalition brought together stakeholders from the community to develop plans to tackle the problem at the playground. Mayor Michael Gerlach and Faymon Roberts, village administrator, actively worked with the CHC coalition to identify materials and equipment needed to repair and restore the playground, which were installed by employees of the village of Middleport. Equipment and materials were provided though funding provided by the CHC, the Sisters of St. Joseph Charitable Fund (SSJCF) of Parkersburg, West Virginia and the Together on Diabetes grant from Marshall University Rural Health Center.

32 percent of the residents are physically inactive¹ while more than 45 percent of its third graders were overweight or obese in 2010.² Evidence shows that physical activity helps reduce obesity and risk factors for chronic disease, and also impacts a child's overall academic performance and self-esteem. In view of the above situation, the Meigs County CHC coalition, the local health department, and other community stakeholders worked together to find a solution.

¹County Health Rankings, 2013

²Ohio Department of Health, A Report on the Body Mass Index of Ohio's Third Graders: 2004-2010

SUMMARY

The village of Middleport, like most of Meigs County, is saddled with significant health challenges and risk factors for chronic diseases. One such risk factor among children in this community is lack of opportunities to be physically active while away from school. In collaboration with village leaders, the Meigs County Creating Healthy Communities (CHC) program revitalized the playground at Ferman Moore Park and replaced broken

playground equipment in order to promote physical activity among neighborhood children.

FUTURE DIRECTIONS

While the above results are laudable and encouraging, there are still numerous challenges to obtaining a full-fledged healthy Meigs County. This will require long-term, continuous involvement of community stakeholders, elected officials, faith leaders and residents of the county. The ultimate goal of the CHC program is to have policies, systems and environmental changes throughout the county that can ensure behaviors and lifestyle changes that positively impact physical activity, healthy nutrition and tobacco-free living for all demographic groups within the county.

In 2014, community-wide outreach and engagement will include these measures:

- Outreach into never-before engaged communities
- Quarterly community forums to gauge community ideas and opinions
- Data collection to measure outcomes since 2010

EXTRA! EXTRA!

Other 2013 Initiatives for the Meigs County CHC program included:

- Community and School Gardens
- Community Fitness Center Installation
- Smoke Free Multi-Unit Housing
- Tobacco-Free Worksites
- Tobacco-Free Schools

YOUR INVOLVEMENT IS KEY

Live in Meigs County? Be the change agent in your community. Join the Meigs County CHC Coalition.

Visit an Ohio Park! Show appreciation for your local park and visit it often. This will show your community the importance of keeping the space well-maintained and safe for all community members.

Be Physically Active! Make sure to get 30 minutes of physical activity each day, whether indoors or outdoors. Even breaking it up into three 10-minute sessions counts!

MEIGS COUNTY



RESULTS

There has been an instant increase in the number of persons who come to the park to use the playground. Parents and grandparents can be seen with their children and grandchildren using the swings, running and playing in the park. Replacing the rims and backboards on the basketball court has also encouraged more teenagers to be physically active.

An assessment of the level of utilization of Ferman Moore Park revealed the following:

- 75 or more children have been seen playing and being physically active at various times of the day.
- 10-15 adults have been seen walking around the perimeter of the playground daily
- 20 or more community teenagers have been seen playing basketball during weekdays



I've seen those massive playground sets and it would be nice to have one, but for this neighborhood this is their playground. They are proud of it now. The children, parents and grandparents enjoy using it. They are more active and are spending time together. That is the goal.

Mayor Michael Gerlach

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CHALLENGE

In Montgomery County, seven out of 10 adults are overweight or obese and only 21.1 percent of adults report consuming five or more servings of fruits and vegetables daily.¹ In addition, the cost of health care is rising; premiums for employer-sponsored health insurance have risen from \$5,791 in 1999 to \$13,375 in 2009, with the amount paid by employees rising by 128 percent.² Because adults spend about 36 percent of their waking hours at work, great gains can be seen in adult health if healthy eating initiatives are implemented in the workplace. Employers are interested now more than ever in keeping healthcare costs down. However, interested employers often face barriers such as unsure return on investment, lack of information about implementing successful employee wellness programs, and employee resistance to change.

