



SUCCESS STORIES 2017



Dear Colleagues, Stakeholders and Public Health Partners,

It is my pleasure to share with you the 2017 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 farmers' markets, food and beverage guidelines, bike infrastructure improvements, new and renovated parks and playgrounds, and adoption of Tobacco Free public places. In 2017, the CHC program impacted over 1 million Ohioans and leveraged more than \$2 million to support these sustainable changes. Included in this booklet, you will find information about our statewide initiatives as well as success stories from each of our funded counties. 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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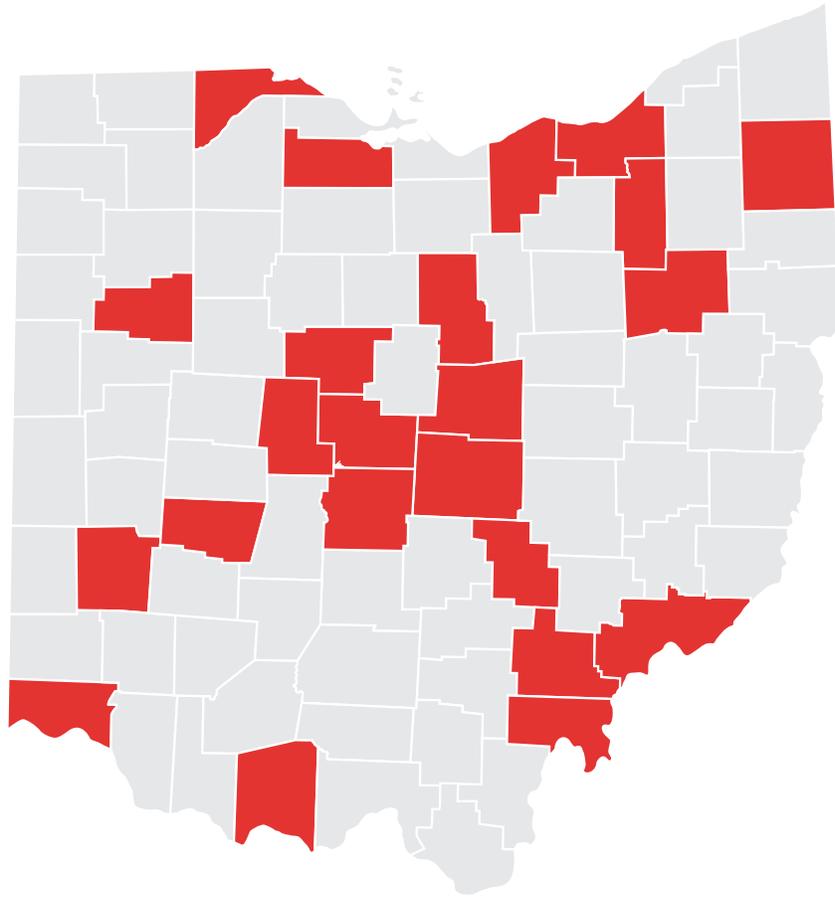
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Vision:

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.

Commitment to Equity:

Health equity is achieved when all people in a community have access to affordable, inclusive and quality infrastructure and services that, despite historical and contemporary injustices, allows them to reach their full health potential.



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Statewide Training and Technical Assistance



All-Project Meetings

CHC hosted three in-person meetings in 2017 to provide training on evidence-based strategies and facilitate peer to peer networking.

February Topics

Networking and Resource Sharing

June Topics

Inclusive Playgrounds; Grant Writing Guidance

September Topics

Evaluation; Networking; Coalition Facilitation



Monthly Webinars

Webinars were hosted monthly to highlight local progress, hear from subject matter experts, and provide updates on statewide initiatives. Topics from 2017 included inclusive playgrounds, advocacy, community engagement, coalition training, evaluation, hospital community benefit, farmers' markets, nutrition incentives, active transportation, early childhood education, crime prevention through environmental design, tobacco 21, and more!





Statewide Healthy Eating Initiatives



Good Food Here

Good Food Here (GFH) is a statewide initiative that was developed to make it easy for consumers to recognize and purchase healthy foods. In Ohio, GFH is making its way into grocery and corner stores, vending, concessions, cafeterias, and food pantries.



Healthy Food Retail

In 2017, quarterly networking calls were held to discuss topics such as resident engagement, store recruitment and promotion, food distribution, and evaluation. To date, the Ohio Healthy Food Retail Network has established 105 small healthy food retail establishments in 13 counties across the state.

Produce Perks

The Produce Perks program is led by Produce Perks Midwest, an Ohio-based nonprofit that is pioneering solutions to address inequities within our food system. With U.S. Department of Agriculture funding, technical support through Wholesome Wave (a national nonprofit), and an investment from the Ohio Department of Health (ODH), Produce Perks has quickly grown its statewide reach to provide more Ohioans with affordable, healthy food access. Produce Perks was implemented at 80 locations across the state. In 2017, more than 4,300 of Ohio's Supplemental Nutrition Assistance Program (SNAP) consumers purchased \$270,000 in healthy food through the program. A grocery retail pilot began in two stores in Cleveland and Cincinnati while Produce Prescription program pilots were launched with Diabetes Prevention Programs in Dayton and Akron.



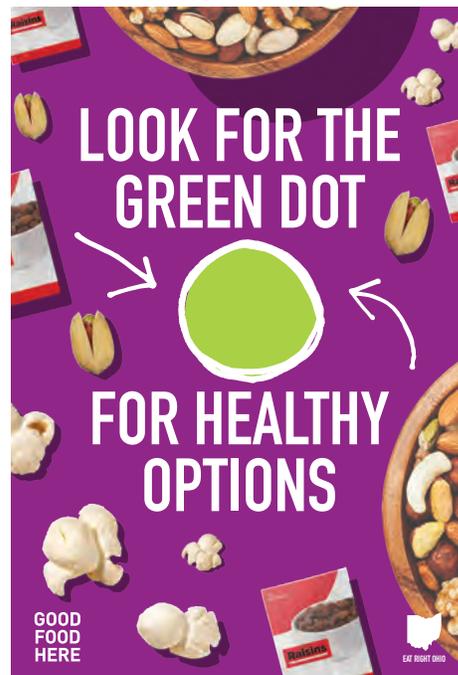
Food and Beverage Guidelines

Resources and technical assistance to support food and beverage guidelines increased in 2017. Quarterly networking calls were held to discuss topics such as healthy meetings, vending assessments, and healthier food and beverage calculators. The Ohio Food and Beverage Guidelines Toolkit and related marketing materials were updated to include policy templates and new promotional messages.



Healthy Vending

In 2017, ODH partnered with Ohio's Business Enterprise Program and state agency wellness ambassadors to initiate a healthy vending pilot, improving food and beverage options for over 4,500 employees in five state agency buildings. Promotional materials using the GFH brand were placed on all machines to highlight the healthier options.





Statewide Active Living Initiatives



Active Transportation

Active transportation is a key component of CHC’s work to increase physical activity. CHC staff have partnered with the Ohio Department of Transportation (ODOT) to co-lead the Ohio Active Transportation Team, facilitating quarterly webinars and implementing strategies. In 2017, almost \$2 million was awarded to local communities to support active transportation work, including five CHC local projects.

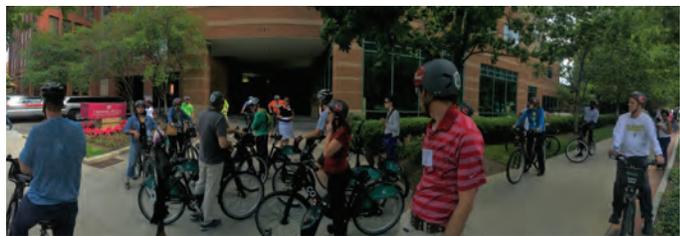
Action Institute

The CHC program partnered with ODOT to host a three-day “Action Institute” to provide training on active transportation to cross-sector teams. The training covered strategies related to education, planning, policy development, and data collection. Teams developed an action plan for advancing active transportation in their community.



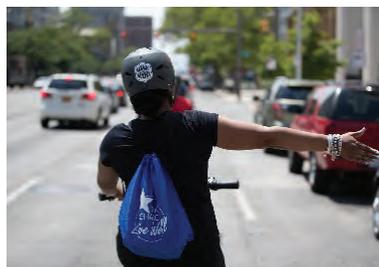
Nine teams attended which consisted of 50 local partners. Participants experienced hands-on learning through:

- An on-road bike training with Yay Bikes!
- A blind walk audit led by Pilot Dogs
- A transit trip to the local transit agency’s paratransit facility.



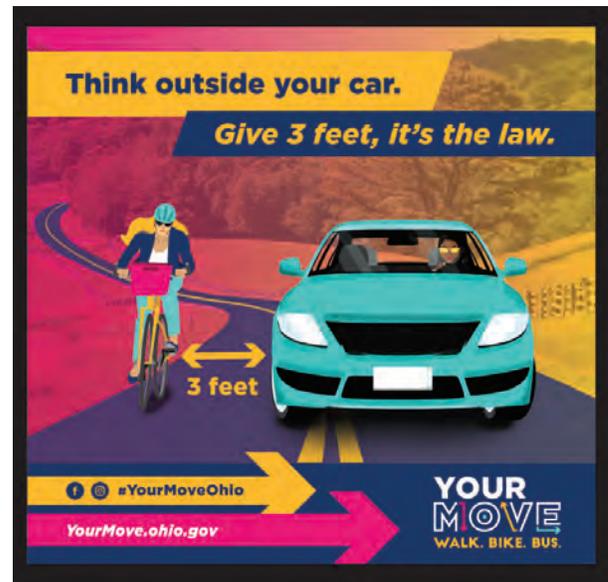
State Agency Ride Buddy

In 2017, CHC partnered with local nonprofit Yay Bikes! to encourage bicycle commuting by state agency employees, with the ultimate goal of increasing daily physical activity. 64 employees from 10 state agencies participated in one-hour bike rides, in which ride leaders modeled how to ride in traffic, explained rules of the road, and introduced local bicycling amenities such as Park & Pedal locations and Columbus’ bike share program. Post-ride surveys and unsolicited feedback reveal participants gained significant levels of knowledge and confidence from the experience, were inspired to change their behavior, and shared what they learned with others.



Your Move Ohio

The statewide campaign -- Your Move Ohio (YMO) launched in May 2017 to educate all road users about safety and to encourage walking, biking, and taking the bus. The campaign took advantage of the state's new three-foot passing law, elevating the message around the state. Through social media, YMO's messaging has reached 73,000 people in more than 45 cities with over 100,000 impressions. Tip cards were distributed to over 650 driver training schools, 200 deputy registrars and all driver license exam stations. Additionally, the campaign leveraged over \$60,000 of added media value.



Ride Leader Train-the-Trainer

Ride leaders teach residents how to replace car trips with bike trips through on-road training. In March 2017, Yay Bikes! trained an additional 15 ride leaders to facilitate "How We Roll" rides around the state. In 2017, trainers led 30 "How We Roll" rides for over 120 local community members, many funded through local CHC projects as part of their active transportation work.



Partnership with Disability and Health Program

CHC partnered with the Ohio Disability and Health Program (ODHP) to address the health and wellness needs of people with disabilities in existing local strategies. In 2017, ODHP hosted a series of trainings and webinars to assist program coordinators with designing and implementing inclusive objectives in the 2017 workplans. Over the past year, coordinators were trained to build inclusive coalitions, introduced to the disability inclusion framework, and learned how to assess and design playgrounds and play spaces that are accessible to all individuals. As a result of these efforts, CHC workplans have almost three times the amount of inclusive language as they did just one year ago. Our partnership with ODHP resulted in more physical activity, policy and nutrition objectives that are designed to meet the needs of people with disabilities. This shows that local coordinators are being intentional about considering disability access and inclusion in their communities.



2017 Local Impact



- 21** Farmers' Markets now accept EBT and/or WIC
- 16** New Farmers' Markets
- 15** Food and Beverage Guideline Policies
- 12** Community/School Gardens
- 9** Water Fountains
- 8** Food Pantries
- 7** Healthy Small Food Retail
- 3** SNAP Incentive Programs at Farmers' Markets
- 1** Urban Agriculture Policy
- 1** Community Support Agriculture

- 29** Bike Infrastructure Improvements
- 25** Parks or Playgrounds
- 8** Multi Use Trails
- 5** Bike Rental Projects
- 5** Crime Prevention Through Environmental Design
- 2** Shared Use Agreements
- 2** Safe Routes to School Projects
- 1** Complete Streets Policy

- 24** Smoke Free Open Spaces
- 8** Smoke Free Multi Unit Housing
- 4** Smoke Free Worksite Policies
- 2** Tobacco Free College/ Technical Schools
- 2** Tobacco 21 Policies



Ohioans Impacted: 1,087,487



2017 Success Stories





Adams County

Adams County is Protecting Children at Play with Tobacco-Free Parks

Summary

In Adams County, almost half of the county's 10th graders have tried smoking. The county is also located in the heart of burley tobacco production in rural Appalachia, making policy changes aimed at decreasing youth tobacco use increasingly difficult. After securing a grant from Interact for Health, the Creating Healthy Communities (CHC) program and a team of collaborators created a Tobacco Task Force, convincing policymakers of the need for Tobacco-Free parks to support children's health. As of December 2017, all seven public parks in Adams County have adopted 100 percent Tobacco-Free policies —an important step in encouraging healthy behavior for kids, and creating spaces where

people can expect to be free from secondhand smoke.

