



# Cardiovascular Health Program

Success

Stories

in Ohio

Counties



Healthy  hio

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## INTRODUCTION

The Cardiovascular Health Program (CVH) is funded by the Preventive Health and Health Services Block Grant (PHHSBG) from the Centers for Disease Control and Prevention (CDC). The CVH Program uses population-based, evidence-based interventions to expand and enhance heart healthy communities with an emphasis on high-need populations. The local programs mobilize community resources and partnerships to reach four settings: community, school, worksite, and healthcare to implement interventions that will have a lasting impact on health behaviors. Additionally, the program addresses six modifiable risk factors: nutrition/obesity, physical activity, tobacco, blood pressure, blood cholesterol, and diabetes. Emphasis is placed on establishing policies, systems and environmental changes that are sustainable and lead to heart healthy communities.

The CVH program has 17 funded projects in 24 counties in Ohio. The following is a small sample of the successes each county has accomplished.

**For more information, contact:**

**Ann Weidenbenner, MS, RD, LD,**

CVH Program Director

T: 614-644-7035

E: [ann.weidenbenner@odh.ohio.gov](mailto:ann.weidenbenner@odh.ohio.gov)

**Carol Gill, MA, CHES**

Southwest District Office

T: 937-285-6250

E: [carol.gill@odh.ohio.gov](mailto:carol.gill@odh.ohio.gov)

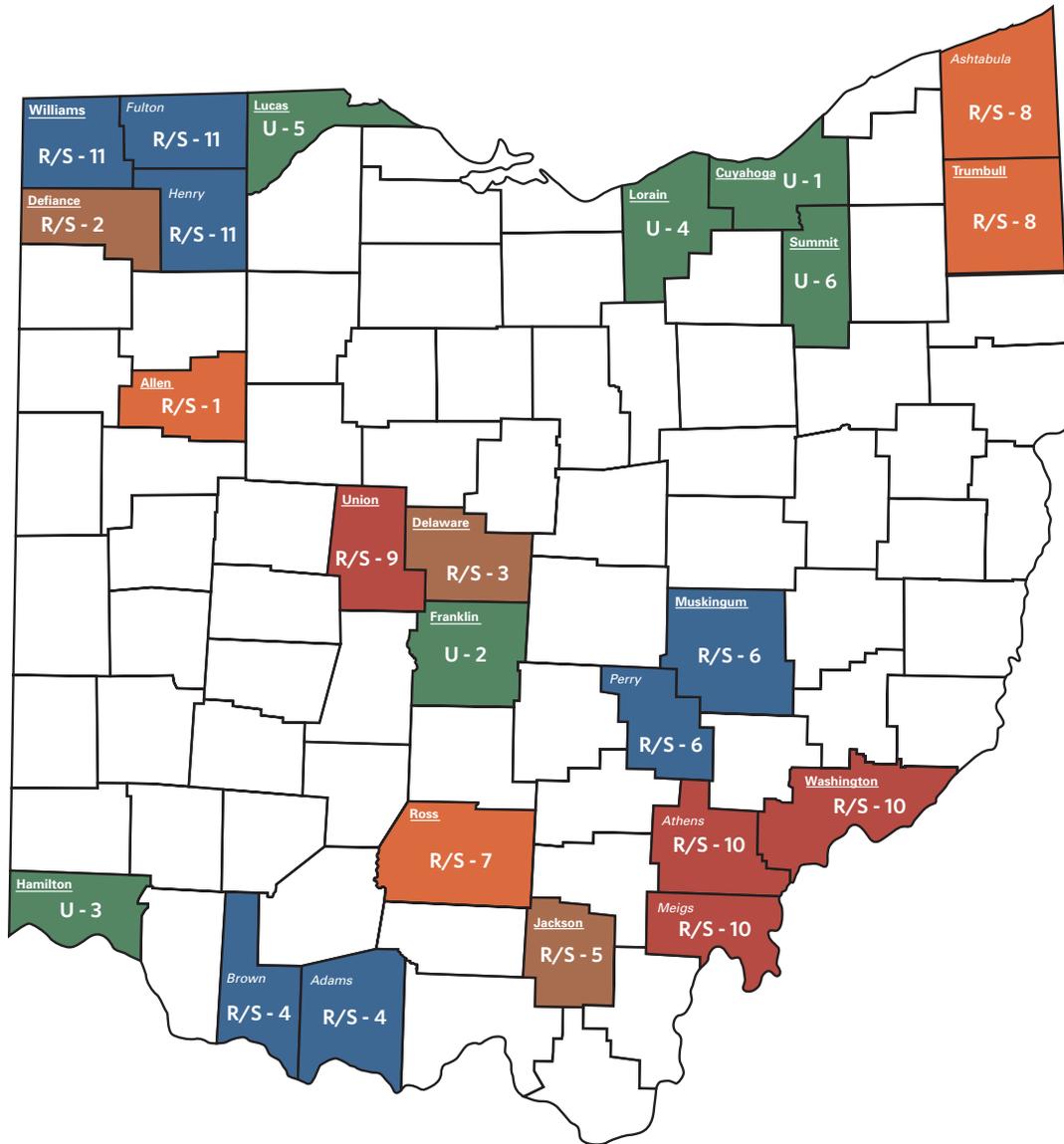
**Bonnie Hoppel, MA, CHES**

Northeast District Office

T: 330-643-1765

E: [bonnie.hoppel@odh.ohio.gov](mailto:bonnie.hoppel@odh.ohio.gov)

# 2008 Cardiovascular Health Project Map



## KEY

Funded Agency = **Bold and Underlined**

Partnering County(ies) = *Italics*

U = **Urban Project**

R/S = **Rural/Suburban Project**

### Urban Projects (U):

1. Cuyahoga County Board of Health
2. Columbus Health Department (Franklin County)
3. Cincinnati Health Department (Hamilton County)
4. Lorain City Health Department (Lorain County)
5. Lucas County Regional Health District
6. Summit County Health Department

### Rural/Suburban Projects (R/S):

1. Allen County Health Department
2. Defiance County General Health District
3. Delaware General Health District
4. Health-UC—Adams and Brown Counties
5. Jackson County Health Department
6. Zanesville-Muskingum County Health Department
7. Ross County Health District
8. Trumbull County Health Department
9. Union County General Health District
10. Washington County Health Department
11. Williams County Health Department

## Ohio Cardiovascular Health Program

Total annual funding of \$1.93 million from PHHS Block Grant for 2001-2009

Provide on-going training, technical assistance and program support to CVH projects

### Population-based Strategies are used because they:

- Shift from traditional public health programs that focus on the individual
- Develop interventions that create change in social systems and environmental conditions that will influence behavior change
- Reduce modifiable CVD risk factors in defined, high-need communities

### Address Health Disparities:

- Focus on high-need communities
- Vital Statistics data used to illustrate pattern of CVD mortality by county
- Additional analysis to identify high-need counties with mortality rates significantly higher than US average and a higher concentration of disparate population

## 2008 Highlights

- **180 Policies** impacting over 300,000 high-need Ohioans
- **287 Environmental and System changes** impacting over 540,000 high-need Ohioans
- **284 Trainings** conducted impacting over 865,000 Ohioans
- **197 CVH Coalition meetings** held representing 445 agencies
- **High-need Ohioans impacted** by CVH initiatives: **3,012,601**

### Examples of Policies:

*Improving Access to Nutritious Foods*

- Breakfast programs started in schools
- Columbus City Public School District policy for “water only” in vending machines

- Healthy rewards in classrooms
- Healthy food/beverages for staff meetings and conferences
- Greater Cleveland 10 YMCA's will stock healthy foods in their vending machines

*Improving Access to Physical Activity*

- Columbus Bikeways Plan approved by City Council
- Schools adopted a health and wellness class as a requirement for graduation
- Walking trails built
- Policies to allow staff time to exercise

*Tobacco Use Prevention and Cessation*

- Tobacco free school campuses

*Improving Access to Health Care*

- Thirty-eight health and wellness committees established at faith-based organizations
- County employees must complete an Health Risk Assessment
- Promote Dining with Diabetes class to physicians as a referral resource for patients with diabetes

