



SUCCESS STORIES 2015



Fall 2016

Dear Colleagues, Stakeholders and Public Health Partners,

It is my pleasure to share with you the 2015 Creating Healthy Communities (CHC) Success Stories. Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC), CHC is working to increase opportunities for physical activity, improve access and affordability of healthy food, and assure tobacco-free living for all Ohioans.

CHC Coordinators in 23 counties across the state have activated and engaged local stakeholders through coalitions to accomplish objectives and ensure sustainability.

Examples of this work include nutrition incentive programs at farmers' markets, development and implementation of bike/pedestrian master plans and adoption of tobacco free spaces in public places. In 2015, the CHC program impacted approximately 1.3 million Ohioans and leveraged more than \$3.8 million to support these sustainable changes. We hope you enjoy reading about how CHC is making the healthier choice the easier choice where Ohioans live, work, and play.

Thank you for your continued support of the CHC program.

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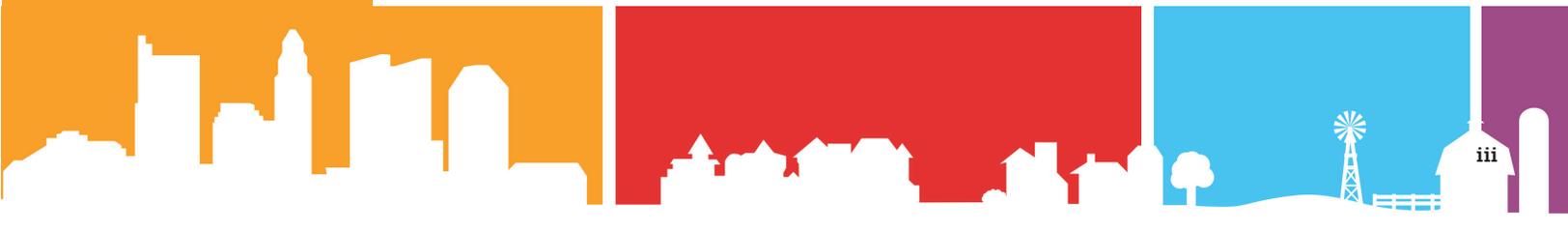
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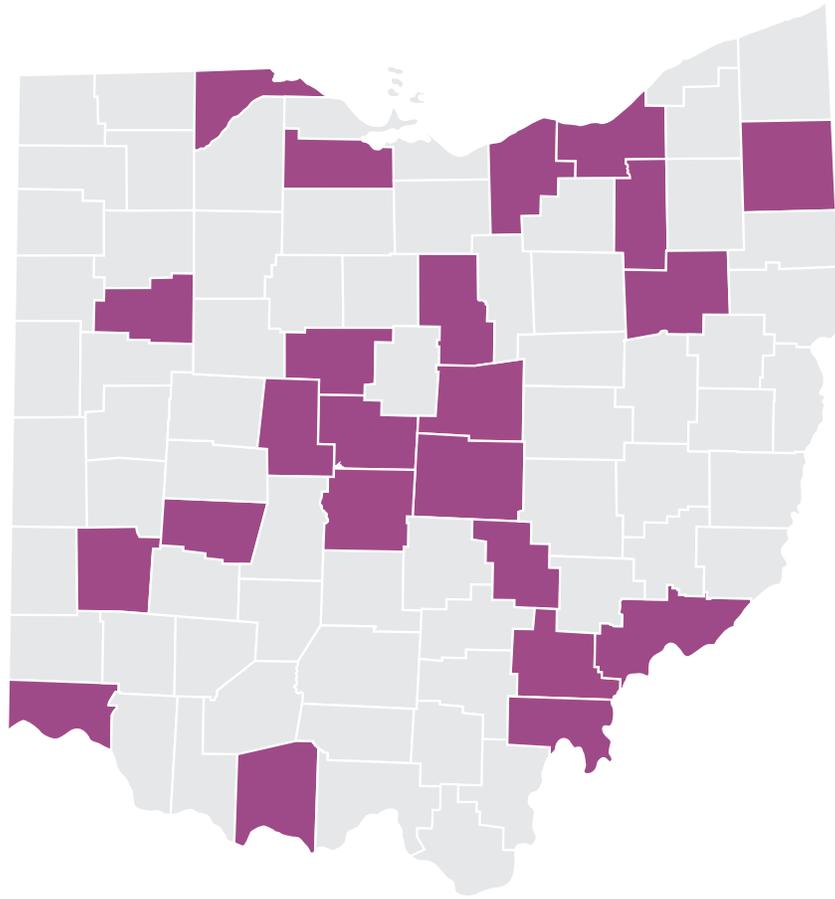
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Vision:

Making the Healthy Choice the Easy Choice

Mission:

Creating Healthy Communities (CHC) is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.



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Adams County

Garden Fresh Local Produce Travels to Worksites

Summary

For many residents of Adams County, accessing fresh produce can be challenging. Thanks to the collaborative efforts of Venture Productions, Inc., the Adams County Board of Developmental Disabilities, and four local worksites, the Adams County Creating Healthy Community Coalition (ACCHCC) brought fresh fruits and vegetables and other locally produced items to as many as 778 employees in four worksites in Adams County via a unique, highly visible mobile farmer's market. These efforts made accessibility to healthy foods a reality, all the while providing individuals with disabilities the opportunity to be included in community initiatives.

Challenge

Eating healthy can be difficult when affordable, nutritious options are not available. In Adams County, 23 percent of households have an income below the federal poverty level and 19 percent of households are food insecure. Three out of five incorporated villages in Adams County do not have a grocery store. With limited income and grocery stores, it is difficult for residents, to access healthy food. The challenge was to identify an effective strategy to make fresh fruits and vegetables more accessible to Adams County residents.

Solution

To address access to healthy foods in Adams County, the ACCHCC partnered with the Adams County Department of Developmental Disabilities and its adult workshop, Venture Productions, Inc., and local producers. The Venture workshop, having a large garden and greenhouse and production capacity, decided to turn an out-of-service bus into an eye-catching mobile produce stand. A schedule for regular stops was established at four worksites in those communities lacking access to fresh produce. Items such as green beans, watermelon, tomatoes, cucumbers, cantaloupe, zucchini, squash, corn, onions, cabbage, wildtree seasonings, honey and maple syrup were available at the market.



Results

By taking the mobile farmer's market on the road, Adams County residents were able to purchase 179 pounds of fresh produce that they would not have had access to otherwise. Worksite employees and neighboring residents have expressed gratitude for the new opportunity to purchase healthy foods where they live and work. Through collaboration with the Venture Productions Adult Workshop, the project also provided an opportunity for clients from Venture Productions with disabilities to have the primary responsibility for set-up, sales and marketing of the goods provided at the markets, giving valuable work training experience to this group of residents.

"The items I purchased were fresh and the people were very nice and helpful! I am so glad I could get this at my worksite!"

*—Joyce Porter
Employee of Adams County
Regional Medical Center*

Sustaining Success

The ACCHCC and Venture Productions will be working to create a more efficient mobile farmer's market system within the next two years. The networking that Venture Productions developed with numerous local producers is key to offering a wider variety of local products that are attractive to consumers, in addition to what they grow in their garden and greenhouse. This on-going collaboration will be a very important component to the success and sustainability of the mobile farmer's market. Lessons learned from the initial launch show that better advertising and more frequent stops at key locations will be important to maintaining an efficient market. Additionally, dates and times will be added to permanent signage at the worksites, increasing continuous visibility of the market locations.

Your Involvement is Key

Interested in purchasing fresh fruits and vegetables in Adams County?

- Look for signs at local worksites advertising the Venture Productions Mobile Farmer's Market.
- Contact Venture Productions, Inc. for market times and locations

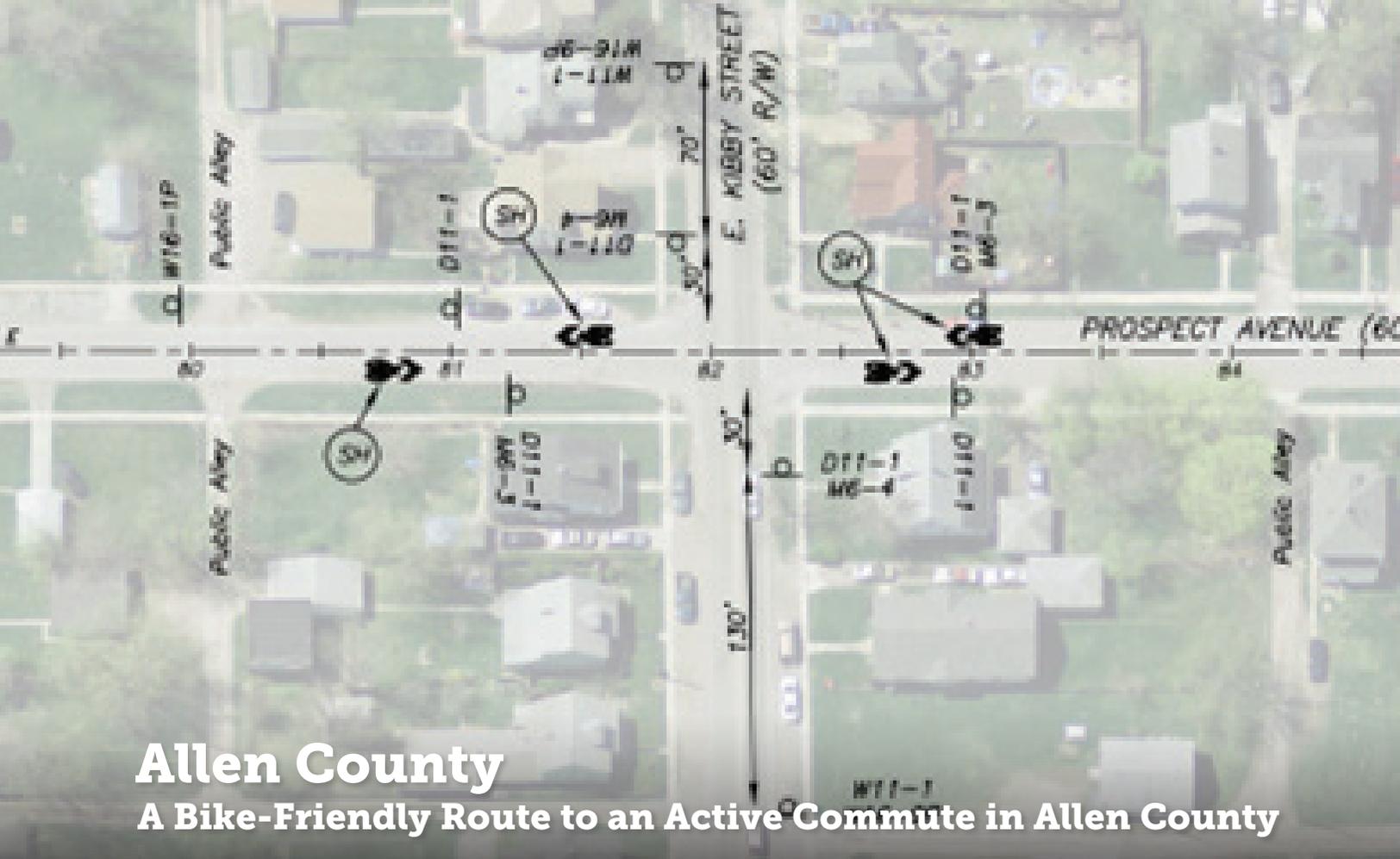
What a great way to increase your daily fruit and vegetable consumption!



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Allen County

A Bike-Friendly Route to an Active Commute in Allen County

Summary

Getting to work or running errands by walking or biking has many benefits for the individual and the environment. But people need to feel safe if they choose to bike or walk for their health or transportation. Thanks to a partnership between the City of Lima, Activate Allen County, and the Allen County Creating Healthy Communities (CHC) program, Lima has become a safer community to bike and walk. Seven miles of connector bike routes and pavement markings have been added to the previously established bike route through the city and several bike racks have been installed throughout the county for employees and community members to use.