Challenge

According to the 2017 Adams County Community Health Assessment, 45 percent of Adams County's 10th graders have tried smoking and 34 percent have used an electronic vapor product. Seventeen percent are reported as current smokers and 16 percent are reported as current electronic vapor users. Additionally, 8 percent of 7th graders self-report that they are current smokers or use e-cigarettes. With such high rates of youth tobacco use, many discussions have taken place among health and civic leaders on how to address the issue. However, Adams County also has a long history of tobacco production, making it difficult to discuss policy changes aimed at

decreasing smoking and tobacco use. Focusing on parks, where kids and their families go to play, relax, and enjoy the outdoors, seemed like a great place to start.

Solution

The Adams County CHC coordinator assisted the Adams County Medical Foundation in the procurement of a grant through Interact for Health aimed at reducing tobacco use. Subsequently, a Tobacco Task Force was developed as well as a Teen Board to lead discussions throughout the county in support of Tobacco Free policies in public spaces. Input from the community was also gathered, revealing that there wasn't as much push back as was initially anticipated. Eighty-six percent of people surveyed in Adams County reported that they would support



a Tobacco-Free policy in schools and public spaces, and nearly 70 percent believed that more needed to be done in the county to reduce tobacco use. Focusing primarily on the consequences of tobacco use on youth, the Adams County economic and community development director, a partner and CHC coalition member, volunteered to discuss the idea of 100 percent Tobacco-Free parks with governing bodies around the county. Sample Tobacco-Free park policies were shared, along with information on the health effects of youth smoking, and details on how these policies have the potential to reduce secondhand smoke exposure.

Results

Today, all public parks in seven municipalities throughout Adams County are 100 percent Tobacco-Free. The policies impact approximately 28,500 residents as well as visitors to the parks. Signage informing park visitors of the policy has been placed at each park, and policies were promoted both in local news media and social media platforms. Additionally, the coalition's health care partner, Adams County Regional Medical Center, now offers free/subsidized smoking cessation programs for those looking to quit. Surveys done after adoption of these policies reveal that nearly 95 percent of respondents were happy that Adams County parks are now Tobacco-Free and more than 91 percent are aware that secondhand smoke is harmful to others.

"I take my grandkids to the Peebles Park a lot. They love coming to play and I like not having to worry about them being exposed to secondhand smoke."

*—Wilda Rhoads,
Peebles resident*

Sustaining Success

The Adams County Tobacco Task Force and the Teen Board continue to drive change to social norms surrounding tobacco use. Work to support Tobacco-Free policies in schools and additional public spaces is ongoing with efforts to include youth sports recreation parks already in motion. Creating these policies sends a strong message from local government that their community's health is valued.

Your Involvement is Key

The Adams County Creating Healthy Communities Coalition helps identify parks and key individuals to contact for initial conversations about the need for Tobacco-Free parks. Creating an opportunity for honest discussion and problem solving is paramount. Help us start the conversation about the importance of Smoke-Free air, Tobacco-Free spaces, and playgrounds that are free of tobacco litter.



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Allen County

Expanding Healthy Food Access, One Community Garden at a Time

Summary

The partnership between two Allen County organizations enabled one neighborhood to grow more of their own fresh produce and enjoy more vegetables with their meals. The City View Terrace neighborhood is one of many food deserts in the city of Lima where access to fresh produce is limited. The partnership of the Allen County Public Health's Creating Healthy Communities (CHC) Program and the Lima Allen County Neighborhoods in Partnership (LACNIP) Community Garden program enabled this neighborhood to expand a small existing community garden and install a greenhouse to provide more produce to the community. The project not only improved healthy food access, but also provided garden education and skill development to those involved.

Challenge

Data from the 2017 Allen County Health Needs Assessment indicates that more than two-thirds of the county's adults are either overweight or obese and have high blood cholesterol and/or high blood pressure, putting them at increased risk for developing a variety of chronic diseases. Lack of fruit and vegetable consumption is a contributing factor to risk of chronic disease as well, and almost 90 percent of adults in Allen County are consuming less than the recommended five servings of fruits and vegetables each day. Limited access to healthy foods, especially fresh produce at a low cost, is due to the large number of food deserts where there is a lack of grocery stores or healthy food providers. In the county, the ratio of convenience stores to full service grocery stores is 3 to 1

with convenience stores accounting for 76.4 percent of all food retail locations. Limited access to full service groceries impacts a large proportion of low income residents. Living below the poverty level affects 15 percent of Allen County residents; this increases to 33.9 percent in Lima. The challenges of poverty continue to play a key role in addressing food environments, which directly affects eating habits, impacting risk factors for obesity and chronic disease.

Solution

Due to the past success of the City View Terrace neighborhood garden, the Allen County CHC program partnered with LACNIP Community Gardens, a local nonprofit community organization, to expand and enhance the garden. A greenhouse, supplied by the Allen



County CHC program, allowed an earlier start to the growing season, housing plant starts until it was time to plant them in the garden. The neighborhood residents worked to expand their garden to three times the original size to provide a larger amount of produce. Along with the garden expansion, the LACNIP Community Garden program provided education and skill development opportunities for all community gardeners in the Lima-Allen County area by providing a monthly garden forum program. Gardeners were able to learn about optimum plant growth and gained new gardening skills.

Results

The City View Terrace Garden improved and expanded access to fresh produce in the community and helped encourage healthier eating for the residents of the neighborhood. Approximately 470 pounds of produce was harvested from the garden. Neighborhood residents received approximately 170 pounds of produce and the remaining 300 pounds went to the Downtown Lima Farmer's Market to be sold. Funds raised from the market sales went back to support the continuing needs of the garden. The produce that didn't sell was then donated to social service agencies to better serve those in need. A total of 20 residents participated in the garden, with a majority reporting that due to their participation with the garden, they consumed more fruit and vegetables and less packaged food. They ate less fast food, spent less on food in general, and felt better about where their food came from. The garden allowed residents to have a sense of belonging, to be more involved in the neighborhood, and to learn about the process of growing fresh foods, while

also being more physically active. Lastly, most all involved with the garden have shared their produce with family and neighbors, as well as, sharing their new-found love and knowledge of gardening.

Sustaining Success

The City View Terrace Neighborhood Community Garden will continue to grow fresh produce for their neighborhood and community. And, while community gardens alone will not solve food insecurity issues, they do play a significant role in the food system. Allen County CHC and the LACNIP Community Garden program plan to continue to expand community gardening in other areas of the City of Lima. A committee has formed to develop a garden entrepreneurship program that will serve as a pilot project in 2018. This project will establish a local consumer supported agriculture (CSA) program, as well as a farm to school and farm to institution program. It will provide education on advanced planting techniques and provide hands-on experience for future farmers/growers. Finally, it is hoped to use vacant land in the city for urban gardening through the establishment of an urban agriculture policy. As community gardens expand and local produce increases, access to healthy foods can be easier for Allen County residents.

Your Involvement is Key

You can help your community achieve better health and greater access to healthy foods through participation in community-based gardening programs. Join the Allen County Food Council to stay current on the work that is being done to improve access to healthy food for all Allen County residents.



"I have been most affected by all of the people who care about the need to have locally grown food available."

—Anonymous garden participant



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Athens County

On the Road to Better Health Through Transportation Policies

Summary

It is important for people to feel safe and comfortable when they choose to bike or walk for transportation or their health. Nelsonville is becoming a safer community for all forms of transportation, through a collaboration between the City of Nelsonville and the Athens County Creating Healthy Communities (CHC) program. In addition to the installation of bike infrastructure, a committee is being created to help continue Active Transportation and Complete Streets projects in the future.

Challenge

Lack of transportation continues to be a significant problem for people living in Athens County. According to the 2016 Athens County Community Health Assessment, 9.1 percent of

households in Athens County are without a vehicle, compared to the state percentage of 8.4 percent. The City of Nelsonville does not have public transportation and has one of the highest percentages of “zero car households” in Athens County. Limited transportation options inhibit access to jobs, education, health care, human services, and community connectivity. With a rural geography and high rate of poverty, Athens County residents often face isolation when safe, affordable transportation options are not available. Providing more opportunities for biking, walking and transit would relieve the financial burden of owning a car and help increase everyday physical activity opportunities.

Solution

In order to provide more accessible transportation opportunities, partners

came together to collect data, provide education and pass city policy. The Buckeye Hills Regional Transportation Planning Organization conducted traffic counts in Nelsonville to identify roads that support safe and comfortable biking. City decision makers and community members participated in on-road educational bike rides developed by Yay Bikes! called *How We Roll*. These educational rides cultivated new perspectives on how it feels to be a bicyclist traveling on main roads, a better understanding of state laws, and how to be a safe and predictable bicyclist. Finally, with the support of the Nelsonville Streets Committee, the City Council passed a Complete Streets Policy in October 2017, making it city policy that all road users be considered in the planning, design and construction of roadways.



Results

As a result of this work there have been many short and long-term results. Based on the data collected, a plan was initiated for bike “sharrows” to be painted in downtown historic Nelsonville to direct and encourage riders to utilize low-stress routes and to alert drivers to their presence. “Bike May Use Full Lane” signs will be installed on Canal Street to remind all road users of the state law that bicyclists may occupy the travel lane. As a result of the Complete Streets Policy, a Bicycle/Complete Streets Advisory Committee will be created to develop a Bicycle Master Plan for the city. This plan will be implemented over time to improve connectivity for people biking in Nelsonville. The committee will also work on other activities such as bike counts and bike friendly business initiatives to monitor and promote active transportation. By making Active Transportation a priority through city policy, Nelsonville will increase access to resources throughout the community, build economic stability, and improve the health of all residents.

Sustaining Success

With the leadership of the advisory committee, infrastructure changes, improved signage and community education are expected to occur throughout the next several years. The committee will serve as an active forum for the community to be involved in Active Transportation and Complete Streets activities. The advisory committee will actively share information to community members, local businesses and workplaces. Having a Complete Streets Policy ensures that future

infrastructure plans will always show designs can enable safe access for all users. Each transportation project will help make the city’s streets safer for drivers, pedestrians and bicyclists of all ages and abilities.

“The How We Roll ride was very informative and helpful in seeing where we can make Nelsonville more bike/ pedestrian friendly. I will be heading up a committee for the City of Nelsonville to make sure we move forward with these projects.”

— Linda Watkins,
Nelsonville City Council Member

Your Involvement is Key

1. Participate in a *How We Roll* ride to feel more comfortable riding on the streets and learning the rules of the road.
2. Replace a normal car trip with a bike or walking trip!
3. Be an advocate for Active Transportation!
4. Join the Athens County CHC Coalition to learn more about Active Transportation and how to help with local projects.
5. Follow the statewide Your Move initiative at <http://facebook.com/yourmoveohio>.

References

¹Athens County Coordinated Transportation Plan, 2018



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City of Cincinnati University of Cincinnati Adopts Tobacco-Free Policy, Gives Smokers a Freshstart

Summary

The Cincinnati Creating Healthy Communities (CCHC) Program supported the University of Cincinnati (UC) in its effort to provide a safe and healthy environment for all students, faculty, staff and visitors through implementation of a Tobacco-Free policy on May 1, 2017. The policy protects nearly 45,000 students and 15,000 employees from secondhand smoke exposure. Educating university community members on the dangers of tobacco, communicating the policy, identifying enforcement strategies, and providing cessation resources were key to UC's success.

Challenge

Smoking is the leading cause of preventable death in the United States, accounting for one out of five deaths annually. Smoking causes over ten types of cancer, heart disease, stroke and asthma, and damages every organ in the body. Preventing tobacco use among college students is particularly important because 99 percent of adult smokers start using tobacco before age 26. Tobacco-Free policies can change attitudes towards smoking, reduce youth smoking, eliminate secondhand smoke exposure, and provide an opportunity to create and sustain a Tobacco-Free lifestyle for young adults. Smoking-

related illness in the United States costs more than \$300 billion annually and accounts for more than \$156 billion in lost productivity. Tobacco-Free policies help to reduce employee health care costs and absenteeism, increase employee productivity, and cut costs associated with grounds maintenance.