¹ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2011
² Kaiser/HRET Survey of Employer-Sponsored Health Benefits from 1999-2009

SOLUTION

In November 2012, CHC partnered with Premier Community Health, CareSource, McGohan Brabender, Dayton Area Chamber of Commerce and Miami Valley Human Resource Association to sponsor the "Employer Wellness Conference." More than 100 professionals in the areas of human resources, health and wellness, and administration attended the event. Presentations included: business and health benefits of employee wellness initiatives, healthcare reform and the effect on employee wellness, and how to implement healthy eating and active living initiatives. Participants networked with vendors, received a copy of the GetUp Workplace Toolkit, and left with a variety of ideas to try at their worksites.

SUMMARY

Twenty-one worksites, employing more than 20,000 people, reported having implemented at least one sustainable change around healthy eating at their work place. These changes were made as a result of attending the first "Greater Dayton Region Employer Wellness Conference" in November 2012. The Creating Healthy

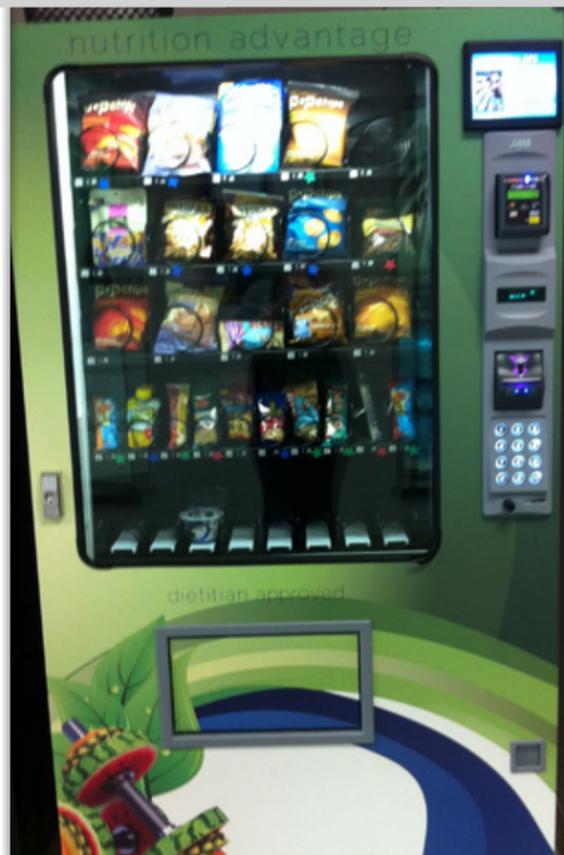
Communities (CHC) program partnered with several organizations to sponsor the event in order to educate and present practical ideas for employee wellness.

MONTGOMERY COUNTY



RESULTS

Participants were surveyed nine months after the conference regarding changes made at their workplace; and 62 percent reported increased availability of healthier food and beverage items. Projects Unlimited, Inc. worked with their vending company to increase the amount of healthier options in their vending machines by 10 percent. These healthy items are marked with a green coil and are placed at eye level. They also eliminated donuts at their meetings. The YMCA of Greater Dayton employs more than 1,200 staff and serves thousands of members at their 11 branches and residential camp. They have worked to change all of their vending machines to offer only healthy options. Items include: Greek yogurt, granola bars, and baked popcorn chips. Four other worksites reported to making changes to their vending machines or what is served at meetings.



Worksites Choose Healthy Eating Options!

Anytime we have a meeting, we make sure **water** is at the top of the list for beverages.

OSU Extension Montgomery County Office

FUTURE DIRECTIONS

CHC will continue to assist worksites to implement policy, systems, and environmental changes around the areas of healthy eating, active living, and tobacco-free living. In 2014, Montgomery County CHC will join other projects across Ohio to implement a state-wide campaign to promote water as a beverage of choice over sugar sweetened beverages with Dayton area worksites.

EXTRA! EXTRA!

Other 2013 Initiatives for the Montgomery County CHC program included:

- Healthy Corner Stores
- Healthy Classroom Reward Policies
- Active Classrooms
- CATCH Kid's Club
- Tobacco-Free Campus Policies

YOUR INVOLVEMENT IS KEY

Get Moving! Sitting for six to eight hours a day can be detrimental to one's health. Suggest a "walking meeting" when meeting one-on-one with a staff member or small employee workgroup.