### Examples of Environmental and Systems Changes:

*Communities*

- Fifty-seven walking trails around schools and in high-need neighborhoods
- One hundred fifty-five urban Gardens in five inner-city neighborhoods
- Fifty farmer's markets in high-need neighborhoods
- Grocery store that provides fresh produce is opened in high-need neighborhood



- Abandoned parks renovated with new playground equipment
- Two hundred twenty Great Options in Lowfat Dining (GOLD) Plate Restaurant Programs
- Faith-based Programs that promote heart health
- Barbershop Programs to promote blood pressure control

#### *Schools*

- Healthy food and beverage options in school's a la carte, vending machines, school stores, fundraising, etc.
- Walking school buses, Safe Routes to School
- PE Equipment: 2,540 playground balls, jump ropes and basketballs
- Pedometer programs
- Increased access to fruits and vegetables
- Food service staff and teacher training
- Tobacco prevention and Adult Tobacco Survey Programs
- School health teams
- Wellness policy trainings
- School cooks conferences
- Universal breakfast for all students

#### *Worksites*

- Lunch time Walking Clubs started, paths measured, and maps printed
- Exercise facility created at worksite or discounts given at YMCA
- Take the Stairs campaign to encourage use of stairs
- Active for Life Trainings
- Meeting Well Trainings
- Health screenings for employees
- Worksite Wellness conferences

- Healthy vending and cafeteria options
- Healthy foods at staff meetings and conferences

#### *Healthcare*

- *Ounce of Prevention is Worth a Pound*: childhood obesity prevention toolkits implemented in physician offices
- Held more than 100 training sessions for approximately 3,000 health professionals
- Accurate Blood Pressure Measurement trainings
- Accurate Glucose Monitoring trainings
- Current guidelines and treatment recommendations for cholesterol, blood pressure, diabetes for physicians
- Convened specialized Task Forces on Diabetes, Childhood Obesity
- Dining with Diabetes classes (The Ohio State University)

#### **CVH Successes**

- Getting 911 activated in Meigs County-the last county in Ohio!
- Sixty-two physicians have implemented Ounce of Prevention toolkit to prevent childhood obesity
- CVH counties have received 12 Healthy Ohio Healthy Community, 231 Buckeye Best Healthy School and eight Healthy Ohio Worksite awards
- Three hundred two worksite wellness committees have been established with 19 worksite conferences conducted in the CVH counties
- Two hundred forty school health teams have been established
- School cooks, physical education teachers, nurses, administrators, school board members have been trained on wellness policies
- The CVH Coordinator is viewed as a valuable resource in the community

## PHHSBG Cardiovascular Health Success Story in Adams and Brown Counties

*"Fear No More: Adams-Brown Diabetes Education Task Force to the rescue"*



### Issue

Adams and Brown counties are two rural, Appalachian counties in southwestern Ohio with an estimated collective population of 73,000 people and a prevalence of diabetes estimated at 7 percent. Prior to 2003, there were very few diabetes education resources available in the region (e.g., no local certified diabetes educators, no comprehensive diabetes self-management programs and no diabetes support groups).

### Intervention

In mid-2003, the Adams-Brown Heart Health Coalition held a Diabetes Summit. The major result of the summit was the formation of the Adams-Brown Diabetes Education Task Force (ABDETF). The ABDETF is comprised of representatives from 20 organizations, including hospitals, county health departments, HEALTH-UC (University of Cincinnati) and the University of Cincinnati Area Health Education Center (AHEC) Program, The Ohio State University Extension (Adams and Brown County offices) and the Northern Brown Senior Center. Also involved in the task force are consumers affected by diabetes, physicians, nurses and pharmacists. The ABDETF meets at least 10 times a year and its vision is Diabetes education for all.

The achievements of the ABDETF over the past four years have been focused in four main areas.

#### 1) Community setting

- Developed a local Diabetes Education Resource Guide and a Diabetes Education Help Line.
- Held seven community diabetes events that included education on diabetes self-management topics.
- Created interactive displays at two local hospitals' annual community health fairs.
- Helped to develop six facilities in the region permitting indoor walking for the public.

#### 2) School setting

- Provided resources on dealing with children with Type 2 diabetes to local school nurses.
- Collaborated with school nurses to plan training for school personnel on management of the child with diabetes in the school.

### 3) Worksite setting

- Conducted health screenings and diabetes prevention educational sessions for employees.

### 4) Health care setting

- Instituted a Diabetes Education Starter Packet program in cooperation with local health care provider offices.
- Planned and conducted continuing education workshops on diabetes management for local physicians and nurses.
- Supplied nearly 50 local primary care providers with updated diabetes screening and management information from the National Diabetes Education Program.

### Impact

As a result of Task Force members' collaborative efforts, some of the outcomes include:

- Nearly 200 people have now completed the Dining with Diabetes classes.
- 150 people participate regularly at one of six indoor walking sites.
- 130 people received screening and/or diabetes education at the 2007 Diabetes Health Fair.
- 100 individuals have requested and received Diabetes Education Starter packets.
- 60 health care professionals have attended diabetes management continuing education programming.



*Residents at the Indoor Walking Program site hosted by the Adams-Brown Community Action Program (ABCAP).*



**Contact Information:**  
Sue Basta, PhD, RN  
Project Director  
937-378-4171  
[Susan.Basta@uc.edu](mailto:Susan.Basta@uc.edu)

## PHHSBG Cardiovascular Health Success Story in Allen County



### Issue

Allen County has higher rates of heart attack, stroke, diabetes and high blood pressure than state averages for these conditions. Focus groups that took place involving low-income residents in Allen County reflected a sense of powerlessness over their health. Participants made comments such as, "It's easier NOT to be healthy," "There's no guarantee that what you do is going to help," "Skinny people get sick too" and "Heredity has a lot to do with it."

### Intervention

The Cardiovascular Health coordinator organized an Allen County Media Advocacy Task Force consisting of personnel from the local hospitals, the YMCA, a school administrator and local media to address the issue. Four focus group sessions were conducted in early 2006 across the county to assess participants' perceptions of risk factors; motivators for making healthier lifestyle changes; and to select a Taking Control logo for the campaign. The task force then planned interventions to include messages at popular community gathering places, and a seven-month Taking Control series with the local Fox TV Station, with a week-long focus for each risk factor (blood pressure/stroke, physical activity, childhood obesity, cholesterol/nutrition, tobacco and diabetes).

### Impact

- The local Fox station produced and aired 30 feature news stories (shown twice daily) and 192 Taking Control ads on nutrition, physical activity, tobacco and diabetes during a seven-month period. St. Rita's Medical Center Medical Moments on WLIO-TV corresponded with the same Taking Control topics.
- 9,000 Know Your Numbers flyers were distributed through local pharmacies and worksites; 9,000 bag stuffers were distributed at local grocery stores.
- Banners with the Taking Control messages were hung at Lima Locos baseball games, Limaland Speedway and Rally in the Square music events. Taking Control scoreboard messages were also displayed during high school football games in three districts.
- Two Diabetes Month billboards were posted at busy locations in Lima and diabetes posters were sent to family practice offices.
- The local Fox network affiliate continues to meet with the Taking Control subcommittee and airs monthly stories that feature heart disease prevention.
- This countywide collaborative effort continues to counter many competing messages and provide a unified voice that encourages people to eat less and move more.



**Contact Information:**  
Monica Harnish, RD, LD  
Project Coordinator  
419-228-4457  
[mharnish@allenhealthdept.org](mailto:mharnish@allenhealthdept.org)

# PHHSBG Cardiovascular Health Success Story in Ashtabula County



### Issue

In Ashtabula County, a large proportion of the county’s residents are medically underserved, more specifically, uninsured. The county average of uninsured residents is 13 percent, compared to the state average of 11.2 percent. GuardCare is an Ohio National Guard (ONG) program that provides free health services while contributing to the ONG’s medical training readiness. Through GuardCare, ONG personnel support and assist local health care providers, not replace them. The support meets an existing need and provides ONG medical personnel with valuable and realistic training.