Solution

UC, the second largest university in Ohio, partnered with CCHC to develop and adopt a Tobacco-Free policy on May 1, 2017. To educate students and staff about the policy, resources were leveraged from the Student Wellness Center,



Student Government and Eta Sigma Gamma. Sporting events and the *Great American Smokeout* were used as platforms to communicate and promote the policy, along with signage placed at building entrances, garages, and areas where smokers would congregate. Local news coverage and a social media campaign also informed the surrounding Cincinnati community about the new policy. For students and staff that need support to quit smoking, UC partnered with the American Cancer Society to provide Freshstart®, a group-based tobacco cessation support program at no cost.

Results

The Tobacco-Free policy protects nearly 45,000 students and 15,000 employees from secondhand smoke exposure. Through this policy, UC has also eliminated any support to and from the tobacco industry including sponsorships, advertisements and sales. Smoking behavior observations conducted on UC's main campus demonstrated an increase in policy adherence over a six-month period; ten observations conducted between July and September 2017 revealed a 58 percent adherence to the Tobacco-Free policy. From October through December 2017, smoking behavior observations revealed a 93 percent adherence rate during 15 campus visits. UC's policy has added to Cincinnati's changing tobacco landscape and has educated the public, other colleges/universities, local government and organizations about the advisability of adopting such a policy.

"I believe that UC choosing to become a tobacco free campus is a good thing. It is definitely a good step in making UC a healthier campus."

– George Boateng, 4th year Health Education and Promotion student

Sustaining Success

To ensure sustainability of the policy, communication and compliance have been identified as key considerations. Events such as *Kick Butts Day*, *Earth Day* and *Love your Pet Day* will be utilized to increase policy awareness. Additionally, the Student Wellness Center received a \$20,000 Tobacco-Free Generation Campus Initiative grant from the American Cancer Society and CVS, which will be used to purchase promotional items and incentives for the tobacco cessation classes.

Your Involvement is Key

UC calls upon all who live and work on campus to support and embrace the Tobacco-Free policy. UC shares sample enforcement scripts on its webpage to assist UC community members with approaching someone who is in violation of the policy. Report smoking violations, via email, to the Tobacco-Free UC Steering Committee to identify areas on campus where tobacco use is still occurring.



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Clark County

Bike Patrols and Surveillance Measures Create Perception of Safer Access for All in Clark County

Summary

To combat the perception of safety issue concerns on the bike trails, the Creating Healthy Communities Coalition [Clark County Combined Health District (CHC)] partnered with the Springfield Police Department and the National Trail, Parks and Recreation District (NTPRD) to create a local Crime Prevention Through Environmental Design (CPTED) task force team in Clark County. By adding bike patrols on the trails, community members feel more secure in utilizing the trails. And, they are increasing their physical activity.

Challenge

The City of Springfield is an urban community with a population of about 60,608 (2010 census data). Violent crime in Springfield hit a 14-year high in 2016 with 12 murders and more than 50 people injured by gunfire. According to the Robert Wood Johnson Foundation's 2017 County Health Rankings, Clark County has a high adult obesity rate of 32 percent of the population, with 26 percent of adult residents reporting no physical activity of any kind. Lack of physical activity and a sedentary lifestyle can be a key contributor to chronic disease. Within the city there

are many parks, recreational facilities and event pavilions as well as over 20 miles of multi-use trails. The parks and trails are the only free outlet for physical activity. The perception of potential violent crime in the parks and trail areas has reduced the participation rates for physical activity within the local community.

Solution

The Clark County CHC coalition and NTPRD collaborated to provide improved wayfinding and security at trailheads and along key trail locations, including two new bike repair stations, two new security



camera installations and six new trailhead kiosks. Bike patrol-certified Springfield Police Department officers provided more than 75 trail patrols throughout summer 2017, resulting in more than 163 hours and more than 1,026 miles of trails patrolled. Trail counters have also been installed in all three trail segments (Buck Creek, Simon Kenton and Little Miami Scenic) to provide increased user data for future projects.

Results

Thanks to the work of the CPTED task force and Springfield Police, Springfield and Clark County made significant progress in its goal of becoming a healthier city by increasing opportunities for physical activity. The bike patrols on the trails resulted in 2,254 pedestrian encounters and 1,353 bicycle interactions, all with positive results.

“We have noticed a significant increase in the amount of bikes and pedestrian activity in the greater Springfield area. The citizens are noticing the efforts to improve safety and are sharing positive feedback with city officials.”

— Jim Bodenmiller,
City Manager of Springfield, Ohio

Sustaining Success

Springfield/Clark County will continue to offer the CPTED bike patrol program in 2018, due to leveraged funding from local sources. In addition, CPTED sustainability will be supported by the two additional bike patrol certifications completed by Springfield Police officers and funded by the CHC coalition. Springfield is optimistic that these programs will continue to support shifts towards healthy living with improved physical activity for all the residents of Clark County.

Your Involvement is Key

Safe, accessible recreational facilities and green spaces are essential to a healthy community. You can help contribute to the local community's health improvements by participating in the upcoming Bike to Work Day in May or joining the Clark County Trail Ambassadors. Join the Clark County Creating Healthy Communities Coalition and learn more about how you can get directly involved with this important effort locally.



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City of Columbus Franklinton Partners Work to Make Biking Possible for All

Summary

The residents of the Franklinton community in Columbus, Ohio, don't have the benefits of rich bike infrastructure and a culture of safety when compared to neighboring communities. This, coupled with a lack of car ownership has posed a problem for resident transportation, safety and health. A coalition of concerned Franklinton organizations have partnered together to make active transportation feasible for all.

Challenge

The neighborhood of Franklinton faces many challenges due to its location and socioeconomic conditions. According to the 2016 Franklin County Needs Assessment, the median income in Franklinton is \$21,455, 38 percent of residents did not graduate high school, unemployment

is higher than the county average, and nearly three quarters of the adult population are overweight or obese. Many of these factors make owning and maintaining a car challenging.

While biking is a transportation option for Franklinton residents, many obstacles make it difficult to do so. Compared to other areas in Columbus, including neighboring downtown, Franklinton's bike infrastructure and resident knowledge of biking is lacking. The rich bike infrastructure downtown and the trails leading around it do not extend west into Franklinton, making it difficult for residents without active commute experience to safely connect from their community to the city. There is also an issue of safety for walkers and bikers; Franklinton has a large amount of vacant homes and buildings, blighted roads and sidewalks, and

gaps in lighting, making certain parts of the community feel unsafe.

Solution

In 2016, Columbus Public Health's Creating Healthy Communities (CHC) program offered a group of Franklinton worksites bikes and equipment to begin their own separate bike share programs. As a result, the worksites decided to meet to discuss their separate programs, challenges and opportunities, with facilitation from CHC and bike expertise from a local nonprofit bike co-op, Franklinton Cycle Works (FCW). The group decided to continue to meet and organically a greater mission formed. Affectionately named Bike Friendly Franklinton (BFF), this grassroots coalition formed first with a focus on increasing physical



activity through active commuting for worksites, but grew to have a greater goal of community impact. Together BFF started taking steps towards real change in Franklinton by applying for two national grants to transform the fabric and infrastructure of the community to welcome and encourage active transportation. BFF also became a highlight of Columbus' Bike to Work Day, serving as an example of how teamwork can affect real behavior change. With guidance from FCW, BFF has laid the foundation for a mode shift in Franklinton!

Results

BFF has done an incredible amount of work in bringing biking and active transportation home to Franklinton. In a short amount of time, BFF has managed to present active transportation as a realistic option in a number of unique and impactful ways:

- BFF facilitated a partnership between The Homeless Families Foundation and FCW to offer an afterschool bicycle maintenance course focused on technical skills and character building. Through the program, six middle school students worked to earn their own bike.
- The First Annual Bike Fest was held on June 9, 2017 with over 100 attendees, a free helmet giveaway, bike police patrol participation, a bike safety rodeo and a buffet of free healthy foods.
- Bike racks were placed at five organizations, making free and secure bike parking available to over 25,000 residents.
- An educational partner ride was hosted to teach seven

participants on the road best practices and route making basics. The ride will be replicated and offered regularly to partners and community members.

Sustaining Success

The work of BFF will continue. With the momentum built in the first year, BFF will use collective impact of its partners to enhance and promote the programming at FCW, including assisting with adult rider education, expanding and facilitating the youth program to other organizations, and helping develop ideas for new and innovative programs. BFF's presence will continue to increase by hosting regular community rides, helping more organizations obtain bike infrastructure and hosting Bike Fest.

Because of the success and collaborative effort of BFF, Columbus CHC is working to replicate it in each priority community throughout the city. Word of BFF has spread and leaders all over the city are excited to start coalitions of their own and make safe biking a reality in their community. Stay tuned!

Your Involvement is Key

- Become a part of BFF! We are always open to new members from the Franklinton community and beyond.
- Join BFF on an upcoming community ride and learn the rules of the road first hand.
- Visit FranklintonCycleWorks.org and learn all about their philosophy, programming, maintenance classes, shop hours and ways to purchase bikes, equipment and more.
- Come to Bike Fest in the spring!



“Bike Friendly Franklinton helps connect all the stakeholders in Franklinton, facilitating collaboration and the pursuit of true neighborhood transformation through the understanding that active transportation is at the confluence of health and wellness, local economy, vibrant community life, and so many other things.”

— Jonathan Youngman,
Executive Director,
Franklinton Cycle Works



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Cuyahoga County New Grocery Store Provides Healthy Food and Jobs in Euclid

Summary

Simon's Supermarket in Euclid, Ohio reported strong revenues of \$4.6 million over its first 10 months of operation. Participation from more than 570 residents, inter-governmental collaboration and a responsive local storeowner drove the store's first year success. This led to almost \$2 million in grants and loans from the City of Cleveland and the Healthy Food for Ohio Program to help Simon's Supermarket expand to the Buckeye neighborhood on Cleveland's East Side.

Challenge

High quality supermarkets are disproportionately lacking in low income neighborhoods in Cuyahoga County. A recent analysis performed by Cuyahoga County Creating Healthy Communities (CHC) Program and the Cuyahoga County

Planning Commission found that over 193,000 residents in low income neighborhoods live more than one mile from a supermarket. This was exacerbated in 2017 when some supermarkets left lower income areas including the Buckeye neighborhood on Cleveland's East Side.

A challenge for sustaining high quality supermarkets in low income neighborhoods is how to develop trust and accountability among supermarket ownership, residents, and local government. In the Buckeye neighborhood, residents expressed feeling disrespected by the quality of the previous supermarket and the lack of collaboration from store leadership. This may have affected resident's decisions of where to spend their money. The process in Euclid offers a community-based participatory model that aligns resident, storeowner and local government priorities through large scale, public forums.

Solution

The Simon's Supermarket implementation process was unique because broad community participation was organized by the CHC program eight months before the store opened and continues today. Over 570 residents have participated in forums and store tours to offer feedback to the storeowner and city leadership. The process built trust and accountability among residents, the storeowner and local government and helped to stabilize store revenues.

The following store improvements were implemented based on resident feedback:

- Butcher onsite during all supermarket hours
- Four automatic carts now available
- Transportation home is provided to shoppers who spend \$75; however, they make an effort to provide a ride home to anyone who needs it



- A new retention wall and fencing were installed to address parking lot and adjacent residential flooding
- Increased storefront lighting
- Local hiring during supermarket events

Results

Over the first 10 months of operation total revenues were \$4.6 million including almost \$400,000 in fresh produce and \$1.6 million in fresh meat sales. Supermarket access improved for 2,559 residents and 1,442 households within a half mile of the store. Over 50 jobs have been created, mostly filled by local residents.

The success of the community-based implementation model in Euclid led to the store's expansion into the Buckeye neighborhood in Cleveland, where a large supermarket recently left. Buckeye residents were organizing for a solution to the closure and the City of Cleveland provided \$808,000 in grants and \$180,000 in loans and the Healthy Food for Ohio Program provided \$895,000 in loans to help Simon's Supermarket implement at the site. Many supermarkets do not engage residents in a meaningful way as part of their implementation model or business operations. The examples in Euclid and Buckeye demonstrate the importance of community participation in supermarket stabilization and expansion.

Sustaining Success

The CHC Program continues to engage residents to monitor and support the stability of the Simon's Supermarket in Euclid and to demonstrate the effectiveness of community-based supermarket implementation in low income neighborhoods. In December 2017, CHC coordinated a One-Year

Anniversary Resident Feedback Forum in Euclid with the following objectives:

- Seek feedback from Euclid residents regarding the first year of operations of Simon's Supermarket
- Address concerns from Buckeye residents who may have limited experience and/or mistrust towards a new store operator
- Demonstrate transparency from the storeowner regarding store revenues and expansion plans

Over 70 residents from Buckeye and Euclid attended the forum. Residents asked questions and provided feedback to the storeowner and Buckeye residents engaged Euclid residents to learn about their experience so far with Simon's Supermarket.

