

Creating Healthy Communities

City of Cincinnati

The Creating Healthy Communities Program is the official Health Promotion and Worksite Wellness initiative for the City of Cincinnati. The purpose of the program is to encourage environmental, policy, and systems changes in the community, worksite, school, and healthcare settings to improve nutrition, increase physical activity, promote tobacco cessation, and provide chronic disease prevention education. By working through partnerships and collaborations, the program builds healthy lifestyle practices into policies and environments in an effort to improve the systems that influence the health of our citizenry.

We know health matters

Safe Routes to School

- Safe Routes to School District-Wide Travel Plan
- HIA: One Mile Busing Drop-Off Policy





Let's Move, Cincinnati!

- National Program spearheaded by First Lady Michelle Obama
- Championed by Councilmember P.G. Sittenfeld and supported by many partners
- Large scale community wide events celebrate being active
- Work plan developed to achieve gold medals for each of the five goals
 - Start Early, Start Smart
 - MyPlate, Your Place
 - Smart Servings for Students
 - Model Food Service
 - Active Kids at Play





Let's Move, Cincinnati!



YOGA • SALSA DANCING • ZUMBA • FITNESS CAMP • SOCCER • FREE TO ALL

BROUGHT TO YOU BY CITY COUNCILMAN P.G. SITTENFELD

SMALE RIVERFRONT PARK (E. MEHRING WAY)

SATURDAY AUGUST 25

8:30am-12:00pm

Register at: LetsMoveCincy.Eventbrite.com Questions: (513) 352-5270

IN PARTNERSHIP WITH:

















Spaces and Places for Physical Activity in Hamilton County Guide



Spaces and Places for Physical Activity in Hamilton County







Community Roundtable

- Madisonville Roundtable
 - Partnerships
 - Madisonville Community Urban Redevelopment Corporation (MCURC)
 - Madisonville Community Council
- Community Wide Assessment
- Quality of Life Plan
 - Economic Development
 - Health & Wellness
 - The Built Environment
 - Arts and Culture

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Education & Youth



Madisonville Blooms **Quality of Life Plan**

The Madisonville Arts & Cultural Center

The Madisonville Arts & Cultural Center (MACC) will become a key anchor for community life and a unique, creativity seed engine for Madisonville's economic levelopment in the years ahead. It will econo Madisonville's cultural center and a become Madisonville's cultural center and a place where a variety of music, damer, poetry, spoken word, historical exhibits, visual and calinary arts will be promoted and crickmated. It will be an architecturally significant and environmentally friendly place where Madisonville residents and visitives will gather and crijoy a rich cultural life in the heart of a diverse, urban neighborhood. The MACO will week towards incorporating public act and historical markers and trails throughout the neighborhood, in collaboration with neighborhood-based and city-wide organizations.

School-Community Organizing

During our recent work, we were stunned to learn that only 20% of kindergartes to grade-6 children Eving in Madisonville and Madison Place attend John P. Parker School, our neighborhood public clementary school. The rest of the K-6 students attend over 60 schools throughout the region. We believe this flight from the neighborhood school has a direct impact on community life, the housing market, and the overall scholidly of the neighborhood.

time is right to begin an organized energation to recruit more families to attend our neighborhood school. Connecting with young families and providing opportunities to empey with the school will help us to increase enrollineant and better connect achool and civile life. We envision John P. Parker as an academically rich actool where families in Madisonville and beyond choose to enroll their children.

Key Partners

LISC in 2010, Madisonville was chosen to receive funding from the Local initiatives Support Corporation (LISC) to help with quality-of-life planning. Madisonville was selected based on community need, opportunity and capacity. LISCs mission is to help community residents transform distressed neighborhoods into good places to work, play, do business and raise children. They achieve this goal by providing funds and technical assistance so that neighborhoods can expand investment in housing and other real estate, increase family income and wealth, stimulate economic development, improve education and youth programming, enhance safety and health and support healthy lifestyles. LISC does this work by helping communities build platforms on which they can pursue a citizen-led, asset-based comprehensive quality-of-life plan.

The Madisonville Community Urban Redevelopment Corporation (MCURC) is a non-profit community development corporation. For 35 years MCURC existed as a volunteer-driven organization, primarily focused on redevelopment of the neighborhood business district. In order to reconnect with its mission as a community based development corporation, MCURC initiated as organizing and planning process to develop a vision and plan for the future. This work began in the fall of 2011 with broad participation and strong support from the entire community. For more information about MCURC visit their website at www.mcurc.org.