National Guard Truck, Ashtabula County Vocational School, Ashtabula County, OH

### Intervention

ONG medical unit came to the Ashtabula County Vocational School in Jefferson and set up four clinics on two different weekends for health screenings. A total of 764 people were screened for a variety of health issues. The screenings that took place included sports physicals, general physicals, hearing tests, EKGs, vision tests, dental screenings and child and adult immunizations. Also provided were several lab tests such as complete blood chemistries, PSA tests for prostate cancer, pap tests, lipid profiles, blood glucose tests, thyroid TSH tests and lead testing for children.

### Impact

Medically underserved residents were screened and were referred to other health services. The community was grateful for the lab work which can be quite costly.



Health information display at GuardCare, Ashtabula County Vocational School

The weekend events were great opportunities to disseminate information to the public on a variety of health issues. Throughout the event, the ONG had information about the tests and the relevance of their results. The general sense of the health care providers at the event was that the participants were concerned about the risk factors for heart disease, stroke, stress management and sleeping difficulties.

The media in the county were very helpful in disseminating information and linking the health screenings with cardiovascular disease prevention. The daily and weekly newspapers displayed front page articles about GuardCare and the importance of health screenings. Billboards and radio ads also promoted the health screenings. Future plans for GuardCare to come back in following years are already in place.



**Contact Information:**  
Debbie Liff  
Project Coordinator  
440-576-6010 ext.110  
[lliff172@msn.com](mailto:lliff172@msn.com)

## PHHSBG Cardiovascular Health Success Story in Athens County



### Issue

In the rural communities of Athens County, schools are often the largest employers and are the center of community involvement. Sustainable Coordinated School Health programs in Athens County have struggled to become a priority in all of the public school districts. There are many problems that have prevented these health programs from occurring.

- In 2005, there was very little administrative or policy support for school health.
- School health assessments were limited.
- Athens County is a rural community whose rates of overweight and obese children, number of free and reduced lunch recipients and numbers of people with limited access to health care exceed national and state rates.

### Intervention

The Heart Healthy Community Coalition (HHCC) managed by the local Cardiovascular Health funded program in Athens County has worked with local school districts to secure grants for school health, provide trainings for school staff, create school health policies and change the school environment to promote physical activity and nutrition.

### With the funding provided, the following activities were implemented:

- Provided small stipends to school districts to conduct the School Health Index (SHI), an assessment tool for schools. Schools have revisited the SHI each year and have used the assessment to create school health action plans.
- Five school districts in the county received funding from the Osteopathic Heritage Foundation of Nelsonville to build school health teams. The collaboration has allowed the county to host a local workshop to help schools learn how to build a capacity for developing school health teams and also how to create and evaluate the effectiveness of sustainable teams.
- Created wellness policies and programs which have been a focus for the school health initiative.
- Worked with Action For Healthy Kids to conduct school health workshops (Tools For Schools) for staff.
- School staff has participated in three cooks' conferences, two physical education conferences and one comprehensive workshop for physical education educators, health educators, school administrators, parents and school cooks.
- School health teams in Athens County attended the Coordinated School Health Conference. Attendance at the conference solidifies the commitment of the teams to make school health a priority and to follow through with the school health team action plan.

## Impact

In three years, every school district in Athens County developed a strong school health team that includes school administrators as well as community members. All districts have a wellness policy that has not only changed nutrition education in schools, but also has improved the availability of space for physical activity.

### Some of the changes and additions that have been made are:

- Successfully eliminated or limited non-nutritious food for fundraising.
- Limited the foods with high amounts of sugar served at breakfast.
- Reduced fat content in the milk being served.
- Increased fiber content of foods being served.
- Collaborated with nutrition experts to review nutritional value in menus.
- Purchased exercise equipment and developed spaces within school buildings to create wellness centers for students, staff and community members.
- Completed a walking path with outdoor fitness equipment that is available to the community at any time.
- Purchased physical education equipment such as Dance, Dance, Revolution and archery equipment that offers alternatives to traditional physical education programs.



*Grand opening of Alexander Local School District outdoor exercise equipment August, 2007*



*Athens school district staff, School Health Conference, Salt Fork State Park*



#### **Contact Information:**

Ruth Dudding  
Project Coordinator  
740-592-4431 ext 225  
[dudding@health.athens.oh.us](mailto:dudding@health.athens.oh.us)

## PHHSBG Cardiovascular Health Success Story in Cuyahoga County



### Issue

East Cleveland has a population of 27,217 people according to 2000 U.S. Census data. It is one of the most densely settled communities in Cuyahoga County. The small urban community is also dealing with educational, economic, health and housing challenges. The city has a poverty rate of 32 percent and, in 2000, 17 percent of all housing units were vacant. Cardiovascular disease is higher in East Cleveland compared to the county, state and national rates. Residents in low-income areas live far fewer years in comparison to higher-income areas due to environmental disparities such as lack of access to affordable, nutritious foods.

### Intervention

Community gardening and greening (the rejuvenation of landscapes) is an effective way to use land to create a healthy environment for community members by providing access to affordable, nutritious foods. In addition, community gardening and green spaces promote physical activity. In 2003, the county's master planning committee recommended the city develop a strategic plan for maintaining, reusing and revitalizing both the existing building stock and the vacant land in the city through a variety of public and private ventures. The utilization of vacant land for community gardens and green spaces is an initiative that both community residents and city leaders support as a means of revitalizing vacant land and improving the health of the community.

### Impact

East Cleveland residents have increased access to cardiovascular health promotion activities such as community gardening to optimize the use of vacant properties and provide opportunities for improved nutrition and physical activity.

### Other outcomes from the initiative for the 2007 year were:

- At least 40 individuals and families were participating in community gardening.
- More than 4,700 square feet of gardens are being used.
- Gardeners have attended at least four educational workshops on lasagna gardening, raised bed gardening, planting fruit trees, planting garlic, and putting the garden to bed.
- Support from local businesses and agencies helped sustain the gardens.



*Build Day, April, 2007. Gardeners built raised beds at the E.C. Grows garden in East Cleveland*

**Development plans for 2008 included:**

- Establish at least five new gardens.
  - four in East Cleveland
  - one in Warrensville Heights
- Start a Diva Garden.
  - Promoting community gardening for women to help manage their diabetes.
- Create wheelchair-accessible beds.
- Build a new walking path.
- Build four new sub-plot gardens at the Randall Park Garden.



*Seed to Feed Garden, August 2008*



*East Cleveland Grows location, Feb, 2007.  
Garden leaders plan their garden at a  
vacant, overgrown parking lot.*



*East Cleveland Grows community garden, July 2008*



**Contact Information:**  
Ann Stahlheber, MS, RD, LD  
Project Coordinator  
216-201-2001 ext 1544  
[astahlheber@ccbh.net](mailto:astahlheber@ccbh.net)

# PHHSBG Cardiovascular Health Success Story in Defiance County

*“Step Up and Step Out” Walking Guide*



## Issue

A need for increased physical activity was identified by the community as a top priority in the 2005 Defiance County Health Needs Assessment. Local health status concerns in Defiance County indicated Defiance County families lead sedentary lifestyles.

## Intervention

Walking areas in Defiance County were researched and measured, then printed in a walking guide titled Step Up and Step Out. The walking maps included the rural communities of Hicksville, Sherwood, Ayersville and Defiance. Signs were posted in each of the communities highlighting the mileage and encouraging residents to walk. The Step Up and Step Out walking guide also included information on how to begin a walking program, aerial maps of walking areas and additional walking areas in the county including high school tracks and the local shopping mall. The Step Up and Step Out walking guide included a log to record daily exercise. It was posted on the Defiance County Health Department Web site and was promoted in two local newspapers. The Web site where the guide is located is <http://www.defiancecohealth.org/Health%20Planning.htm>.