Mary Jones, a Euclid resident who spoke during the forum said, "As long as we have Simon here and we can patronize him, we'll be able to have a grocery store in our area, and I believe the same thing will happen in the Buckeye area because Simon has in one year proven that he has the ability to work with the people and residents in our area."

Sandy Gordon a Euclid resident stated that, "The store for the Villa has been so convenient because it's closer, we can exercise and walk down here to the store in the summer, and the cost is so good!"

Your Involvement is Key

High-quality supermarkets can thrive in low income neighborhoods when resident participation and trust building are prioritized. To get involved contact Roger Sikes or Annie Stahlheber at the Cuyahoga County Board of Health.



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Delaware County

Fitness Stations Enhance Walking Path in Harlem Township Park

Summary

The Delaware General Health District partnered with the Harlem Township Trustees to enhance the existing township park. The park is commonly visited by families attending baseball games and individuals taking advantage of the paved 1/3-mile walking path. Township trustee Carl Richison and a team of volunteers worked to install ten fitness stations along the walking path to provide better exercise options to visitors of the park.

Challenge

Achieving recommended amounts of physical activity is a continual challenge for Delaware County residents. According to the 2016-2017 Youth Risk Behavior Survey, only 27 percent of youth (grades 6-12) got at

least 60 minutes of physical activity daily. In the 2013 Community Health Assessment, 57.7 percent of adults in Harlem Township reported getting 30 minutes of physical activity daily, compared to 87 percent in the county. The number of overweight adults in Harlem Township was 48 percent, considerably higher than county rates of 36 percent. Harlem Township residents also experience higher rates of chronic disease than the county. While growing quickly, Harlem Township still remains a more rural section of Delaware County. This provides challenges when residents look for ways to be physically active. Finding an existing community destination in which to incorporate the fitness stations was key in ensuring the success of the project.

Solution

Harlem Township retains a strong sense of community with local leadership willing to do what they can to improve the health of residents. The Harlem Township Park provides a space for individuals and families to spend time outdoors, taking a walk or playing in a baseball game. The park serves as a community hub for events such as ice skating in the winter and an annual community festival in the summer. As the community grows, the park will continue to serve as an important resource for more and more families looking to be physically active. The opportunity for community impact helped guide the Creating Healthy Communities Program to work with the Harlem Township Trustees and community volunteers to install ten fitness stations along



the paved walking path. This project was a collaborative effort with local leadership as the CHC program relied on their input regarding location and design as well as community support to assist with the installation of the stations.

“We have had many folks comment on how nice it is to have the fitness trail in our park. I have personally observed both young and old using the system. It also appears to have brought more people to our park, which is a wonderful thing. I was honored to be a part of giving this to my community. Thank you for this opportunity; it will serve our community for years to come and hopefully aid in their fitness quest.”

*— Carl Richison,
Former Harlem Township Trustee*

Results

The addition of the fitness stations has been well received and utilized in the Harlem Township community. Between October and mid-November 2017, trail counters estimate 4,500 passes on the trail where the fitness stations are located. There has been

positive feedback from township leadership and community members. According to Carl Richison, the equipment was being utilized as of the day of installation. The stations have been further enhanced with hooks to hold dog leashes after community feedback cited difficulties when using the fitness stations while walking dogs.

Sustaining Success

Usage of the fitness stations at the Harlem Township Park will continue to increase as the weather warms. The stations will serve greater populations as baseball season approaches and families visit the park. The Township will maintain and monitor the fitness stations as they do other park amenities. In September 2018, trail counters will be installed and left up through mid-November to track park usage. All park usage data will be communicated to the township trustees to support any future park enhancements as their population grows.

Your Involvement is Key

Communities can work to increase the availability of healthy spaces and opportunities for exercise. If you are interested in learning more about how to increase the active living opportunities in your community, consider joining the Delaware County Creating Healthy Communities Coalition. The coalition works on healthy eating and active living strategies in Delaware City South, the Big Walnut Catchment area, and Oxford Township/Village of Ashley.



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Knox County

Farmers' Market Connects Families to Fresh Local Foods

Summary

Implementing SNAP at the local farmers' market is a win-win situation. It helps local vendors increase their sales and it helps the customer gain access to nutritious foods. Thanks to the collaboration between the Mount Vernon Farmers' Market, OSU Extension of Knox County and the Knox County Health Department-Creating Healthy Communities Program, SNAP recipients have increased access to locally-grown food and learned new preparation ideas. Farmers' market initiatives connect individuals and their families to foods that encourage good health.

Challenge

Healthy nutritious foods should be accessible to all, yet that's not the case for everyone in Knox County. Due to high costs and limited access, nutritious foods are not an option for many county residents who struggle to make ends meet. Currently, 15.3 percent of the Knox County population lives below the poverty line (U.S. Census Bureau). Each year, over 5,500 Knox County residents seek financial help from the Supplemental Nutrition Assistance Program (SNAP) to cover food costs. This includes 2,829 families. Limited access to healthy food and poor dietary choices can lead to diet-related chronic diseases such as

diabetes and obesity. In addition to improving access and affordability of healthier foods, individuals also need to be educated about how to prepare these foods.

Solution

In an effort to connect low income families to nutritious affordable foods, the Mount Vernon Farmers' Market now accepts SNAP benefits. Equipment obtained through the Knox County Health Department-Creating Healthy Communities Grant, enables SNAP transactions to be completed onsite. Market vendors offer fresh produce at prices equal to or less than area supermarkets in an



effort to help SNAP recipients stretch food dollars. OSU Extension-Knox County's SNAP Education Program, partnered with a local chef to offer cooking demonstrations at the market. Funds from United Way of Knox County were used to provide the first 20 customers who used SNAP benefits at the market with an additional \$10 worth of SNAP tokens.

"I like being able to provide the freshest produce to all of our community members."

*—Matthew Caputo,
Market Vendor
M & M Sugar Shack and Produce*

Results

During the 2017 market season, approximately 45 SNAP transactions were processed totaling \$1,475 which was used to purchase locally-grown fresh fruits and vegetables at the Mount Vernon Farmers' Market. At the beginning of the growing season, many customers used SNAP to also purchase vegetable plants while vendors offered planting tips so customers could be successful at growing their own produce at home. The cooking demos were very popular and many SNAP recipients were surprised to find they liked a new food or acknowledged learning a new preparation method. Vendors usually sold out of food items featured in the cooking demos. Market surveys showed that 50 percent of the respondents who use SNAP were unaware of the ability

to use their SNAP benefits at the farmers' market, but indicated they would be interested in using their benefits at the market in the future.

Sustaining Success

The Mount Vernon Farmers' Market is working closely with community partners to continue the success of the SNAP initiative. Plans include working with Knox County Job & Family Services to inform SNAP recipients about the farmers' market through direct mail promotion. The promotion will include dates, times and location of the market, plus provide information on the importance of healthy eating. Plans are also under way to introduce Produce Perks next year, which will double the buying power of SNAP recipients. Since lack of transportation was identified as a barrier to attending the market for some SNAP recipients, plans are being discussed with Knox Area Transit (public transportation) to provide transportation to and from the market.

Your Involvement is Key

The Farmers' Market initiative is an opportunity to create an environment where locally grown food is celebrated and healthy eating is encouraged. All county residents, including those on limited incomes and a lack of transportation, deserve the opportunity to access affordable, nutritious foods. Visit a farmers' market in your community and experience the good taste of foods grown in your community. Are you interested in getting more involved? Join the Get Healthy Knox County Coalition.



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Licking County Produce Perks Helps Licking County Families Buy More Local Fruits and Vegetables

Summary

Thanks to the collaboration between Licking County Creating Healthy Communities (CHC) program, the Canal Market District (CMD) and Produce Perks, residents in downtown and South End areas of Newark now have access to affordable fresh produce. The Produce Perks incentive program provides a dollar-for-dollar match, up to \$10, to Supplemental Nutrition Assistance Program (SNAP) recipients to spend on additional produce at participating farmers' markets. During the 2017 market season, SNAP customers redeemed over \$3,000 in incentives for additional fruits and vegetables for their families.

Challenge

Low income residents in the downtown and South End areas of Newark lack adequate access to affordable fresh produce. Adequate transportation is also an issue for many households as there is no fixed-route transit in the area, and a significant number of residents are more than a mile from the nearest grocery store. In January 2017, the only grocery store in downtown Newark closed, leaving residents at an even greater disadvantage to accessing affordable fresh produce. Residents are left to rely on gas stations and dollar stores as their primary opportunities to buy food. According to the American Community Survey (2010-2014), 38.7 percent of residents living in this area receive benefits through SNAP.

According to the 2015 Behavioral Risk Factor Surveillance System (BRFSS), Licking County residents fall short of the daily recommendations for fruits and vegetables. Only 3.6 percent indicated they consume the recommended daily servings of two servings of fruits and three servings of vegetables. According to the survey, 74.2 percent are not eating the recommended servings of fruit and 94 percent do not eat the recommended servings of vegetables. There is also the issue of food insecurity in Licking County, where one out of every eight residents (12.9 percent) worries about having enough money to buy nutritious meals. The lack of healthy foods puts them more at risk for obesity and chronic diseases such as cancer, type 2 diabetes and heart disease.



Solution

With the closing of the only grocery store in the downtown area, CMD implemented the Produce Perks program in 2017 to further increase access to affordable fresh produce for low income residents. The addition of Produce Perks gives low income residents more buying power at their local farmers' market. Customers who use SNAP simply swipe their EBT cards at the market, like they would at any grocery store and specify the amount they want to spend that day at the market. The Produce Perks program matches dollar for dollar up to \$10 additional for customers to spend on fresh fruits and vegetables. With 100% of qualifying market vendors participating in the program, there are many healthy buying options. To ensure SNAP customers were aware of the program, CMD and CHC partnered with the local Department of Job and Family Services (JFS) to reach SNAP families in the area with a flyer and informational mailing. CHC assisted with promoting the program through paid social media and local radio ads. Community partners were educated on the programs through trainings and at the market.

Results

The addition of the Produce Perks program has helped provide access to affordable, fresh produce for low income residents in the downtown and South End areas of Newark. Produce Perks helps residents get

more with their SNAP dollars by doubling the purchasing power on more fruits and vegetables. During the 2017 market season, over \$3,000 of fresh fruits and vegetables were brought into the homes of these residents providing more nutritious foods for their families. According to survey responses from SNAP customers, 57 percent indicated the Produce Perks program helped them increase the amounts of fruits and vegetables they are eating.

Sustaining Success

A Produce Perks sustainability plan is being developed. CMD is looking into ways to expand healthy food access in the neighborhood outside of the farmers' market using Produce Perks, including a low income, local food subscription service that delivers a weekly pod of fresh food right to where it is needed. CMD will continue to rely on strong partnerships with key stakeholders and secure funding to build on the success of the farmers' market.

Your Involvement is Key

Help increase access to affordable, fresh, local foods. Find out if your community farmers' market accepts SNAP or is eligible for the Produce Perks program. Visit your local farmers' market and help spread the word about markets in your community. Join the Licking County Wellness Coalition to support access to healthy foods for all residents.



Loretta is an occasional visitor to the farmers' market. The last time she visited, the Produce Perks program wasn't in effect, but she was excited to have her purchase doubled through the program this year. The majority of what she buys will be used to feed her 2-year-old granddaughter, who loves all the fresh fruits and veggies. Thanks to the Produce Perks program, her SNAP will go twice as far at the farmers' market!



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Lorain County Check it Out: Healthy Food Now Available in Checkout Lanes

Summary

Live Healthy Oberlin (LHO), a community health collaborative in Oberlin, Ohio identified their community's need for better access to healthy foods after discovering that residents cite cost and preparation as barriers to eating healthy. LHO worked with Lorain County Public Health's Creating Healthy Communities (CHC) program to find a solution. Together, LHO partners planned and implemented a Good Food Here healthy checkout lane at Oberlin IGA, a local grocery store, in order to offer low cost, ready-to-eat healthy foods. The Oberlin IGA owner stocked his busiest checkout lane with fruits and vegetables, granola bars, and hummus instead of candy and chips. This change makes it easier for the nearly 6,000 people who live near the store to make healthy

choices when checking out. Among customers surveyed, over 70 percent use the healthy checkout lane when shopping. Customers reported trying new healthy options and making more frequent healthy purchases than before the healthy checkout lanes existed. Additionally, sales at the checkout lane increased throughout the year.