Brandt Retail Group, Kathleen Norris, VP, Urban Focus Community Development Corporations Association of Greater Cincinnati Cincinnati Museum Center

Cincinnati Parks Cincinnati Police District Two

Cincinnati Public Schools

City of Cincinnati Departme Economic Development

Community Development

- Transportation and Engineering Health

Planning and Buildings

- Public Services Civic Garden Center

Glaserworks

John P. Parker School

Keep Cincinnati Beautiful Lighthouse Community School

LISC Greater Cincinnati & Northern Kentucky

Madisonville Historical Society Madisonville Mission Ministries

Madisonville Public Library

Madisonville Recreation Center

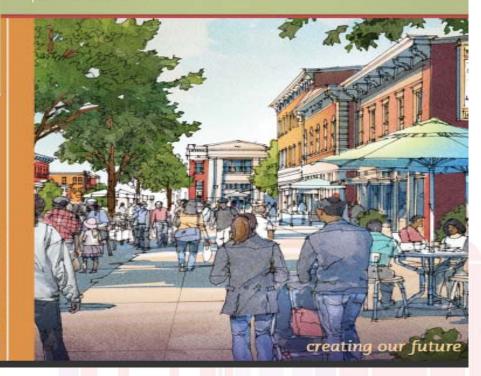
Madisonville Youth Council -Madisonville Community Council

Madisonville Community Urban Redevelopment Corporation Madisonville Education and Assistance Contest

National Underground Pailroad Freedom Center Queen City Bike

Shroder High School
The Children's Home of Cincinnati
Weed and Seed Sustained, Inc.

Madisonville Quality-of-Life Plan





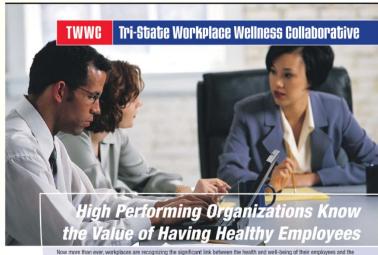
Tri-State Workplace Wellness Collaborative

- On site fitness centers
- Walking meetings
- Physical Activity Breaks
- Move It Monday
- Monday Mile



The Day All Health Breaks Loose





Now more than ever, workplaces are recognizing the significant link between the health and well-being of their employees and the organization's economic performance. Comprehensives and effective workplace health promotion programs can save health care costs, reduce absenteeism and disability costs, and serve to improve recruitment and retention of key talent. If you are actively engaged in health and wellness promotion in your workplace, then you recognize the need to stay current with best practice programs and supports.

As a member of the TWWC, you will:

- · Receive an invitation to attend regularly scheduled two hour bimonthly meetings, with invited guest presenters
- Gain access to trusted and reliable health promotion resources available in your immediate community and beyond that can help
 you plan and deliver best-in-class wellness programs
- Receive regular updates from key state wellness initiatives including Healthy Ohio Business Council and
- Partnership for Fit Kentucky
 Network with other wellness professionals
- Stay abreast of leading trends and practices in the field
- · Have an opportunity to mentor other wellness professionals as you share your success stories

To become a member, you must:

- Be actively engaged in promoting employee wellness in your organization
- Complete a memorandum of understanding for membership

Our mission is to foster workplace cultures that promote healthy lifestyles

For more information about the Collaborative, please e-mail a Leadership Team member at tristatewww@email.com

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TWWC http://tristatewwc.org

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Chronic Disease Prevention

- YMCA of Greater Cincinnati
 - Community Transformation Grant
 - Action Plan
 - Diabetes Referral System
 - YMCA Diabetes Prevention Program (pre-diabetics)
 - Chronic Disease Self Management Program (diabetic patients)
- Reduced YMCA Memberships for Individuals with Chronic Disease





2014 Creating Healthy Communities

- Tri-State Workplace Wellness Collaborative
- Tobacco Free Campuses
- Urban Farming/ Urban Agriculture Policy
- Produce Perks
- Safe Routes to School
- Community Roundtables
- Spaces and Places Physical Activity Guide
- Let's Move! Cincinnati
- Healthy Monday Mentoring Meals Monday, Monday Mile, Healthy Monday Tips, Move It Monday, Quit and Stay Quit Monday, Meatless Monday
- Power of Women's Health Conference
- Clinic Patient Goal Setting
- Chronic Disease Self Management Program with CHD health centers
- Cross Collaborations: Health Impact Assessments and Environmental Public Health Tracking



Thank You!

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