

# Creating Healthy Communities

## Healthier Options In Your Community

### What is the Creating Healthy Communities Program?

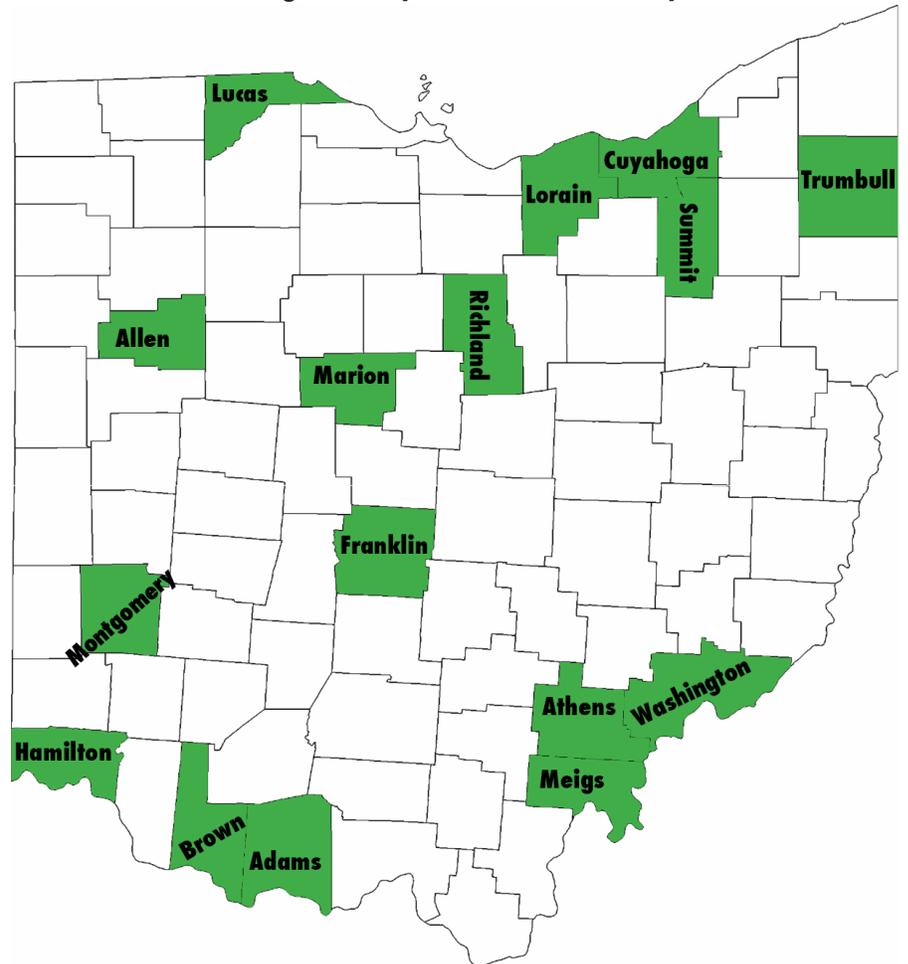
The Creating Healthy Communities (CHC) Program provides \$1.7 million in funding from the CDC's Preventive Health and Health Services Block Grant (PHHSBG) to 16 Ohio counties to address the risk factors of poor nutrition, tobacco use, sedentary lifestyle and chronic disease in schools, worksites, health care and community settings. The CHC Program uses a population-based approach to expand and enhance a community's ability to develop policies, systems and environmental changes to reduce the incidence of chronic disease and obesity.



### Get the Facts...

- Obesity and chronic disease are the most common causes of death and disability in Ohio, with an economic impact of approximately **\$56.8 billion** per year.<sup>1</sup>
- In 2010, CHC counties established 151 community gardens to provide affordable options for fresh fruits and vegetables in communities with limited access to grocery stores.
- In 2010, CHC counties established 86 new Farmer's Markets in high-need communities to support Farm-To-Community initiatives and build a sustainable food system for low-income residents.

### Creating Healthy Communities Projects



# Success in the Community

## Athens Takes It Off and Keeps It Off

"Athens Takes It Off," a weight loss campaign aimed at losing the highest percentage of weight, had over 750 participants with 166 teams. During the ten weeks, participants received emails about weekly educational seminars, mid point weigh-ins and end of the program event details. Teams developed their own Facebook and Twitter sites in order to stay connected during the challenge.

After ten weeks, team members had shed an impressive 6,329 pounds. Of the 166 teams who started the challenge, 152 of these teams returned to the "weigh out" to demonstrate their weight loss. The first place team, The Gold Diggers, lost an amazing 117.5 pounds. The second place team, The Counterweights, lost 116.5 pounds, and the third place winners, The Grizzlies, lost 113 pounds.

## Residents Improve Nutrition Choices in East Cleveland

Community gardening is an effective way to use land to create a healthy environment for community members by providing access to affordable, nutritious foods. In addition, community gardening and green spaces promote physical activity. With the assistance of the CHC program, East Cleveland (E.C.) has increased access to community gardens to optimize the use of vacant properties and provide opportunities for improved nutrition and physical activity. In one year, residents achieved the following outcomes:

- Over 40 individuals and families participated in community gardening.
- More than 4,700 square feet of gardens are being used.
- Gardeners have attended at least four educational workshops on community gardening including: lasagna gardening, raised bed gardening and planting fruit trees.
- E.C. gardeners received support from local businesses and agencies to sustain the gardens.



Gardeners built raised beds at the E.C. Grows garden (formerly a vacant parking lot) in East Cleveland

For more information on the Creating Healthy Communities Program and other Office of Healthy Ohio initiatives, please visit our website at:

**[www.healthyohioprogram.org](http://www.healthyohioprogram.org)**

## The Preventive Health and Health Services Block Grant

The Creating Healthy Communities Program is funded by the CDC's Preventive Health and Health Services Block Grant (PHHSBG). The President's FY 2012 budget request eliminates the PHHSBG, a grant that provides \$4.5 million in funding to ODH allowing the state to address vital public health needs and challenges in innovative and locally defined ways. **Loss of this funding will result in the elimination of the CHC Program.**