Challenge

In Allen County, individuals with income less than \$25,000 per year are less likely to

own a car or have access to one and have an increased likelihood of being obese. Providing more opportunities for walking and biking, as well as transit, relieves the burden and cost of owning a car and reduces obesity through increased physical activity. However, this is difficult for the community as there are concerns about bike safety and limited availability of bike rack parking. During a study period from 2009-2013, the City of Lima experienced 89 bicycle crashes. When compared to cities of similar size, Lima is tied for first in the state for the highest rate of bike and pedestrian crashes. A survey conducted by CHC staff of employees and residents in Lima showed there was a lack of awareness of bike safety rules for riders and drivers. Increased education about rules for sharing the road, awareness of people on bikes, and increased support for bike infrastructure was needed to combat these issues. Additionally, bike parking was needed to keep bikes secure while residents shop or

work. This made it challenging to increase the number of people biking and walking in Allen County.

Solution

Allen County's Active Transportation Plan was developed in 2014 through the work of a dedicated group of elected and appointed officials, public employees and the general public. One of the goals was to make it safer and easier for Allen County residents to walk and bike. The Allen County CHC program has been actively working on capacity building for active transportation throughout the last several years to increase the bikeability and walkability of area communities in Allen County. Funding was received from the Ohio Department of Health to establish and install neighborhood connector bike routes to the Rotary Riverwalk, a 13 mile, multi-use trail through the city and local parks. These



new routes connect residents who live near the proposed bike routes to the Riverwalk, places of work and shops in Lima. Installing bike racks at businesses provided secure parking for those who ride their bikes.

Results

The collaboration between CHC and the City of Lima enabled seven miles of neighborhood connector bike routes and pavement markings to be added throughout the Lima, based on the city's active transportation plan. Bike route signs and bike "sharrows" are being added throughout the city to indicate safer routes, be a visible daily reminder for people that bicycles are vehicles too, and to encourage using bikes to commute to destinations. A total of 15 new bike racks will be installed as a result of this project and their locations will be added to the Allen County Bike/Walk map. In addition, this initiative has prompted nine worksites to develop low traffic bike routes to work; four sites are implementing an Active Commute Support plan encouraging employees to bike to work, and seven sites are installing bike racks for employee and client/community use.

"Several of our clients have commented how nice the racks are right across the street from our building and they really like the idea of having them on the inside of the garage because they are able to keep their bikes dry."

— Lisa Ashafa,
Coleman Professional Services

Sustaining Success

Infrastructure changes, such as bike paths/lanes, bike racks and improved walking trails, as well as community education and promotion will continue to occur throughout the next several years with the assistance of the Allen County Bike and Pedestrian Task Force and the county's active transportation plan. The task force will serve as an active forum for the community to be involved with local bike/pedestrian activities and to share information with the community members, businesses and workplaces. The Active Transportation Plan ensures that plans for future infrastructure changes and capacity building continue to occur in Allen County that will provide more opportunities for active living through developing a network of streets and pathways that are friendly to bicycles, pedestrians and transit users.

Your Involvement is Key

Join the Allen County Bike and Pedestrian Task Force to stay current on bike routes, active commute and other community resources that are available to enhance active living. Want to help your community be active?

- Contact the Allen County CHC program.
- Celebrate bicycling during national events such as Bike to Work/School.
- Hold, or participate in, community bike rides.
- Take family bike rides or run errands on your bike.
- Get a bike map and get out and ride!



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Athens County

Athens Families Receive Food Just in Time for the Holidays

Summary

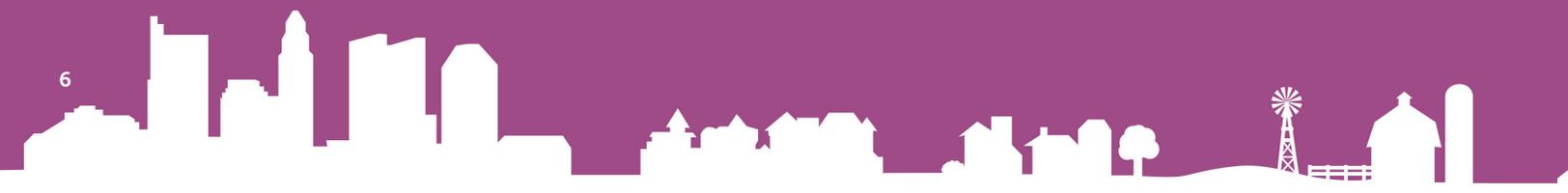
Due to high rates of poverty and food insecurity, extended school breaks put a financial burden on many Athens County families. Because of this, Creating Healthy Communities (CHC) and the Athens City School District collaborated to open a school based food pantry. Beyond increasing food availability to the district's families and the community, the pantry aims to provide guidance in healthy food preparation and meal planning. Generous donations from the food drives organized by the school's parent teacher organization (PTO), equipment purchased through CHC funding, and strong leadership from the school administration and staff made opening day a possibility before the holiday. The first distribution was a success with 27 families served and plenty of smiles to go around.

Challenge

Athens County has one of the highest rates of food insecurity in Ohio; about 29 percent of children are food insecure (Map the Meal Gap, 2013). Furthermore, with 30 percent of children in Athens County living in poverty, extended school breaks put a financial burden on the families that qualify for free and reduced meals as well as the many families who fall just short of the qualifications (County Health Rankings & Roadmaps, 2015). CHC, parents, staff, and PTO from Athens City Schools worked together to send food bags home with students in the 2014-2015 school year during extended breaks. However, logistical issues and the difficulty of taking two weeks' worth of food home on the school bus made stakeholders wary of repeating the process. Therefore, a school based food pantry was proposed to provide more regular availability of food to the district's families and community residents in need.

Solution

Collaboration was truly the key to success. CHC worked closely with the school nurse to secure a location and apply as a member pantry of the Southeast Ohio Regional Foodbank. CHC funds were used to purchase necessary equipment, such as a refrigerator, a freezer, shelving, and cooking demonstration supplies. Fliers were sent home to the district's families, and the local 2-1-1 resource was notified about the pantry's opening. Food donations made it possible to open the pantry before the holiday. Canned goods and other nonperishable food items were donated through a food drive organized by the schools' PTO. Athens City Schools also partnered with Community Food Initiative's (CFI) Donation Station for distribution of fresh produce to the pantry.



Results

On December 16, 2015, the Athens City School food pantry opened and served 27 households consisting of 65 adults and 51 children. More than 2,000 food items were donated from the East Elementary food drive, including beans, rice, legumes, canned vegetables and fruit, peanut butter, pasta, dry cereal, and local food items. The Athens Catholic Communities food pantry donated dry milk and bread. Sweet potatoes and squash were acquired from CFI's Donation Station. In total, the pantry reached 116 people on its opening day. Healthy recipes and food samples were available to patrons, compliments of CFI. Pantry coordinator, Heidi Mowrey, noted that the families served were incredibly grateful. "We had so many thank-yous and kind smiles given to us that night by both kids and parents," said Mowrey. "I am proud of the quality of food that we are giving out to our families, and I hope we will continue to grow to help our friends and neighbors."

"A young student was hesitant to take the sweet potatoes. As I showed him a recipe from the produce guide I had given him, his eyes lit up and he grabbed several potatoes. Looking to his mom and pointing to the recipe he exclaimed, 'Mom, we have a meal!'"

*— Krystle Kalafut,
food pantry volunteer*

Sustaining Success

The Athens City School food pantry will continue to be stocked in a variety of ways thanks to multiple collaborators. As a member pantry of the Southeast Ohio Regional Foodbank, the Athens City School pantry has access to the purchase program; furthermore, the PTO continues to collect food items through food drives and collect monetary donations. Most significantly, developed partnership with CFI and the refrigeration capacity provided by CHC allow for continued produce distribution. Guidance in healthy food preparation and meal planning will be sustained through collaboration between the CFI and Athens City School AmeriCorps service members, as they will be offering food sampling and cooking demonstrations for the pantry. A huge key to success has been the invested interest, participation, and leadership from school administration, parents and staff. The need for food is ever present, and the pantry exemplifies that innovative solutions are made successful when genuine, caring individuals collaborate.

Your Involvement is Key

- The Athens City School food pantry is open the third Wednesday of every month from 4-7 p.m. If you would like to volunteer or donate to the pantry, please contact Heidi Mowrey at hmowrey@athenscsd.org or 740-797-4544 extension 226.
- Want to donate to your local pantry? Food items, such as canned beans, canned fruit in 100 percent juice, canned vegetables without added salt, whole wheat bread or pasta, and bags of brown rice are great donations. You can also donate time by volunteering with your family!



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Cincinnati

Cincinnati Citizens Enjoy the Perks of Healthy Eating

Summary

The Produce Perks program, in only its second year, has grown to serve a regional population in Greater Cincinnati and Northern Kentucky. The program works to increase accessibility, affordability, and consumption of healthy foods – while supporting regional farmers and sustaining local economies. Using a model to incentivize the purchasing of fruits and vegetables, the Creating Healthy Communities (CHC) program worked with local farmer’s markets to provide a \$1-for-\$1 match for food-assistance recipients to spend on fruits and vegetables. To date, Produce Perks has provided more than \$15,000 in incentives for families to purchase healthy foods. The program serves as an agent of social justice and equity in improving the health of social, ecological and economic systems.

Challenge

Households are considered “food insecure” when they cannot acquire enough food to meet the needs of their family. There is a link between the health of our citizens and the food they eat. The CDC indicates that 26.3 percent of adults in Ohio reported consuming vegetables less than one time per day, according to 2013 BRFSS data (Behavioral Risk Factor Surveillance System). Furthermore, 32.6 percent of BRFSS respondents indicated they are overweight or obese. The challenge of consuming healthy foods is in large part attributed to issues of accessibility and affordability. Incidences of food insecurity are highest amongst minority populations with incomes near or below the federal poverty line.

Solution

Utilizing a model to incentivize the purchasing of fruits and vegetables, CHC worked with area farmer’s markets to implement Produce Perks, a program for food-assistance recipients, providing a \$1-for-\$1 match for every dollar spent on fruits and vegetables. By offering incentives, the Produce Perks program helps to ensure that fresh, locally grown produce gets into low-income households where it is needed most. The program is made possible through the collaboration of partners including the Cincinnati Health Department’s CHC Coalition, Ohio Department of Health, Ohio State University Extension, Interact for Health, and participating farmer’s markets. CHC also works with community members to resolve challenges, such as getting to the farmer’s market. For example, Cincinnati Recreation Centers provided vans to drive community members who didn’t have



other means of transportation to the farmer's market. Each partner plays a key role, ranging from program support to help with funding.

Results

The Produce Perks program has provided more than \$15,000 in incentives for families to purchase healthy foods, a 60 percent growth from year one to year two. In two years, the program has nearly doubled the number of participating farmer's markets. All markets have experienced increases in new customers, Electronic Benefit Transfer (EBT) sales (food assistance dollars), and total market sales. EBT sales alone has reached \$25,000 in just two years. In addition to increasing accessibility and affordability of healthful foods, the program works to support regional farmers, local markets and sustain local economies. This has led to enhanced partnerships on the local, state and national level.

"A young mother in college has a toddler. She was thrilled, nearly to the point of tears, when I told her about the Produce Perks program. She is desperate to eat well and to feed her daughter well, and the Produce Perks program will help her tremendously in this endeavor."

— Mary Hutten, Market Manager

Sustaining Success

Produce Perks is comprised of key organizational partners that contribute to both its success and sustainability. Additionally, the program has a committed leadership team involved in all programmatic activity. Produce Perks is modeled after similar incentive programs across the state and nation, and shares best practices with these partners so everyone may grow in a sustainable manner. Promotion and awareness of the program among community members is vital to its success. As more community members become aware of Produce Perks, the greater the opportunity for utilization of the program.