## Impact

Before 2005, Defiance County did not have any walking trails. Currently, there are four walking trails in the county. The guides of these trails were distributed at schools and each of the community libraries. A total of 350 Step Up and Step Out walking guides were distributed in Defiance County.



*Mr. Tod Hug, Superintendent of Ayersville School District (left) with Deb Gilgenbach, CVH Project Coordinator (right) presenting a sign for their High School Track encouraging the residents of Ayersville to walk around the track.*



### Contact Information:

Deb Gilgenbach, BSN  
Project Coordinator  
419-784-3818  
[dgilgenbach@defiance-county.com](mailto:dgilgenbach@defiance-county.com)

## PHHSBG Cardiovascular Health Success Story in Delaware County



### Issue

According to the Centers for Disease Control and Prevention (CDC), chronic diseases including cardiovascular disease, cancer and diabetes are among the most costly, prevalent and preventable of all health problems. More than 1.7 million Americans die of chronic diseases each year, and account for about 70 percent of all U.S. deaths. Chronic diseases account for about 75% of health care costs each year. In 2000, the total cost of obesity was estimated to be \$117 billion and physical inactivity costs at more than \$76 billion. Because the majority of adults spend most of their day at work, worksite wellness programs can have a powerful influence on employees to adopt healthier lifestyles.

### Intervention

Due to increasing popularity of worksite wellness programs, the Delaware General Health District designed WorkWell to assist and support businesses in implementing a worksite wellness program for their employees. WorkWell is available to any Delaware County business that is interested in offering their employees assistance in creating positive lifestyle changes.

### Through WorkWell, the Delaware General Health District can provide the following services:

- A wellness team mentor. The Cardiovascular Health coordinator and the tobacco health educator for Delaware General Health District can both serve on teams and provide assistance and support.
- Assist in surveying employees related to their work environment.
- Review worksite wellness policies and recommend changes to benefit the worksite's wellness plan.
- Provide quarterly wellness newsletters and bulletin boards that focus on various health/wellness topics.
- Assist with planning health fairs by providing health screenings and educational materials for employees.
- Recommend best practices from successful model programs at similar worksites.
- Offer quarterly WorkWell breakfast meetings. The meetings are designed to have guest speakers that discuss various health and wellness topics.

### Impact

Since January 2007, WorkWell has assisted nine businesses in Delaware County. Five of the nine businesses have formed wellness committees that meet on a regular basis. Each worksite has established its own wellness plan as well as goals and objectives unique to their work environment and culture. Worksites are encouraged to evaluate their programs and collect data to show the impact the worksite wellness program has had on their workforce. Many of the businesses are in the beginning stages of their wellness initiatives and are working toward creating plans to evaluate program effectiveness and program impact on their employees' overall health.

The Delaware General Health District is currently developing a comprehensive worksite wellness program for its employees. The wellness program involves a point system to reward employees for leading healthier lifestyles. A monetary incentive will be given to those who reach a pre-determined amount of points at the end of the year. The point system is structured to provide employees with a variety of wellness activities they can choose, which encompass physical, mental and social components of wellness. In order to assess and track the program's impact on employees, post-program measurements (cholesterol, blood pressure, blood glucose and body mass index) will be collected and evaluated at the end of the year. In addition, the intention is that the Delaware General Health District's Wellness Program can be a model for businesses enrolled in WorkWell.



*Delaware General Health District employee committed to a heart healthy lifestyle in honor of National Wear Red Day 2008.*



**Contact Information:**  
Anne Goodman, MPH  
Project Coordinator  
740-203-2086  
[anne@delawarehealth.org](mailto:anne@delawarehealth.org)

## PHHSBG Cardiovascular Health Success Story in Franklin County



### Issue

Poor nutrition is a significant risk factor for heart disease. Many patients are educated in the Franklin County area health centers as to the proper foods they should have in their diet to prevent heart disease, overweight and obesity, high blood pressure, osteoporosis and certain cancers. The challenge for these patients is that they do not have easy access to healthy foods in their neighborhoods. This is particularly true of low-income, urban neighborhoods where residents are less likely to own a car. A study conducted by the University of Connecticut's Food Marketing Policy Center (1995) found there were 30 percent fewer supermarkets in low-income areas compared to high-income areas. This is a significant barrier for many of the Franklin County Cardiovascular Health Project's highest-need neighborhoods.

Community residents did not have the knowledge or tools to strategically evaluate this issue in their neighborhoods. A simple process was needed to guide community residents through the process of assessing community needs, developing and implementing a strategy based on the findings of the needs assessment and evaluating the overall strategy used.

### Intervention

A simple planning tool was developed to assist community members with improving access to healthy foods in their neighborhoods. The Improving Access to Healthy Foods: A Community Planning Tool outlines the process of creating a committee, assessing the community, developing an action plan and evaluating the results. The tool also provides several examples of food access strategies that have been successful in other neighborhoods. These examples include: working with corner stores; working with existing supermarkets; bringing new supermarkets to a neighborhood; starting a food cooperative; creating a buying club; food kiosks; farmer's markets; community gardens; and transportation strategies. PHHSBG funds have also allowed Cardiovascular Health (CVH) staff the opportunity to share this resource across our community and state, as well as the ability to facilitate local neighborhood groups through the planning process.

### Impact

Introducing the planning tool to Franklin County communities has prompted at least five different groups to actively look at food access in their neighborhoods.

**Through the use of PHHSBG funding, the CVH project staff has been able to assist in implementing these strategies to overcome neighborhood food access issues:**

- A near south (Columbus) neighborhood group has worked with local corner stores to provide more fresh fruits and vegetables.
- Four new farmers' markets operated during the summer of 2008; each of these markets is currently exploring the ability to accept food stamps, as well as WIC and senior vouchers.
- The August 2008 Columbus Public Health farmers' market is also exploring the ability to accept food stamp payments.
- CVH project staff is currently working with Columbus Parks and Recreation Association to create a rotating produce market to be housed inside local recreation centers in four different neighborhoods. Parks and Recreation programming will be coordinated with market days to provide nutrition and physical activity opportunities to community members.
- Neighborhood community gardens have increased by 50 percent from the time of the original release of the planning tool.
- Focus groups have been conducted with the near east (Columbus) neighborhood food pantry operators and community garden volunteers to explore opportunities for collaboration. A focus group with local corner store owners is planned for the fall 2008.
- Columbus Public Health is working with the Columbus Medical Association Foundation and Mid-Ohio Foodbank to coordinate a mobile produce stand with the Monday evening Physician's Free Clinic at the health department.
- The CVH project's Worksite Wellness Network is piloting a Community Supported Agriculture project (CSA- this is when local communities partner with a local farmer to purchase "shares" of the season's produce. The farmer covers their cost for the season and "share holders" get fresh weekly deliveries of locally grown, usually organic, produce) which will be evaluated and promoted to the Worksite Wellness Network, Healthy Ohio Business Council Central Region members as well as local farmers.



*Columbus Public Health's Farmers Market combined issuance of WIC Farmer's Market Vouchers, Senior Farmer's Market Vouchers, and food stamp access with fresh local produce from Central Ohio Farmers.*



*The 2008 Columbus Public Health Farmer's Market attracted 17 local farmers from Central Ohio. The market served approximately 10,000 customers over three days.*

The PHHSBG has played a critical role in improving nutrition and access strategies for our most vulnerable populations.



**Contact Information:**  
Sandy Gill, BS  
Project Director  
614-645-0743  
[smgill@columbus.gov](mailto:smgill@columbus.gov)

## PHHSBG Cardiovascular Health Success Story in Fulton County



### Issue

Cardiovascular disease (CVD) is the No.1 cause of death in the United States, claiming more than 800,000 lives each year. In Fulton County, CVD accounted for 47 percent of all adult deaths from 2000-2002, which was slightly higher than the Ohio and U.S. averages. High blood pressure, high cholesterol, Type 2 diabetes, smoking and obesity are all risk factors for CVD. Heart disease used to be thought of as a disease that affected only adults but the contributing risk factors are now being detected in children because many are now leading more sedentary lives and consuming high-calorie foods and a high-fat diet. Many of these risk factors can be reduced with daily exercise and proper nutrition.

