

Creating Healthy Communities

Working to Create Healthier Schools

What is the Creating Healthy Communities Program?

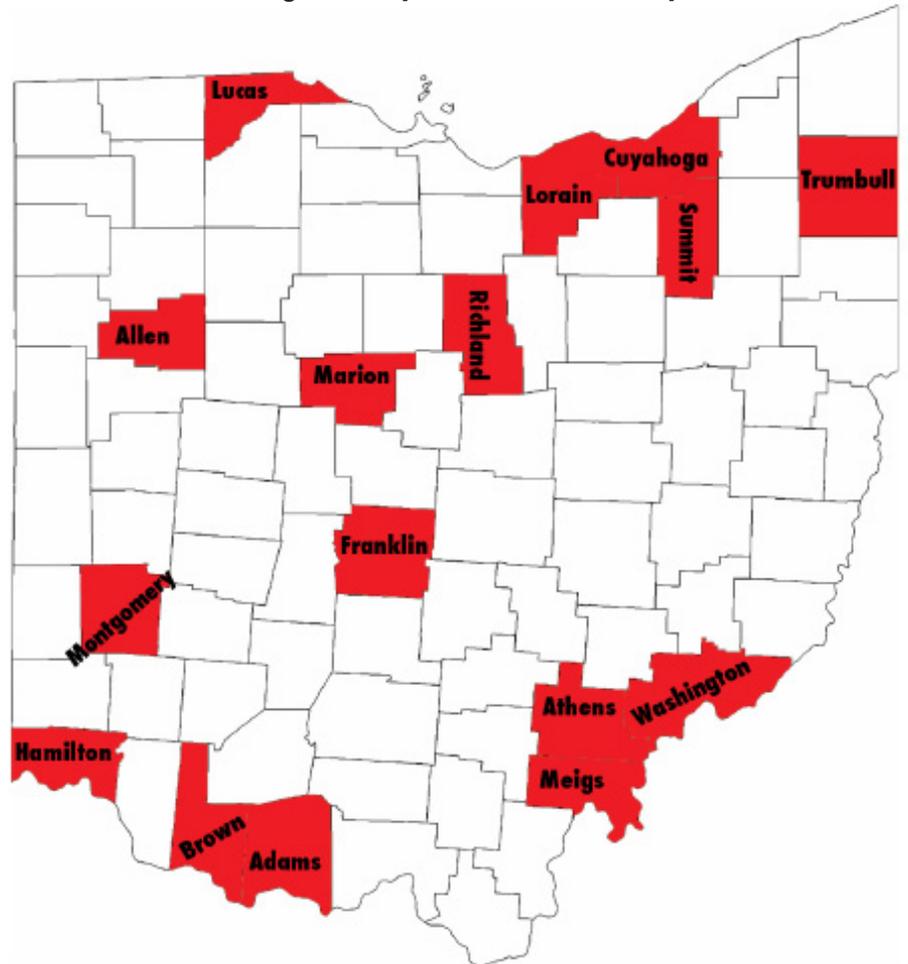
The Creating Healthy Communities (CHC) Program provides \$1.7 million in funding from the CDC's Preventive Health and Health Services Block Grant (PHHSBG) to 16 Ohio counties to address the risk factors of poor nutrition, tobacco use, sedentary lifestyle and chronic disease in schools, worksites, health 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
- In 2010, 23 policies and 61 system changes were adopted by schools to improve nutritional choices and to increase physical activity for more than **230,000 students**.
- In 2010, 93 schools in CHC counties adopted 100% tobacco free campus policies.

Creating Healthy Communities Projects



Success in our Schools

Sweet Success with Water Only Beverage and Snackwise Student Vending

Columbus City School District students had access to sugar sweetened beverages and low nutrient foods through student beverage and snack vending machines. Many schools in the district relied on vending incentive revenues to pay for team uniforms and equipment.

Recently, the district implemented several policy changes including water only beverage vending and the Snackwise vending rating system of Red (choose rarely), Yellow (choose occasionally) and Green (best choice) items. Over the next three years, vendors are required to phase out red items completely. Sales data for all beverage and snack vending machines are also required to be tracked electronically with information collected by central administrative offices.

In the first year of the new snack vending machines, the district exceeded their projected revenue numbers by over \$16,000. Staff report students being more aware of healthy options and data demonstrates that when given access to healthy options, students will make healthier vending purchases. The Columbus City School District found they can still generate revenue with water only beverage and healthy vending options.

Auburn School Implements a Structured Recess Program

Auburn School is a K-4th grade elementary school with just under 400 students located in Shelby, Ohio. With assistance from the CHC program, Auburn began a new structured walking recess program, Promoting Active Children Everyday (PACE), designed to record and reward the laps and miles walked each day by students during their lunchtime recess. An identified outdoor walking route around the perimeter of the school was established, a punch card system was developed to track participants' progress and incentives were purchased to reward and maintain participation.



School staff assisted in tallying laps and accumulated miles, maintaining a chart of participating students and miles walked. They also announced walking milestones and top walkers of the month. By mid-May of the school year, 100% of the students had been involved in the walking program. Cumulatively, the students had walked over 11,462 miles, with 6 students walking over 135 miles each. Staff has put into place means to measure and evaluate the impact of this recess program on students' BMI over time. The program will expand next year to partner with Safe Routes to School and continue its focus on increasing physical activity among students.

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.**