Join Us! Become a member of the Montgomery County CHC Coalition.

Engage! Start implementing employee wellness initiatives at your workplace. Start with the GetUp Workplace Toolkit.

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CHALLENGE

A recent community health survey showed that 73 percent of adults in Richland County are either overweight or obese.¹ One factor that contributes to this alarming statistic is our current food environment that consists of highly processed, and often high-calorie, foods. Our challenge as a community is to create an alternative to the current environment by:

- Improving individual consumption of healthy foods, primarily fruits and vegetables.
- Increasing production and availability of fresh produce through community gardens, urban agriculture projects and support of our local growers.
- Supporting farmer's markets and improving the connections between producers and institutional buyers, making fresh fruits and vegetables readily available where people shop and eat.

Changes to one aspect alone will not influence and sustain healthy choices, but together all of these changes can nudge individual behavior towards the consumption of healthier foods. Action to build and improve the entire local food system must balance supply and demand while building capacity at all levels.

¹ Richland County Community Health Assessment, 2011

SOLUTION

Richland County is fortunate to be home to an expanding network of partners committed to increasing the availability of fresh and healthy food through a vibrant local food system. Since 2010, CHC has provided individualized and focused support for each community partner providing information and resources on system and environmental changes which now enables them to develop a robust community garden system. The increase in available fresh produce is now available to school children, our senior residents, and guests at community meal programs. CHC encouraged and assisted in offering programming at farmers' market sites

Nurturing Growth in Our Local Food System

SUMMARY

Reducing rates of obesity and chronic disease requires change in the foods we consume every day. Finding fresh fruits and vegetables at schools, in stores and restaurants, at places of work, in abundant farmers' markets and across our neighborhoods will ensure that the healthiest choice can become the easiest choice for all residents. The Creating Healthy Communities (CHC) program

in Richland County is working across organizational sectors to make fresh and healthy foods easily accessible. By directing funding and resources to schools, farmers' markets, and community garden projects, we are reaching residents of all ages to improve their consumption of fruits and vegetables and to improve our local food environment.

RICHLAND COUNTY

which has educated consumers about available produce, increased sales and strengthened the connections between producer and buyers. The CHC's increased focus on "buy local" has engaged the Richland County Agriculture and Local Foods sector, the Farm Bureau, local producers and business organizations to become involved, address systemic changes and develop future plans that can improve every aspect of our food system.

RESULTS

As a result of the collaboration of CHC with many community partners, in 2013:

- Two new school vegetable gardens were established and one school garden was expanded.

- Vendors at the farmers' market saw increased sales.
- A regional food workshop engaged community leaders, producers, economic development specialists, and institutional buyers, leading to new relationships and potential growth in the local food system.
- Six Farm to Plate demonstrations were held at a farmers' market to show residents how to prepare locally sourced products available from the market.
- The launch of a Cultivate Richland WordPress site to further link producers and consumers.



FUTURE DIRECTIONS

Building on the success of this past year, the CHC will work to:

- Increase the number of community gardens
- Support the development of agricultural projects within our most blighted urban areas.
- Increase the number of farmers' markets and those that accept the Supplemental Nutrition Assistance Program (SNAP) and Women Infants and Children (WIC) vouchers.
- Support local retailers, such as corner stores, gas stations, and dollar stores, to increase the availability of fruits and vegetables, especially in areas where such access is limited.

EXTRA! EXTRA!

Other 2013 Initiatives for the Richland County CHC program included:

Worksite Wellness
Complete Streets
Bicycle Infrastructure
Multi-Use Trails
Tobacco-Free Schools
Smoke-Free Worksites

YOUR INVOLVEMENT IS KEY

Teach! Buy local! Check out the Cultivate Richland (ohiofoodhub.info) website for a directory of farm stands, farmers' markets, producers, and restaurants featuring locally produced foods.

Know where your food comes from! Food labels today are required to indicate the country of origin.

Eat your veggies! Fresh fruits and vegetables are nutrient-dense foods with so many benefits to overall health. Aim for 5 or more servings of fruits and vegetables a day.

