



Roadmaps to Health Forum

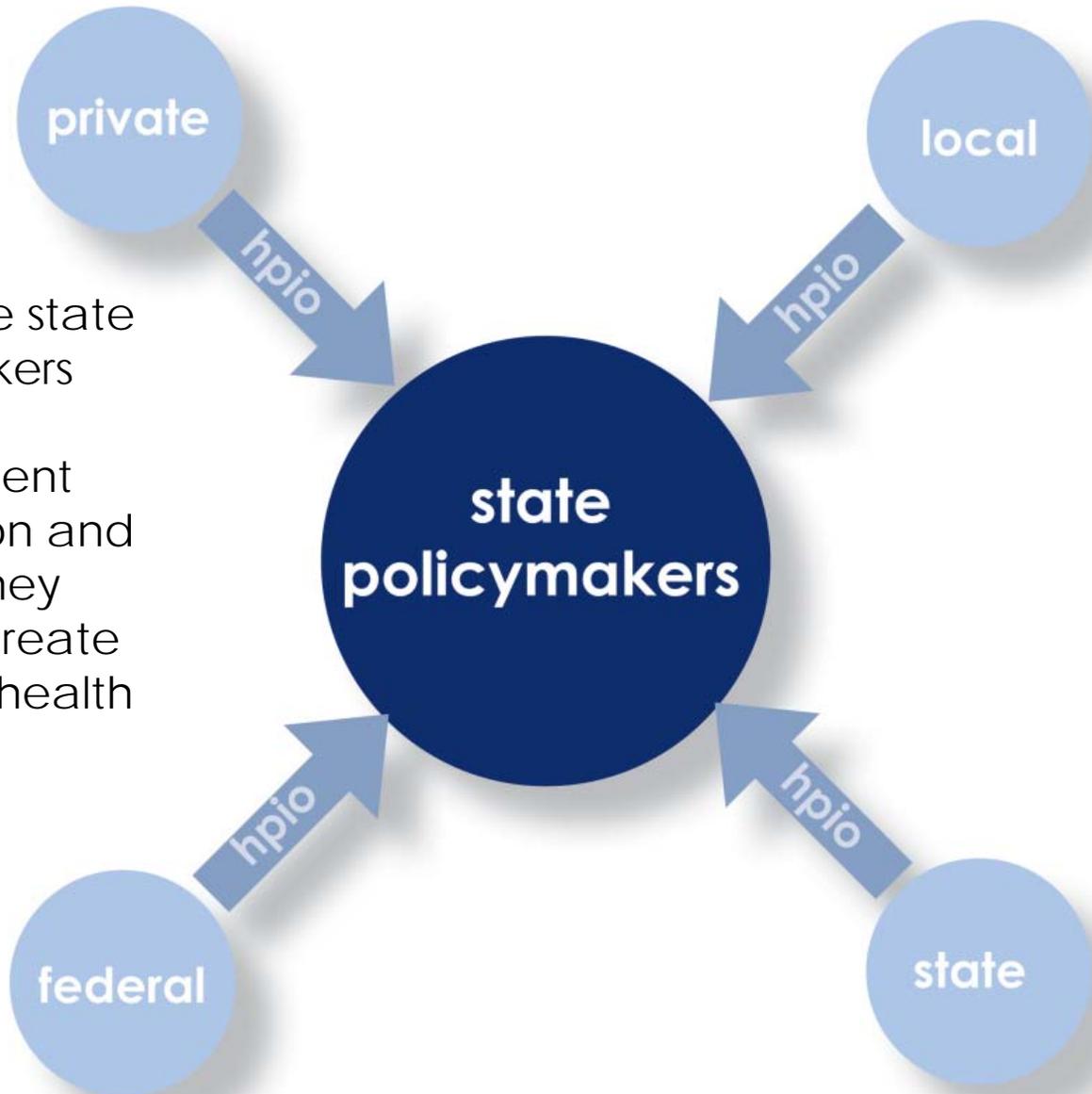
Ideas and Resources for Low-Cost Strategies
to Promote Active Living and Healthy Eating
**Lessons Learned from Community Initiatives in
Appalachian Ohio**

Friday April 19, 2013 9:30 am to 2:45 pm
New Philadelphia, Ohio



HPIO purpose

To provide state policymakers with the independent information and analysis they need to create informed health policy.





HPIO strategic tactics

- **Analyzing and educating**
- **Convening**
- **Fostering**



Fostering

hpio

health policy institute
of ohio



Please remember to fill out your evaluation survey!

- Weight of the Nation DVD kit
- Exercise ball raffle

Roadmaps to Health
hpio
health policy institute of ohio
July 2011-2012

When you return this survey, you may enter drawing for the "Weight of the Nation" screening kit (DVD and a discussion guide) and the "Roads to Health" screening kit.

Forum Feedback Survey

Overall, how would you rate the quality of this forum?

1 2 3 4 5
Strongly Disagree Disagree Not Sure Agree Strongly Agree

As a result of attending this forum...

1. I am more aware of the importance of...
active living and healthy eating.
2. I have a better understanding of the policy, system, and environmental change approach.

As a result of attending this forum, I am motivated to...

3. Explore ways that we can do more to prevent these conditions in my community.
4. Advocate for a policy change that was presented.
5. Take (or encourage others to take) County Committee, Coalition, or Opportunities for Healthy Living action.
6. Visit (or encourage others to visit) County Health Department website.
7. Follow up on at least one other resource I learned about here.
8. Feel sure that my organization can help to achieve the chronic disease prevention goals in the State Health Improvement Plan (SHIP).

How likely are you to use or apply the information presented in the forum in your professional work?

1 2 3 4 5
Not likely Somewhat likely Very likely

over #

Health in All Policies:

New partnerships to support health beyond the doctor's office

2013 Roadmaps to Health Forum
April 19, 2013

Kim Gilhuly
Human Impact Partners
kim@humanimpact.org
216-633-2603

HIP is transforming the policies and places people need to live healthy lives.

We believe that health and equity should be considered in all decision making.

We raise awareness of and collaboratively use innovative data, processes and tools that evaluate health impacts and inequities.

Through training and mentorship we also build the capacity of impacted communities and their advocates, workers, public agencies, and elected officials to conduct health-based analyses and use them to take action.

- Why should we get involved with policies and planning?
- What is Health in All Policies?
- Examples from rural areas

Unintended Consequences

Planning, policy and program decisions may have unintended consequences, particularly if a limited set of issues are discussed in the decision-making process



Most streams through the Midwestern United States contain water with high concentrations of pesticides for several weeks to several months after the application of pesticides to farmlands. - US Geological Survey