Challenge

According to the 2015 Lorain County Community Health Assessment (CHA), only 5 percent of Lorain County adults eat enough fruits and vegetables every day, and they drink an average of 4.6 sugary beverages weekly; these habits are linked to chronic diseases. Well over half of Lorain County adults are obese/overweight (69 percent), 11 percent live with diabetes and 6 percent with

heart disease—according to the 2015 Lorain County CHA. Healthy retail initiatives can help to improve these statistics yet they require strong partner communication and store buy-in, which can be difficult to implement and sustain. Using the Community Health Assessment and Group Evaluation (CHANGE) tool, community needs and barriers to healthy eating for Oberlin residents were identified; cost of fruits and vegetables, variety available, and food preparation knowledge became areas of focus for the healthy checkout project. A vital consideration with retail partners is their need to maintain a profit, which is why careful planning occurred before launching the healthy checkout lane and the Good Food Here initiative.



Solution

Guided by the CHC coordinator, LHO partners discussed how Oberlin IGA could make environmental and systemic changes to support healthy eating behaviors. LHO formed a volunteer team to carry out the healthy checkout lane project with the Oberlin IGA store owner. He allowed the busiest lane to transform so that only healthy options lined the racks. A new shelving unit, lined wire fruit baskets and a cooler, was provided so the healthy items had appropriate space and storage. The healthy checkout lane now features healthy snack options instead of candy, chips and sugary drinks. Items like water, yogurt, hummus, granola bars, and low cost, ready-to-eat fruits and vegetables replaced candy bars and soda. Colorful signage promoting these options was added at the lane and throughout the store. Additionally, training was provided to staff so they could include the healthy checkout as a part of work in day-to-day operations, including restocking the checkout lane, tracking sales and arranging promotion.

Results

IGA's Good Food Here program and healthy checkout lanes influence shoppers' behaviors. Among customers surveyed, over 70 percent use the healthy checkout lane when shopping. Fifty-seven percent of respondents report that in-store promotional messages influenced what they bought. Qualitative data shows that after seeing Water First for Thirst signage, customers reconsider buying sugary drinks. Customers also tried new healthy options and made more frequent

healthy purchases than before the healthy checkout lanes existed.

Oberlin IGA now uses healthy shopping behavior data to make informed product selection and stocking decisions, which can lead to higher profits. Total sales at the healthy checkout lane increased throughout the year. LHO assisted cashiers with a sales tracking document to spot trends. In 2017, the top most sold healthy checkout items were water, bananas, apples, granola bars, and yogurt.

Sustaining Success

LHO provided Oberlin IGA with Good Food Here posters, recipe cards, surveys, and other materials to keep up the checkout lane. Oberlin IGA staff continue to monitor the checkout lane and try new products. Since making these changes, IGA has started a blog on their website featuring healthy recipe cards and tips for selecting produce. IGA will continue to work with Live Healthy Oberlin partners to see how the new checkout lane continues affecting customers, specifically through annual surveys. The store owner plans to expand wellness efforts by offering free samples of fruits and vegetables, and by working with local dietitians to provide healthy grocery shopping education.

Your Involvement is Key

Become a voice for your community—identify needs and be part of the solution by joining Live Healthy Oberlin partners. Let's work together to make the healthy choice the easier choice in the City of Oberlin!



"I see the Good Food Here signs and healthy checkout lane in the store and it makes me think twice about impulse buys, like chips or frozen meals."

— Oberlin IGA shopper



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Lucas County

City of Oregon Residents Enjoy Increased Access to Drinking Water in Public Spaces

Summary

Through the efforts of the Lucas County Creating Healthy Communities (CHC) program, the City of Oregon Department of Recreation and city engineers, residents from all over Lucas County now have more opportunities to choose water first for thirst while visiting the South Recreation Complex and county bike trail. In addition to the available facilities, sports programs, playgrounds, and bike trails, the outside water bottle filling station provides a healthier solution to staying hydrated and reducing the consumption of sugar-sweetened beverages, while away from home.

Challenge

Limiting sugar-sweetened beverages can help individuals maintain a healthy weight and healthy diet.

This often presents a challenge to Lucas County residents while away from home or when healthy beverage choices may be limited. According to the 2017 Lucas County Health Assessment, 14 percent of children drank sugar-sweetened soda pop, fruit flavored punches, or sports/energy drinks at least once per day during the past week; 2 percent of children drank three or more sugary beverages per day. The Centers for Disease Control and Prevention (CDC) states that sugar-sweetened beverages are a leading source of added sugars in the American diet with 48 percent of those sweetened beverages consumed while away from home. Frequent intake of sugar-sweetened beverages is also associated with poor dental health, weight gain/obesity, type 2 diabetes, and other chronic diseases.

Solution

The Lucas County CHC program partnered with the recreation department to improve access to drinking water in the City of Oregon's South Recreation Complex. This facility consists of many outside areas including soccer fields, baseball fields, volleyball courts, playgrounds and a skate park. It also has direct access to the Coontz Complex Path and connecting bike trail. After discussion with the City of Oregon, it was determined that installing an outside water bottle filling station in the southern portion of the complex would be beneficial because it was near the connecting bike trail, soccer fields, playgrounds, concession stand and restrooms. This location also has a high frequency of foot and bike traffic, giving more individuals an opportunity to access the water bottle filling station.



To help complete this project, the City of Oregon donated a portion of materials and all labor required for installation.

Results

The newly installed water bottle filling station at City of Oregon's South Recreation Complex provides more opportunities for the approximately 25,000 individuals who visit the complex each year to have access to clean, healthy drinking water. A post survey regarding the installation of the water bottle filling station was sent electronically through the City of Oregon's notification system. Results of the survey were positive and revealed the following:

- 92 percent believe that the water station is accessible
- 60 percent believe that having access to the station would encourage them to consume more water
- 69 percent believe that they have consumed fewer sugar-sweetened beverages while visiting the complex
- 55 percent have used the station once or more per week.

"The collaboration between Creating Healthy Communities and the City of Oregon helped to provide the community more opportunities to be healthy."

— Tim Borton, City of Oregon

Sustaining Success

The City of Oregon's support of this project began with their commitment to install the water bottle filling station and continues with providing long-term oversight and maintenance of the station. In addition, they will provide healthy messages on the importance of water consumption in the recreation center. This continued commitment is a step towards decreasing sugar-sweetened beverage consumption and making water more accessible for those participating or attending events at the South Recreation Complex. In addition, partnering with the City of Oregon has allowed the Lucas County CHC program and partners to strategize other ways to incorporate the Ohio Department of Health's Healthy Food and Beverage Guidelines into future community and worksite initiatives.

Your Involvement is Key

- **Participate** – Decrease sugar-sweetened beverages by drinking more water
- **Connect** – Help connect local needs with state resources. Visit <https://www.odh.ohio.gov/health/healthylife/createcomm/Healthy%20Eating/Water%20First%20for%20Thirst.aspx>
- **Encourage** – Encourage other organizations to adopt healthy eating/drinking policies



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Marion County

Designing Inclusive and Accessible Communities

Summary

Often times people with disabilities are overlooked in public health strategies. This underrepresentation can lead to poorer health outcomes for people with disabilities as compared to those living without disabilities. In Marion County, the Creating Healthy Communities (CHC) coalition is working to lessen that health gap by improving access to community resources and helping to facilitate a culture of inclusion in Marion County.

Challenge

Data suggests that people with disabilities experience health inequities at a much higher rate than those living without them. According to the Centers for Disease Control (CDC), people without disabilities are less likely to be obese (34.2 percent) as compared to people with disabilities,

who are more likely to be obese (44.6 percent). Also, from the same CDC report, we know that people living with a disability report being less physically active at 54.2 percent, than those living without a disability at 32.2 percent. This data is further supported by the 2015 Marion Community Health Assessment (MCHA), in which only 17 percent of people living with disabilities reported participating in physical activity at least four days per week, compared to 31.1 percent of the general population. In the United States, one out of five people are living with a disability. A disability can occur at any time and may impact physical, sensory or cognitive abilities. This can lead to challenges accessing their community's most basic needs such as housing, employment, food, transportation and community resources. According to our 2015 MCHA, 17.4 percent of Marion County's

population is living with a disability. The largest of those with a disability are over the age of 65 and have ambulatory difficulties. Based on this data, our community is redefining our commitment to this population and working to ensure our facilities and services are inclusive and accessible for all ages and abilities.

Solution

The Marion CHC coalition used the Community Health Inclusion Index (CHII) to conduct an extensive assessment evaluating inclusion and accessibility in several sectors and organizations throughout our county. Through these assessments, we were able to recognize opportunities for disability inclusion efforts when developing community health strategies. One of the largest opportunities identified, was to



improve access at one of our best-known community assets, the Tallgrass Trail where people from in and outside Marion County come to walk, run and ride bicycles. The CHII assessment revealed many favorable features supportive of inclusive physical activity; these characteristics coupled with organizational readiness made this a prime location for change.

Results

The assessment identified that a barrier to accessing the 12-mile trail was related to lack of sidewalks connecting a recently established parking lot to the path. Additionally, accessibility was a concern at a new storage facility which was built to support future inclusive programming at the trail. Park improvements made to the parking lot and the addition of sidewalks were completed in summer 2017 and the establishment of a universal bike share program was completed in spring 2018. Additional data was collected in preparation for this system change through an adaptive equipment expo which was held in May 2017 at the trail. The purpose of the event was multifaceted: assess participant interest and gather needed data while providing community education and awareness on inclusive health design. An overwhelming response to the need for this program was identified with over 100 attendees and 16 equipment evaluations conducted within a two-hour window. The data compiled during this event has provided

information as we work to establish the universal bike share program. Anticipated outcomes of this change for people with disabilities include improved social connections, increased access to physical activity opportunities, reduction of financial burden in purchasing adaptive equipment, and ease in transporting and maintaining equipment.

Sustaining Success

In an effort to sustain this work, the Marion County Park District has agreed to oversee and manage the bike share program. A process is being planned that will allow people to schedule the rental of an adaptive piece of bike equipment, access it from the storage facility, and experience a ride along the trail. This organizational system change coupled with the infrastructure improvements will have lasting impact as residents access the trail for years to come.

Your Involvement is Key

- To help design your community to be more accessible and inclusive, follow these easy steps:
- Become an advocate for inclusion and join the movement: <http://committoinclusion.org/commit/>.
- Visit <https://www.nchpad.org/Select-Resources> to access a set of survey tools to assess resources in your community and the degree to which they are inclusive.
- Design community spaces utilizing the 8-80 model: <https://www.880cities.org/>.



Marion County CHC has utilized multi-level assessment data to create a comprehensive plan for improved access to community-based resources for people with disabilities. This is a monumental step toward building a community that is inclusive of and accessible to all people, young and old, regardless of ability or disability.



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Meigs County

Creating Healthy Places in Meigs County

Summary

Sedentary lifestyle and lack of places for recreation opportunities contribute to the higher than average statistics of obesity, heart disease and diabetes for Meigs County residents. In 2017, the Creating Healthy Communities (CHC) Coalition implemented one new playground and improved two additional parks in Meigs County. Additionally, to protect the health of children and their families, Middleport Village Council adopted a Tobacco-Free outdoor spaces ordinance for parks and playgrounds.

Challenge

In a recent study conducted by Ohio University's Diabetes Institute, 19.3 percent of Meigs County residents have diabetes. Behaviors such as lack of exercise, poor diet, and tobacco use contribute to the development of diseases such as cardiovascular disease and diabetes. A focus group for the 2015 Community Health Assessment cited a lack of adequate recreation opportunities available to Meigs County residents. The few existing areas for recreation throughout the county are in poor condition and many are in need of repair. Several parks in disrepair have noncompliant pieces of equipment that are in need of removal for safety purposes due to the items being rusted and aged. Existing equipment did not meet current safety recommendations.

Solution

The CHC Coalition is committed to improving the built environment for a safer, more active Meigs County. Since 2015, CHC has been working with mayors, village council members and residents to improve the county's parks and playgrounds. In 2017, the following parks were planned to be renovated or improved: Star Mill Park in Racine, Dave Diles Park in Middleport, and Mechanic and 7th Street Park in Pomeroy. These projects could not have been completed without the support of local businesses and village employees. Local businesses donated needed supplies to build borders around and surface the playground in Pomeroy. Additionally, the village workers in all three communities assisted with the removal of old equipment and the installation of the



new equipment. Overall, \$9,509.20 were leveraged to complete these projects.

Results

Outdated, broken, and noncompliant pieces of playground equipment were torn down and replaced with spring riders and playcubes at Star Mill Park. At Dave Diles Park, a fence was added to further separate the park from a very nearby street with plans to add a climber and teeter-totter. Lastly, a new play structure, including a slide, climber and monkey bars, was installed at the Mechanic and 7th Street Park to give the local residents access to a place to be active. In addition, a Tobacco-Free ordinance was passed for all parks and playgrounds in Middleport to promote clean air in places where kids are expected to play. New signage displayed will enforce the tobacco policy to prevent people from smoking in public parks and playgrounds. Overall, approximately 6,500 residents across the county have been impacted by the changes. These greatly improved spaces will give residents of all ages and ability the opportunity to be active and to lead healthy lifestyles.