“Our network of community gardens empowers people to grow their own fruits and vegetables. It's the ultimate in local, healthy and affordable food.”

Jean Taddie, Local Foods Coordinator, North End Community Improvement Collaborative

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Community Builds New Path to Health

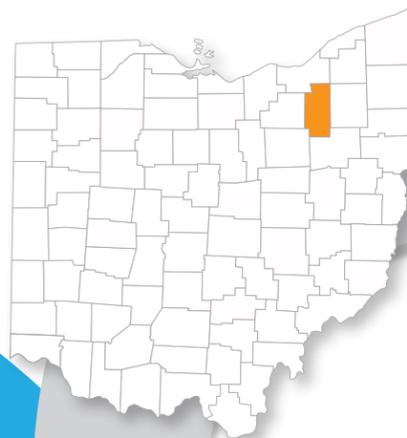
CHALLENGE

Evidence shows that people living in rural communities are more likely to be physically inactive, overweight and obese, compared to those living in urban areas.¹ Springfield Township is located in a rural community where 24.8 percent of the adult population is obese.² Opportunities for physical activity, such as access to walking trails, sidewalks, parks, and “walk-able” streets are very limited. Other community barriers include rural roads with higher speed limits and lack of funding opportunities for community projects. Therefore, the CHC program, Springfield Township and Springfield Local School

District partnered to determine a solution to increase physical activity opportunities in the community.

¹ Christie A. Befort, Niaman Nazir, Michael G. Perri. Prevalence of Obesity Among Adults From Rural and Urban Areas of the United States: Findings From NHANES (2005-2008). The Journal of Rural Health, 2012

² Ohio Department of Public Safety, Driver License Database



SUMMARY

The availability of walking trails can contribute to a community’s quality of life by offering a low-to-no cost option for physical activity. With an increasingly sedentary and overweight population of adults and children, accessible areas that encourage physical activity are vital for the health of the individual and the community. Summit County’s Creating Healthy Communities (CHC) program partnered with a local community and school district to install a community walking trail in Springfield Township.



FUTURE DIRECTIONS

The CHC program will help complete the Springfield walking trail in 2014 with the additions of exercise stations, and benches. The exercise stations will be incorporated into the student’s physical education class. Signage will also be posted to mark various distances along the trail. The school will be working with the running club and hopefully expanding the group. Having a race with the exercise stations included as obstacles/challenges is also being considered.

Other future plans for CHC program in 2014 includes working with partners to plan the development of a walking trail in the Lakemore community, and collaborating with local organizations to increase fruit and vegetable access to residents through community gardens and healthy corner stores.

YOUR INVOLVEMENT IS KEY

Live in Summit County? Visit the new Springfield walking trail to support CHC’s work! Join the CHC coalition to help with similar efforts by contacting Summit County Public Health.

How walkable is your neighborhood? Assess the walkability in your neighborhood and approach a local coalition in your area about installing a walking trail, repairing sidewalks, or adding traffic calming measures to busy roads.

Be Physically Active! Make sure to get 30 minutes of physical activity each day, whether indoors or outdoors. Even breaking it up into three 10 minute sessions counts!

EXTRA! EXTRA!
Other 2013 Initiatives for the Summit County CHC program included:

- School and Community Gardens
- Healthy Food Pantries
- Tobacco-Free Faith Based Institutions
- Tobacco-Free Worksites

SUMMIT COUNTY

SOLUTION

The partnership agreed to develop a community walking trail near Schrop Intermediate School. The CHC grant and Springfield’s Board of Education provided funding for materials needed to construct the walking trail. A community kick-off event was held on Oct. 19, 2013. Approximately 20 volunteers came with rakes and shovels to help spread limestone on the trail while the Springfield Township Parks and Recreation staff hauled in materials and excavated the trail path. One Springfield resident said, “I think it’s great the school and community are doing this. It will be great to have somewhere we can go with the kids!”