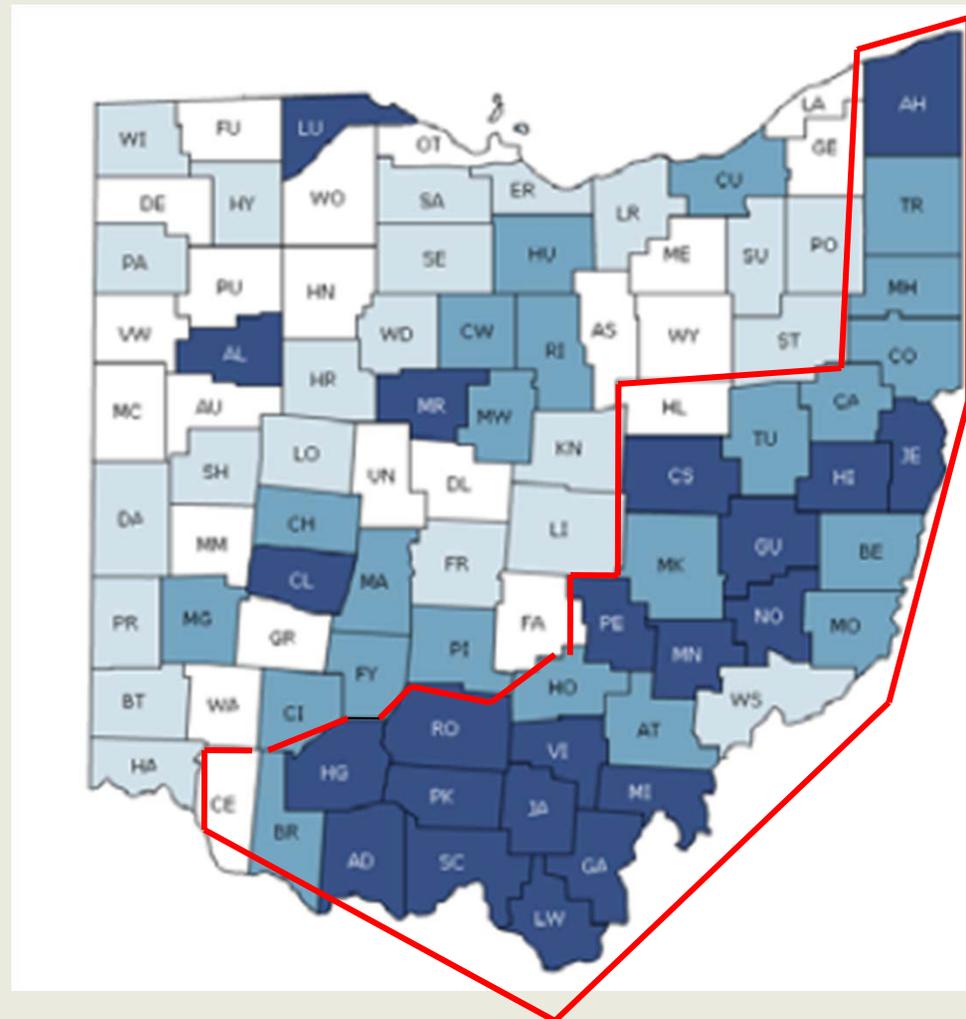
There are no state or federal laws limiting how much manure, fertilizers or pesticides can wash off Ohio farms during storms. - Columbus Dispatch



Zoning and transportation policy = health



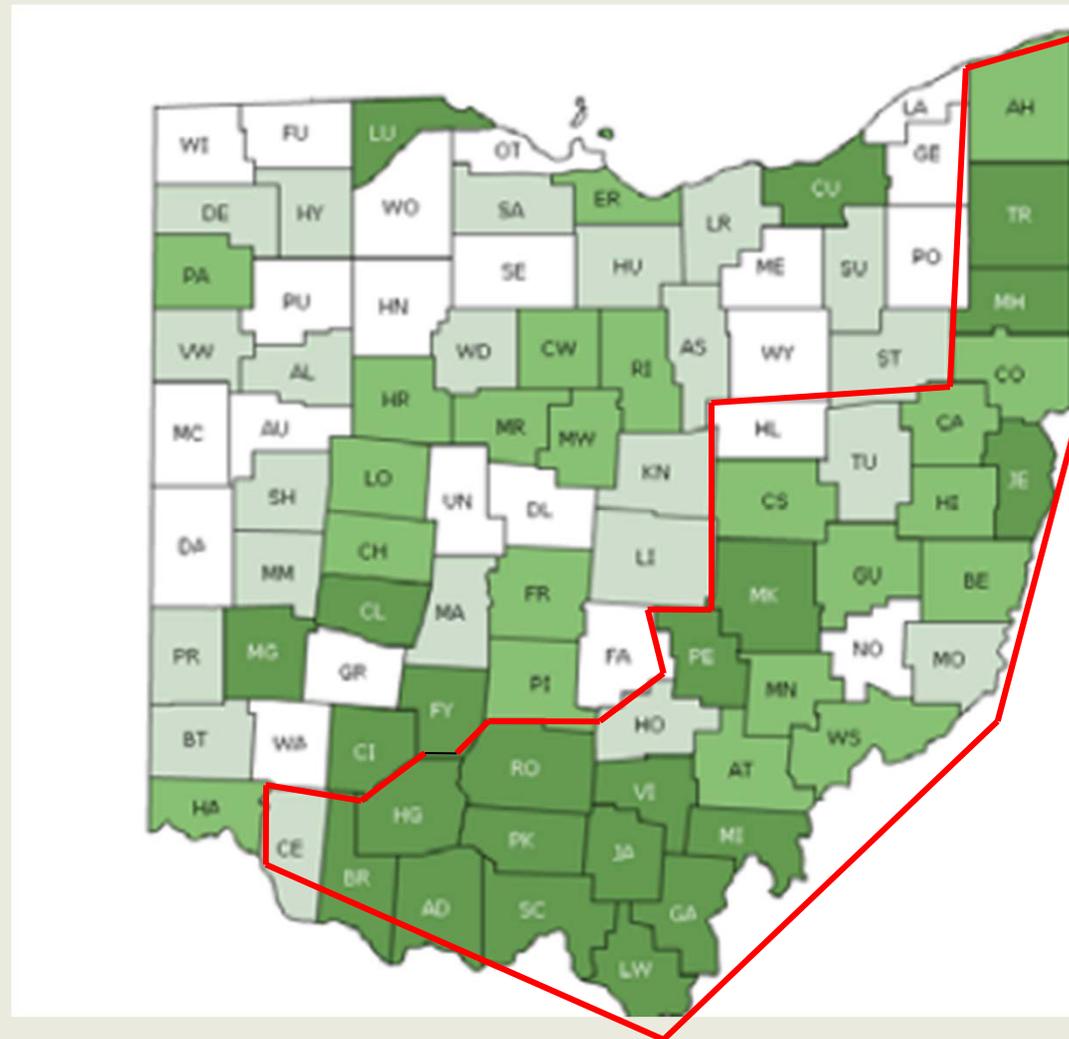
Smoking
Diet & Exercise
Alcohol Use
Sexual activity



Overall Ohio health rankings

Lighter colors =

Better overall health
as measured by
mortality and morbidity



<http://www.countyhealthrankings.org/>

Factors Responsible for Population Health



Health status is determined by:

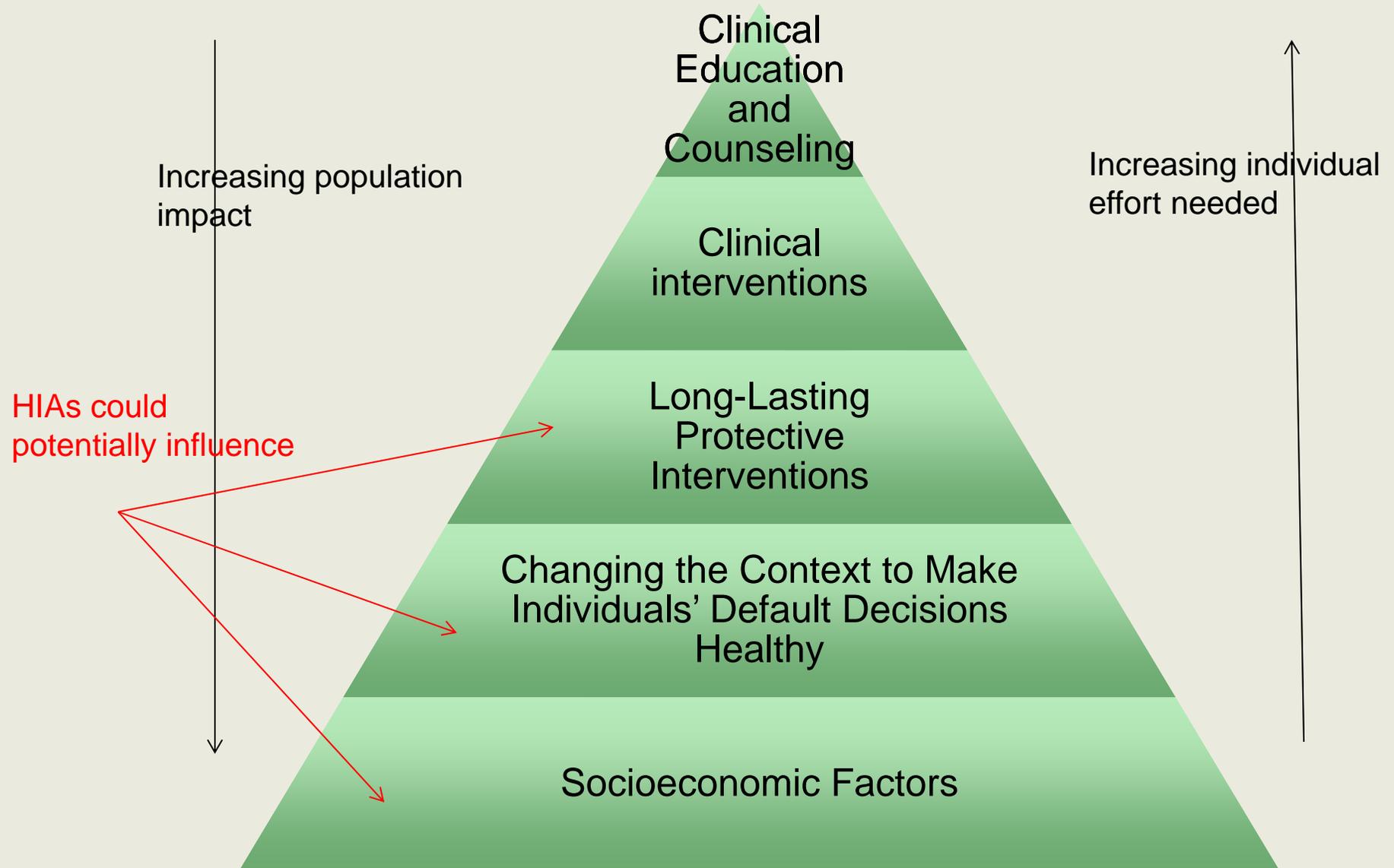
Genetics: 20–30%

Health care: 10%

Social, environmental conditions, and behavior: 60–70%

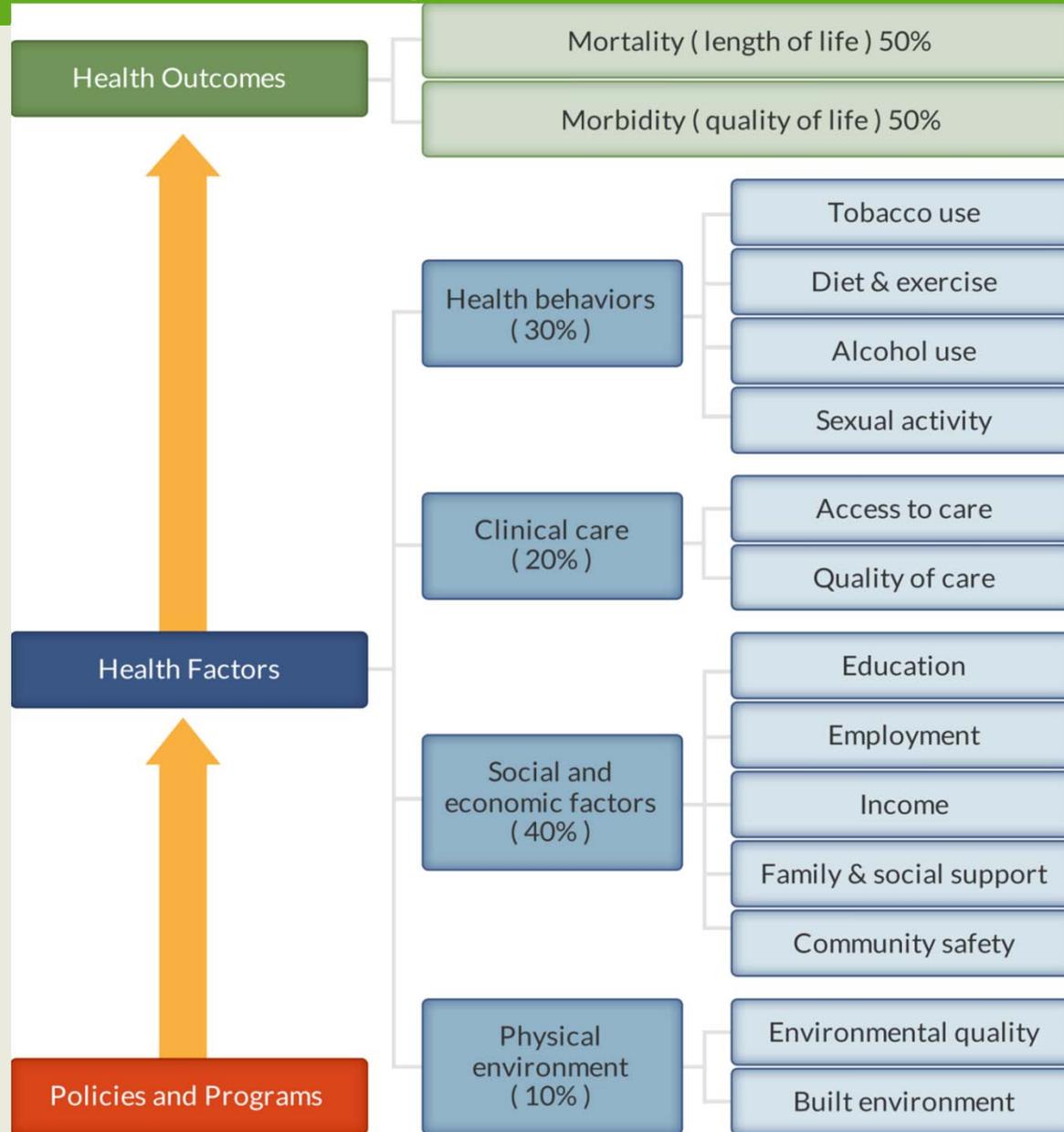
J Health Affairs, 2002

Health Impact Pyramid



Frieden T. 2010. A Framework for Public Health Action: The Health Impact Pyramid. *Amer J Pub Health* 100(4):590-5.

County Health Rankings Model



A collaborative approach that integrates and articulates health considerations into policymaking across sectors, and at all levels, to improve the health of all communities and people.