### Intervention

In 2006, a community garden was established with the partnership of Serenity Haven, a women’s shelter in Fayette. The local Cardiovascular Health (CVH) program coordinators worked with shelter residents to plant, maintain and harvest fruits and vegetables. In 2007, the CVH program coordinators worked with Fayette school children to plant a garden at the beginning of the growing season with four weeks of classroom discussion pertaining to nutrition, seeds and planting.

The CVH program coordinators also provided monthly heart health messages to the congregations of five area Fayette churches as well as established a walking route from one church to another, and conducted physical activity events using the walking route.

Walking Wednesdays (2006) and Moving Mondays (2007) were weekly walking programs facilitated by the CVH program coordinators to help motivate residents to become more physically active.

The biggest success in Fayette has been with the school wellness program. Since its inception, the school wellness program has established a breakfast program for K-12 graders, Recess Before Lunch at the elementary level (K-3), providing healthy vending options for students and staff, a salad bar at the high school level and also implemented other nutrition policies such as no fried foods. The CVH program coordinators continually rejuvenate the school wellness teams with quarterly meetings, events and opportunities to attend school health conferences where new ideas and inspiration are required.



*6th graders at Evergreen School during "Nutrition Adventures"*

## Impact

Consistent participation in the community events indicated Fayette residents enjoyed and saw the benefits of physical activity programs and nutrition information. The CVH program coordinators received requests for heart health presentations and educational materials from various groups in Fayette and other communities in Fulton County on a regular basis.

Fayette school children have greatly benefited from the programs implemented in the schools. Teachers reported children have been able to concentrate better in the classroom, behavior has improved, and test scores have increased since the breakfast program was implemented. The breakfast program is offered to 524 students in Fayette. Teachers also noted that the Recess Before Lunch concept has worked well. Having recess first allows the children to expend energy that has built up during the morning hours. Behavior in the lunchroom has improved because students have already socialized and are using their time to eat instead. The Recess Before Lunch program is offered to approximately 230 children.

The PHHSBG is critical to the continuation of efforts with cardiovascular education and programs for the communities of Fulton County. Starting in 2009, the CVH program coordinators will focus on another Fulton County community to implement more programs and motivate the community and schools to lead heart-healthy lifestyles.



*The Village of Fayette Children's Garden, May 2007, Fulton OH*



**Contact Information:**  
Audra Roesti, RD, LD  
Project Staff  
419-337-0915  
[aroesti@odh.ohio.gov](mailto:aroesti@odh.ohio.gov)

## PHHSBG Cardiovascular Health Success Story in Hamilton County



### Issue

Tobacco wields a staggering cost to Ohio communities. The Ohio Tobacco Prevention Foundation (OTPF), which dissolved mid-2008, states nearly 19,000 Ohioans die each year from illnesses related to tobacco use and \$3.41 billion is spent annually on treating tobacco-related illness. According to the Centers for Disease Control and Prevention, 22.3 percent of adults and 20.5 percent of high school students in Ohio smoke cigarettes. Surveys of smokers consistently report approximately three out of four would like to quit, but only five percent successfully kick tobacco addiction “cold turkey.” Research has shown patients respond positively to health providers’ advice about tobacco, but health providers have not always addressed tobacco treatment aggressively because of the lack of training on tobacco treatment, time constraints and the lack of financial resources or institutional support for consistent tobacco screening and treatment efforts.

### Intervention

In August 2005, the project coordinator of the Cardiovascular Health (CVH) Grant began meeting with the Cincinnati Health Department (CHD) to determine what cardiovascular risk factor training they would like the CVH Grant to provide for the following year. An interest and need survey concerning tobacco cessation training was sent to medical center directors and nursing staff throughout the county. Based on the results of the surveys, a presentation titled Treating Tobacco Use and Dependence was given in February 2006. The presentation was sponsored by the Nursing Staff Development Office, the Cardiovascular Health Coalition of Hamilton County and the Hamilton County Tobacco-Free Partnership. A total of 48 health care providers attended.

### Impact

After hosting a successful training, there was a strong sentiment by the Staff Development Committee that CHD health centers can and should do more to prevent and treat tobacco use. A subcommittee was established under the CVH Grant staff leadership and expanded to include other interested CHD staff representing seven other work areas (Adult Health, Cardiovascular Health Grant, Price Hill-WIC, Pharmacy, Price Hill Nursing, Price Hill Dental, Quality Improvement and Staff Development) as well as individuals from external agencies. The committee established a purpose “to pilot and implement a standardized process by which all CHD Health Centers implement the 5-A’s Model for assessment of client tobacco use and referral for treatment.” The Price Hill Health Center was identified as the pilot site because of the expressed interest of staff and its high patient volume, necessitating a protocol that could be successfully implemented in a busy setting.

Pilot implementation began in May 2007. The pharmacy director enrolled Price Hill Health Center into Pfizer’s Patient in Need program to provide financially eligible patients the opportunity to receive Chantix (a prescription tobacco cessation product) free of charge. In August 2007, the University of Cincinnati pharmacy students conducted follow-up telephone interviews of clients who had received prescription tobacco cessation product at Price Hill Health Center during June and July 2007. Fifteen percent of clients contacted reported being tobacco free and one-quarter of contacts reported having cut back on tobacco use, with most people using tobacco along with their tobacco cessation medications.



**Contact Information:**  
Peggy Nestor, RN  
Project Coordinator  
513-357-7457  
[peggy.nestor@cincinnati-oh.gov](mailto:peggy.nestor@cincinnati-oh.gov)

## PHHSBG Cardiovascular Health Success Story Henry County



### Issue

Child hunger is a large problem in Henry County. Hunger affects a child's ability to live a healthy and productive life. Hungry children are more likely to have health problems, bad behavior, lower test scores and are more likely to be late to or absent from school. More than 18 percent of Ohio's children and 16 percent of families with children live below the poverty level. A study conducted by the U.S. Department of Agriculture (USDA) in 2004 found that children with access to school breakfast eat a better overall diet. Additionally, most students who eat a school lunch consume twice the servings of fruits and vegetables than children who eat a lunch brought from home. Likewise, children who eat a school lunch are more likely to eat fewer calories from fat. Hunger impacts children academically and behaviorally.

### Intervention

From 2005-2008, three schools across Henry County implemented a breakfast program to help students overcome child hunger.

Napoleon Area School District first implemented the breakfast program at the high school level and then district wide during the 2007-2008 school year. Napoleon High School had 849 students and a breakfast program participation rate of 10 percent. Meanwhile, C.D. Brillhart Elementary School had a participation rate of 19 percent, West Elementary School had a rate of 29 percent, and Central Elementary and Napoleon Middle School had a combined participation rate of 11 percent.

Liberty Center Elementary School also implemented the breakfast program in fall 2006. The school had an outstanding participation rate of nearly 57 percent. The school's success can be attributed to the in-class breakfast program. Holgate Elementary School also decided to jump on board with the program and implemented the breakfast program during the 2007-2008 school year. Out of 598 students, 27 percent of children participated in the program.

### Impact

After the programs' implementation, principals of the schools have reported tardiness has been reduced, and trips to the school nurse with stomachaches in the morning were also greatly reduced. Teachers have also reported behavior in students has improved.



*Students file through the cafeteria line to choose their favorite fruit as part of the School Breakfast Program.*



#### Contact Information:

Lindsay Wiemken  
Project Coordinator  
419-599-5545  
[lwiemken@henrycoh.org](mailto:lwiemken@henrycoh.org)

# PHHSBG Cardiovascular Health Success Story in Jackson County

*"Fiscal Fitness: How Wellness Benefits the Bottom Line"*



## Issue

In 2007, the Cardiovascular Health Project and the Secondhand Tobacco Grant joined forces to offer the first daylong worksite Wellness Conference. The conference's purpose was to expand the concept of Worksite Wellness and How it Benefits the Bottom Line in Southeastern Ohio.