“The area provides a place for families to come and spend time, playing on equipment and having picnics. They just love it!”

— Maureen Hennessy,
Pomeroy Village Council Member

Sustaining Success

By increasing the safety of two parks and adopting an ordinance to make the parks in Middleport Tobacco-Free, community members have an increased interest in continuing to improve these spaces. In 2018, inclusion assessments will be conducted to determine the accessibility of the amenities in Meigs County for people with disabilities. The results of the assessment will guide future planning and implementation efforts of the CHC Coalition to make the parks and playgrounds inclusive for all ages and abilities.

Your Involvement is Key

- Get out and be active! Engage in 30 minutes or more of physical activity every day.
- Seek help to quit. Contact the Meigs County Health Department’s Tobacco Cessation Nurse to stop today.
- Become a member! Join the CHC Coalition to make the healthier choice the easy choice.
- Advocate for health! Discuss with your community ways to improve health and take action!
- Follow the Meigs County (Ohio) Health Department on Facebook for updates and happenings around the county.



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Montgomery County Playground Improvement Projects Benefit Neighborhood Children

Summary

Creating Healthy Communities (CHC) priority areas of East, Old North, and West Dayton are like several communities in Montgomery County that are burdened with significant health challenges and risk factors for chronic diseases. One risk factor among residents is a lack of opportunities to be physically active. The availability of safe and clean areas for physical activity contribute to a community's quality of life. In 2017, the CHC Coalition and several community partners upgraded playgrounds at East End Community Services, the Dakota Center and St. Benedict the Moor School to promote physical activity among adolescents.

Challenge

Obesity is one of the most important public health issues in Ohio.

According to 2013-2015 Behavioral Health Statistics for Montgomery County, 65 percent of the residents reported that they are overweight or obese; 54.2 percent of the residents in East Dayton, 69.4 percent in Old North Dayton, and 78.6 percent in West Dayton indicated they are overweight or obese. In Montgomery County, 31.2 percent of residents report being physically inactive. Lack of physical activity is one of the main contributing factors to obesity rates. 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 deaths." One challenge for CHC is providing access to physical activity opportunities while navigating social barriers for residents of Montgomery County.

Solution

Thanks to funding from the CHC Coalition, in addition to leveraged funding from community partners (Building Bridges Inc., City of Dayton Mini-Grant, K12 Gallery Administrative Fees, Montgomery County Juvenile Court, Montgomery County Juvenile Court Foundation and YouthWorks), members of the coalition along with youth volunteers completed playground improvement projects at East End Community Services, Dakota Center and St. Benedict the Moor School. Paint stencils were utilized to upgrade the playground areas with colorful maps of the United States, MyPlate, and Daisy Hopscotch. Over 40 youth volunteers from Carroll High School and 25 youth artists from Montgomery County's Helping Adolescents Achieve Long-Term Objectives (HAALO) Program completed most



of the work on the projects. The students from Carrol High School volunteer every summer as a part of the Urban Immersion Service Project. The Urban Immersion Service Project provides an opportunity for students to experience issues that contribute to poverty, to serve those affected, and to take what they learned and address the issues in their own communities. Montgomery County Juvenile Court created the HAALO Program in partnership with K12/TEJAS Gallery to expose court-involved youth to different mediums of art while also teaching them life skills that will assist them in being successful members of our community.

Results

Three playground improvement projects were completed at a reasonable cost. The playground improvement projects serve over 35,000 residents who live within one mile of the sites. Parents and residents who live in the neighborhoods around the playgrounds were surveyed. The results of the surveys indicate that 77 percent of the responders feel the playgrounds are in good condition, 88 percent of the responders feel the painting projects have increased how often their children use the playground, and 100 percent feel their children are safe at their playground.

Future Direction

The coalition will continue to make additional improvements to the community playgrounds. Increasing access to clean and safe places for physical activity can help the efforts of community organizations and residents within CHC priority neighborhoods. Other exciting opportunities for the CHC Coalition involve the continued support of valued community partners' physical

activity projects. In 2018, the coalition will partner with stakeholders in East, Old North and West Dayton to implement three additional physical activity initiatives.

Sustaining Success

The CHC Active Living sub-committee will work to promote playground improvement projects and engage neighborhood children to encourage use of the playgrounds. The CHC Coalition and its partners will also continue their support of the improved playgrounds, and work to create environments where children are able to enjoy physical activity in clean and safe environments throughout our priority areas. Plans for 2018 are to address the need for additional equipment on playgrounds that the coalition worked on in 2017, in addition to playgrounds in other CHC priority areas. Moreover, the coalition is exploring ways to leverage existing funding resources to meet the demand for areas for physical activity. This will require continuous participation from all sectors of the coalition, community stakeholders, and residents. The goal is to create an environment that supports active living for all residents of Montgomery County.

Your Involvement is Key

The task of increasing physical activity and ensuring residents of Montgomery County have access to clean and safe areas to be active is a comprehensive commitment. CHC's ambition to grow the number of areas designated for physical activity requires a system that bridges the gap between residents and community stakeholders. You can help with this initiative by becoming involved with Montgomery County's CHC Coalition.



"The kids are playing more. I've seen ten or more kids playing on the newly painted area, when I picked my daughter from after school care."

— Dakota Center parent



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Perry County

A Walk on Broadway

Summary

As of January 2017, Broadway was a high traffic, high speed roadway in New Lexington that was unsafe to walk or bike. Broadway consists of three highways converging to create a main thoroughfare through the village. There are several businesses located along this road with traffic entering and exiting at many intersections, creating potentially dangerous situations for pedestrians and bikers. The sidewalks along this heavily traveled street had become an overgrown, narrow path with few crosswalks and several areas that were incomplete. The 8/10 of a mile walk to the businesses was quite difficult for local citizens especially if they had a cart or stroller. The Village of New Lexington and Perry County Creating Healthy Communities (CHC) partnered to clear the overgrown sod, mark a clear path and paint

crosswalks to ensure safe passage for all citizens. These improvements have benefited the large number of families and individuals who live along this busy road.

Challenge

Incomplete sidewalks, multiple parking lots, many business entrance/exit routes and lack of enforcement of existing sidewalk zoning policies created an unsafe pedestrian path for the citizens of New Lexington. The poor condition of sidewalks and crossings made it difficult for people walking and biking to cross safely. The Village of New Lexington had passed a 2007 zoning code that included many sidewalk policies, however, the village administrator's contract wasn't renewed. This vacancy resulted in a major decline in sidewalk maintenance, replacement and lack of enforcement.

Solution

In 2017, Perry County Community Improvement Committee selected a cross sector team to attend a three-day training to develop a county Active Transportation Action Plan. This team included a county commissioner, mayor, school board member, local business owner and the local health department. Part of the Active Transportation Plan included working with the Ohio Department of Transportation (ODOT) to make it safer and more accessible for all citizens to walk and bike to their destinations. The training helped the Village of New Lexington and CHC to plan and establish a well-marked sidewalk on Broadway. Many organizations and local citizens assisted with the removal of sod and debris to make the sidewalk visible. Crosswalks were clearly painted and marked



with signage and crosswalk lights were repaired. ODOT repaired and added accessible curb cuts. These improvements ensured safe passage for citizens to commerce, employment and recreation. The Village of New Lexington distributed safety materials at the administrative offices to promote traffic safety in the village.

Results

The improved sidewalk on Broadway has increased walkers and bicycles commuting in the county seat. Well-marked crosswalks, sidewalks and ADA curbs have improved the safety of this busy street for pedestrian traffic. Before the improvements, there were on average seven to ten walkers on Broadway every hour. After improvements were made, the number of average walkers increased to 12 to 14 per hour. The Village Police Department has reported a 2 percent reduction in crashes on Broadway. ODOT has committed to property acquisitions to increase walkability on Carroll Street in connection with Broadway Street.

Sustaining Success

The Village of New Lexington passed a resolution to provide permanent funds for sidewalk construction and maintenance. Village Council members passed a new sidewalk resolution in December 2017 and a fund of \$3,500 has been established to assist property owners to pay for sidewalk improvements through a zero-interest loan to be repaid within one year. The sidewalk fund will be advertised in the local newspaper for all property owners in the Village

of New Lexington. This change, along with current sidewalk zoning enforcement, will increase sidewalk safety throughout the village.

“The partnership between the CHC project and the Village of New Lexington has brought together several organizations to make the walkability of Broadway safer for citizens. Being able to provide a safe mode of access to local services increases active living opportunities and creates a healthier community.”

*— Angela DeRolph
Perry County Health
Commissioner*

Your Involvement is Key

Join the Perry Neighborhood Connection (PNC) Coalition. The Coalition meets regularly to connect our residents to resources and organizations to improve the quality of life in Perry County. Do you have a passion for healthy living or would like to make your street safer? We can connect you to others who feel the same way. The PNC Group holds regular meetings on the third Tuesday of even numbered months.



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Richland County Parkrun—a Winning Recipe for Health

Summary

The Creating Healthy Communities (CHC) program has the unique privilege to work with community partners and provide support to their interventions, which can improve the health of Richland County residents. CHC was able to use its strong community relationships to assist a community member to bring a fun, engaging and supportive new opportunity to be physically active to the Mansfield community. In January 2017, Mansfield, Ohio began the eighth “parkrun” established in the United States. Mansfield parkrun now hosts free, 5 km timed, noncompetitive runs on a weekly basis. As a part of the international parkrun community, local residents benefit from both an environment and a system that motivates and reinforces their choice to be physically active.

Challenge

The Richland County 2016 Community Health Assessment confirmed previously known high rates of obesity and overweight in Richland County residents, which surpass rates for Ohio and the United States. Residents older than age 30 and those with incomes less than \$25,000 per year have the highest rates of overweight/obesity and bear the greater burden of related chronic disease. Taking part in recommended levels of daily physical activity as part of a healthy lifestyle is attained by only a minority of Richland County residents. A deterrent to physical activity, for many, are the neighborhoods and environments that lack safe and accessible fitness opportunities. CHC seeks to address these needs by creating more opportunities for physical activity especially in areas of greatest need, reducing barriers to participation, and supporting the choice to be active.

Solution

The opportunity to begin a parkrun was brought to CHC by a local running enthusiast who had experienced the fun and impact of parkruns in other countries. Started in England in 2004, parkrun has grown as an organization to support over 1,300 events in 19 countries. It blends sophisticated technology with local community to create well organized 5 km runs, held weekly in local parks.

The startup of a parkrun requires a 3.1 mile course, a core team of volunteers and a one-time payment of \$5,000 for equipment and supplies. CHC helped by enlisting the support of the City of Mansfield Parks Department and the Richland County Park District. Funding was secured as well as permission to use North Lake Park and the B&O multi-use trail in the North End of Mansfield. This location impacts those most in need



of free, safe and supported physical activity. It brings new purpose and activity to a park often neglected, and to a neighborhood in need.

Results

Over 48 weekly events have been held this year, engaging over 322 individuals in running or walking more than 4,421 miles. But, the benefit of parkrun is more than just accumulated miles.

Mansfield parkrun has attracted avid and beginner runners and walkers. In a recent parkrun survey, participants were asked about their frequency of engaging in physical activity for at least 30 minutes each week, prior to parkrun and at present. There was an increase in the frequency of those who are active three to four times a week. Parkrun seems to offer an important mechanism to increase the amount of physical activity in which residents engage.

Survey participants also indicated that among the benefits they gain are fun, time spent outdoors and improved fitness. Many report greater confidence in running and improved running times. Whether they walk or run, all participants are celebrated at each event, and through automatic feedback from the parkrun system on their times and statistics. All benefit from the group experience, leading to physical improvements and improved social inclusion. Fifty percent of survey respondents felt that they received encouragement and support from parkrun and 66 percent indicated they value the sense of being part of the parkrun community. This social connection is a major part of the parkrun program success.

Lastly, participants felt that parkrun benefits the community. Holding weekly parkruns has increased the number of people visiting North Lake Park and the B&O trail. Weekly

maintenance prior to parkruns has improved the park environment for all users. Forty-seven percent of survey respondents had a change in their thinking about North Lake Park after attending parkrun. Many mentioned the beauty of the park and trail, and the sense of safety they feel when participating in a group event here.

Sustaining Success

Creating free, accessible opportunities to be physically active is a goal of CHC; one met through parkrun. It brings together local residents and traveling visitors on a weekly basis for exercise, builds social connectedness, and gives many the opportunity to experience the beauty and benefits of outdoor activity in a safe and enjoyable manner, encouraging their choice to lead a healthy lifestyle. Once established, parkrun continues indefinitely with little further funding or maintenance costs. Goals for the Mansfield parkrun are to build its participant base from the current 322 registered participants to 500 over this next year and to recruit volunteers to handle the weekly event tasks. CHC will continue to work to inform residents of the weekly parkrun opportunity through social media channels and by sharing its success with community partners.