RESULTS

With the collaboration of community leaders and volunteers who invested time and talent, the trail was installed at a reasonable cost with tremendous positive support. The trail is currently 95 percent complete with plans to be finished in 2014. Once completed, the trail will be over a mile long. As a result of the walking trail, Springfield Township has created a safe, accessible place for regular exercise and increased options for physical activities within the community. Not only has it benefited the community of more than 14,500 residents, but also approximately 540 students at Schrop Intermediate School use the trail as part of their physical education class. To help kick-off the trail completion in November, the school hosted

a “Kids Run” event. Schrop Intermediate School currently has a winter running club of more than 30 students who are using the trail two days a week to prepare for a 5k trail race. In addition, the school has an extracurricular running club of 150 students that will use the trail again in the spring. Since its installation staff from Schrop Intermediate School have witnessed numerous community residents walking, running and walking their dogs.



“A school “turkey trot” race was held on the trail in November and over two-thirds of the school participated! **Community members** are already using the trail to run, walk and walk their dogs.”

Betty Kern, Springfield School District Physical Education Teacher

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CHALLENGE

Low-income seniors at the Tod's Crossing live approximately two and a half miles from the nearest grocery store that sells fresh produce. There is one convenience store within walking distance, but it does not stock fresh fruits and vegetables. Most of the residents lack private transportation and there is no public transportation for them to use. When seniors do have the opportunity to purchase fresh produce, they indicate that they do not purchase it because of the high cost.

Ohio has one of the highest obesity rates in the U.S. with 28.7 percent, or more than 460,000 adults, aged 65 and older.¹ Obesity significantly contributes to a variety of serious diseases including heart disease, diabetes, stroke, certain cancers, as well as poor general health.² There is growing evidence illustrating the importance of the environment in the obesity epidemic and the need for changes in social and physical environments in order to better facilitate changes in lifestyle.³ In addition to the burden of chronic disease shared by all Ohioans, hunger affects seniors across the state to an alarming degree. In Ohio 15.9 percent of seniors are marginally food insecure.⁴ According to the United States Department of Agriculture, Ohio had the third highest increase in food insecurity in the nation in 2012.

¹ America's Health Ranking, 2013 Senior Report
² Centers for Disease Control and Prevention, The Power of Prevention, 2009
³ American Journal of Epidemiology, The Built Environment and Obesity, 2007
⁴ America's Health Ranking, 2013 Senior Report

SOLUTION

The Trumbull County Creating Healthy Communities (CHC) program partnered with Trumbull Neighborhood Partnership (TNP) and the Tod's Crossing administration to construct a garden consisting of 22 raised beds to be used by Tod's residents. CHC program funds were used to purchase lumber and other materials while TNP organized a group of volunteers to construct the raised beds. Seeds and plants were purchased, and the residents received training from experts in soil preparation, seed planting, cultivation, harvesting and preparing fresh produce.

The Garden of Eatin'

SUMMARY

Senior residents at Tod's Crossing, an independent living facility, have proven to themselves that by simply planting and caring for a small, raised bed garden they can, in one summer, produce enough vegetables to supply their own, needs plus the needs of their friends and neighbors.

TRUMBULL COUNTY

RESULTS

In the 2013 growing season, 20 residents began to grow their own garden. They were overwhelmed with the amount of food they could produce in a small space. A variety of 22 different vegetables, including green beans, yellow squash, cabbage, collard greens and green peppers, were grown in the raised beds.

Funds and man-power contributed in this first year are just a small investment in the rewards that are guaranteed for the future. Each senior gardener saved \$30 per month on produce for their own use, a \$90 savings per person over the course of the summer, totaling \$1800 for all 20 gardeners. The gardeners donated additional produce to friends and neighbors. During the summer months produce harvested, including donations, provided a total of \$3,300.00 savings. An abundance of fall crops were also harvested, but not recorded.

FUTURE DIRECTIONS

Next year the gardeners plan to build more raised beds and add to the produce variety by planting strawberries, blueberries, grapes and sweet potatoes. Compost that was made this year will be used to help improve the soil for 2014.

The long-term goal is to become efficient enough to produce enough vegetables to feed all of the Tod's Crossing residents.

YOUR INVOLVEMENT IS KEY

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

Volunteer your time! Community members can help by offering a small amount of time to build raised bed gardens and to help with the initial tilling. School children can help by volunteering time to assist seniors with their gardens.