## Intervention

The goal of the conference was to expand the concept of worksite wellness and its benefits to a company's bottom line within the southeastern region of Ohio. Another goal of the conference was to inform area businesses about programs and resources that are available in the area. Invitations were sent to business owners and managers; schools; government agencies; health care professionals; health educators; human resource managers; and safety directors.

The keynote speaker Micah Berman, J.D. focused on secondhand smoke and legal liability within the workplace. Because the conference's overall focus related to wellness, vendors offered similar worksite-based health screenings to the participants. The screenings included: blood glucose testing; pulmonary intake; bone density; body fat analysis; height/weight; and blood pressure readings.

## Impact

This conference had a successful impact on local businesses and organizations in Jackson and surrounding counties. A total of 110 people attended the conference. The conference attendees went back and shared information with their respective organizations and commenced wellness programs that have affected 12,425 employees. A total of 49 phone calls were received requesting information about a second worksite wellness conference in Jackson County, which was held in Fall 2008.



*CVH Coordinator Lindsay King (right) at the Jackson County Worksite Wellness Conference, 2007.*



### Contact Information:

Lindsay King  
Project Coordinator  
740-286-5094  
[lking@jchd.us](mailto:lking@jchd.us)

## PHHSBG Cardiovascular Health Success Story in Lorain County



### Issue

Blood glucose is being measured in a variety of settings by persons with varied levels of training. Additionally, blood glucose measurement standards change periodically. As such, measurement techniques and recordings should be standardized so readings taken by different people will be comparable and reliable. The implications for long-term treatment of diabetes depend on accurate blood glucose readings.

### Intervention

In November 2007, the Blood Glucose Monitoring (BGM) workshop covered current recommended blood glucose measurement techniques, rationales, guidelines and difficulties acquiring an accurate reading. This was a hands-on training to test skill and accuracy and to promote best practices. The program targeted health care workers involved in screening and other monitoring activities within the health care profession.

### Impact

A three month follow-up evaluation was completed in February 2008 with each participant to assess their knowledge of best-practice procedures and also assess impact of the workshop.

### The results noted:

- One hundred percent of participants surveyed could identify diabetes diagnostic guidelines, describe blood glucose procedures and differentiate blood glucose procedures for a single client versus a community setting.

The next BGM workshop is scheduled for November 2008.



*Workshop participants get hands-on experience with glucose monitors.*



**Contact Information:**  
Marilyn Hill, CHES  
Project Coordinator  
440-284-3218  
[mhill@loraincountyhealth.com](mailto:mhill@loraincountyhealth.com)

## PHHSBG Cardiovascular Health Success Story in Lucas County



### Issue

Physical activity is important to improve cardiovascular health, especially among high-risk populations. Certain populations, however, may not have adequate resources available to participate in physical activity programs. Accordingly, studies have shown the rate of walking has dropped by 42 percent over the past 20 years, while the number of overweight people in the United States has increased by 40 percent during the same time period.

### Intervention

Grace Temple Church is Lucas County's priority community. The 4 Your Heart Coalition has helped develop the Grace Temple Wellness Committee; a subcommittee that promoted healthy behaviors for their parishioners and the community. With the help of Grace Temple Wellness Committee and student interns from Northwest Ohio Consortium for Public Health, the 4 Your Heart

Coalition helped coordinate the walking program Step in the Name of Health for choir members of the church. The choir, which has approximately 60 members, was an active participant in this program. As an incentive, pedometers and a walking packet were distributed to all participants. The walking packets included a daily log to track progress, tips and information on the benefits of walking and a list of local walking paths.

A second intervention was also implemented within the church. In the event of inclement weather, six indoor walking paths were erected inside Grace Temple Church. Each path was one mile, included three floors and used the stairwell for a more challenging walk. A flyer outlining each path was developed and distributed to the congregation during a heart healthy breakfast event.

### Impact

Because of the active participation of Grace Temple's church members in the Step in the Name of Health program, other church members now have the opportunity to become more involved with physical activity. A sustained partnership with the Grace Temple Health Committee will allow for future opportunities of church members to become involved in the walking program either inside the building or on local walking trails.



*Grace Temple Church members participating in their annual walking event to celebrate physical activity at a local park in Toledo, Ohio.*



#### Contact Information:

Aubrey Whewell, MPH  
Project Director  
419-213-4168  
[whewella@co.lucas.oh.us](mailto:whewella@co.lucas.oh.us)

## PHHSBG Cardiovascular Health Success Story in Meigs County



### Issue

The mortality rate associated with cardiovascular disease in Meigs County is approximately 49 percent. Additionally, the number of locations available for physical activity in Meigs County is limited. Before the Cardiovascular Health (CVH) program, there was only one established hiking trail in Meigs County.

### Intervention

The CVH program coordinator administered a survey to assess existing hiking and biking trails in the area. Based on the survey results, guides were developed highlighting area trail lengths, locations and surfaces. The guides were then printed and distributed in various locations including the Meigs County Tourism Board, the Meigs County Chamber of Commerce, the Meigs County Health Department and the Meigs County Walks program. Resources, such as hiking guides, were sent to the walking club members and the club also hosted hikes for interested community members.

### Impact

As a result of PHHSBG funding, nine walking paths/hiking trails are open for public use. Many of the nine walking paths/hiking trails were in areas available for the community to use, but not designated or used as walking paths before the initiation of the Cardiovascular Health Project.



*Finished Portland walking path. Materials donated by Shelley Materials.*



**Contact Information:**  
Andrew Brumfield  
Project Coordinator  
740-992-6626  
[abrumfie@odh.ohio.gov](mailto:abrumfie@odh.ohio.gov)

## PHHSBG Cardiovascular Health Success Story in Muskingum County



### Issue

Requests were made to the Cardiovascular Health (CVH) Project for assistance in creating a walking program at various worksites. There was a need to create a plan to help area worksites develop worksite wellness programs.

### Intervention

The CVH project organized a worksite conference offering ideas and resources to local worksites. The conference included a session on the impact on a company's health premiums when worksite wellness programs are implemented. Tim Dill, of General Mills, outlined his plan that enabled the company to create a facility where employees can work out any time of the day at a fitness center equipped with the proper equipment. The participants also heard other speakers covering various topics such as: tobacco, pandemic flu, and Workers' Compensation issues.

### Organizations that attended the conference included:

- Longaberger Basket Company
- Mental Health and Recovery Services
- Bloomer Candy Company
- Muskingum County Library
- American Electric Power
- Perry County Health Department
- Miba Bearings
- Zandex Health Care
- City of Coshocton
- Six County Inc.
- Mattingly Foods
- Guernsey-Muskingum Electric Cooperative
- Edgetech
- Smurfit-Stone Container Corp.
- Ohio University
- Lumi-Lite Candle Company



*Ty Oehrtman with American Cancer Society, leads participants through an exercise at the worksite conference.*

The CVH program coordinator met with the worksites a few weeks following the conference for follow-up.

**The results from the follow-up included:**

- The CVH staff and coalition members were able to engage six local businesses to discuss implementing a worksite wellness program.
- Three businesses implemented the Active For Life Program from the American Cancer Society. Employees enjoyed the program because it was Web-based and they received incentives. All three worksites have continued with other physical activity programs.

**Impact**

Employees of participating worksites have all commented that they enjoyed the friendly competition between their co-workers. It made them more aware of how something as small as walking could make them healthier. They have created names for their teams, talked about eating healthier in the lunch room and encouraged each other to continue walking. All of the feedback from the employees was very positive and they expressed their enjoyment with the program.



*A worksite wellness conference held at the HealthPlex, an annex of our hospital Genesis Health Care Systems in Zanesville.*



**Contact Information:**  
Valerie Wears  
Project Coordinator  
740-454-9741 ext.178  
[valeriew@zmchd.org](mailto:valeriew@zmchd.org)

## PHHSBG Cardiovascular Health Success Story in Perry County



### Issue

The school districts in Perry County had no internal group or staff member in the buildings who focused on improving student health and wellness. School lunches also had not been evaluated for nutritional content beyond state requirements, nor had there been any assessment of current wellness activities within the district. Physical education (PE) classes did not focus on keeping students active throughout the class period. Also, the trainings on nutrition and physical activity available for PE teachers and food service staff were not available for the rest of the school staff.