Your Involvement is Key

Opportunities for involvement include increasing community awareness and overall promotion of the program. We are seeking to empower community members to promote the program among their neighbors and encourage participation. To get involved, contact Tevis Foreman at the Cincinnati Health Department 513-357-7428 or visit www.produceperks.org.



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Clark County

Warder Fit Stop Creates Opportunity for Change

Summary

Thanks to the collaborative efforts of Creating Healthy Communities (CHC) and National Trail Parks & Recreation Department (NTPRD), the residents and visitors of Springfield now have access to free exercise equipment. The Warder Fit Stop is accessible to people of all abilities and ages, and located just steps off of a bike path. The fitness station's proximity to downtown and the bike path should help increase physical activity and decrease obesity in Clark County and surrounding areas.

Challenge

According to the Clark County Combined Health District data, 67.5 percent of the adults in Clark County are overweight or obese and 22.6 percent of Clark County adults report being physically inactive. Lack of physical activity is one of the main contributing factors to this elevated obesity rate. In addition, 18.6 percent of our residents live at or below the poverty level. This makes it difficult for the community to access affordable physical activity opportunities. According to the CDC, "...obesity-related conditions including heart disease, stroke, type 2 diabetes and certain types of cancer are some of the leading causes of preventable death." The challenge is providing access to physical activity opportunities while navigating economic and social barriers.

Solution

Employees from the Clark County Combined Health District and National Trail Parks & Recreation District were motivated to seek out a community enhancement project to combat the elevated obesity rates. The partnership quickly produced two major goals for the community: to provide an affordable and easily accessible exercise outlet for community members, and to encourage more residents to utilize the bike trail infrastructure that runs throughout the city of Springfield. Warder Fit Stop is just steps off of the bike path, and is completely free to use. Residents and visitors have full access to multiple machines and stations that are ADA accessible and senior-citizen friendly, to ensure equal access.



Results

The Warder Fit Stop provides more than 60,000 Springfield residents with access to free exercise equipment. With its central location, it's the hope that more residents will utilize the multi-use trail by means of biking, walking or jogging to the fitness station. It is also a prime location for Wittenberg students and those who work downtown to stop by for a workout on their lunch breaks, right after work or in between classes. The Warder Fit Stop is only a small part of the large effort to better the health of our residents and visitors. The fitness station is already seeing usage, and is expected to increase.

“Springfield has seen a lot of investment in its urban core the past ten years. This investment has included infrastructure that provides for and promotes a more active lifestyle for our citizens. The fitness station park, located adjacent to the Buck Creek Scenic Trail, is a great addition for users of our expansive multi-purpose trail network as well as the many companies and their employees who call the downtown their home.”

— Bryan Heck, Deputy City Manager

Sustaining Success

An action team will work to promote the fitness station as well as engage with community members, city employees and others to encourage use of the fitness station. Fitness challenges and campaigns are planned to motivate residents to continue usage. Maintenance and monitoring are a top priority for the NTPRD, with the goal of keeping the area clean and safe for all users.

Your Involvement is Key

You can help to create a healthier community!

- Find a neighbor, friend, or coworker to join you at Warder Fit Stop for a lunch time workout.
- Start a fitness challenge within your household or in your office.
- Encourage those around you to visit Warder Fit Stop on their weekend adventures.
- Become a voice for a healthier neighborhood by joining the Creating Healthy Communities Coalition.
- Make health a priority for yourself and your family. Together, we can create a culture of health in Clark County!



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Columbus Partnerships Improve Healthy Food Access in Neighborhood Corner Stores

Summary

Diets rich in fruits, vegetables and other nutritious food are crucial to living a healthy life. However, limited access to grocery stores on the West Side of Columbus continues to be a barrier for residents who want to maintain a healthy diet. Through a partnership between the United Way of Central Ohio, Columbus Public Health's Creating Healthy Communities program, and local corner stores, the Fresh Foods Here (FFH) program is working to improve the availability of nutritious, affordable options in high-need neighborhoods.

Challenge

Columbus's West Side has been identified as an area where grocery store access is limited due to lack of infrastructure, transportation and other factors. Having

few resources for healthy food options means that community members rely on fast food and other unhealthy options. Limited access to fresh, healthy food results in high rates of obesity, food insecurity and other risk factors that contribute to chronic health conditions, such as heart disease and diabetes. The percentage of overweight and obesity for adults living in the West Side is approximately 61 percent, and one in five children is considered food insecure. Poor food access, low incomes, limited resources and high rates of death due to diet-related diseases are factors that make the West Side a high need area.

Solution

FFH is a healthy corner store program that was created to bring fresh produce and other healthy foods to Columbus's West Side. FFH was made possible through a partnership between

the United Way of Central Ohio and Columbus Public Health as well as the collaboration of West Side stakeholders and community partners. FFH works with stores to help them sell healthy food and promote themselves as a food access point for their community. Successful stores receive marketing materials and store improvements designed to make this a sustainable business practice. With healthy foods consistently available in neighborhood stores, FFH is helping to improve food access in areas where grocery store access is limited.

Results

The collaboration between United Way of Central Ohio and Columbus Public Health enabled the program to expand from five to nine stores in 2015. FFH has also been able to leverage this added partnership to provide nutrition education in stores such as cooking demonstrations. Participating



stores have increased the quantities and varieties of healthy food available to shoppers, leading to consistent growth of healthy food stocked and sold by as much as 60 percent. Shoppers surveyed at FFH locations demonstrate an increased knowledge of the importance of healthy eating, and those who recognize the FFH brand are more confident than the average customer that they can enact healthy behaviors in their daily life. Another unique result of the FFH program is a partnership that formed between the Highland Youth Garden and Lenas Market. More than 500 youth helped grow and distribute more than 230 pounds of produce to Lenas. Community members not only loved having access to locally grown produce, but they also expressed interest in expanding this model to other FFH stores.

“Taking away the barrier for people to get fresh foods is huge for our community. Fresh Foods Here coming in means people have access, and they know where they can get healthier options. It’s also a sign that someone is taking time to notice the needs and struggles in the neighborhood, and work with the neighborhood to make things better.”

— Beth Urban, Dowd Center Director and Westside Resident

Sustaining Success

Due to successes on the West Side, FFH will continue to expand the network of participating stores into all four quadrants of the city in 2016. United Way of Central Ohio and Columbus Public Health will provide assistance to FFH stores to ensure that selling healthy food becomes a sustainable business practice in their communities.

FFH also plans to explore sourcing locally grown food options, like the garden-to-corner store strategy modeled with Highland Youth Garden and Lenas. This model could serve as a sustainable source of healthy food for stores, and an opportunity for a garden to make a small profit and a large health impact on the surrounding community.

Your Involvement is Key

There is more work to be done! Many people in Columbus still lack consistent access to healthy, nutritious foods. If you are interested in learning more and being a part of the Fresh Foods Here effort, please contact Harmony Cox at harmony.cox@uwcentralohio.org for more information on the program and opportunities to get involved. We need your help to make the healthy choice the easy choice in Columbus!



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Cuyahoga County

Lakewood Child Care Centers are Helping Kids Stay Healthy

Summary

Thanks to the collaboration between Creating Healthy Communities (CHC), Healthy Children Healthy Weights (HCHW) and the Child and Family Health Services (CFHS) Programs at the Cuyahoga County Board of Health (CCBH), nearly 200 children enrolled in St. Peter's and Lakewood Child Care Centers have day care environments that promote lifelong healthy habits. The centers have reported that the children enjoy the healthy foods, like drinking water instead of juice, are having fun being active, and have received positive feedback from parents.

Challenge

In 2011, the childhood obesity rate showed a decline in 19 states. However, Ohio's rate remained at 28 percent, which

increases children's risk of diabetes by four times and doubles their risk for poor health. Overweight children are more likely to develop asthma, suffer from poor mental health, and have a limited ability for activities of daily living. 22-29 percent of preschool children are currently affected by obesity, yet very little investment has been made in early childhood obesity prevention. One of the best opportunities for prevention of childhood obesity is to create environments where children can grow and develop healthy eating and physical activity habits to prevent the devastating long-term consequences of unhealthy habits.

Solution

The CHC Program partners with HCHW and CFHS programs in Cuyahoga County to assist local day care providers

in achieving Ohio Healthy Program certification. This program offers 15 hours of Step Up to Quality (SUTQ) approved continuing education training and the HCHW series for day care provider staff. Center staff and directors learn how to meet Ohio Healthy Program guidelines, provide healthy menus and implement policies that promote healthy eating, active living and healthy families. Lakewood day care centers were recruited to attend the HCHW training series through the Lakewood Childcare Professionals Consortium. The HCHW training was provided by CFHS and HCHW staff. CHC staff provided technical assistance visits with Lakewood Child and St. Peter's Child Care Centers. The CHC program provided centers with education and activity resources to enhance the policy and systems changes that the centers were making, including healthy themed story and activity books, posters, bulletin board displays, food models,



cookbooks, trikes and balls. Marc's Stores even donated vegetable seeds to the centers' gardens.

“The children at Lakewood Child Care Center are really enjoying the hummus we added here. A parent has commented that she likes how the center doesn’t serve juice. The kids are also very interested in having water during meals, and say that they drink water at home now too.”

*— J. Salmon
Education Coordinator at
Lakewood Child Care Center*

Results

CHC staff received training on the HCHW training series, and on how to effectively provide technical assistance to child care centers. Two Lakewood centers successfully completed the training series taught in partnership with the HCHW and CFHS programs. Both Lakewood and St. Peter's Child Care Centers received Ohio Healthy Program certification in 2015. CHC staff provided technical assistance, assisted with healthy menu modifications and provided healthy policy guidance. Lakewood Child Care Center became

“100 percent juice free”, which opens the menu up for more whole fruits and vegetables, and avoids excess sweetened beverages in children’s diets. Lakewood Child Care Center menu has increased the number of fruits and vegetables served per week by 57 percent. St. Peter’s Child Care developed a policy to promote active play by requiring teachers to participate in gross motor activities. These centers serve nearly 200 children and their families.

Sustaining Success

The Ohio Healthy Program success is gaining statewide and local attention. Local foundation and private sector funders are currently considering supporting these efforts through the Early Ages, Healthy Stages Coalition in Cuyahoga County. This collaborative partnership will help to ensure that additional technical assistance and training are provided to interested centers. Both Lakewood centers have leaders and staff who are committed to this effort, and provided their own ideas to fulfill the Ohio Healthy Program guidelines that best meets the needs of their children and families. They both also have active fundraising committees, which strive to receive grant funding to sustain and enhance these efforts.

Your Involvement is Key

Children who move more and eat smart are better learners. Ask your child’s teacher or center director to apply for an Ohio Healthy Program certification today!

Call the Ohio Child Care Resource and Referral Association at 1-877-547-6978 for more information. Visit www.ccbh.net for more information.



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Delaware County Village of Ashley Children Enjoy New Playground

Summary

Childhood obesity is a growing problem in the Village of Ashley. Without a place to play, children lack access to opportunities for physical activity, a major contributor to childhood obesity. Thanks to the efforts of the Ashley Village council and the Delaware County Creating Healthy Communities (CHC) program, there is now a playground for more than 350 children and residents of all ages to play safely and be physically active.

Challenge

The Village of Ashley needed a better place for children to play and be physically active. The existing park had sparse equipment that was either old or unsafe for kids to play. According to the Child and Family Health Services and Reproductive Health and Wellness Program 2014 Delaware County Report, 17 percent of children aged 2-5 years old were overweight and 14 percent of children aged 2-5 years old were obese. The 2014 Delaware County Youth Health Assessment revealed that 28 percent of third grade students and 29 percent of seventh grade students were overweight and obese. According to the CDC, regular physical activity reduces the risk of developing obesity and other chronic diseases among young people, as well as improving academic performance and reducing anxiety and depression.

