

Creating Healthy Communities

Promoting Healthier Worksites

What is the Creating Healthy Communities Program?

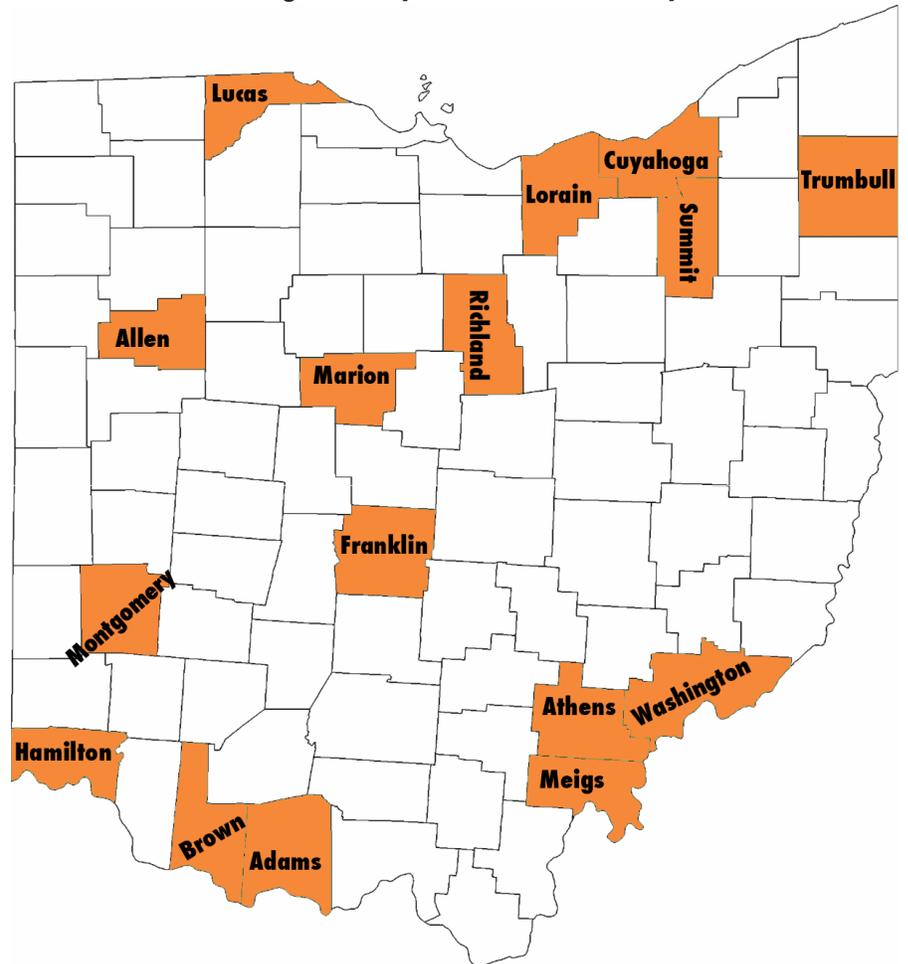
The Creating Healthy Communities (CHC) Program provides \$1.7 million in funding from the CDC's Preventive Health and Health Services Block Grant (PHHSBG) to 16 Ohio counties to address the risk factors of poor nutrition, tobacco use, sedentary lifestyle and chronic disease in schools, worksites, health 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.¹
- An investment of \$10 per person per year in community-based programs to increase physical activity, improve nutrition, and prevent tobacco use and exposure **can save Ohio more than \$685 million annually**, including \$185 million to Ohio Medicaid, within five years.²
- In 2010, CHC counties adopted 20 new workplace policies to improve the food choices for more than **18,099 employees**.

Creating Healthy Communities Projects



Success in the Workplace

Adams County “Wellness Matters” Worksite Wellness Challenge Program

Nine local businesses competed in a wellness challenge coordinated by the Adams County Health & Wellness Coalition. Participating businesses included: Adams County Regional Medical Center, Adams County Manor, Fifth Third Bank, First State Bank, General Electric-PTO, Manchester Local School District, Ohio Valley School District, WalMart and Adams County Employees.

Participants at each of the nine worksites kept track of healthy behaviors including physical activity and nutrition. Points were awarded for behaviors such as making healthy nutrition choices (eating fruits and vegetables, drinking water), increasing physical activity (walking, stretching, biking), and maintaining a wellness journal. The program was a huge success with the winning business, Adams County Employees, having an average of 96 employees participate and logging the most points for healthy behaviors. One goal of the coalition was to have 50 percent participation from each worksite in the challenge. The Adams County Regional Medical Center came close with 43 percent participation.

Stemming from this challenge, the coalition plans to develop county-wide nutritional guidelines for worksites. These guidelines would include a process that would make it easy for employees to identify healthy foods and beverages at work. It would also provide specific nutritional criteria for company-sponsored meals.

Summit County Hosts 4th Annual Worksite Wellness Workshop

In order to engage local businesses to initiate wellness programs in the workplace setting, the Summit County CHC program held its 4th annual Worksite Wellness Conference on October 28, 2010. With the support of Summa, a major health system in Summit County, more than 200 business owners, human resource managers, and benefits specialists attended the free half-day event.



The post-program follow-up survey revealed that as a result of attending the conference, 20.4% are now offering healthy food options at the worksite (vending, cafeteria or meetings), 18.4% are forming a wellness committee, and 16.3% are developing company policies to address wellness. In the next 12 months, 45.8% plan to increase physical activity at the worksite, 33.9% plan to increase physical activity options off-site, 25.4% plan to begin offering healthy food options at the worksite, 25.4% plan to develop company policies to address wellness and 20.3% plan to offer tobacco cessation classes or other resources.

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

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.**