### Intervention

In 2005, the Cardiovascular Health program coordinator began assisting four public school districts and one private school to address school wellness.

### In 2008, some achievements include:

- Conducted seven Food Service Conferences regionally to provide food service directors and their staff nutrition resources and education.
- Formed wellness teams and districts completed the School Health Index (SHI) assessment tool from CDC.
- Districts attended the Coordinated School Health Conference and PE conferences that provided education and resources to PE teachers and school health teams.
- Encouraged school staff to create walking programs, and pedometers were provided to all PE students during classes.
- Completed or repaired walking trails and paths.
- Provided teachers throughout the county with educational materials to encourage physical activity and nutrition education in the classrooms.

PHHSBG funding has been vital for supporting these school wellness interventions.

### Impact

All four public school districts and one private school have active school wellness teams and have board-approved school wellness policies. Three of these districts and the private school in the county have completed the SHI, and they have continued to revisit the SHI to evaluate changes.

**Some of the changes that have been made in response to the SHI include:**

- All food service personnel in the district have attended at least one Food Service Conference and all cafeterias have made healthy menu changes.
- Vending machines have been evaluated in all districts and many have been turned off during the school day.
- All public school districts in the county offer free breakfast to all students.
- Thirteen PE teachers in the county have attended PE trainings and received Coordinated Approach to Child Health curriculum and resources.
- Thirty-seven teachers and administrators from Perry County attended the 2007 Coordinated School Health Conference.
- All four districts and the private school participated in the Buckeye Best School Program. Perry County Schools received three gold awards, four silver and two bronze awards in the 2006-2007 school year.

With the support of the PHHSBG funding, the school districts in Perry County can make a difference in the health of more than 6,000 Appalachian students.



*St. Rose School Health team from New Lexington, OH working on their school's Action Plan at Health Conference at Salt Fork State Park.*



**Contact Information:**  
Debbie Raney  
Project Coordinator  
740-342-5179  
[draney@odh.ohio.gov](mailto:draney@odh.ohio.gov)

## PHHSBG Cardiovascular Health Success Story in Ross County



### Issue

Health care costs are rising and worksite health promotion programs can provide employees with resources that will improve their health. Healthier employees decrease employer health care costs; reduce absenteeism; increase employee productivity; and improve employee job satisfaction. Because employees spend most of their daytime hours at work, the role a work environment plays on employees overall health can be significant (Healthy Workforce 2010, Partnership for Prevention).

Employees benefit from worksite health promotion programs as their focus at work is improved, job satisfaction is increased and their physical strength, stamina and general well-being are also improved. The mission of the Ross County Worksite Wellness Planning Group is to educate Ross County employers and employees; promote the importance of exercise, nutrition and lifestyle management to achieve wellness; and motivate employees to take action for their health.

### Intervention

Ross County organized two worksite wellness committees: Ohio University Chillicothe and Ross County Service Center. These two groups encouraged employees to complete a worksite needs assessment. From the needs assessment and an interest survey, programs were developed. The programs offered were: Healthy Cooking, Massage, Dance (At the Hop), Rethink Your Drink, Sun Safety, Physical Activity, Burnout and Stress Management and Healthy Holiday Meals.

Two physical activity challenges were also held utilizing the American Cancer Society's Active for Life program. Forty-seven teams participated. The teams had representatives from the Ross County Health District, City of Chillicothe, Ross County Job & Family Services, Municipal Court, the Chillicothe City Police Department, Probate-Juvenile Court, Ross County Service, OSU Extension, Title Department, Adena Health System, YMCA and other agencies.

A Zero Weight Gain Challenge; where people were to maintain their weight from Thanksgiving through the New Year was also implemented. Forty-nine people participated in the self-report challenge and 31 completed the end-of-challenge survey. Eight people maintained their weight and 15 people lost weight. A total of 67.3 pounds were lost.



*Ross County Health Department employees participating in the American Heart Association's Wear Red Day.*

## Impact

As a result of the worksite wellness workshops:

- An additional grant was received from the Adena Health Foundation to fund a worksite wellness conference in 2008. A strong working group of employers has been organized and wellness resource “kits” are being developed that can either be borrowed or downloaded for employees to use on their own.
- Two policies have been adopted at Ohio University-Chillicothe. The Campus Wellness Team recommended to the Dean that the campus not permit smoking in front of the buildings. They have successfully enforced this policy. The campus is now tobacco-free and visitors, students and staff no longer have to walk through a cloud of smoke when entering the buildings. In addition, the nursing department enacted a policy that prohibits nursing students from using tobacco products while in uniform.
- A grant was also awarded to install an 18-hole disc golf course. It is available for anyone to use free of charge. They offer disc golf tournaments at the course, and it is utilized by residents of Ross County.
- Ross County received a Healthy Ohio Community Award- Silver Level for 2007.



**Contact Information:**

Sue Sherman

Project Coordinator

740-779-9346 ext. 224

[hearthealth@rosscountyhealth.com](mailto:hearthealth@rosscountyhealth.com)

## PHHSBG Cardiovascular Health Success Story in Summit County



### Issue

The Village of Lakemore determined there was no grocery store in the village. Access to fruits and vegetables was limited to neighboring communities.

### Intervention

With the support of the Lakemore Village Council and the mayor, a Farmers' Market was planned starting summer 2006. The Village Municipal Building green space was chosen as the site because of its location next to the post office, and all residents in Lakemore have a P.O. box. Advertisement of the Lakemore Farmers' Market began with flyers distributed to local businesses, and postcards were sent to all residents approximately one week before the first market. The local cable channel also ran a free information advertising available produce throughout the season, from August 1 through September 26. Between 100 and 200 residents attended the market each week.

### Impact

The implementation of the Lakemore Farmers' Market sought to increase residents' accessibility to fruits and vegetables and as a result, increase fruit and vegetable consumption. Through a review of daily attendance counts and farmer's sales, the Lakemore Farmers' Market was determined to be a success.



*Farmer's Market in Summit County*



#### Contact Information:

Adrian Porter, RD, LD  
Project Coordinator  
330-926-5612  
[aporter@schd.org](mailto:aporter@schd.org)

## PHHSBG Cardiovascular Health Success Story in Trumbull County



### Issue

In fall 2005, the Trumbull Heart Healthy Community Coalition surveyed school nurses to find out their greatest need when assisting students with diabetes. It was reported that comprehensive emergency reference guide for school staff did not exist.

### Intervention

A committee from the Trumbull County Coordinated School Health Coalition decided to develop an emergency guide for students with diabetes, based on the Centers for Disease Control & Prevention (CDC) Coordinated School Health Model. The committee was formed with 17 community partners

including school nurses; diabetes educators from local hospitals; Gateway Health Plan; the coach's association; American Cancer Society; Children's Hunger Alliance; school food service directors; The Ohio State University Extension; the Trumbull County Medical Society Alliance; Youngstown State University; and Ashtabula and Trumbull county health departments.

The guide has a quick reference of symptoms for both hypoglycemic and hyperglycemic episodes and a list of actions to take in an emergency. In October 2006, the guide was distributed to school nurses during a county-wide training.

### Impact

The guide was such a comprehensive tool that a local employer, United Auto Workers, General Motors (UAW/GM), and its Healthcare Initiatives Diabetes Workgroup asked permission to modify it and use it as a workplace emergency resource. The guide has been implemented in three states as a workplace emergency guide.



*Mel Milliron holding the Emergency Guide for Diabetes*



**Contact Information:**  
Mel Milliron  
Project Director  
330-675-7807  
[MMilliron@tcbh.org](mailto:MMilliron@tcbh.org)

# PHHSBG Cardiovascular Health Success Story in Union County

"Healthy Behaviors for Healthier Futures"



## Issue

The Ohio Department of Education does not have minimum physical education or health education standards for its schools. Because of budget constraints and additional education requirements, many schools have made the decision to cut or reduce physical education (PE) and health classes. As such, the rate of overweight and obese children continues to increase in Ohio. To prevent the onset of cardiovascular diseases in adulthood, it is vital that children have the opportunity to learn and develop healthy behaviors.