Access to safe areas for play has a large impact on increasing physical activity rates among youth, which in turn may decrease the incidence of childhood overweight and obesity.

Solution

Delaware County Creating Healthy Communities coalition and Village Council member Elaine McFarland saw the need to improve a local park so that children had a place to be physically active. Council Member McFarland had long seen a need for an improvement to the park, so when the CHC program approached her for ideas, she saw the perfect opportunity for collaboration to improve the park. The rest of the Ashley Village Council agreed and work began by selecting and installing a state of the art playground for the park.



“Providing a safe area for kids to play is an important priority for the Village Council. We have been looking for many years for a way to improve the village’s community park and are pleased to be working with the CHC program to make it happen.”

— Elaine McFarland
City Council

Results

The village’s collaboration with the Delaware County CHC program resulted in a state of the art playground being installed in the local park. The playground provides Ashley Village with not only a safe place for children to play, but also a park in which the community can be proud. Interviews of residents show that the playground has already increased physical activity among children. The playground was the just beginning of many positive changes to improve and promote healthy lifestyle for community residents.

Sustaining Success

The goal of the playground project was to increase physical activity among the youth in the Village of Ashley and surrounding areas. The playground represents a major improvement to the physical environment in Ashley Village, but also an improved quality of life and plans for more improvements and enhancements. The improved park has also sparked the village to plan for further improvements to the area, including a skate park and a community garden, as well as an improvement in the infrastructure surrounding the park to make walking and biking to the park a safer option. With the support and commitment of the Ashley Village Council, these improvements and enhancements will be implemented in the next five years.

Your Involvement is Key

Join the Delaware County CHC coalition to help improve health in Ashley Village and in Delaware County. Contact Abbey Trimble with the Delaware County Creating Healthy Communities Program to find out how.



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Knox County Planting Seeds to Grow Healthy Children

Summary

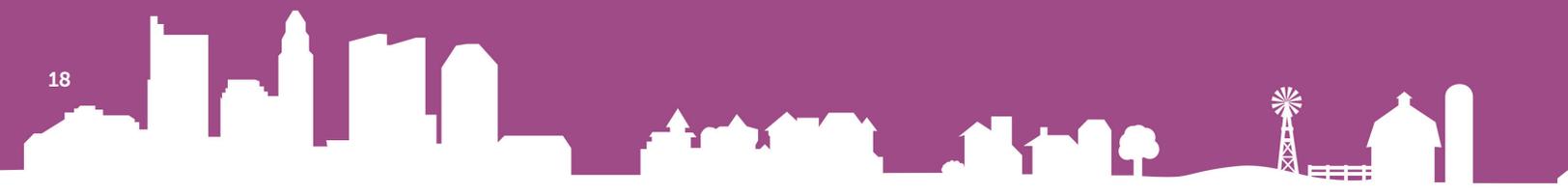
When given the opportunity to grow their own food and prepare it, children love healthier food. Children with Knox County Head Start were given the opportunity to experience the satisfaction of planting, growing and using fresh produce. Additionally, their families were introduced to the satisfaction of preparing and tasting new foods. The results showed that adults and children alike were able to enjoy eating healthier foods.

Challenge

In Knox County, an estimated 79 percent of adults consume less than five servings of fruits and vegetables each day, and 22 percent of the children live in households where the income is below the Federal Poverty Level or less than \$24,250 for a family of four (U.S. Census Bureau, American Community Survey, 2009-13). These are key indicators to the future health of these population groups. Unhealthy eating habits increase the risks of significant health issues, such as obesity and diabetes. Improving access to fresh food is one way to improve health and reduce disease. Access involves more than being able to purchase food; it involves education and discovery, including experiencing new foods, knowing how to prepare fresh food, learning recipes and experiencing how food is grown.

Solution

Knox County Head Start serves children from low-economic families with a mission to engage the whole family through education, care and support services. Knox County Creating Healthy Communities (CHC) Program worked with two centers to implement a school garden project. The goal of the garden was to improve access to fresh produce for families of lower economic status. On-site gardens were developed at each of the centers, giving the children hands-on experience with planting vegetable starts, tending to their growth and finally, harvesting and tasting the garden crops. To encourage gardening at home where limited space for garden beds was identified, CHC collaborated with the centers to provide after-school presentations to the Head Start families on container gardening.



“Our school family garden was a success! The children loved watching the vegetables grow. Several families even started small gardens at home, and would share stories and tips with each other. This experience was enjoyable for everyone!”

— Nicole Welker, Teacher

Results

Pre- and post-surveys revealed that the majority of the teachers and families who participated in the gardening project found the experience to be a rewarding one. “Picky eating” is a challenge for many young children. Teachers commented that engaging children in the growing process of foods helped increase their willingness to try them. The children compared their growing vegetables to illustrations in the book, “Growing Vegetable Soup.” They measured bean stocks and learned about the life cycle of a plant. The garden made practicing reading, math and science skills fun. As a result of this project, many parents and teachers reported starting gardens of their own at home.

Sustaining Success

As a result of this initiative, Knox County Head Start is considering expanding the school garden project to four other locations and making it part of the school curriculum. Additionally, in-house garden projects are also planned. The gardening equipment and classroom materials purchased through CHC will help make this possible. OSU Extension-Knox County has indicated a willingness to provide additional after-school educational opportunities to Head Start families regarding gardening. In 2016, there are plans to implement the Supplemental Nutrition Assistance Program (SNAP) at local farmer’s markets in Knox County and the Good Food Here program which will encourage healthier food choices at local small corner stores.

Your Involvement is Key

Promoting access to healthy foods and encouraging healthier eating habits is important throughout the community. Let local store owners know there is a demand for healthier food items and encourage them to offer healthier foods and include free tasting opportunities. Ask for healthier food options at sporting events. Encourage workplaces to make healthier food available at meetings and in break rooms. To find out more about how you can make improve access to fresh food in Knox County, attend a Get Healthy Knox County Coalition meeting. Call Tami Ruhl at the Knox County Health Department for meeting dates and times.



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Tami Ruhl

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Licking County

Buckeye Lake Residents Enjoy Safe, Free Play Space at Ryan Braden Park

Summary

Parents no longer have to worry about their children's safety while at Ryan Braden Park because of the changes made through a collaboration between Licking County Creating Healthy Communities (CHC) program, Buckeye Lake Mayor, Village Council and community volunteers. Buckeye Lake Village children now have access to a safe place to be active and play. Community members appreciate the focus on community development and hope to see more improvements throughout the village in coming years.

Challenge

The 2012 Licking County Community Health Assessment showed 66 percent of adults in the county are considered overweight or obese. With at least 32 percent of Buckeye Lake residents living below the poverty level and many lacking transportation, safe and affordable opportunities to be active and eat healthy within the village limits are critical. Recent budget constraints left Ryan Braden Park neglected. Although the park was home to two baseball teams and a summer lunch program for youth, there were no functional bathroom facilities or water fountains at the park. Also, the park did not meet necessary safety recommendations and increased the village's liability risk. Graffiti covered the skate park, making the park appear unsafe and uninviting. According to the CDC, access to safe places for

physical activity, such as parks, leads to a 25 percent increase in the number of people exercising three or more days per week. The National Parks and Recreation Association says parks also lead to increased home values, improved quality of life, economic development and tourism benefits.

Solution

The Buckeye Lake Mayor, Village Council, community volunteers and the CHC program led the renovation efforts at Ryan Braden Park. The group reviewed recommendations from the Public Entities Risk Services of Ohio that would correct safety and liability concerns. During park observations and community meetings, residents shared their ideas to make the park safer and more appealing. The work was divided amongst partners



to expedite the process. The village contracted with outside professionals to provide consultation and complete project tasks outside of their scope, such as restroom renovations and crosswalk installation.

“The [Creating Healthy Communities] grant made such a difference in the quality of life of the people who use the park.”

— *Kitty Olohan Zwissler,*
Village Councilwoman

Results

The Ryan Braden Park improvements made through the CHC grant positively impacted 370 children living in the Village of Buckeye Lake. Dozens of children in the summer lunch program and baseball leagues now have working water fountains and restrooms to use when spending their days at Ryan Braden Park. The enhancements to the park facilities include new paint, toilets and sinks in restroom, new water fountain, safety enhancements on ball field fence and under all playground equipment, repaired skate park, and a new bike rack. Parents can rest easy knowing their children are safe on the equipment and the park is more inviting after graffiti was removed. One mother said, “I feel better now that

all the mulch cuts down on the children getting hurt.” Grandparents of a baseball player simply said, “thank you for these renovations.”

Sustaining Success

All parties involved hope to continue this community development. The Licking County Planning Commission led the development of a land use plan to build tourism and community around Buckeye Lake. Regional leaders plan to ask the state of Ohio for up to \$5 million to support these changes. The Village of Buckeye Lake also worked with the Licking County Planning Commission to apply for a Community Development Block Grant to continue improvements in and around Ryan Braden Park. One of the community volunteers involved with the park improvements shared, “we have seen improvements that were impossible before this time. I look forward to more improvements to the village and the park.”

Your Involvement is Key

You can create opportunities for safe physical activity opportunities in your community by making your voice heard. Find out what parks, schools, and other community facilities are available for families in your area. Attend Village of Buckeye Lake or City Council meetings to support the upkeep and expansion of these facilities. Join the Licking County Wellness Coalition to learn how you can help create a more active community.



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Lorain County More than Just Baseball Fields: Huntington Township Enjoys Park Enhancements

Summary

In Lorain County, there is a need to increase opportunities for physical activity, especially in the car-centric rural areas where it is not easy or safe to walk and bike. While Huntington Park has always been a great place for youth to play baseball, adults and younger children did not have as many opportunities to be physically active. Thanks to a partnership with Huntington Township and the Creating Healthy Communities' Live Healthy Southern Lorain County coalition, the park now includes amenities for people of all ages.

Challenge

According to the Lorain County 2011 Community Health Assessment, rural obesity rates are 35 percent. The rural population faces active transportation issues and has limited opportunities for physical activity. Families are not able to take their children to parks within walking distance because of poor access and traffic safety concerns. An environment that lacks support for active living leaves residents of the area vulnerable to obesity and chronic disease. Huntington Township Trustees created a vision to upgrade the park after a risk and safety assessment was completed. However, significant funds were needed to cover the costs of recommended improvements. Working together, partners explored options to overcome financial barriers.

Solution

Mary Beth, a township trustee and member of Live Healthy Southern Lorain County partners, shared the vision to improve Huntington Park for people of all age groups, including seniors and small children. The trustees applied for a solid waste grant through the Lorain County Commissioner's office and received more than \$8,000. Funding was also leveraged through the Creating Healthy Communities program at the Lorain County General Health District. Skilled township residents helped to install and build equipment for the park which helped to leverage funds and maximize the community's benefit.



Results

More than 1,300 residents living in the Huntington area will have access to park improvements including a new playground, shade coverings, benches, dog clean up stations and fresh drinking water. Residents who come to the park for walking, socializing, playing games and fitness now have amenities for a convenient family-friendly experience. Community members have expressed that they will come to the park more often as a result of the improvements. At a fall walking event, a new Huntington Township resident was introduced to the park and was excited to see all that was offered. She sees the park as a hub where events can be held to promote the Huntington community and opportunities for active living.

“It’s really nice to see that I don’t have to drive a long distance to take the kids to the park. I could bring my kids here to bike while I jog near them on the path.”

— Stacey Olive,
Community Resident

Sustaining Success

Connections made with Huntington Township and the park have set the stage for future active living, healthy eating and tobacco-free projects that the Creating Healthy Communities program can help facilitate. Tobacco-free park policies, wellness programming, outdoor fitness equipment and healthy concessions are ideas for future improvements to the park. With key relationships established, the future is bright for continued success in Southern Lorain County.

Your Involvement is Key

Take part in creating communities where the healthy choice is the easier choice! Volunteer or collaborate with Creating Healthy Communities’ Live Healthy Lorain County Partner groups.