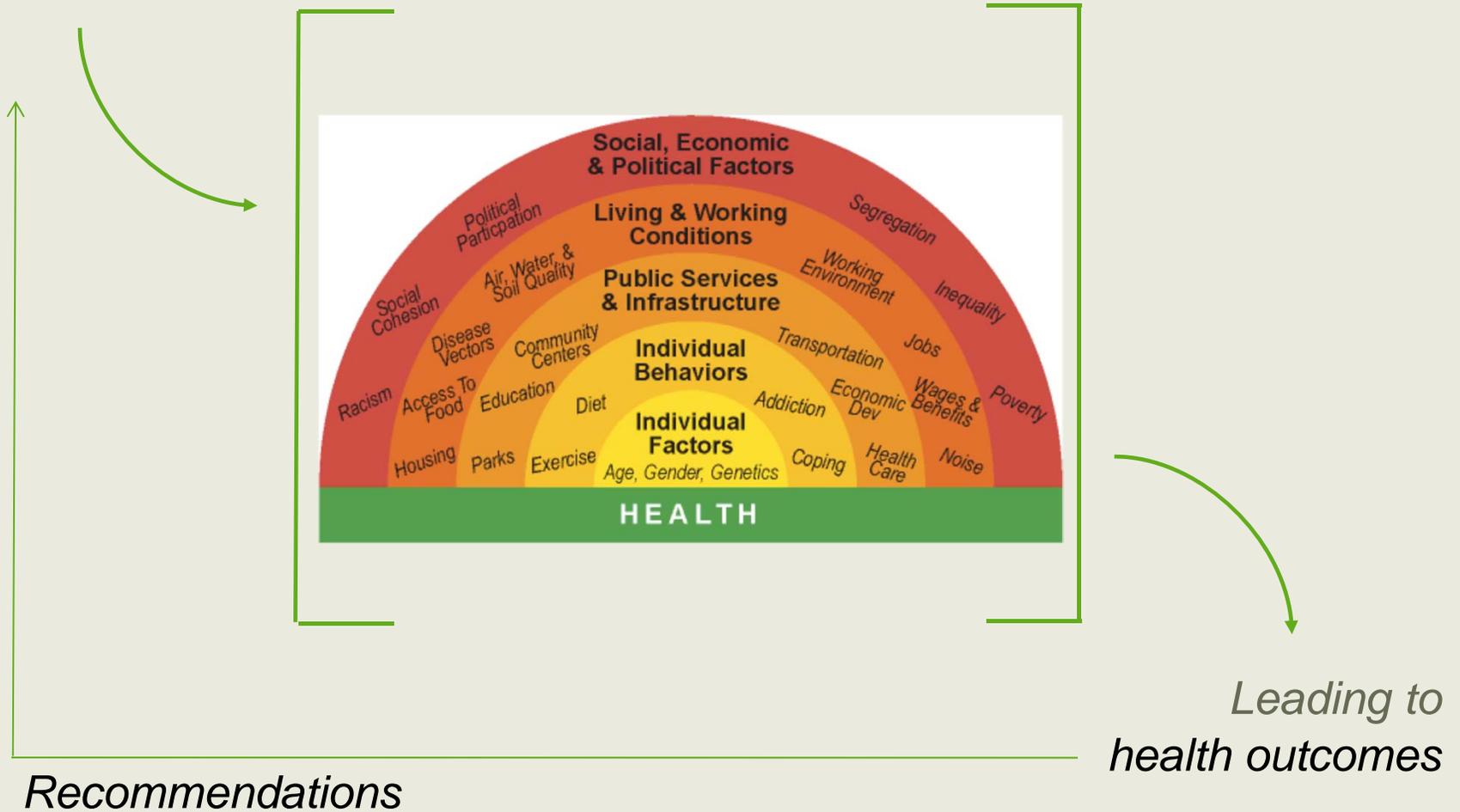
- Association of State and Territorial Health Officials

- **Planning**
 - Built environment, economic
- **Legislation**
 - bills, ordinances, amendments
- **Administrative**
 - guidance, surveys, and technical assistance documents from government agencies
- **Funding**
 - RFPs put out by foundations, government agencies
- **Budgets**
- **Commissions and needs assessments**

HIA Addresses Determinants of Health

How does the proposed project, plan, policy

affect



Through HIA report and communications

Judge health effects of a proposed project, plan or policy

Highlight health disparities

Provide recommendations

Raise awareness among decision makers and the public

Make health impacts more explicit



Through the HIA process

Engage & empower community

Recognize lived experience

Build relationships & collaborations

Improve the evidence

Improve transparency in decision making

How to bring research and data about the impact of the topic to health and equity

- HIA or portions of HIA
- Indicators
- Comment letters
- Public testimony
- Existing conditions
- Facilitate community engagement and consensus building
- Create opportunities for conversations across “silos”
- Specialized assessment tools (walkability, community needs assessments, etc)
- Bring public health to the decision-making table

- Nutrition
 - Kane County, IL HIA on farmland preservation ordinance
- Physical activity
 - Health and Equity Indicators in Sustainable Communities Strategies (RTPs in CA)
- Worksite Wellness
 - KY Worksite Wellness legislation HIA

Agriculture – Kane County, IL HIA

Current ordinance	Proposed Amendment
Perpetual easements to protect farmland in perpetuity	Term agreements also possible
Prioritizes farms in western ag region of the county	Prioritizes farms that grow fresh produce, meats, and dairy for local consumption in all parts of county
Prioritizes large farms in proximity to each other	Expands to farms of various sizes in rural and peri-urban areas
	Offers participants pre-season contracts w/ Northern IL Food Bank



New players

County Public Health
Department
Economic and Community
Development
Agricultural Commission
Food Bank
American Farmland Trust
Large and small farmers

Research priorities

Nutrition impacts for county
residents
Preserved land
Economic opportunities for
farmers
Impacts to low-income
population

- Application for USDA funding to set up a distribution center for small, local farmers participating in newly revised farmland protection program
- MOU with Food Bank to contract with farmers for their products
- Economic and Community Development has been able to craft the amendment with broad buy-in from farmers and policy-makers



2008

global warming

+

high gas prices

+

changing market
for housing

=

SB 375

New players

County Public Health
Departments

Metropolitan Planning
Organizations

City Councils
Planning Departments

Redevelopment Agencies

American Lung Association

Safe Routes to School

Local obesity and physical activity
groups

Climate change advocates

Health & Equity Indicators

Physical activity related to
transport choices

Mode share

Access to goods and services

Injuries from collisions

Share of housing growth in TOD
priority areas

Housing + transportation costs

Vehicle emissions

Respiratory and cardiovascular
outcomes related to air quality

Vehicle Miles Traveled

- MPOs in many regions have incorporated some of the indicators – both rural and urban
- Increased funding for pedestrian and bike projects in LA, Sacramento
- Increased funding for public transportation in SF Bay Area
- New collaborations with Planning Depts, Public Health agencies, advocacy partners in smaller local planning processes

- Proposed legislation:
- **Worksite wellness tax credit**

The state of Kentucky would give tax credits to employer who provide qualified wellness programs for their employees

Up to 50% the cost of wellness program, or maximum of \$100 per total number of qualified employees.

New players

- KY Depts of Public Health
- Western KY University
- Wellness Programs
- KY Chamber of Commerce
- Hospitals
- Health insurance consultants and companies

Research priorities

- Influence on children's health behaviors
- Behaviors: healthy eating and physical activity
- Economic impacts on small businesses, rural areas, underemployed and low-income
 - Costs & tax benefits
 - Costs savings-better health
 - Job growth & productivity
- Social cohesion

- Bill was reintroduced in 2012 due to HIA findings – prior to HIA sponsor was not going to reintroduce it.
- HIA findings were incorporated into the KY Chamber of Commerce policy agenda



Sample HIA Project Topics



HIA has been used throughout the world in a broad array of decision contexts, in various sectors of government and society

State / Local Policies

Education

- School discipline
- School funding

Labor

- Paid sick days
- Hiring practices
- Pay equity

Incarceration alternatives

Agriculture

- Farm to school
- Agricultural plans

Energy

- Smart meters
- Cap & Trade

Land Use and Transportation

- New housing or mixed-use dvpt
- Public housing redevelopment
- Commercial projects
- Infrastructure projects
- General Plan updates
- Specific and Area Plans
- Zoning plans
- Transit-oriented development
- Transit corridor or station plans
- Highway or arterial plans
- Siting of polluting facilities
- Natural resource extraction

Many social and environmental conditions are determined by actions of “non-health” sectors

Public health practitioners have a unique role to play in improving the quality of life in our nation

Genuine efforts to improve health must be made in partnership with other sectors and groups



Pioneering Healthier Communities (PHC)

- Partnership between Centers for Disease Control (CDC) and YMCA of the USA
- 14 local initiatives in Ohio
- Ohio PHC Goal: Address the childhood obesity epidemic in Ohio through sustainable and systemic change.