## Intervention

Through mini-grants, the Cardiovascular Health (CVH) project has provided more than \$5,000 in financial and in-kind support to local school health teams for the development of non-competitive physical activity programs, the improvement of food service and vending options in school cafeterias and integration of health education into regular classroom learning.

## Notable program accomplishments from 2005-2008 were:

- Piloting Operation Fit Kids program with 3rd-graders at East Elementary during the 2007-2008 school year. The program integrated health and fitness with classroom learning and focused on the dangers of becoming overweight and the importance of a healthy and active lifestyle.
- Dance Dance Revolution Game pads were distributed to all Union County schools to encourage daily student activity. Schools have also purchased additional units to offer activity breaks throughout the day and for use during PE classes.
- Elementary schools operated student and staff walking programs as well as playground walking/jogging obstacle courses.
- East Elementary School implemented a 100 percent healthy snack and party policy.
- The Snackwise Rating System was implemented into nine schools in the Marysville Exempted Village School District.
- Students and staff at Navin Elementary School were trained on adult and child CPR. Students have also received basic first aid training and made first aid kits.



*Mill Valley Students making a nutritious commercial for morning announcements.*

- Staff at Navin Elementary School implemented the Take Charge of Your Health: Read the Label program for 4th-grade students.
- Students at Mill Valley developed age-appropriate nutrition messages for use throughout the school to promote healthy eating among peers.
- Fairbanks Elementary School implemented the Tasty Tuesdays program to increase student fruit, vegetable and dairy consumption. Every week students are given the opportunity to sample foods from the dairy, fruit or vegetable food groups.
- Fairbanks Elementary School PTO implemented healthy fundraising. Students and their parents participated in a walk-a-thon and raised money for school events through sponsorship.

**Impact**

To date, the school mini-grant program and school wellness initiatives have improved nutrition and physical activity options for more than 8,500 students.



*Anna Sara and Caitlyn Moore.*



*Emma Wegmiller and Christian Madsen.*



**Contact Information:**  
 Shawn Sech  
 Project Coordinator  
 937-645-2046  
[ssech@odh.ohio.gov](mailto:ssech@odh.ohio.gov)

## PHHSBG Cardiovascular Health Success Story in Washington County



### Issue

The Appalachian cultural trait of independence and fatalism often foster a wait-and-see attitude about going to see a doctor and seeking treatment only after becoming severely ill. These attitudes, combined with the fact that 38 percent of Ohio's adults engage in insufficient physical activity and 24 percent do not engage in any leisure-time physical activity reveal the need to promote active lifestyles among all populations in rural communities of Washington County. Research has demonstrated a sedentary lifestyle is a primary risk factor for multiple chronic diseases and conditions, including the nation's No. 1 killer, cardiovascular disease.

### Intervention

The Washington County Cardiovascular Health (CVH) Coalition has played a vital role in the development and accessibility of walking facilities and resources. Coalition partners

have provided CVH funds (trail supplies, surface materials, signage and educational tools) and technical assistance (grant writing, grant support, volunteer development, community support and program planning) to schools, local governments and community groups to assist them in creating walking tracks and trails. The coalition also initiated the Washington County Walks Club, where individuals paid \$5 and received a pedometer, walking guide, wristband, a free month-long membership at the Marietta Family YMCA and a monthly walking log.

In 2007, the Washington County Hiking Club was formed. The group participated in hikes every Saturday throughout the year.

### Impact

The Washington County Walks Initiative has proven communities can become sustainable engineers of their own environmental improvements. When the initiative began, the CVH coalition had to take a leadership role in many of these projects. The movement has matured and the coalition now serves a more supportive role with the community partners spearheading most efforts with coalition assistance. Without the PHHSBG, the efforts and projects that support the initiative would have never taken place, nor would they have continued to expand into developing active, walking communities throughout Washington County.



*Students, parents and teachers in the Marietta School District are participating in A.C.E.S (all Children Exercise Simultaneously) Day. The event is co-sponsored by Washington County Walks Program.*

**Some of the impacts on Washington County include:**

- Twelve new walking tracks and/or trails have been developed.
- More than 400 residents of the county, including nine worksites and three community groups have participated in the Washington County Walks Initiative.
- Warren Local, Fort Frye Local, and Marietta City School districts now support walking programs and/or clubs for their elementary students.
- The City of Marietta continues to grow, expanding its multi-use River Trail and working with the city's school district to establish a Safe Routes to School project.



*Washington County Hiking Club*



**Contact Information:**  
Court Witschey  
Project Director  
740-374-2782  
[cvh@washco-ohhealth.org](mailto:cvh@washco-ohhealth.org)

# PHHSBG Cardiovascular Health Success Story in Williams County

*“Jump into School Wellness”*



## Issue

Data from the Ohio Department of Health and the Centers for Disease Control and Prevention show the percentage of overweight children in the United States tripled between the years of 1980 to 2002. Each year, more U.S. children are identified as being overweight or obese. In 2000, it was estimated that 30 percent of boys and 40 percent of girls born in the United States were at risk for being diagnosed with Type 2 diabetes at some point in their lives. In Williams County, five school districts measured and plotted the body mass index (BMI) of their elementary students. Results of 2006 screenings revealed for one school district, the percentage of overweight children ranged from 11 percent in 5 year-olds to 31 percent in fourth-grade students. In two other school districts, the percentage of overweight students ranged from 38 percent in kindergarten students to 41 percent in sixth-grade students. In 2002, Congress charged the Institute of Medicine with developing a prevention-focused action plan to decrease the number of obese children and youth in the United States. The primary emphasis of this plan was to examine the behavioral, social, cultural and other broad

environmental factors contributing to childhood obesity and to also to identify promising approaches for prevention efforts.

## Intervention

In June 2004, the Child Nutrition Reauthorization Act was signed into law, making it mandatory for all local education agencies participating in the National School Lunch Program to create a local wellness policy by fall 2006. The Community Heart Health funding provided by the Ohio Department of Health, allowed the funded project to assist local schools in completing the School Health Index assessment tool and provided guidance and assistance as they developed a tailored school wellness policy. At least two schools in Williams County have wellness teams that meet regularly and are implementing goals established in their wellness policies.

## Impact

In fall 2005, the cardiovascular health (CVH) program coordinators approached the seven school districts in Williams County offering to provide resources and guidance with their required School Wellness Policy. Four of the seven schools districts requested assistance from the CVH program coordinators. A core group of users of the School Health Index assessment tool was established to evaluate the areas of weakness within their respective schools.



*Healthy snack program at Montpelier Schools*

**Montpelier School Wellness Committee established staff activities that included:**

- An evening walking program.
- Weekly instructional weight lifting.
- Staff outings to local bowling alleys on Friday nights.
- Staff blood pressure screenings and BMI assessment by a school nurse.
- Incorporating physical activity into the classroom day.

**Student activities promoted by the Montpelier School Wellness Committee included the following:**

- Student aerobics program three mornings a week before school.
- Walk-to-School Day.
- Healthy option taste-testing to improve cafeteria choices.
- Bowling and roller skating.
- Camp Kimball team-building activities and games.
- Diabetes Walk and Jump Rope for the Heart.
- Field Day with a walk to promote Health and Fitness program.
- The Coordinated Approach to Child Health (CATCH) Program providing nutrition and physical activity kits .
- Dance, Dance Revolution.
- Healthy cooking classes/snacks program after school to teach children in kindergarten through fourth grade how to make simple healthier snacks.



**Contact Information:**  
Kristen Ewers, RN, BSN  
Project Coordinator  
419-485-3141  
[kewers@odh.ohio.gov](mailto:kewers@odh.ohio.gov)



*The Ohio Department of Health*