Get your 30 minutes of physical activity every day and be an advocate for active living, healthy eating, and tobacco reduction in your communities! An idea can become a reality with like-minded stakeholders at the table.



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Lucas County

Working Together is Fruitful for Lucas County Food Deserts

Summary

Through the collaboration of three local healthy living coalitions many people living in food deserts in low income areas of Lucas County have better access to fresh produce every day. Food deserts, by definition do not have supermarkets or other food outlets that provide healthier options such as fresh produce. Many neighborhood residents also face barriers such as limited income and limited access to transportation and must shop at their neighborhood convenience store which contains few, if any, healthy options. This led Lucas County's Creating Healthy Communities (CHC) Program, Live Well Greater Toledo and the Partnerships to Improve Community Health (PICH) grant to combine forces to expand the number of 'healthy corner stores' in low-income food desert areas of Lucas County.

Challenge

Only 21 percent of Lucas County households with incomes under \$25,000 consume recommended servings of fruits and vegetables each day, according to the 2011 Lucas County Assessment. Living in low-income neighborhoods, comes with many challenges, especially when it comes to accessing healthy food to eat. Urban areas where it is difficult to access affordable, fresh, healthy food, typically called a food desert have been associated with poor dietary intake, low produce consumption, as well as higher obesity levels. There is also evidence that suggest individuals residing in food deserts have a higher prevalence of chronic disease and premature death. Based on USDA mapping of food deserts, Lucas County has 3 major areas (East Toledo, South Toledo, and Central City Toledo) that are considered to have low access to healthy foods which can detrimentally affect the health of these residents.

Solution

From 2012-2014, Lucas County CHC along with Live Well Greater Toledo converted 11 stores in Toledo to healthy corner stores. More areas of Lucas County need to be reached to make an impact on healthy food access. In 2014, CHC and Live Well Greater Toledo helped to write and obtain the Partnerships to Improve Community Health (PICH) grant to obtain extra funding and expand the healthy corner store initiative into more underserved areas of Lucas County. The healthy corner store team has been able to work with a larger number of stores identified as potential healthy corner stores. An education program along with resources were developed to educate store managers on keeping fresh options available. An extensive marketing campaign was launched which included billboards, radio PSAs, bus signs,



Facebook ads, community mailings and press releases to spread the message.

Results

- In 2015, 10 additional corner stores were added to the program making a total of 21 stores, reaching over 124,000 residents of Lucas County.
- Store owners, managers and customers are being educated on the importance of eating healthy through recipe books, store newsletters, kick-off events, as well as marketing techniques throughout the community.
- More corner stores in food deserts now have access to affordable produce for their customers through a group procurement program initiated by the collaborating coalitions.
- Store owners in the program are breaking even or making a small profit with the inclusion of additional healthy food options in the stores as evidenced by point of sales (POS) data.
- Increased media awareness regarding healthy food access, which include more 900 views on Facebook, 28 digital audio messaging spots on local buses, two signs on the sides of local buses, two billboards and 184 spots on local radio stations for PSAs.

"I have Celiac Disease and come in here every day and am very happy to see the produce stand and access to fresh produce"

*- Troy Gable,
Community Resident*

Sustaining Success

Goals for Lucas County's 'Eat Fresh Live Well' healthy corner store program:

- Work closely with the PICH grant, and Live Well Greater Toledo to identify and work with 15 new corner stores interested in supporting their community by becoming a healthy corner store.
- Collaborate with the PICH grant and Live Well Greater Toledo to provide continued training and resources to store managers.
- Recruit local businesses and schools to support healthy corner stores in their neighborhood through financial sponsorship and community backing.
- Build a sustainability plan that will allow the healthy corner store program to continue without grant funding by building relationships with community organizations, increasing customer awareness, and obtain city and county support.

Your Involvement is Key

- Support! Visit locally owned convenience stores in your neighborhoods.
- Be active! Become an active member of the CHC coalition to support healthy living initiatives.
- Sponsor! Be willing to sponsor a corner store to help promote healthy eating.



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Marion County

"The Giving Tree"

An Edible Forest Grows on the West-side

Summary

Limited access to healthy, fresh and affordable produce is a local health concern that plagues the residents of the western portion of Marion City. Many residents living here are faced with barriers such as living in poverty, limited access to reliable transportation and no full service grocery in which to purchase healthy foods. These well known risk factors for chronic disease make this a vulnerable neighborhood and a priority for community change. In Marion, local officials, community organizations, school personnel and residents are coming together to address this issue. One of the initial first steps was to create a sustainable edible orchard in a city park. Transforming this underdeveloped area to a community food sanctuary is just one way this committee is beginning to change the local food landscape.

Challenge

The west side of Marion has been identified by the United States Dairy Association as an area of high food insecurity, which is defined as a low income neighborhood with limited access to a grocery store. Nearly 37 percent of west-side residents are living in poverty, according to the 2013 U.S. Census Bureau data. Coupled with limited access to public transportation, limited finances and accessibility to a full-service grocery store, residents can have a difficult time consuming sufficient healthy foods. Data from the local Marion County 2015 Community Health Assessment further support this problem. According to the same source, 76 percent of Marion residents eat fewer than the recommended five fruits and vegetables per day. These well-known social determinants of health can lead to

poor health outcomes and increase the likelihood of developing chronic disease.

Solution

In an effort to create a more sustainable source of produce, one local official had a vision to repurpose a portion of undeveloped park space to an edible orchard. The garden of fruit bearing trees at Sawyer-Ludwig Park was the vision of Dan Stewart, Assistant Director of Land Development at Marion City/County Regional Planning Commission. The vision also gained support from the City Park Superintendent and area residents and thus the transformation of this West-Side city park began. Funding from the Community Development Block Grant and Marion County Creating Healthy Communities Program helped to bring this dream to life. In 2015, a new driveway



and parking lot were established to connect the surrounding neighborhoods with the newly developed portion of the park. More than 40 apple, pear and nut trees were planted by community volunteers.

Results

The development and establishment of the edible forest area has also led to other park improvement projects including the establishment of a community garden, multi-use trail and playground equipment. Because of these recent changes, nearly 4,000 West-Side residents now have improved access to communal growing and recreational space. Forty-five acres of under-resourced land has been repurposed to meet a west-side food insecurity problem and a park that was once nearly only accessible by vehicle has improved active commute options. This creative holistic approach has created a community gathering space that addresses the needs of area residents in an area that was once barren.

“Someday, West-Side residents will be able to gather apples, pears and hazelnuts in an area now considered a ‘food desert.’”

— Dan Stewart
Assistant Director of Land Development Marion City/County Regional Planning Commission

Sustaining Success

Beyond the edible orchard, Marion County is addressing food insecurity by using a diverse and community-focused approach. A local food non-profit has recently been established to help address this local health concern. This organization is lead by The Marion City/County Regional Planning Commission and is committed to increasing local food access in the entire community. By focusing on increasing local production, it hopes to increase grass roots economic development and close the gap between the local farmer and the consumer. The ultimate goal of the committee is to create a sustainable food hub where local residents will have access to fresher local produce, meat and dairy products at an affordable cost. The goal behind ramping up local food production is simple: grass roots economic development between the local farmer and consumer, and providing a fresher local fruit, vegetable, or meat than can be found at the local super market. The sustainable local food hub will offer fresh, local products consistently available and accessible to all county residents year round.

Your Involvement is Key

Small actions can lead to large impact. Create edible landscapes in your very own space. Schools, churches, vacant urban spaces and parks make wonderful areas to connect with nature and grow produce! Aim to get your five or more fruits and vegetables a day. Being a good role model for the future generation helps to establish healthy eaters and can help establish lifelong healthy behaviors. Let your local school, worksite, civic organization and community know that there is a demand for healthy foods.



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Meigs County Residents Enjoy First Successful Farmer's Market

Summary

For many years, Meigs County residents lacked the opportunity to purchase produce from local farmers. In 2015, the Creating Healthy Communities (CHC) Coalition identified a farmer's market as a way to promote healthy eating within a food desert. The Meigs County Farmer's Market was implemented at Alligator Jack's Flea Market to increase access to locally grown, fresh produce. The unique partnership with Alligator Jack's Flea Market allowed produce vendors to convene a market at an already established venue with a strong consumer base.

Challenge

Meigs County does not have a "rich" food environment. It is a low income, low food access area as reported by the United States Dairy Association's Food Access Research Atlas. Grocery stores are limited within the county, and many of the stores are located farther than walking distance from residents' homes. Furthermore, Meigs County did not have an established farmer's market or outlet for farmers to sell their produce. Farmers were forced to travel out of the county to various markets for opportunities to sell their produce. Some Meigs County residents were even seeking fresh produce at those out of county markets.

In order to create a culture of health within a community and to increase

consumption of fresh fruits and vegetables, the produce must first be available. Implementing the Meigs County Farmer's Market was identified as a way to increase availability and access to affordable, locally grown produce for both consumers and residents.

Solution

The Meigs County CHC Coalition knew when planning the Farmer's Market that choosing a prime location would be crucial to the success of the market. The coalition decided that Alligator Jack's would be the best location for all residents in Meigs County, because it is a centrally located business with access from different communities.



Communication is key! After the details were decided, the coalition knew that the biggest challenge would be effectively communicating the details about the farmer's market. Billboards were displayed, radio advertisements were played, newspaper articles were published, fliers were posted and social media was utilized to share the details.

Results

The first farmer's market on July 19, 2015 hosted nine vendors and more than 200 consumers. Vendors reported selling all of the produce they had on hand, and were very surprised and thrilled about the amount of customers in attendance. One vendor in particular left twice to get more produce from his local stand to bring back and sell at the market. Overall, a total of 16 vendors participated in the farmer's market throughout the season. Vendors reported that the market had a friendly environment with supportive customers. Residents and consumers reported the market as being, "much needed for this area." The first Meigs County Farmer's Market was an overall success.

"The Farmer's Market was wonderful! I'm really looking forward to it again."

— *Community Member*

Sustaining Success

The Creating Healthy Communities Coalition is:

- Continuing a unique collaboration with the Alligator Jack's Flea Market to host the farmer's market annually.
- Maintaining an affordable cost of participation for vendors selling healthy foods.
- Implementing consistent marketing strategies to disseminate information about the farmer's market.
- Working with the area agency on aging to increase the amount of vendors who accept senior farmer's market vouchers.
- Expanding partnerships to increase vendor participation and satisfaction.
- Altering the 2016 market dates and time to better meet the needs of the consumers. The 2016 Meigs County Farmer's Market ran from May 15 - August 14 from 11 a.m. to 3 p.m.

Your Involvement is Key

- Become a vendor! Grow extra produce to sell at the 2017 Meigs County Farmers' Market.
- Purchase locally grown, fresh produce at the market.
- Advocate for health! Discuss with your community ways to improve health and take action!
- Follow the Meigs County (Ohio) Health Department on Facebook!



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Montgomery County Bike Share Brings Health Benefits to Dayton's Daily Commute

Summary

In Dayton's Wolf Creek neighborhood, many residents have limited resources and choices available for being active. Low socioeconomic status attributed to high poverty and low education rates make it particularly difficult for those living in this area to achieve recommended amounts of physical activity. Through a collaborative effort between Bike Miami Valley, the Creating Healthy Communities (CHC) Coalition, and other community partners, the Link Bike Share system is providing an easier way for community members in Wolf Creek and other Dayton neighborhoods to be active while commuting around the city. In the eight months since its launch, more than 26,000 Link trips have been taken, nearly 7,000 memberships sold, 67,000 miles traveled, and just under three million calories have been burned.

Challenge

Lack of access to safe opportunities to be physically active has become a major health issue for citizens of Montgomery County, where one in four adults are not getting recommended amounts of daily physical activity. Physical inactivity is a significant risk factor for overweight, obesity and multiple chronic diseases later in life. In Dayton specifically, achieving recommended amounts of daily physical activity is difficult, as nearly 35 percent of households have an annual income below the federal poverty level.