Ohio PHC focus areas

- Built environment, safe places for physical activity
- Access to healthy food and physical activity in early childhood and afterschool settings
- Nutrition education
- Healthy workplaces
- Healthier vending options
- Public awareness of childhood obesity



Creating Healthy Communities (CHC)

- CDC-funded program
- 16 local initiatives in Ohio
- Goal: Reduce the burden of chronic disease and achieve health equity
- Focus areas:
 - Healthy eating
 - Active living
 - Tobacco free living



**“Planting the seeds of wellness
one community at a time”**

**Barbara Burns, RD LD, Chair
Tuscarawas County Health Department**

www.healthytusc.org

WHAT IS



- Founded in 2009
- Initial Direction vs Current Direction
- Was formed to slow and *then* reverse the growing obesity rates in Tuscarawas County by promoting increasing activity, healthy food choices and assisting with policy change.
- Still a “Volunteer” Organization

WHO WE ARE & WHY WE CAME TOGETHER:



- Union Hospital
- Trinity Hospital Twin City
- Tuscarawas County Health Dept
- New Philadelphia Health Dept
- YMCA
- ADAMHS Board
- East Central Ohio Educational Service Center
- Chamber of Commerce
- Kent State – Tusc
- County Commissioners – Ohio Erie Canal Coalition
- OSU Extension Office
- United Way
- Tusc Valley Family Farm Market
- OMEGA
- Bistro 131
- Farm Bureau

ADVICE...BE ABLE TO BUILD YOUR CASE

- Be able to tell partners WHY/HOW this affects them
- Partners WITHIN the agency can be more important than the agency/institution
- Know YOUR stats...
- Be able to apply to YOUR community
- Personalize it.....Be able to apply to EVERYONE...How does this affect you

USE THIS SITE....

www.countyhealthrankings.org

Think OUTSIDE THE BOX....

GOALS OF HEALTHY TUSC

- **More Opportunities for Physical Activities**
- **Healthy food choices the easier choice**
- **Support adoption of policy change directed towards making a healthy choice available to improve the health of Tusc County and reduce obesity.**

(Especially among those populations at risk...)



WHAT CAN WE/YOU DO IN **OUR** COUNTY?

- Pool our resources
- Promote healthier lifestyles whenever and wherever possible
- Support area events that promote activity, healthy food choices, education and policy change
- Support your school in their efforts to increase activities and healthier food options
- Adopt Community Policies and Resolutions that help your residents meet these goals
- Become healthier **OURSELVES!**

ACTION TEAMS

Executive Team

1. Community Outreach/Marketing
2. Social Media www.healthytusc.org & Facebook

School Action Team

1. School Wellness Round tables
2. List Serve to School Partners

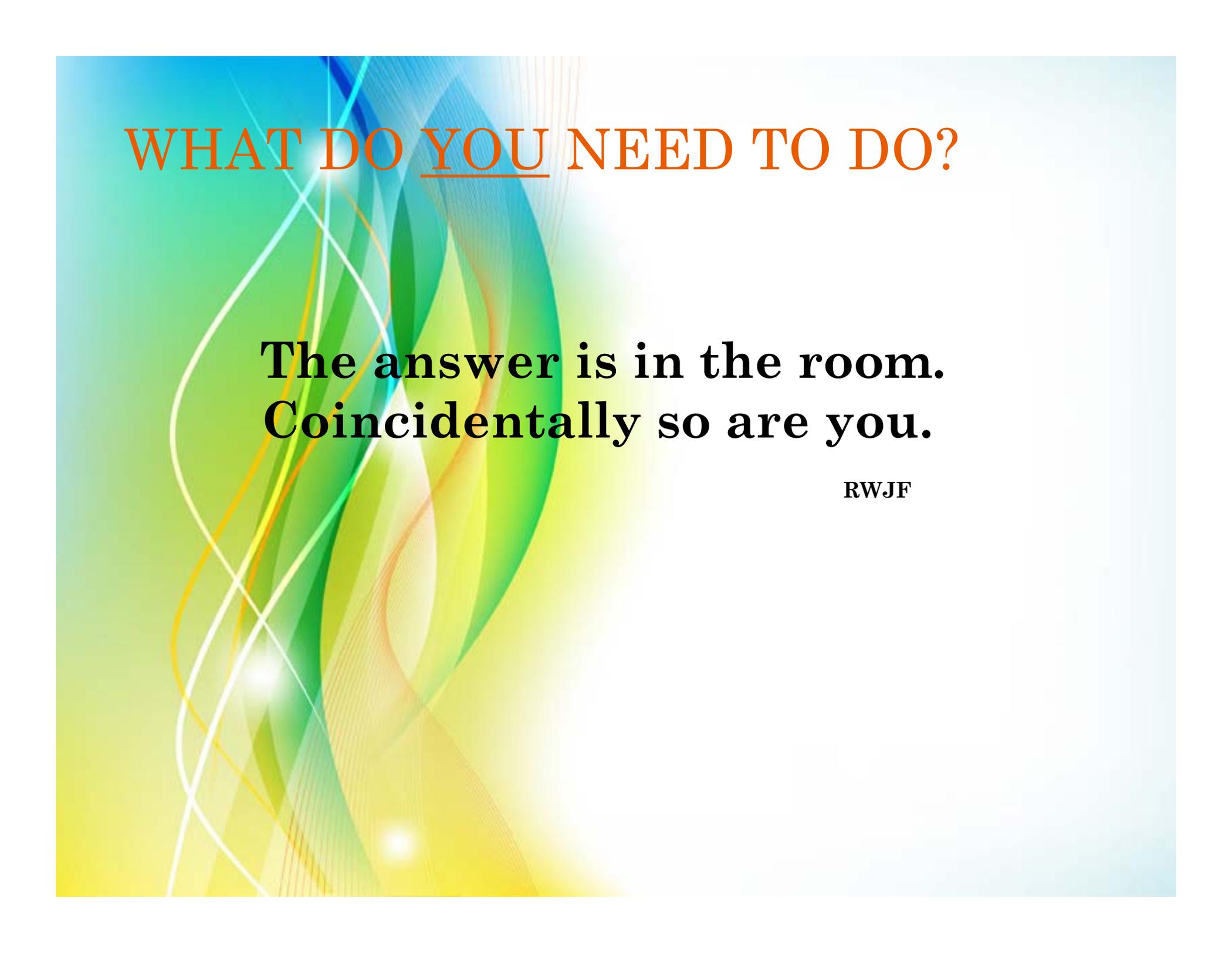
Community Action Team

1. Healthy Tusc “Stamp of Approval”
2. Restaurant Endorsement
3. Local Foods/Farm Market – New Partnering Opportunities

Policy Action Team - NEW

PARTNER'S TO PROMOTE POLICY CHANGE

- School Wellness Partners
- Parks and Trail ...
- Endorsement to projects that meet our mission
- Farm Market / Worksite Wellness Partners
- **And...one more partner**



WHAT DO YOU NEED TO DO?