Encourage! Ask non-profits to establish and support community kitchens that offer places for community groups, churches and others to teach residents about fresh food cooking, storage and production.

EXTRA! EXTRA!

Other 2013 Initiatives for the Trumbull County CHC program included:

- Community and School Gardens
- Fresh Food Pantries
- Bike/Pedestrian Infrastructure
- Multi-Use Trail
- Worksite Wellness
- Tobacco-Free Schools

Taking responsibility for growing our own food is far better than depending on food banks and other free food programs.

Barb Mascio, Property Manager

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Rebirth of an Abandoned Park

CHALLENGE

For Washington County, obesity is an issue of health equity. Located in Southeast Ohio along the Ohio River, the county is part of the federally designated Appalachian region of the eastern United States, and, as with most Appalachian communities, manifests health disparities within its health status and health systems. Within the area, there are elevated chronic disease behavioral risks such as consuming less than five servings of fruits and vegetables daily and not participating in leisure-time physical activity. Studies show that Washington County adults are more obese (33 percent) than the average Ohio adult (30 percent), and have less access to parks (26 percent) compared to Ohio's average (41 percent).¹ Such health disparities are known to increase rates of diabetes, hypertension, heart disease and other chronic health conditions.

¹ County Health Rankings, 2013

SOLUTION

Marietta community members interested in improving their community partnered with the CHC program and coalition members to make necessary changes to Jackson Hill Park. The two-year improvement started with cleaning out the areas that were filled with large amounts of debris. Fencing was installed in 2012 to build a dog park. Dog owners who used to sit on the park bench and watch their dogs are now up and moving around with their four-legged friends. In 2013, the basketball court was

refurbished and an activity shelter was built to house nutrition education classes as well as fitness activities. Waterlines were trenched, benches were built, and shade trees were planted. All of these changes have brought the park back to life, and would not have been possible without the numerous student volunteers at Marietta College and local residents of Marietta, OH.

SUMMARY

A decade ago, Jackson Hill Park was a prime place for community gatherings and recreation in Marietta, Ohio. The community park was equipped with a swimming pool, playground, basketball court and open space for free play. By 2011, Jackson Hill Park was abandoned, recognized as a place for illegal activities and known as the city dump. Fortunately, local community and coalition members took action and partnered with the Washington County Health Department's

Creating Healthy Communities (CHC) program to convert the abandoned park to a green space to provide new opportunities for outdoor recreation. Although it may take a while to restore the park entirely, positive progress has been made in the past two years. Families are outside, getting up and moving again.

FUTURE DIRECTIONS

The success and revitalization of Jackson Hill Park will move forward in making more improvements to the park. In 2014, a water fountain will be installed for both humans and dogs. Upcoming plans in the next few years include making lighting adjustments, developing a section of the dog park for smaller dogs, installation of picnic tables and grills and refurbishing old restrooms. Other future plans include improvements to the hiking and biking trails, stabilization of the hill on which

the park is built, construction of an edible landscape garden, and an Americans for Disability Act-compliant nature trail. Jackson Hill Park will continue to improve and once again be the center for community activities.



WASHINGTON COUNTY

RESULTS

As a result of the work of volunteers and local CHC coalition members, Jackson Hill Park in Washington County is once again a safe and functional place for people to be active again. Local residents are up and moving with their dogs and families; the youth are utilizing the basketball court in the park, and many are seen hiking and biking around the trails surrounding the park.

A survey of 26 park-goers revealed that they feel safe in the park, visit the park to play with their dogs, and use the park more than once a week. More than half have increased their amount of weekly physical activity due to the re-opening of the park.



Usage of the dog park is huge. I've been there when more than 25 cars were in the parking lot and I know some people with pets who have been so impressed with the park that they decided to move into Marietta because we have a nice dog park.

Teresa Hayes, Washington County Resident

VISIT

www.mariettacommunitydogpark.com or their Facebook page to learn more!



EXTRA! EXTRA!