In Wolf Creek, one of 65 neighborhoods in the City of Dayton, many residents suffer from limited resources and limited time available for being active. With only half of residents attaining a high school diploma and a median income of only \$13,000, it is particularly important for this community to have a built environment that supports integrating physical activity into daily routines.

Solution

To provide residents with more opportunities to be physically active, CHC partnered with Link Dayton and Bike Miami Valley to sponsor a bike share station in the Wolf Creek neighborhood. Link is the bike sharing program for Dayton, providing users with a fun, safe and active mode of transportation. Link can be used for short trips and errands from station to station.

All sponsors, including CHC, helped to kick off the program in May 2015, with a mass bike ride through downtown, led by Mayor Nan Whaley. The Wolf Creek neighborhood is now linked into the system of 24 stations and 225 bicycles, allowing residents of this neighborhood the ability to be physically active during their commute to other parts of the city.



Results

As a result of the partnership between CHC, Link Dayton, and Bike Miami Valley, members of Dayton neighborhoods have a new and easy option for physical activity. From May through December 2015, a total of 26,556 Link trips were taken, 6,639 memberships sold, 66,709 miles traveled, and an estimated 2,642,850 calories burned. The Wolf Creek station specifically, has seen 392 bike checkouts to date. While this is a slow start, efforts are being made to improve cycling infrastructure and increase education about bike share for this neighborhood.

“This has been the best thing to come into my life. I rent a bike every day during my lunch break. I bike to grab lunch or run errands. It’s a great way to get around downtown especially with all the new construction and limited parking. It’s a form of exercise for me after having a baby and it’s also my alone time and helps relieve the stress of the day.”

— West Dayton
community member

Sustaining Success

The CHC Coalition and its partners are continuing to enhance the Link Dayton Bike Share program and increase opportunities for physical activity. Through additional funding, CHC also collaborated with Bike Miami Valley and UPDayton to provide 71 bike racks in neighborhoods throughout East, Old North, and West Dayton. Plans for 2016 include conducting a bikeability audit, establishing safe biking routes, and holding workshops to educate and promote bike safety. These projects will continue to improve the built environment and grow Dayton as a bicycle friendly community.

Your Involvement is Key

- Making a quick trip that is 2 miles or less? Consider biking instead of taking a car as a way to incorporate physical activity into your daily routine!
- You can help improve our neighborhood’s built environment, increase physical activity options, and make a positive contribution to your community by joining the CHC Coalition.
- Visit www.phdmc.org to learn more about the Montgomery County Creating Healthy Communities program.



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Perry County

Free Park Makes a Splash with Perry County Residents

Summary

Splash pads in open parks are an active way to bring families together. The park becomes a social, community-building space capable of encouraging active lifestyles and bringing vitality into rural communities. Active lifestyles reduce obesity rates, lower chances of cardiovascular diseases and promote healthy behaviors.

Challenge

Perry County, an Appalachian county located in rural Southeastern Ohio, is characterized by small communities often isolated from one another due to geographic location and underdeveloped highway systems. Opportunities for physical activity are limited within these communities and the area is plagued

with high obesity rates and high rates of cardiovascular disease. While most communities have open-park playground facilities, many have fallen into disrepair due to lack of maintenance dollars. Additionally, those villages with municipal pools are no longer able to justify their upkeep as few Perry County families could afford to pay admission fees. Building a free, centrally located park would eliminate financial concerns while creating a play area that is appealing to all ages.

Solution

Creating Healthy Communities (CHC) partnered with the Ludowici Community Foundation to provide residents with additional opportunities for physical activity. This partnership has created an open park that includes Perry

County's first ever splash pad and several playground areas suitable for children of all ages. The property also boasts one ballpark with a second under construction, miles of wooded trails including a marked three mile route, a shelter house and a fishing pond. To ensure clean air for children and their families, CHC also implemented a tobacco-free policy for the park. Creating Perry County's first tobacco free park reduces exposure to secondhand smoke and ensures a clean, healthy environment. The park was scheduled for opening in June 2016.

Results

The community support that has developed since the initial conversation between CHC and the Ludowici Community Foundation is staggering.



Perry County Soil and Water and the Perry County Community Investment Coordinator have stepped in to help complete a Clean Ohio application for the Community Foundation property. This process will ensure that the property is maintained as permanent park property. The Ohio State University Extension Obesity Project and Paramount Advantage contributed preschool playground equipment and mom and baby swings. Local businesses have donated soil for a second ball field and a shed to house the splash pad operational equipment. Plans are underway to reduce the road speed to make accessing the park safer. A bike lane is being considered to eliminate any barriers for children accessing the park. Our community is working together to create a healthier Perry County.

“The partnership between the CHC project and Ludowici is such an asset. Being able to provide our residents with access to a park area that includes water play will encourage physical activity and create an opportunity for social engagement.”

— Angela DeRolph,
Health Commissioner

Sustaining Success

The Ludowici Community Foundation has agreed to cover all operational costs and will provide maintenance for the park. Clean Ohio funds will allow the foundation to maintain the trail. Additionally, the partnership between CHC and the Ludowici Community Foundation will continue throughout 2016 as efforts are made to gain community support and access community grant dollars.

Your Involvement is Key

Want to get involved? Join the Perry Neighborhood Connection. We are working to connect our residents to resources and organizations who may have similar interests such as healthy local food, active and tobacco free living. The Perry Neighborhood Connection meets the 3rd Tuesday of every other month. Contact the Perry County Health Department at 740-342-5179 for more information!



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Richland County

The Power of Working Together

Summary

Incorporating healthy practices into all places and programs is a daunting task and cannot occur by the efforts of just one person or organization. The two active coalitions of the Creating Healthy Communities (CHC) Program at Richland Public Health have provided a unique opportunity for diverse members of the community to collaborate on sustainable changes that positively impacts the health of residents of Richland County. The opportunity to network, learn and provide mutual support has given strength to our efforts and enabled us to accomplish far more together than alone.

Challenge

The 2015 County Health Rankings reports that 34 percent of Richland County adults are considered obese, 29 percent are physically inactive and

11 percent of the county's population has been diagnosed with diabetes. Chronic disease is a complex issue that involves more than personal choice and requires more than a single solution. Many county residents live and work in environments where unhealthy food abounds. Their neighborhoods may be unsafe for walking or bicycling and supports for healthy eating and physical activity are absent. These barriers can only be overcome when people live, work and play in environments that provide opportunities to live a healthy life.

Solution

In 2010, the Richland County CHC Program established two coalitions to draw together members from government and community organizations to build networks, support projects and work towards a collective vision of a healthy community. The coalitions implement

sustainable changes to improve access to healthy foods, active transportation, increase physical activity and reduce tobacco use. The CHC coalitions serve, first and foremost, as a chance for partners to meet and network with each other, identify needed community health initiatives, provide project support, share news about their work, and brainstorm further opportunities to improve the health of their community. They also serve as a forum for learning; in 2015, meetings included speakers on data resources, healthy food initiatives, highlights of current healthy community projects, and updates on active transportation plans. The CHC coalitions act as a resource and agent of change throughout Richland County.

Results

The CHC coalitions in Shelby and Mansfield have seen exciting growth, change and much progress in their



communities. Individual efforts to implement healthy strategies were amplified by the mutual support and efforts of coalition members. By working together, healthier environments and healthier choices have become visible throughout the community. In 2015, these community members and the CHC Program celebrated many collective accomplishments including the following:

- The expansion of community gardens and addition of five new or enhanced gardens for children.
- The North End Farmers Market had a successful second year and saw a 78 percent increase in use of the Supplemental Nutritional Assistance Program (SNAP) and SNAP Match program.
- Free tobacco cessation services were extended to employers and their workforce.
- The Mansfield Inner City Bike Loop was adopted by the city council is a first step to inspire more bicycling in the city.
- Through training and support, five preschool programs now include more physical activity in the day and offer healthier snacks and more fresh produce at meals.

“Your CHC coalition offers great value as a linkage between agencies and a chance to connect on similar projects. Attending meetings is especially valuable to those who may be new to their role as a way to build up partnerships.”

— Margaret Lin, Coalition Member

Sustaining Success

A vibrant, high functioning coalition with members who are interested in working to build a culture of health has great impact and potential for Richland County. As a means to improve the function, effectiveness and long term sustainability of the CHC Coalition, members have been asked to complete a yearly survey and to participate in discussions about future work and community impact. In response to that feedback, meetings will continue to be held at host sites which allows the coalition to learn about the host organization and take advantage of opportunities to network. Guest speakers will be incorporated into coalition meetings to provide opportunities to learn about on-going projects and how they have impacted local residents. Additionally, training in project evaluation and evidenced based policy, system and environmental change has been planned for 2016. The CHC coalitions will continue to identify, assess and celebrate community change that makes the healthy choice an easier choice for residents of Richland County.



Your Involvement is Key

Each one of us has a role to play in improving the health of our community. Please join us as we look to broaden the opportunities for living an active, healthy life. Coalition meetings are held monthly in Mansfield and on a bi-monthly basis in the City of Shelby. All are welcome to attend. Meeting schedules are posted on the Creating Healthy Communities page at richlandhealth.org. Unable to leave your facility to attend meetings? Consider hosting our coalition at your site. We would love to learn more about your organization and how you work to improve health in our community.



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Sandusky County Chooses Water First for Thirst

Summary

Many Sandusky County residents live, learn, work and play in environments where sugar-sweetened beverages are more readily available and affordable than drinking water. The Sandusky County Creating Healthy Communities (CHC) Coalition made it a priority to improve availability of healthier beverage options by placing water bottle filling stations throughout their community. Thanks to the collaboration of multiple agencies, more than 18 stations were installed, and more than 81,000 reusable water bottles were filled by Sandusky County residents.

Challenge

According to the 2013 Sandusky County Health Assessment, being healthy is a challenge for the 64 percent of adults and 30 percent of youth who are obese or at an increased risk for developing

obesity. One major contributor to this rise in obesity is the significant increase in consumption of sugar-sweetened beverages. On any given day, half the people in the United States consume sugary drinks; 1 in 4 consume at least 200 calories from such drinks. Regular consumption of sugar-sweetened beverages, the largest source of added sugar to the American diet, is a major public health concern due to its association with weight gain, obesity, and its role in the development of health conditions like type 2 diabetes and heart disease. In fact, just one or two sugary drinks a day increases your risk of developing type 2 diabetes by 26 percent. Vending machines provide a variety of sugar sweetened options, calorie-free options and bottled water, all at a hefty cost to the consumer. Disposal of the bottles and cans can be a problem for communities trying to be more sustainable. Is there an option that can

quench thirst, avoid high sugar intake and be 'green' too?

Solution

The Sandusky County CHC Coalition partnered with local hospitals, community centers, and schools to make healthy beverage options accessible to community members. Through funding made available from the Ohio Department of Health, water bottle filling stations were installed at different locations throughout the county. The water bottle filling stations offer the option to fill reusable drinking bottles and counts each time a 20-ounce bottle is filled. Partner organizations played a key role by implementing a "Water First for Thirst" campaign to educate the community about the benefits of drinking water and promoting water as the first beverage choice. Students from Fremont City Schools have expressed how much they enjoy the new water filling stations. Many of them reported that they have



been drinking more water because stations make the water colder and taste better.

Results

A total of 18 water bottle filling stations were installed throughout 11 schools, two community centers, two hospitals, and one nature center. Devices referred to as “green tickers” were mounted on each of the stations to track the number of 20-ounce plastic water bottles saved from landfills. Within the first two months with the new filling stations, there were a total of 81,000 green ticker hits! Assuming the cost of a 20-ounce bottle of water is \$1.00, these stations provided \$81,000 in savings. In addition to the environmental and economic impacts the stations have had, is the health impact they have had on the community. The new stations saved more than 135,000 cans of soda, 11,607 pounds of sugar, and 19,440,000 calories from being consumed. This is equivalent to 2.5 cans of soda, 88 grams of sugar, and 324 calories for every single Sandusky County resident.