**The answer is in the room.
Coincidentally so are you.**

RWJF

**“DO SOMETHING WONDERFUL,
PEOPLE MAY IMITATE IT.”**

Albert Schweitzer

HEALTHY **tusc**





**“Planting the seeds of wellness
one community at a time”**

**Barbara Burns, RDN LD, Chair
Tuscarawas County Health Department
330-365-3760**

www.healthytusc.org

OBESITY LOCALLY

- Ohio is ranked 13th heaviest state (29.6%)

(F as in Fat: How Obesity Threatens Americas Future 2010)

- In Tuscarawas County, more than 32.4% of our residents are considered obese



TUSCARAWAS COUNTY



- 28.8% of Tusc Co residents lack the recommended amount of daily activity (<30 min/day x 5 day/wk)
- 80.2% consume less than the recommended 5 servings fruits/vegetables daily
- 35% of third graders were found to be overweight or at risk of being overweight
- Higher rates of alcohol and tobacco use in adults

OHIO CHILDREN: RESEARCH SHOWS...

- **One in three children born in Ohio is overweight by the age of eight**
- **Children who are obese when they are 10 have an 80 % chance of being obese as an adult.**
- **Ohio ranks 4th highest in the nation in overweight high school students.**
- **60 percent of overweight kids have at least one cardiovascular disease risk factor**
- **Eight out of 10 parents believe that their children are at a healthy weight**



IF WE DO NOTHING DIFFERENT...

By the year 2030:

**50% American adults will be obese
86% will be overweight or obese**

- *"Except for smoking, obesity is now the number one preventable cause of death in this country. Three hundred thousand people die of obesity every year."* ~Dr. C. Everett Koop

DOES THIS AFFECT YOU?

DIRECTLY AND INDIRECTLY

Rising cost of medical care associated with OBESITY and INACTIVITY passed on to YOU

Higher health insurance premiums

\$1400...the amount a person who is obese incurs in added medical costs

US spends about \$1.8 Trillion a year in medical costs associated with chronic diseases ALL with primary link to obesity (Type II diabetes, heart disease and related cancers)

Projected Annual Cost: Almost \$344 BILLION by 2018

(based on the projected US adult obesity rate of 43%)

YMCA OF YOUNGSTOWN



A WORK IN PROCESS





Inspiring families and communities to reduce childhood obesity through education, advocacy and systems change.

coLABORation



- Mahoning County Health Department
- YMCA
- Youngstown City Health Department
- Faith Base Community
- Youngstown City Schools
- United Way
- Youngstown State University
- Business
- Elected Officials



It may not be who you think...

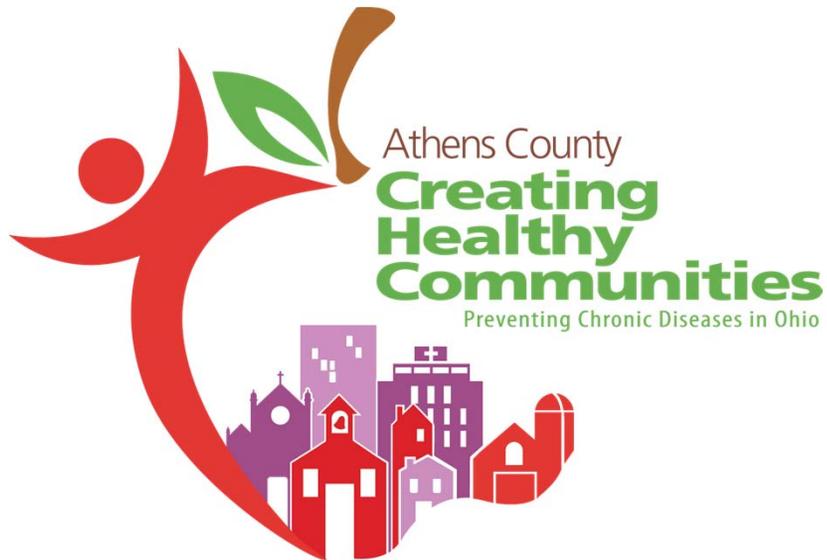


CHANGE



BARRIERS



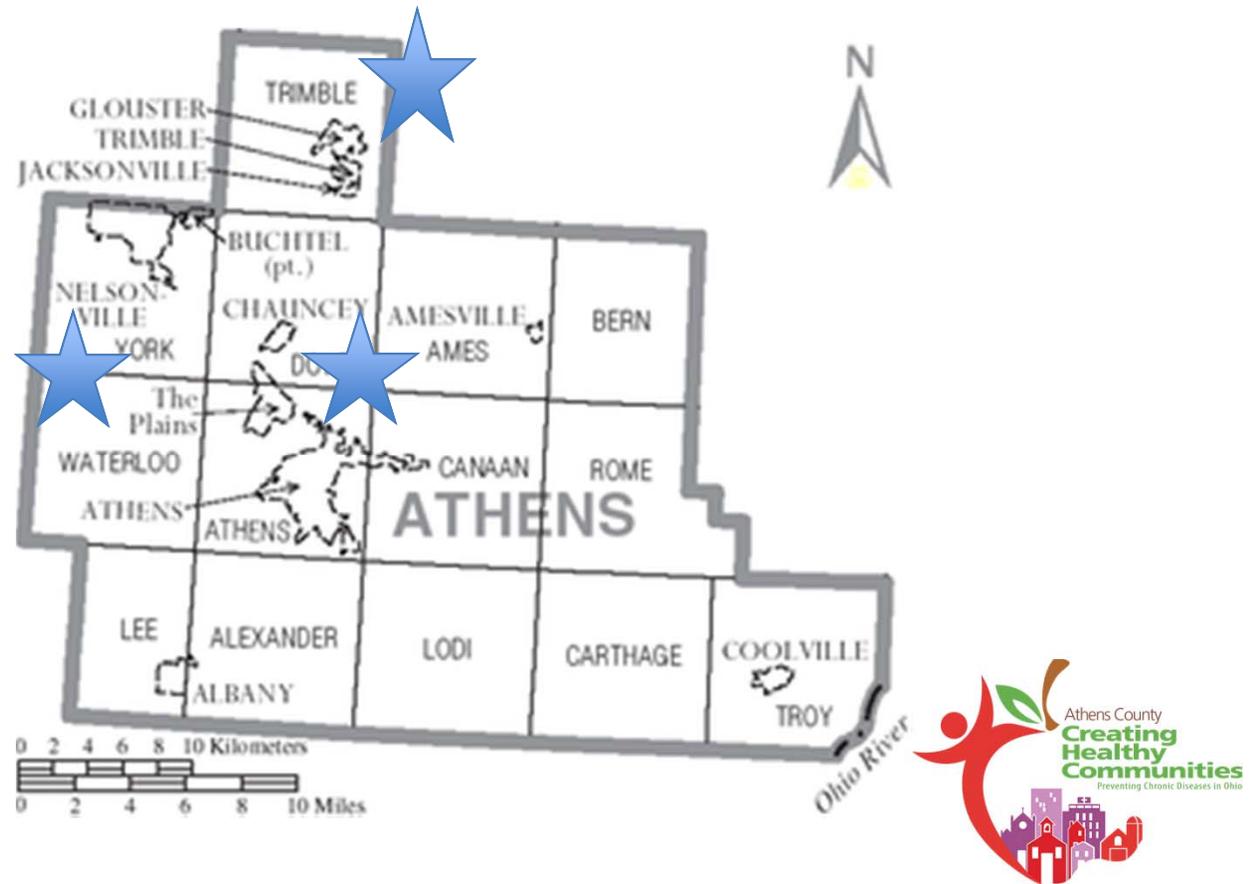


**Ruth Dudding, CHC Coordinator,
Athens County**

2013 Roadmaps to Health Forum

A Tale of Three Communities

It was the best of times, it was the worst of times...