Your Involvement is Key

Parkrun is organized by the community for the community. Volunteers make parkrun happen and those that show up to walk or run make parkrun thrive. It can assist worksite wellness programming, enhance training for track or running programs, and foster enjoyment with a family walk or a run with friend. Volunteers are always needed and participants are always welcome. See Mansfield, Ohio parkrun: <http://www.parkrun.us/mansfieldoh>. Visit MansfieldOHparkrun on Facebook.



“This is a great event to help shed a positive light on our parks and our community. It is also great that it is the first in Ohio; it demonstrates a progressive way of thinking.”

— Survey respondent



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Sandusky County Increasing Options for Clean, Smoke-Free Living in Multi-Unit Housing

Summary

Demand for Smoke-Free environments is on the rise. Ohioans are protected from secondhand smoke in virtually all enclosed workplaces and public places, yet many remain exposed in their own homes as a result of smoke from neighboring units. In partnership between the Sandusky Metropolitan Housing Authority and the Sandusky County Creating Healthy Communities (CHC) Program, a Smoke-Free policy has been implemented in all 48 public housing units of the Day Woods Housing Community located in Fremont, Ohio.

Challenge

Data collected from the 2016-2017 Sandusky County Community Health Assessment indicated that nearly one in five (19 percent) of Sandusky County adults are current smokers. Adult smokers were more likely to

be under the age of 30 (47 percent), have incomes less than \$25,000 (37 percent), and rate their overall health as fair or poor (35 percent). Although 81 percent of adults are not current smokers, one in four nonsmokers are still bearing the negative health effects that result from secondhand smoke exposure. Secondhand smoke exposure is even more common among children ages 3 to 11, African-Americans, people living below the poverty level, and those who rent multi-unit housing. Even if tenants do not smoke themselves or live with a smoker, they can still be exposed to secondhand smoke from seepage through walls, wiring, plumbing, ventilation systems and under doors. This exposure poses serious health threats to children and adults including a heightened risk of sudden infant death syndrome (SIDS), more frequent and severe asthma attacks, and increased respiratory symptoms

and infections. It is estimated that secondhand smoke caused nearly 34,000 heart disease deaths and more than 7,300 lung cancer deaths each year during 2005–2009 among adult nonsmokers in the United States. According to the Surgeon General Report *The Health Consequences of Involuntary Exposure to Tobacco Smoke* (www.cdc.gov/tobacco), there is no safe level of secondhand smoke exposure, therefore the only way to protect the nonsmokers is to eliminate smoking in all homes, worksites and public spaces.

Solution

Sandusky County CHC partnered with the Sandusky County Metropolitan Housing Authority in developing and implementing a Smoke-Free policy for the Day Woods Multi-Unit Housing Community. The CHC program began their efforts by providing a resident opinion



survey to gauge tenant support for Smoke-Free living. Results from the survey identified that 50 percent of the Day Woods residents were in favor of the property adopting an indoor Smoke-Free policy. As part of the housing community's implementation plan, the Sandusky County Health Department (SCHD) held a resident meeting to provide education and information on the effects of smoking and secondhand smoke exposure. SCHD also provided local cessation resources to residents who wanted to quit smoking prior to the implementation of the Smoke Free policy.

Results

Because people spend so much time in their homes, making multi-unit housing Smoke-Free plays an important role in reducing exposure to secondhand smoke. The Day Woods Multi-Unit Housing Community has successfully implemented an indoor Smoke-Free policy in all 48 units impacting more than 144 residents. A three-tiered fine system is part of the policy to help with compliance, however, the Smoke-Free buildings have been a success so far with residents not smoking indoors and also making their guests aware of the policy as well. The decision to go Smoke-Free was made easy due to the numerous health benefits and the cost savings associated with it. Smoke-Free signage has been posted on the main Day Woods sign as well as signage posted throughout the multi-unit housing property. The newly developed partnership between the Sandusky Metropolitan Housing Authority and the health department's CHC program has allowed health educators to connect residents with resources that support and promote healthy lifestyles.

Sustaining Success

While the Sandusky County CHC Program will remain available as a resource to the Day Woods Multi-Unit Housing Community, they also have plans to expand their efforts to reduce secondhand smoke exposure in multi-unit housing. In 2018, CHC will work with a second multi-unit housing community on developing and implementing a smoke-free policy. In addition to these prevention efforts, SCHD recently acquired a Community Cessation Initiative (CCI) grant from the Ohio Department of Health which will fill tobacco cessation service gaps, and offer central coordination, referral, and follow-up for the Sandusky County area.

Your Involvement is Key

- You can protect yourself, your family, and your community from secondhand smoke by:
 - Quitting smoking if you are not already a nonsmoker
 - Not allowing anyone to smoke anywhere in or near your home
 - Not allowing anyone to smoke in your car, even with the windows down
 - Making sure your children's day care center and schools are Tobacco-Free
 - Making others aware if they are violating a Smoke-Free policy
 - Teaching your children to stay away from secondhand smoke
 - Being a good role model by not smoking or using any other type of tobacco
- To learn more about the Sandusky County CHC coalition work with tobacco, active living and healthy eating initiatives visit <http://www.alwayschoosehealth.com/health-planning-chc> .
- To become more involved with tobacco prevention and control in your community, contact Charlotte Stonerook.



"With the new Smoke-Free policy in place, I decided now was the time to quit smoking and use the tools given to help quit."

— *Melanie, Day Woods resident*



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Stark County Veggie Mobile Brings Fresh Healthy Foods to Stark County Residents

Summary

For almost 26,000 people living in food insecure areas in Stark County, the StarkFresh Veggie Mobile provides access to affordable, fresh produce. In 2017, the Creating Healthy Communities (CHC) Program, in partnership with StarkFresh and multiple community agencies, refurbished a refrigerated truck into a mobile market. In its fourth year of operation, the Veggie Mobile traveled to 12 locations on a weekly basis around Stark County. Investing in refrigeration equipment, adding more weekly stops, and deliberately choosing stops in areas where access to healthy food is low, the Veggie Mobile enables residents to purchase healthy food more frequently and at affordable prices.

Challenge

Food access is a growing concern in Stark County with nearly 7 percent of the population living in a food desert.¹ A food desert is defined as a low income community where a significant number of residents are more than one mile (urban) or ten miles (rural) from the nearest supermarket.¹ Living in a food desert is also associated with poorer diet quality, risk of obesity and cardiovascular disease.² Many residents in food deserts likewise suffer mobility challenges – making it unfeasible to travel to fresh, healthy food.¹ Over the last three years, StarkFresh has been concentrating on improving fresh food access in these areas with their Veggie Mobile. Without refrigeration to keep

produce cold, the Veggie Mobile was previously limited in the number of daily stops and the length of time at each location. There is a need for Stark County residents to have reliable access to affordable healthy foods where they live, work and play.

Solution

StarkFresh utilized existing partnerships with local growers, organizations and governments to develop an innovative solution to drive out food insecurity in Stark County. With partial funding through CHC, a former box truck was updated to serve as the Veggie Mobile, a refrigerated mobile farmers' market. The Veggie Mobile delivers produce to senior living facilities, apartment complexes, libraries



and other community centers throughout the county. It stops at designated locations one day per week at reoccurring times – to be predictable and reliable for residents. A representative from each location works with StarkFresh to identify days and times best suited to engage residents with the market. Based on feedback, produce is now arranged in small packages for those with limited storage. To ensure affordability, purchases at the Veggie Mobile can be made with cash, credit card, SNAP, Senior Farmers' Market Nutrition Program Vouchers, WIC Program Vouchers and SNAP incentives.

Results

During the 2017 season, the StarkFresh Veggie Mobile traveled to 12 locations per week, compared to four in 2016, reaching over 9,500 Stark County residents! The Veggie Mobile season ran for 17 weeks, beginning in July and ending in November. During the season, more than 1,600 customers purchased produce from the market and 6,400 pounds of food were distributed. Food was sourced weekly from up to ten local growers, including certified and non-certified organic farmers. Nearly \$2,000 in Senior Farmers' Market Nutrition Program Vouchers were redeemed, \$700 in SNAP, and an additional \$600 in SNAP incentives were utilized at the Veggie Mobile. The consistent route of the Veggie Mobile, and its deliberate stops at community locations, improved healthy food access for food insecure residents.

Sustaining Success

The addition of the refrigerated Veggie Mobile largely impacted the success of StarkFresh's season in 2017, but also identified future

improvements. The addition of a refrigerated truck allowed for faster set up, improved produce carrying capacity, and the ability to serve more locations per week than previous years. Future work will explore the possibilities of increasing the number or frequency of locations visited per week, and extending the Veggie Mobile season. Sustaining success will depend on garnering interest from local growers to sell their products on the Veggie Mobile.

Your Involvement is Key

You can help increase access to fresh, affordable foods in communities in your area. We are always looking for ways to improve. If you have an idea where the Veggie Mobile could stop in the future, let us know! Contact Live Well Stark County on Facebook with your ideas (www.facebook.com/LiveWellStark/) and visit the StarkFresh website (www.starkfresh.org) to find the Veggie Mobile schedule and where it will stop next! Join the Live Well Stark County Coalition to help support making Stark County healthier for all.

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"We realized that a better, more equitable solution to fighting food insecurity would be to bring the food directly to those requesting the food."

— Tom Phillips,
Executive Director, StarkFresh



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Summit County Ride. Return. Repeat. Barberton Bike Share.

Summary

With its quaint, lake-centered downtown and proximity to a towpath, the small city of Barberton is an ideal place for biking. However, many residents lack access to physical activity opportunities and have limited resources for bike ownership. To increase access to healthy transportation and recreation alternatives, Summit County Public Health's Creating Healthy Communities (CHC) program collaborated with community partners to launch the Barberton Bike Share program. The program has improved the quality of life for residents through expanding opportunities for leisure activity within the community while reducing transportation barriers.

Challenge

Lack of reliable transportation is a challenge for many Barberton residents. Currently, 10.4 percent of residents live in households that do not own a vehicle and a larger percent of workers walk to work compared to the overall Summit County rate.¹ For households that do own a vehicle, costs are high, with the average limited income, four-person family in the area spending \$697 per month on transportation.²

Health-related challenges also exist in Barberton with obesity affecting approximately 30 percent of the adult population. Physical inactivity is a major risk factor in the development of obesity and related chronic diseases. Many residents may be unable to pursue opportunities for exercise at

facilities that require a membership fee, as the median household income is lower than that of the county and state.³ Lower income and related inequities such as access to education, have been linked to lower levels of physical activity and inability to meet physical activity recommendations.⁴

Solution

To address these existing barriers the Summit County CHC program, along with the Barberton Community Foundation and Ohio and Erie Canalway Coalition, implemented a bike share program in 2017. The free bike share has allowed individuals to check out a bike for any length of time throughout the day, depending upon the location's operating hours. Bike share locations were chosen



based upon their reputation in the community, public accessibility, and proximity to a bus stop. The three locations selected for the pilot were the local YMCA, Barberton Library, and Stark State College. Each location has four bikes and helmets available for use. While the program was initially launched in May, a community bike ride and Better Block event in July helped to further increase awareness and expand usage of the new bike share.

Results

The bike share program has provided residents and visitors an enjoyable and accessible option for physical activity and active transportation while exploring Barberton. In the first month alone, bikes were checked out nearly 100 times. During the May through October season, a total of 295 rides took place. Post-ride surveys showed positive feedback and appreciation for the program. Many also reported that they would not have exercised that day if it had not been for the bike share. Others responded that they visited local businesses while riding, indicating that they were riding for transportation. Additionally, members of the community have taken notice of the highly visible red bikes around town. This visibility has helped to normalize biking within Barberton, as those involved in the local cycling community have observed an overall increase in biking.

Sustaining Success

As a result of the bike share program and the excitement it helped to foster around biking in Barberton, an ongoing bike advocacy group was formed between impassioned community members, community groups and city representatives. The focus of this group in 2018 will be to build upon the existing bike share and collaborate to create a more bicycle-friendly community. Towards this effort, a 2018 priority plan to facilitate road infrastructure improvements to provide a more supportive, safe environment for biking long-term.

Your Involvement is Key

- When making short trips, consider biking instead of driving as a way to add exercise into your daily routine.
- Always wear your helmet and obey bicycle traffic laws when riding. This helps to create a safe roadway for both drivers and cyclists.
- Support initiatives like this and make a difference in your community by joining the Summit County CHC coalition.

References

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2. Ohio United Way. Alice Report. <http://ouw.org/alice/>
3. United States Census Bureau. American Fact Finder. 2016 American Community Survey. https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml#
4. Summit County Community Health Assessment. 2016.



“Having the bikes available was really helpful because I don’t own a car and I would use the bikes to ride around town and do my grocery shopping. It was nice that the bikes had a basket for me to be able to hold my groceries.”