Other 2013 Initiatives for the Washington County CHC program included:

- Nutrition and Physical Activity Policy
- Changes in Preschools
- Fitness Facilities
- Multi-Use Trails
- Smoke-Free Multi-Use Housing

YOUR INVOLVEMENT IS KEY

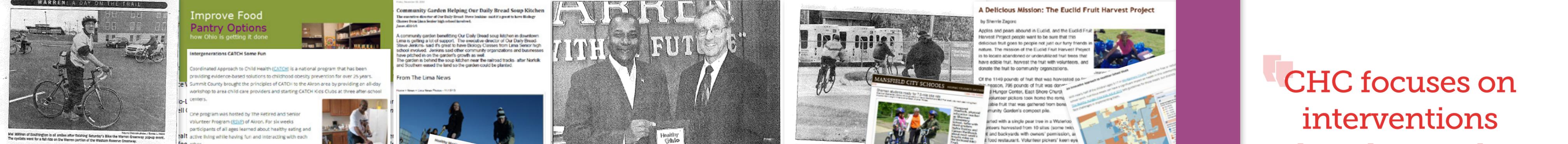
Live in Marietta? Jackson Hill Park welcomes families and their dogs to a safe and playful environment. Show your support by visiting Jackson Hill Park, making a donation, or volunteering for future projects.

Keep all Ohio Parks Clean! Keeping all Ohio parks and outdoor spaces from becoming abandoned or misused starts with individual community members.

Be Physically Active! Make sure to get 30 minutes of physical activity each day, whether indoors or outdoors. Even breaking it up into three ten-minute sessions counts!

CONTACT

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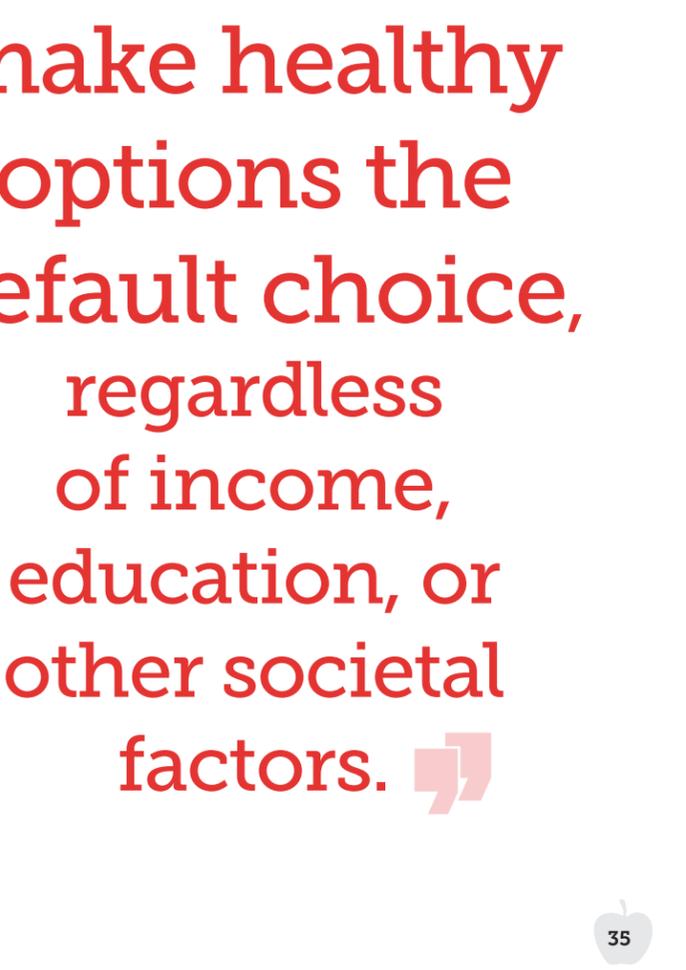
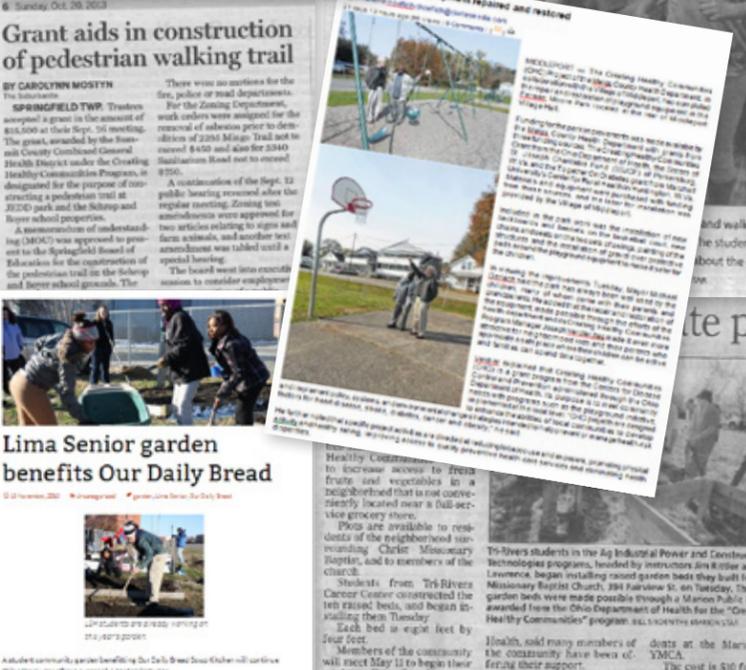
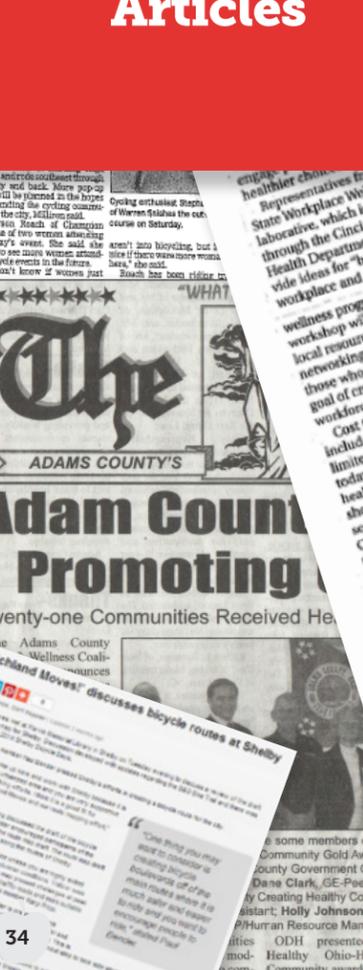
132 Newspaper Articles

