



# 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.

# 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!

- Kick-Off Event



**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](http://LetsMoveCincy.Eventbrite.com)  
Questions: (513) 352-5270

**IN PARTNERSHIP WITH:**

CINCINNATI  
  
PARKS

LIVE POSITIVELY  Coca-Cola

P&G  
Fund

city of  
CINCINNATI  
HEALTH DEPARTMENT

 The Center for  
Closing the  
Health Gap  
In Greater Cincinnati  
Your Health. Your Future.



# Spaces and Places for Physical Activity in Hamilton County Guide



# 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
  - Education & Youth





# Madisonville Blooms Quality of Life Plan

## Highlights

### The Madisonville Arts & Cultural Center

**M A C C**

The Madisonville Arts & Cultural Center (MACC) will become a key anchor for community life and a unique, creativity-based engine for Madisonville's economic development in the years ahead. It will become Madisonville's cultural center and a place where a variety of music, dance, poetry, spoken word, historical exhibits, visual and culinary arts will be promoted and celebrated. It will be an architecturally significant and environmentally friendly place where Madisonville residents and visitors will gather and enjoy a rich cultural life in the heart of a diverse, urban neighborhood. The MACC will work towards incorporating public art 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 kindergarten-to-grade-6 children living in Madisonville and Madison Place attend John P. Parker School, our neighborhood public elementary 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 stability of the neighborhood.

In light of John P. Parker's recent academic successes, the time is right to begin an organized campaign to recruit more families to attend our neighborhood school. Connecting with young families and providing opportunities to engage with the school will help us to increase enrollment and better connect school and civic life. We envision John P. Parker as an academically rich school where families in Madisonville and beyond choose to enroll their children.

### Key Partners



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. LISC's 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 an 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](http://www.mcurc.org).

### ArtsWave

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 Departments  
- Economic Development  
- Community Development  
- Transportation and Engineering  
- Health  
- Planning and Buildings  
- Public Services  
Civic Garden Center  
GlasgowWorks  
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 Center  
National Underground Railroad Freedom Center  
Queers 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

**Healthy Monday** 

**The Day All Health Breaks Loose**



**TWWC** Tri-State Workplace Wellness Collaborative

*High Performing Organizations Know the Value of Having Healthy Employees*

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. Comprehensive 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 [tristatewwc@gmail.com](mailto:tristatewwc@gmail.com)

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**TWWC** <http://tristatewwc.org>

**Tri-State Workplace Wellness Collaborative**

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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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