—Shyla Bush, Bike Share User



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Trumbull County

Change is in the Air for Tod's Crossing Residents

Summary

Trumbull County has smoking rates greater than the state of Ohio's average of 22 percent.¹ Not only smoking, but also secondhand smoke, can contribute to an increased risk of chronic disease such as heart and lung disease. Therefore, the Trumbull County Creating Healthy Communities (CHC) program chose to implement Smoke-Free, multi-unit housing policies with the help of community partners. In 2017, the CHC Coalition provided technical assistance in developing, implementing and enforcing Smoke-Free policies, and additionally provided resources to help turn over apartments where smoking occurred. Effective September 1, 2017, Tod's Crossing, a senior low income housing facility located in South Warren, is now a 100 percent Smoke-Free housing campus.

Challenge

According to the Centers for Disease Control and Prevention, an estimated 28 million residents living in multi-unit housing are exposed to secondhand smoke in their home or apartment each year. Secondhand smoke can travel into an apartment from other apartments or common areas through doorways, cracks in walls, electrical lines/outlets, ventilation systems and plumbing. Many residents who reside in affordable housing are children, elderly or have a disability, putting them at higher risk for more detrimental health effects caused by secondhand smoke exposure.² Warren City's smoking rate of 24 percent (above the state of Ohio average at 22 percent) shows the importance for Smoke-Free multi-unit housing policies.³

Solution

National Church Residences is a nonprofit provider of affordable senior housing and services throughout the United States. One of their senior housing properties is Tod's Crossing located in Warren, Ohio. When National Church Residences decided to have all local properties implement a Smoke-Free policy, Tod's Crossing property manager reached out to Trumbull County CHC for technical assistance and resources. To implement this policy, all common areas became Smoke-Free on September 1, 2016, and current residents were given one year to quit smoking in their personal units. During this year, CHC provided presentations on the negative health effects of smoking, the benefits of smoke free living, and referrals to free cessation resources in the area.



to help those residents wanting to quit smoking. For new residents moving in during this year, the new policy was explained prior to signing a lease.

Results

As of September 1, 2017, Tod's Crossing became a 100 percent Smoke-Free housing campus for 128 low income senior citizens. Under the Smoke-Free policy, residents are not able to smoke tobacco products including cigarettes, tobacco, cigars, and/or any other form of lit and inhaled substances. The Smoke-Free policy included common areas, community rooms, hallways, community bathrooms, laundry rooms, stairways, offices and elevators, trash chute rooms, any areas near exterior windows or doors, within all apartment units, and the parking lot. To help evaluate the effectiveness of the policy, residents were surveyed about their smoking behaviors before the policy was developed and a month after the policy was fully implemented. Of those who completed surveys, 37% reported being smokers and 18 percent reported that they quit smoking due to the new Smoke-Free policy. From the pre-survey data, 56 percent of residents reported they would like to live in a smoke-free apartment. Post-survey results show that after the policy had been implemented and enforced, 85 percent of residents reported they liked living in a 100% Smoke-Free campus. This shows that about 30 percent of residents changed their view on the Smoke-Free policy and noticed the added benefits.

Sustaining Success

The Department of Housing and Urban Development (HUD) released a ruling requiring all federally funded housing properties to go Smoke-Free. Effective January 2017, public housing authorities had 18 months to implement Smoke-Free policies with the goal to ensure that all residents in public housing are equally protected from secondhand smoke and have the ability to live in a healthy environment. Through partnerships and collaboration in Trumbull County, the CHC Coalition will continue to provide technical assistance to property owners, managers and residents that choose to implement Smoke-Free housing policies. It is CHC's mission to create a culture of health in assuring Smoke-Free living is accessible for all residents.

Your Involvement is Key

Are you interested in getting involved with these initiatives or learning more about the CHC program in Trumbull County? Would you like to join the CHC Coalition and help with these projects? Please contact Jenna Amerine at heamerin@co.trumbull.oh.us for more information.

Sources:

1. Robert Wood Johnson Foundation County Health Rankings & Roadmaps, 2017. <http://www.countyhealthrankings.org/app/ohio/2017/overview>
2. Stein, Anna. "Predictors of Smoke-Free Policies in Affordable Multiunit Housing, North Carolina, 2013". Center for Disease Control and Prevention. May 14, 2015. https://www.cdc.gov/pcd/issues/2015/14_0506.htm
3. Trumbull County Combined Health District and Warren City Health District Community Health Assessment, October 26, 2016. <http://www.tcchd.org/pdfs/2016%20Trumbull%20County%20CHA%20Addendum%20062216%20signed.pdf>



"The collaboration with Trumbull County CHC was effective and efficient in the process of educating our residents, providing cessation initiatives, and offering resources to assist Tod's Crossing with an easy transition. The staff and residents are pleased that Tod's Crossing is now a Smoke-Free property."

– Beverly Hall, Tod's Crossing Property Manager



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Union County Reducing Food Insecurity through the Union County Giving Garden

Summary

Though Union County ranks fourth in overall health indicators, many of its residents still struggle with hunger. Roughly 11 percent of residents receive regular food assistance, but often, the nutritional quality of available foods is a concern, and little fresh, local produce is available. Through a partnership with a local business and organizations, a garden dedicated to growing healthy produce for those in need was established, and is now on its second year of growth and successful operation.

Challenge

Chronic disease and lifestyle data from the most recent Community Health Assessment indicates that Union County residents exhibit a high number of risk factors that lead to cancer, stroke, heart disease and other poor health outcomes. Risk factors like overweight/obesity (68 percent), high blood pressure (28 percent), high cholesterol (34 percent), and lack of fruit and vegetable consumption (only eight percent of residents eat five or more servings of fruits and vegetables daily), along with lack of access to healthy foods, are all major contributors to the morbidity and mortality rates within the county.

Solution

Through partnerships with the Dutch Mill Greenhouse, the Master Gardener Volunteers, and the West Central Community Correctional Facility, the Union County Creating Healthy Communities program established a donation-based garden program to address the county's food insecurity rate and improve nutritional quality of donated produce and health outcomes for those participating. The garden program, housed at Dutch Mill Greenhouse, supports residents in need through the donation of 100 percent of its produce to local pantries. The program also utilizes volunteers, trained by Master Gardeners, from the West Central Community Correctional Facility, who receive free job training and experience prior to their release.



Results

Since its creation in 2016, the Giving Garden has donated over 850 pounds of fresh produce to local pantries around Union County. The program has grown dramatically in just two seasons, with the first season producing just over 100 pounds and the second over 750 pounds of produce. Master Gardener Volunteers have also trained more West Central inmates during the second season than in the first, and results from feedback surveys indicated that 36 of the inmates who had never gardened, felt they had the readiness to grow their own garden after attending the training.

“For a second-year garden, we could not have been more surprised and honored to receive a Neighborhood Improvement Award. It is truly a community effort thanks to our Master Gardener friends—Union County Health Department and West Central.”

— Mattie Berbee

Sustaining Success

The Giving Garden program saw an 86 percent increase in yield between the 2016 and 2017 season, and looks to continue this success through continued planning and increased partnership within the community. In fact, the garden program has done so well, that it received the “Neighborhood Improvement” award from the Franklin Park Conservatory and Botanical Gardens for its efforts. During the 2018 season, the Giving Garden looks to expand its volunteer base to include clients of the Union County Board of Developmental Disabilities and other local organizations. The program also aims to continue to increase yield beyond its previous season to feed more Union County families in need, and increase distribution sites when available.

Your Involvement is Key

You can help combat food insecurity in your community by volunteering at a local food pantry and/or in community garden programs. By donating your time, you are helping improve your community, and through produce gardening, providing an opportunity for others to have access to healthy foods. Contact the Union County Health Department’s CHC Coordinator to learn more.



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Washington County Boys and Girls Club Support Healthy Living Through Learning Garden

Summary

An empty plot of land became the highlight of summer for several children as they learned to grow food and eat fresh produce for the first time. The Learning Garden at the Boys and Girls Club of Washington County affords local youth the healthy benefits of gardening, joy of eating nutritious foods and lifelong gardening skills. After participating, all children agreed that gardening is a healthy activity!

Challenge

Several communities across America lack access to healthy, affordable food. Harmar, a community located within Marietta, Ohio is no exception, as there are no grocery stores in the neighborhood. Growing up in poverty can significantly affect the health, well-being, and development of children. Youth living in impoverished

neighborhoods are more likely to experience physical and mental health problems, a poor-quality diet, and an unhealthy body weight.¹ Not having access to fresh fruits and vegetables leads to less nutritious food choices. Many children do not know where their food comes from.

Solution

To increase knowledge and access to fresh food for Washington County youth, the Washington County Creating Healthy Communities (CHC) coalition brought together several partners to implement the Learning Garden. Ohio State University Extension engaged the youth in creating the garden, while local businesses donated plants and seeds. Located at the Boys and Girls Club, the Learning Garden provides youth with the knowledge and skills to create their own fresh produce from a simple seed. Youth from the club were

divided into three age groups and performed a majority of the garden work. Before getting started, each child was asked what they wanted to grow and eat, giving them ownership over the space.

Ohio State University Extension met with the club's youth weekly. The Learning Garden spring program consisted of planning and preparing the garden in weekly one-hour sessions. Lettuces and spinach, the first produce, were harvested and sampled by all. During the summer, the youth had three-hour sessions. Tuesday sessions focused on horticulture and gardening, while Friday sessions addressed nutrition and healthy living. When containers of peppers and tomatoes were transplanted, the youth took several to plant at home, expanding benefits from the Learning Garden into the children's homes.



Results

The Learning Garden is improving access to and affordability of healthy food for youth, providing a Tobacco-Free space for education, and increasing opportunities for physical activity through preparation of the soil, seed planting, transplanting, weed pulling, crop thinning, watering, scouting for insects and diseases, and harvesting of the fruits and vegetables.

The children really enjoyed the sweet taste of the stevia leaves, a natural sugar substitute, which was grown in the garden. The final harvest included sweet corn eaten raw. "I have never eaten corn on the cob," exclaimed a club member. Gardener of the Summer awards were also presented to select youth. The children are very proud of their new greenspace and garden area—so much that when their parents come to pick them up, they take them to the garden area to showcase their work.

A few evaluation highlights include: 85 percent of the surveyed youth in the Learning Garden agreed growing plants is fun and they would like to do it again; 89 percent agreed they learned a lot from the classroom lessons; and everyone agreed that gardening is a healthy activity!

Sustaining Success

Multiple raised garden beds are now available in Harmar through several partnerships including Washington County CHC Coalition, Boys and Girls Club of Washington County, Washington County Ohio State University Extension, local supporters and Bonnie Bolen, Muralist.

The club's youth is the key to success. Their hard work and ownership of gardening is creating fresh

nutritious produce for their families and community. Future plans for the Learning Garden include the addition of compost bins and the expansion of a painted mural. Ohio State University Extension's team, which includes a SNAP-Ed Educator, an agriculture and natural resources educator, and multiple master gardeners plan to teach the Learning Garden curriculum at the Boys and Girls Club for years to come.

"The kids absolutely loved the gardens. They enjoyed it because it was different—different in a good way. Many of the children have never been exposed to something like this and this new experience was intriguing for them."

— Boys and Girls Club Director

Your Involvement is Key

Become a master gardener volunteer. Volunteers are not required to have previous gardening skills, but a passion for learning and sharing is a must! Volunteers are trained by and work with county extension personnel. Services may include answering gardening questions from the public; gardening activities with children, senior citizens, or people with disabilities; and community gardens. To learn more, visit <http://mastergardener.osu.edu>.

References

1. Allen, J. O., Alaimo, K., Elam, D., & Perry, E. (2008). Growing Vegetables and Values: Benefits of Neighborhood-Based Community Gardens for Youth Development and Nutrition. *Journal of Hunger & Environmental Nutrition*, 3, 418-439.



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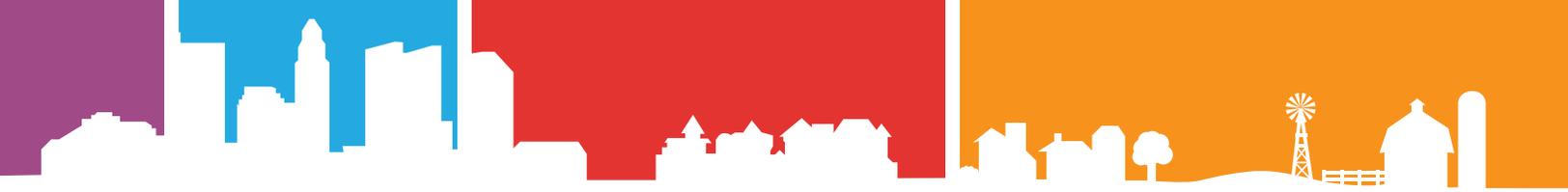


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www.odh.ohio.gov/chc