Trimble Local Safe Routes to School



Lessons Learned

- **Assess the community. Get a baseline.**
- **It is essential to involve the people who will benefit from the change.**
- **Work with decision-makers who share your goals.**
- **Sometime change takes a very long time.**
- **Don't make assumptions about what people are capable of.**
- **Sometimes a “no” turns into a “yes” when enough information, patience and persistence are applied.**
- **Evaluate your progress.**
- **Tell your story and share what you have learned.**
- **Keep trying.**



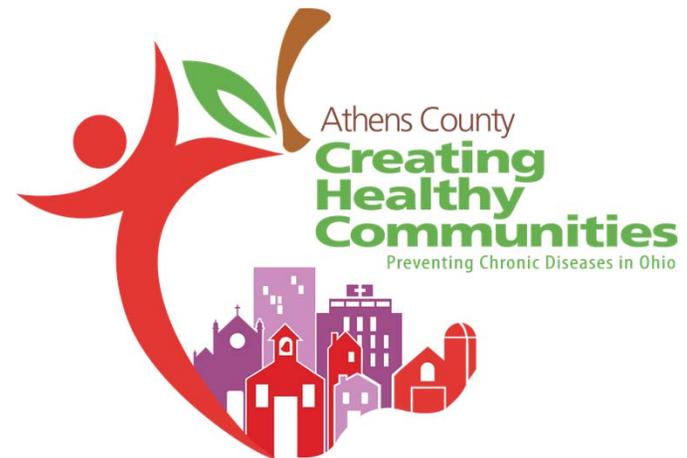
“It is a far, far better thing that I do, than I have ever done...”



- **Ruth Dudding, CHC Coordinator**
- **Athens City-County Health Department**
- **Phone: 740-592-4431 ext 225**
- **dudding@health.athens.oh.us**



Athens HCC





Roadmaps to Health April 19, 2013

Meigs County CHC
Joseph Verdier, MPH



Topics Addressed

- What strategies have worked well?
- What can be done at low or no cost?
- Lessons learned
- Work with non-public-health sectors
- Skills needed for policy, systems, and environmental change



Strategies that Worked Well

Reaching out to unfamiliar/unlikely partners for collaboration

Meigs County Juvenile Court

- 2 new community gardens were installed in Syracuse and Pomeroy
- 40 at-risk youths volunteered for 170 hours
- Needy community members given access to fresh healthy produce
- Produced more than 500 pounds of fruits and vegetables



Success Story: Youth Action for a Healthy Community

Summary:

- Meigs County ranks 84th out of 88 counties in overall health (County Health Rankings 2013)
- 32% of adults are obese
- 44% of 3rd graders are overweight or obese

Challenge:

- Limited access to fresh fruits and vegetables
- Families on food assistance not getting sufficient fresh fruits & vegetables

Solution:

- \$700.00 budget installed two gardens in Syracuse and Pomeroy

Results:

- Donated more than 300lbs of fresh vegetables to Mulberry Community Ctr.

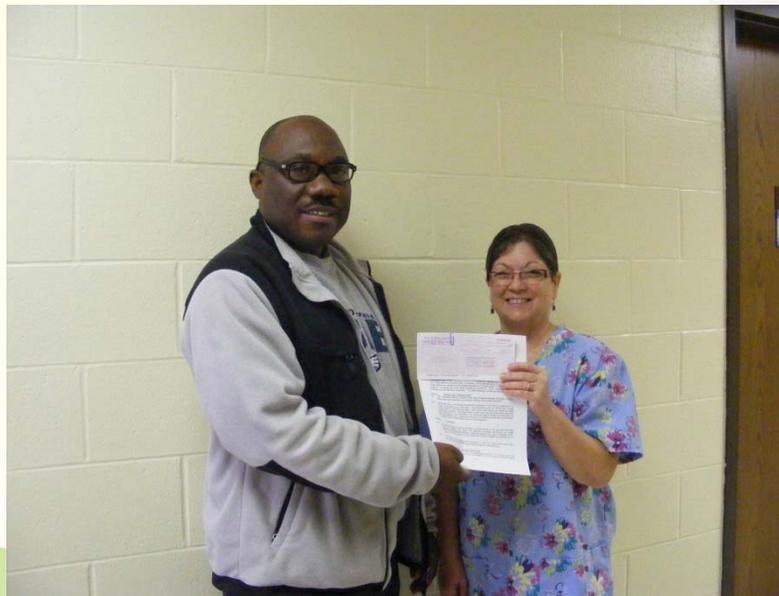
**WASHING PRODUCE AT THE
FOODBANK**



Strategies that Worked Well

Put old stereotypes aside (“Those people don’t want change.”)

- Reach out to stakeholders
- Discard preconceived notions
- Be open to new ideas in order to gain new partners
- Be visible in the community
- Understand community interest and be prepared to adjust yourself



Collaborating with Carleton School on Healthy Packing Initiative



Strategies that Worked Well

Assume that people have not heard of your program

- Be prepared to start anew
- Exercise maximum patience
- Understand community perspectives
- Create opportunities for stakeholders to express themselves

Coalition Building

- 3 local mayors are very active in CHC
 - Mike Gerlach (Middleport)
 - Lowell Vance (Rutland)
 - Scott Hill (Racine)
- Meigs Local School District began participating in Q4 of 2012
 - Helped set up their PEP Grant activities
 - Collaborating on a garden project at the High School



What Can be Done at Low or No Cost?

- Shared use agreements
- Seek additional resources & sources of funding
- Policy changes
 - Discontinue food as a reward,
 - Give extra recess in schools,
 - Healthy school/worksite celebrations, etc.



"Lessons Learned"

- There is no "given" in organizing for change
- Remember there is an opportunity cost
- Make your pitch, no matter the perceived barriers
- Feed off your contacts
- Delegate responsibilities to coalition members
- Be careful not to burn out willing participants



Work with Non-Public Health Sectors

Meigs County Probate/Juvenile Court Judge
-Community garden projects

Carleton School
-Healthy snack and healthy packing initiative

Villages of Middleport & Racine
-Tobacco-free initiatives
-Promoting physical activities

American Legion Post 476 (Wilkesville)
-Tobacco-free initiative



Examples of 2013 Objectives

- Tobacco-Free Living
 - Multi-Unit Housing Smoke-Free Policies
- Active Living
 - Renovation and refurbishment of playground equipment
- Healthy Eating
 - Community gardens to donate produce to local food pantry



Leveraged Funding

- Marshall University Center for Rural Health
 - Together On Diabetes (\$160,000/4 years)
 - Implementing a school-based walking program (“Mileage Club”) for grades K-5 at Eastern Elementary school
- Sisters of St. Joseph Charitable Fund (WV)
 - \$8,000.00 / 1 year
 - Renovating & equipping 2 rooms in Rutland Civic Center for fitness activities



Skills Needed for Policy, Systems & Environmental Change

- Good interpersonal skills
- Listening skills
- Goal-setting
- Persuasiveness

TO LEARN MORE ABOUT OUR PROGRAM:

www.meigs-health.com OR joseph.verdier@meigs-health.com





Trumbull County Creating Healthy Communities Program

Marie Economos

FCS Extension Educator

Ohio State University Extension, Trumbull County

520 West Main St.

Cortland, OH 44410

330-637-2229

Strategies that worked well?