“The water bottle filling stations have had a positive impact at Ross High School and Fremont Middle School. The District wanted to encourage students to drink more water during the day. To date, we have averaged 7,100 bottles filled at each station.”

— Dr. Traci L. McCaudy,
Superintendent of Fremont City School

Sustaining Success

The organizations that received the water filling stations are committed to maintaining and preserving the new equipment provided through the CHC coalition, ensuring fresh potable water is accessible for their employees, clients and students at all times. These organizations are helping to make the healthier choice the easier choice when it comes to decreasing consumption of sugary drinks and increasing water consumption. Many of the organizations are already planning to take additional steps that encourage and support healthy behavior changes. Some of these steps include adopting healthy food and beverage guidelines, implementing healthy purchasing incentives and providing smaller portion sizes. The CHC coalition will continue to support organizations interested in improving access to healthy foods, increasing physical activity or addressing reduced exposure to tobacco.

Your Involvement is Key

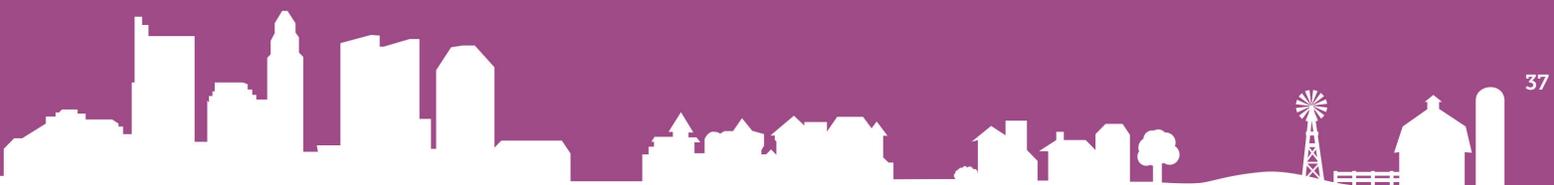
Community based organizations and businesses can make water the easy and appealing, first choice for others. Support choosing Water First for Thirst by:

- Making water your first beverage choice.
- Checking to see if your school or place of business would be interested in installing a water bottle filling station.
- Providing water instead of soft drinks at meetings and events.
- Asking your place of business to provide healthier vending options.
- Contacting CHC to see where you can help make the healthier choice the easier choice.



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Stark County Gardeners Become Advocates for Healthy Communities

Summary

The City of Massillon contains one of Stark County's food deserts. More than 25 percent of children are food insecure and the obesity rate is steadily rising (Feeding America 2013). Quality of life concerns prompted the community into action. To combat these alarming statistics, residents stepped up to teach others how to grow food. In 2015, Massillon residents of all ages began tackling food insecurity through community gardening. Thanks to determined community members and the Creating Healthy Communities (CHC) program, four community gardens were started. Youth and adult gardeners grew more than 1,000 pounds of fruits and vegetables.

Challenge

The City of Massillon is home to one of Stark County's six food deserts according to the United States Dairy Association. Here, access to fresh fruits and vegetables is limited. Massillon's urban setting creates an additional barrier for access to fresh foods, falling in the lowest national ranking for expenditures on fruits and vegetables (Nielsen 2014). In a place where 32 percent of residents are obese (CHR 2014) and 16 percent of the population is food insecure (Feeding America).

Solution

One solution for combating alarming health statistics has been to cultivate community gardens. By creating sites for growing fresh fruits and vegetables, community members have the direct opportunity to effect change. CHC funds were utilized to support infrastructure so that gardeners could focus on growing and consuming healthy foods. Engaging neighborhood leaders allowed for community input and connectedness. Partnerships with existing food access organizations created a solution for the knowledge gap that often exists with gardening. To get commitment, the gardeners grew the foods they wanted to eat! Any excess was donated to food pantries.



Results

In 2015, 28 youth gardeners and 40 adult gardeners were responsible for growing, maintaining and harvesting from 47 garden plots across four total gardens. The produce yields are as follows:

- 585 pounds of food grown for home consumption
- 246 pounds grown by youth
- 339 pounds grown by adults
- 62 pounds of food donated to food pantries
- 49 pounds of food distributed to the public

As a result of the community gardens in Massillon, relationships have been forged through garden potlucks. Additionally, strategies for sustaining long-term gardens and improving the harvest resulted from a four-part informational series for gardeners.

“It is my hope that the four gardens started in 2015 will continue to be a source of food, community and health for the gardeners. As the people of Massillon observe this effort, I believe more people will want to be involved.”

— Dee Beyeler, Massillon
Community Garden Coalition

Sustaining Success

What began as a need to address food insecurity has grown into a desire for community, leadership and improved access to fresh foods. Community garden toolkits were created for garden leaders, serving as physical resource guides. A strong coalition continues to host monthly meetings with garden leaders, allowing for frequent updates and troubleshooting. Discussions on what is needed for strengthened gardens take place organically, creating bottom-up strategies for sustainability. These are only a handful of ways in which Massillon gardeners are working to make Stark County a healthy, growing place to live.

Your Involvement is Key

Advocate for health and community by shopping at your local farmer’s market.

Volunteer at a community garden or consider starting one.

Reach out to local wellness groups, your neighbors, and youth organizations. Start the conversation!



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Summit County Revitalizing a Community Through Healthy Eating

Summary

Due to the lack of grocery stores in neighborhoods, many low-income families are unable to make healthy food choices. Summit County's Creating Healthy Communities (CHC) program collaborated with a corner store and a local farmer to implement a healthy corner store initiative in the Lakemore community. This initiative makes the healthy choice the easy choice for residents. The positive changes proved to be a great success and the store now offers a variety of fresh fruits and vegetables for residents to purchase.

Challenge

The Village of Lakemore is located in a food desert where affordable and nutritious food is difficult to obtain for residents. Ten percent of the Lakemore

community lives in poverty,² 24.8 percent of residents are obese,³ and the adult diabetes rate in Lakemore is 16.9 percent⁴. Research shows residents, especially those without reliable transportation, may be limited to shopping at local corner stores.¹ Many corner stores primarily offer unhealthy options such as alcohol, tobacco and prepackaged convenience items. Beginning in 2014, CHC staff approached a local corner store, The Pit Stop, to create a solution to increase healthy food options for residents in the Lakemore community. The store owners of The Pit Stop agreed the issue needed to be addressed; however, they had been unsuccessful at selling fresh produce in the past.

¹ Food Research and Action Center. 2015. frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/

² Compiled by NEOCANDO at Case University, 2010.

³ Ohio Department of Public Safety's driver license database.

Solution

In 2015, CHC continued their efforts to increase healthy food options in the Lakemore community by maintaining a relationship with The Pit Stop. After a couple months of regular site visits, a great working relationship was formed and trust was established between CHC staff and the store owners of The Pit Stop. The CHC program provided funding for a refrigeration unit to help increase the store's capacity to sell a variety of fruits and vegetables. To help address procurement needs, the store owners were connected to a local farmer who agreed to provide them with fresh, local produce at wholesale cost. Additionally, signage and marketing support featuring the Ohio "Good Food Here" brand were provided to help the store increase awareness and market the availability of these new healthy items.



Results

The healthy corner store initiative has been a great success. Not only is the store able to increase access to healthy, affordable produce to the community, they are also able to sustain the initiative. The refrigeration unit provides a variety of produce options including apples, lemons, peppers, potatoes, onions and lettuce. The use of the “Good Food Here” signage proves to be a useful aid in marketing and identifying other healthy food items within the store. Before CHC’s involvement, The Pit Stop had attempted to carry fresh produce but was unsuccessful and much went to waste and had to be thrown out. After the refrigeration unit was installed and marketing materials were displayed, the sales of the fresh produce increased 100 percent. The store owners purchase fresh produce twice a week, spending approximately \$30. The healthy corner store was such a hit in the community, The Pit Stop was chosen by the Ohio Department of Health to participate in a statewide healthy corner store video.

“I do care about the community and what they eat and I want them to live long, to live as much as they can and try to be as healthy as they can.”

— Matt Abraham,
The Pit Stop store owner

Sustaining Success

The Summit County CHC program will continue to maintain a working relationship with The Pit Stop through regular site visits and technical assistance when needed. CHC staff connected the store to a local farmer to sustain the fresh produce supply during the summer months as well as a local distributor for the winter months.

In 2016, CHC will be partnering with a local organization, Akron Summit Community Action, to offer their “Taste It, Make It” series to the Pit Stop customers. This will allow community chefs to use store produce to make healthy recipes for customers to taste test and provide feedback. This will give residents the opportunity to enjoy access to fresh produce and more easily maintain healthy eating habits.

Your Involvement is Key

Partner with local corner store owners to improve the availability, quality and affordability of healthy foods.

Join the Summit County CHC coalition to help make a difference in your community.

Support the local corner stores in your neighborhood by purchasing their fresh produce.



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Trumbull County Mobile Food Pantry Tackles Hunger in Trumbull County

Summary

Today, more homebound senior citizens are receiving food deliveries to their residences, helping to overcome food insecurity and improve their health. The Trumbull County Creating Healthy Communities (CHC) Program collaborated with Senior Citizens Opportunity for Personal Endeavor (SCOPE) and many other partners to create a Mobile Food Pantry service in Trumbull County for roughly 125 elderly individuals unable to leave their residences.

Challenge

In Trumbull County, 3.8 percent of senior citizens 65 years or older experience food insecurity, meaning they do not

have access to an adequate food supply. In certain areas, such as South Warren, these rates reach as high as 13.8 percent. Food insecurity is associated with chronic health conditions, such as hypertension and diabetes. Due to a lack of public transportation services, many senior citizens have limited options to visit their local food pantry. One resident in particular, Barb, found herself without money or transportation and had to depend on others to take her to the grocery store. This posed a problem for Barb in receiving adequate food to maintain her health as she had to depend on her friend who was busy and not always available. With Trumbull County's increasingly aging population, these factors create an unstable and inadequate access of food for senior citizens, especially those who are homebound.

Solution

SCOPE provides many services to meet the needs of seniors in Trumbull County and is highly involved throughout the community. Due to the large number of food insecure, homebound senior residents in the county, SCOPE director, Ralph Smith, had a vision of bringing the food to senior citizens instead of the senior citizens coming to the food source. SCOPE then partnered with the CHC Program and many other community stakeholders to implement his vision of a mobile food pantry. Collaboration with the local Family Mission helped to provide storage and packaging space, and donations from both the Trumbull Memorial Health Foundation and the local Diane Sauer Chevrolet dealer allowed SCOPE to purchase the van.



Results

Deliveries from the mobile food pantry began on July 13, 2015 to more than 45 senior citizens, with a growing number of eligible applicants. To be considered eligible, a resident must be older than 60 years old, living without a personal vehicle at his or her residence and no available family member or friend to transport them. Deliveries include pantry essentials such as canned goods, rice, mashed potatoes, meat, and milk. By the end of December, 123 homebound senior citizens were receiving food pantry deliveries to their residence. Barb was one of the first clients to receive food from the mobile pantry. She is grateful for the deliveries and service she receives. With the help of the mobile food pantry, Barb and many other homebound senior residents receive deliveries twice a month to ensure adequate food access that helps to maintain their health.

“I am grateful that I don’t have to stand in line for over an hour at food giveaways and the food I receive is good and healthy. The drivers are courteous and always put the food on a table in my house for easy access so I can avoid lifting”

— Mobile Food Pantry Recipient

Sustaining Success

Volunteers of SCOPE and other community partners are committed to continue to help deliver and package food for the homebound senior citizens. With continued collaborations between SCOPE, the local family mission, Second Harvest Food Bank, United Way, and the Trumbull Memorial Health Foundation this project will remain sustainable for many years throughout Trumbull County. SCOPE continues to seek donations and help from volunteers to deliver to residents.

