

Ohio's Creating Healthy Communities Program Receives the Preventive Health and Health Services Block Grant Champion Award



The Champion Award

The Preventive Health and Health Services Block Grant Champion Award is presented to individuals and/or groups whose national, state and community efforts to support the mission of the Preventive Health and Health Services Block Grant (PHHSBG) have been exceptional. Awards recognize outstanding leadership, exceptional program delivery, public policy achievements in the prevention arena and in promotion and protection of the health and safety of all people and the fiscal integrity of the Block Grant.

The Program Delivery Award is given to an organization or coalition that has developed and implemented a program that promotes health and/or reduces the burden of disease. Objectives for this program must have been based on sound epidemiologic data, and evaluation data must show a significant impact.



Ann Weidenbenner, Creating Healthy Communities Program Manager had the opportunity to share highlights of Ohio program accomplishments after accepting the award.

The Program Delivery Champion Award was presented to Ohio's Creating Healthy Communities (CHC) Program at the annual Preventive Health and Health Services Block Grant (PHHSBG) Conference August 16 – 18, 2010 in San Francisco, California. The CHC Program Staff consist of Ann Weidenbenner, MS, RD, LD, Director, Carol Gill, Ken Crnarich, Bonnie Hoppel and Jan Meyer District Program Consultants.

The Ohio PHHSBG Creating Health Community Program

The ODH's CHC program has supported local health programs, policies, environmental and system changes to achieve healthy communities in 24 counties since 2001. These 24 funded projects address the risk factors of poor nutrition, tobacco use and exposure, sedentary lifestyle, and chronic disease management in the schools, worksites, health care and community settings. A full-time CHC Coordinator in each county oversees and coordinates the activities and becomes an identified community resource for chronic disease prevention.

Each year, the local projects and their coalitions develop a work plan, based on the results of a Creating Healthy Communities Checklist (customized community assessment). This assessment also identifies

opportunities for local collaboration, resource sharing, and avenues for additional funding. The projects have become experts at achieving community support and buy-in and maximizing their local resources which has led to sustainable accomplishments in community improvements that exceeds the return on investment.

CHC Outcomes

Funding 24 counties with an annual budget of \$1.93 million from the PHHS Block Grant, the Creating Healthy Communities program has accomplished significant outcomes. The following are major highlights from the 24 local projects' work for the past decade:

- Awards: 12 Healthy Ohio Healthy Community, 231 Buckeye Best Healthy School and 8 Healthy Ohio Worksite recognitions given by the Ohio Department of Health to local worksite, schools and communities.
- 32 faith-based health committees established.
- 303 worksite wellness committees established with 19 worksite conferences conducted.
- 242 school health teams established.
- 354 schools have implemented their school wellness policies. Trainings continue for school professionals on implementing wellness policies.
- 165 schools have 100 percent tobacco-free campus policies in high-need communities.
- The last county in Ohio activated 911 services.
- 62 physicians have implemented the Ounce of Prevention is Worth a Pound Program to prevent childhood obesity.
- Best Practices in Glucose Monitoring trainings conducted for health professionals.
- 364 health care professionals trained on current diabetes, cholesterol and blood pressure guidelines.
- The Creating Healthy Communities Coordinator is viewed as a valuable resource in the community.

Major Highlights from 2009:

- 109 policies impacting over 991,000 high-need Ohioans.
- 409 environmental and system changes impacting over 778,000 high-need Ohioans.
- 263 trainings conducted impacting over 1,020,000 Ohioans.
- 251 community coalition meetings held representing 628 agencies.
- 132 school policies adopted for breakfast programs, healthy food choices, tobacco free campuses and Safe Routes to School.
- 100 trainings which included: Dining with Diabetes, Blood Pressure Measurement and Blood Glucose Monitoring.
- 264 community gardens, 73 farmer's markets and 75 walking trails in high-need neighborhoods.

CHC Significance in Promoting Health and Preventing Disease:

Prior to 2001, there were few resources and fewer policies for chronic disease prevention in the 24 CHC communities. The 24 projects were selected because of their high rates of poverty and morbidity/mortality from chronic diseases (heart disease, stroke, cancer, diabetes, obesity and pulmonary disease in their counties. Of the 24 project counties, 9 are Appalachian, 7 are inner city/urban, and 8 are low-income rural. In each of these counties, target communities, which were selected based on social determinants of health data, were the focus of program interventions.

Changes in community infrastructure, new community partnerships, leveraged additional funding for health-related programs, greater capacity for providing chronic disease prevention and management services, improved community awareness and support, changes in school and worksite norms positively affecting health behaviors. The total high-need, at-risk Ohioans impacted by CHC initiatives is **3,877,072!**