Training Opportunities

Data from 2011

- Total Training Opportunities-14
- Total Trained-397
- Total Agencies Represented-132 not including parents and community members
- Counties impacted-15 + 4 in PA
- School Age Children Impacted-74,000 +



Key Strategies

- Farm To School/School To Farm
- Food Service Conferences
- Garden Project
- Worksite Conference



School to Farm Road Trip

August 1, 2012

OSU Extension

- 29 Decision Makers
- 9 Schools
- 100 miles
- 5 Stops
- Non-stop Instruction
- Result?? 5 Schools Contracted



School Food Service Conferences

- 2012 Meal Patterns
- Chef Demonstrations
- Handling Fresh Produce
- Fuel Up To Play 60
- Emergency Preparedness
- Farm To School Practical Application
- Healthy Breakfasts, Lunches, Desserts
- Reauthorization of Child Nutrition Programs
- Ethnic Menu Options
- Going Green
- Children & Allergies
- Team Nutrition
- Promoting the Cafeteria
- Success Stories

2009-2012

- 76 Schools and Agencies
- 16 Counties
- Pennsylvania

2011-2012

- 68 Changes in Policy & Practice
- 34 Planned Changes



Garden Project

Warren City Schools/OSU Garden

- Tomatoes, peppers,
1,300+ pounds
- Used for summer feeding
program

OSU Garden

WCS Salsa Garden



Victory Garden



Starting a Health Ministry

- Getting Started
- Eating Well
- Success Stories
- Developing and Action Plan

PLANS FAIL FOR LACK OF COUNSEL, BUT WITH MANY ADVISORS THEY SUCCEED.

PROVERBS 15:22



The knowledge to heal. The spirit to care.

Worksite Wellness 2010-2012

Creating a Healthy Workforce

- Steps to Starting Work Site Wellness
- Creating a Culture of Wellness
- Teaching Employees to Utilize Health Plan
- Impact of Healthcare Reform
- Breast Feeding Friendly Work Site
- Diabetes in the Work Place
- Stress
- Tobacco Free Workplace
- Community Model
- Success Story
- Action Plan

DATA

- 66 agencies
- HR, RN, RD CHES
- 8 counties + 2 from Pennsylvania

Pat Herron Wayne County



Activities for Low or No Cost

- **Often conference speakers are free.** ODE, ACS, AHA, Insurance Companies-Charge for lunch only.
- **Gardens** Small cost for tilling, seed
- **Faith Based and Worksite Nutrition** Cost nothing to make meeting, VBS, covered dish diners healthy
- **Agency Materials on PA** Most health agencies like ACS and AHA have free materials



Advice

- **Start Early**
- Organize a team of interested people
- Identify all your resources
- Look for Sponsors
- Keep Communication Open
- Develop an Action Plan

**He who fails
to plan,
plans to fail.**



For More Information on the Project

Mel Milliron, CHES
Trumbull County Health Department
176 Chestnut Ave. NE
Warren, OH 44483
330-675-7807
hemillir@co.trumbull.oh.us





Court Witschey, CHC Coordinator, WCHD

2013 Roadmaps to Health Forum

April 19, 2013

New Philadelphia, OH

Mission & Vision

The Washington County Healthy Communities Coalition exists to develop and promote opportunities that foster health and reduce the burden of chronic disease in Washington County, Ohio.

We want the healthy choice to be the easy choice everywhere that we live, learn, work and play.



Washington County Healthy Communities Coalition

- Wash. Co. Health Dept.
- Memorial Health System
- Wash. Co. Commissioners
- OSU Extension
- The Right Path
- R.S.V.P.
- O'Neill Senior Center
- Decatur Comm. Assoc.
- Local Recreation Associations/Clubs
- Harvest of Hope
- Belpre Senior Center
- Area Agency on Aging
- American Cancer Society
- Ohio Dept. of Health
- Action For Healthy Kids
- Live Healthy Appalachia
- Local School Food Service Directors, Administrators, Educators & Nurses

Marietta Trail Network

- 12 miles of off-road hiking and mountain biking trails
- Link residential neighborhoods and schools with public green spaces
- Developed and maintained by the River Valley Mountain Bike Association
- Relatively small amounts of funding used to purchase tools and building materials



Trails to a Healthier Tomorrow

Marietta was named one of America's "Top 100 Adventure Towns" by National Geographic

Annual Take A Kid Mountain Biking Day Event

Annual Rivers, Trails & Ales Festival

The Marietta-Washington County Convention & Visitors Bureau created an Outdoor Recreation Advisory Committee to develop the first outdoor specific guide to Washington County

Outdoor recreation is our largest segment of tourism growth

Marietta is expanding the 3-mile River Trail, a paved multi-use path, with short connectors to the trails



Community Gardens

- 6 gardens in 5 communities: Marietta, Belpre, New Matamoras, Barlow and Cutler
- Gardens are maintained by Washington County Harvest of Hope and the Decatur Community Association
- 400+ residents (mostly at-risk) served through the community gardening program
- Relatively small amounts of funding used to purchase tools and gardening supplies



Growing a Healthier Tomorrow

The Harvest of Hope community gardens are gleaning projects that also serve local food pantries and service agencies, besides the garden plot owners.

2,436 pounds of produce were gleaned and distributed to 13 food pantries and service agencies in 2011 & 2012

Garden plot owners must attend a garden training facilitated by OSU Extension Master Gardeners

A Mini Market was established at the Sixth & Hart garden in Marietta on Wednesday mornings so other residents can purchase produce

Combined with Harvest of Hope's Food Recovery program, the organization has distributed over 491,140 pounds of food to local community feeding programs since 2006



Lessons Learned

- Find your stakeholders
- Build relationships
- Advocate...but don't waste a lot of time on people that don't share your vision
- Address your community's weaknesses by playing to its strengths
- Patience is a virtue
- Be passionate about what you do



More Information???

- Court Witschey, WCHD, CHC Coordinator
- Phone: 740-374-2782 ext. 1019
- Email: cvh@washco-ohhealth.org
- Website: www.washco-ohhealth.org/8
- Facebook: Washington County Healthy Communities Coalition



Please remember to fill out your evaluation survey!

- Weight of the Nation DVD kit
- Exercise ball raffle

Roadmaps to Health
Ideas and Resources for Low-Cost Strategies to Promote Active Living and Healthy Eating
July 2011-2012 - Allen County Senior Center's Learning Facility, Lima, Ohio

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1 2 3 4 5
Strongly Disagree Disagree Not sure Agree Strongly agree

As a result of attending this forum...

1. I am more aware of types of...
active living and healthy eating

2. I have a better understanding of the policy, system, and environmental change approach.

As a result of attending this forum, I am motivated to...

3. Explore ways that we can do more to prevent these conditions in my community.

4. Advocate for a policy change that was presented.

5. Take (or encourage others to take) County Council, Commission, or Committee.

6. Visit (or encourage others to visit) County Health Department website.

7. Follow up on at least one other resource I learned about here.

8. Encourage that my organization can help to achieve the chronic disease prevention goals in the State Health Improvement Plan (SHIP).

Strongly Disagree Disagree Not sure Agree Strongly agree

How likely are you to use or apply the information presented in the forum in your professional work?

1 2 3 4 5
Not likely Somewhat likely Very likely Very likely

over #