Your Involvement is Key

- Volunteer at your local food pantry. They are often in need of donations and extra hands.
- Check on senior citizens in your neighborhood and ensure that they have adequate food and resources.
- Follow your local area agency on aging to be aware of resources and services offered for senior citizens.
- Get involved with the local Trumbull County Creating Healthy Communities Coalition.



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Union County Richwood Residents Get a Taste of New Farmers' Market

Summary

Richwood residents struggled to purchase healthy fruits and vegetables after they lost access to their only grocery store. The introduction of the Richwood Farmers' Market in June 2015 has created an access point for residents to shop for healthy produce. Within its first season, the weekly market averaged 8-10 vendors and around 100 customers at each market.

Challenge

Poor nutrition, along with higher rates of obesity, diabetes, and high blood pressure are major issues in Union County. Based on local data, as reported in the Union County Community Health

Assessment, only 20 percent of Union County residents report consuming 5-7 servings of fruits and vegetables a day. The 2014 local Youth Risk Behavior Surveillance Survey also showed that only 11 percent of students are consuming the proper daily recommended servings of vegetables; 20 percent fruits, 20 percent whole grains, and 39 percent of dairy. The residents of Richwood, a village within Union County, are struggling with these same issues. The village lacks access to fresh produce, as its only grocery store closed in 2014. To encourage the consumption of local fruits and vegetables, the Creating Healthy Communities (CHC) program, managed through the Union County Health Department, and local community partners established a new local farmers' market.

Solution

Through partnership with the local Richwood-North Union Library, the CHC program, and several other local community members, the plan for the market was established. A market committee was formed in early 2015, and beginning in June 2015, the Richwood Farmers' Market held its first market day in the village. The market manager secured vendors and promoted the market publicly. The market is supported as a satellite operation through the Union County Farmers' Market, a larger, tenured market, with the capacity to support and guide the Richwood location during its first season.



Results

During its first season, operating from early June through mid-October, the Richwood Farmers' Market hosted an average of 8-10 vendors and 100 customers per market. The Richwood-North Union Library, also the host site for the market, provided nutrition and educational activities for kids. Through the use of rapid market assessment tools and surveying, customers noted that their consumption of fruits and vegetables had increased as a result of shopping at the Richwood Farmers' Market. Many of these same customers indicated that they were regular attendees of the market, and were satisfied with the selection of produce.

"We are excited to bring a farmers' market to Richwood and expand access to local fruits and vegetables. Library activities for kids are also being offered during every market to help make this a family activity in our community."

— Sarah Moore (Director, Richwood-North Union Library)

Sustaining Success

The Creating Healthy Communities program and the Richwood Farmers' Market Committee are committed to sustaining and improving the market's success. Future goals of the Richwood Farmers' Market include:

- Implementing the Supplemental Nutrition Assistance Program (SNAP) at the market;
- Increasing the number of vendors and variety of products available at the weekly market;
- Increasing customer attendance; and,
- Continuing to survey vendors and customers for market satisfaction and areas for improvement.

Your Involvement is Key

Help improve the health of your community by actively engaging with local partners to ensure that healthy fruits and vegetables are easily accessible. Supporting and promoting local agriculture is also a great way to advocate for healthy eating. For more information on how you can get involved, join the Union County Wellness Consortium.



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Washington County New Trail Builds Better Health

Summary

Multi-use trails can contribute to a community's quality of life by providing an option for free physical activity. Accessible areas that encourage physical activity are essential for the health of the residents of Washington County. The idea to build a multi-use trail in Devola was generated by concerned citizens of Washington County who envisioned a more active community. The Devola Multi-Use Trail (DMUT) group partnered with the Washington County Creating Healthy Communities (CHC) Coalition to build the first multi-use trail for the residents of Devola. The trail has now become a part of residents' weekly physical activity routine.

Challenge

According to *Network of Care*, the rate of adult obesity is 34 percent in Washington

County and physical inactivity is 29 percent. Research has shown that more than 40 percent of children in Washington County are either overweight or obese (*Kids Count Data*). Opportunities for low or no-cost physical activity opportunities are limited in Devola. Washington County residents have very limited access to free or low-cost fitness centers throughout the county and the county lacks multi-use trails in underserved areas, limiting the opportunity for residents to be physical active. In addition, lack of future funding could prevent the building of parks, trails, playgrounds, and sidewalks for the community.

Solution

Washington County CHC staff and coalition members partnered with the Devola Multi-Use Trail Group to build a trail using both CHC funds and more

than \$100,000 leveraged from other grants and sources. Enough funding was available to build a bridge connecting the new multi-use trail and the existing cross-country path. The start of the trail is located on land donated by a local entrepreneur, George Broughton. The DMUT Committee, comprised entirely of volunteers, collaborated with officials from the City of Marietta, Washington County, and the Wood/Washington/Wirt Interstate Planning Commission. This collaboration has allowed for effective planning and trail development throughout the entire region. The Planning Commission has also awarded a grant of \$100,000 to DMUT to fund an engineering study in order to determine the best options for connecting the trail to the Marietta River Trail. Fundraising initiatives among Devola residents and friends of the trail have resulted in more than \$11,000 of donations, which are maintained by the Marietta Community Foundation.



Results

With the collaboration of community leaders and volunteers who invested time and resources, a 1.2 mile trail was built. The trail has not only benefited Devola residents, but approximately 9,300 residents of Muskingum and Marietta Townships. The DMUT group hosted a kick-off event on October 24, 2015 with 70 people in attendance. Since the ribbon cutting, numerous community members have been utilizing the trail. Interview responses show that in its short period of existence, the trail is meeting community needs and growing community excitement around the new amenity. The safety and convenience of the trail were cited by many as welcome benefits when compared to walking/running/bicycling on Route 60 (a major highway in the county). Trail users, many of whom already incorporate its use into their exercise regimens (three or more times a week), have recognized and even taken advantage of the trail's service as a connector to Marietta and points north.

"The multi-use trail is just the beginning for Devola.

There is plenty more improvements and work to be done. We will have a connecting sidewalk to the park pavilion facilities.

It joins a 600 acre park right here so they can hike in the woods. They can do this, so if someone has limited mobility they can navigate the trail and they can still be out enjoying the wildlife."

*— George Broughton,
DMUT Grant Coordinator*

The enhancement that DMUT provides to the high school and middle school cross-country teams —and their spectators—is notable. Walking with pets on DMUT is another pattern that seems to be quickly emerging.

Sustaining Success

A distinctive feature of the DMUT-Trail (among multi-use trails in the state) is that it is adjacent to the Broughton Nature and Wildlife Preserve, which allows for people to exercise and fulfill their need for physical activity while also appreciating nature. The next phase of the trail development includes a connection south to the Marietta River Trail, which is part of the Trail for Ohioans Plan. Subsequent to that phase of trail development will be expansion west of DMUT to Devola's Dam, located in Muskingum River State Park; then expansion north to the Washington County communities of Lowell (Adams Township) and Beverly. The DMUT Committee has formed a partnership with the Marietta Rowing and Cycling Club, which provides its 501c3 non-profit status so that the DMUT group may receive grant funds as an official non-profit organization.

Your Involvement is Key

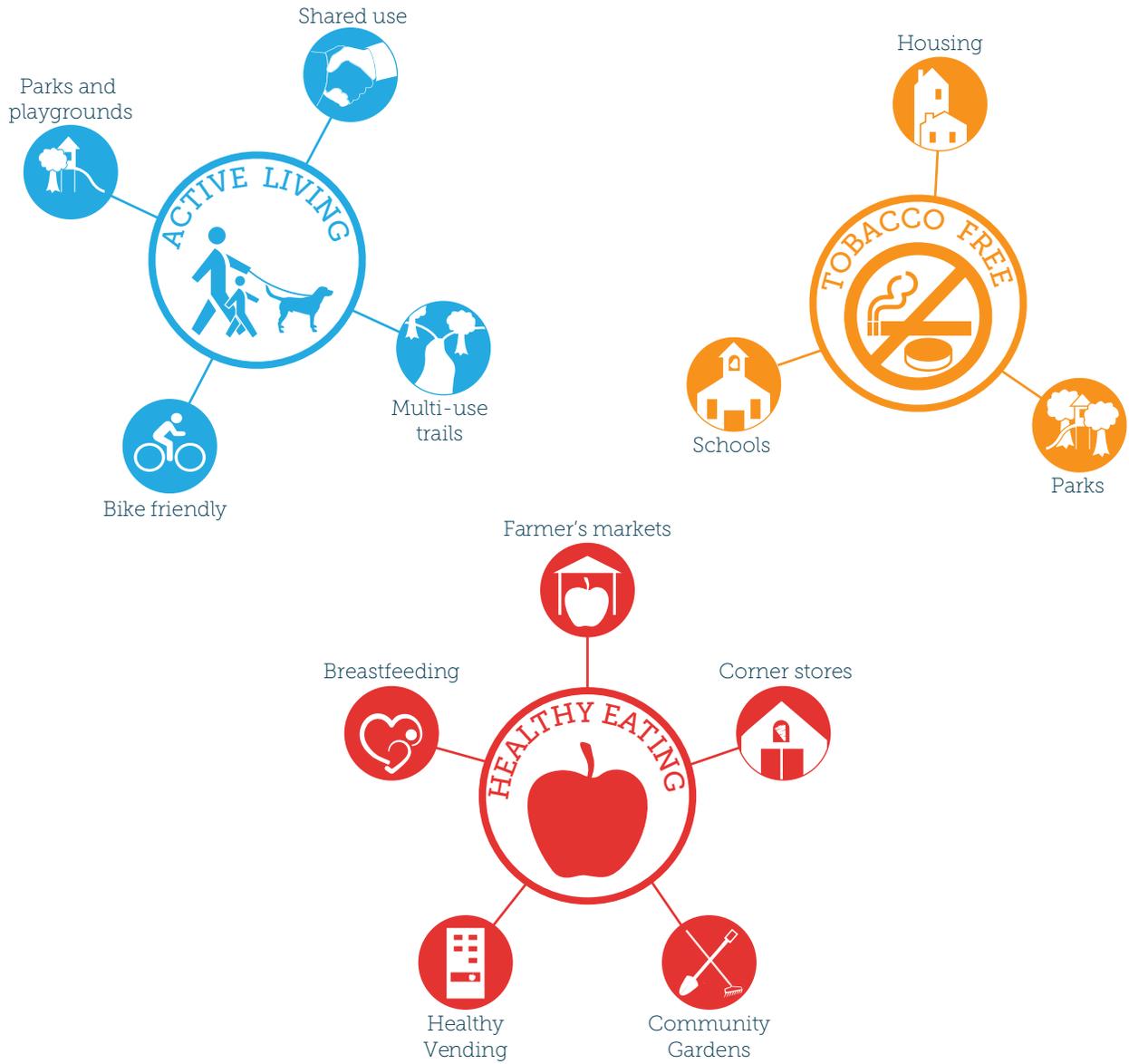
- Stay Active! Make sure to get at least 30 minutes of physical activity daily.
- The Devola Multi-Use Trail welcomes all residents of Washington County.
- Visit DMUT on Facebook: www.facebook.com/devola.trail
- Show your support by donating to maintain the multi-use trail to Marietta Community Foundation, P.O. Box 77, 100 Putnam St. Marietta, OH 45750 (With a memo/note "for DMUT")



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By making the healthy choice the easy choice...



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

Ohioans impacted
1,373,549

495,213
Ohioans with
increased access to
physical activity

16
New/Repaired Parks
& Playgrounds

9
Multi-Use Trails

451,479
Ohioans with
improved
nutrition

4,838
Ohioans Trained

27
Community Gardens

10
Farmers' Markets

40
Tobacco Free Policies

141,467
Ohioans with
cleaner air

18
Healthy Retail Stores

money leveraged
\$3,871,810



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Notes



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