90 Radio/TV Appearances

153 Other Media Publications

3 Public Service Announcements

CHC focuses on interventions that change the environment to make healthy options the default choice, regardless of income, education, or other societal factors.



By making the healthy choice the easy choice...



...Creating Healthy Communities is putting Ohio's health 1st

Ohioans impacted
825,333

255,000
Ohioans with increased access to physical activity

200,000
Ohioans with improved nutrition

51,000
Ohioans with cleaner air

money leveraged
\$1,819,130

90
Radio/TV Broadcasts

3,535
Ohioans Trained

1,304
Trainings Held

132
Newspaper Articles

153
Other Media Involvement

32
Walking Groups

29
New Community Gardens

4
New Farmers Markets

18
Tobacco Free Campuses

5
New Trails

Infographic References:

1 Centers for Medicare and Medicaid Services, 2011 as reported by Kaiser State Health Facts.

2 America's Health Rankings (2013). 2013 Annual Report.

3 Muamba, F, Clark, J.K., & Betz, N. (2010). Food access gaps in rural Ohio (Research Brief #2010-5). Center for Farmland Policy Innovation Department of Agriculture, Environment, and Development Economics.

4 U.S. Department of Health and Human Services (2010). State indicator report on physical activity.

5 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, centers for Disease Control and Prevention, 2007-2008.

6 Centers for Disease Control and Prevention (CDC). Health, United States, 2012: With Special Feature on Emergency Care. Selected health conditions and risk factors: UnitedStates, selected years 1988-1994 through 2009-2010.

7 Ibid.

8 Narayan KMV, Boyle JP, Thompson TJ, Sorensen SW, Williamson DE. Lifetime risk for diabetes mellitus in the United States. JAMA 2003 October 8;290(14):1884-1890.

9 Trust for America's Health (2012). Adult obesity rate in Ohio could reach 59.8 percent by 2030, according to new study.

10 Trust for America's Health (2008). Prevention for a healthier America: Investments in disease prevention yields significant savings, stronger communities.

