

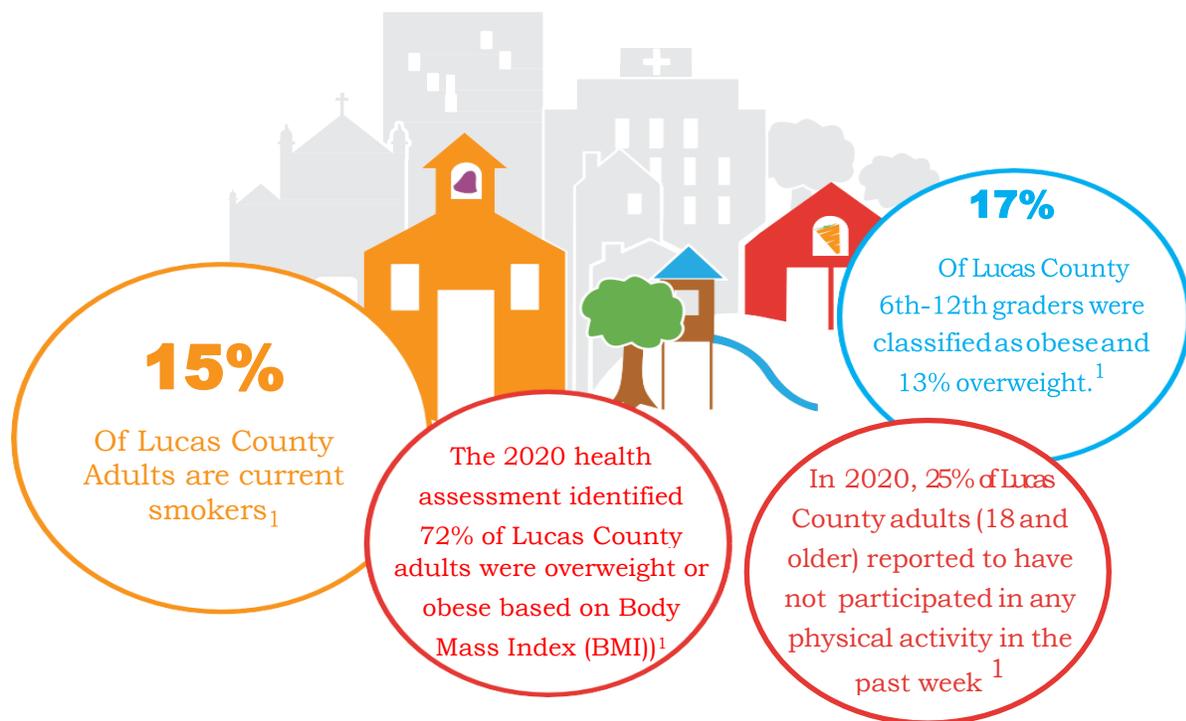
Lucas County Creating Healthy Communities (CHC) Informational Packet

Vision and Mission

The vision of Creating Healthy Communities (CHC) states “Vibrant Ohio communities where everyone has access to healthy food and opportunities for active living.” CHC is committed to activating community-led solutions to create sustainable change in policies, places, and population health.

Commitment to Equity

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



¹ Healthy Lucas County. (2020). Ohio Health Assessment Project, Toledo, OH.





CHC Principles

- **Sustainable and equitable investments:** CHC invests in policies, projects, places and people to create and sustain equitable, inclusive opportunities for healthy eating and active living.
- **Self-awareness and empathy:** Everyone involved in CHC prepares to engage in the work by strengthening self-awareness and empathy.
- **Community-led solutions:** Community members experiencing health inequities or social marginalization partner with CHC to amplify their collective power and lead solutions for their community.
- **Organizational partnership:** Organizations partner with CHC to align with the direct resources toward community members' vision and priorities.
- **Coordinator responsibility:** CHC Coordinators approach their relationships and the work with humility, transparency, dependability, and respect for other

Coalition History

In 2010, the Toledo Lucas County Health Department (TLCHD) was one of 16 counties to receive the 2010-2014 Creating Healthy Communities (CHC) grant funding from the Centers for Disease Control (CDC) Preventive Health and Health Services Block Grant. The focus was on priority communities within Lucas County that face a disproportionate rate of chronic disease and poverty. It was at this time that CHC created the Healthy Youth and Family Coalition in order to engage community members, analyze local health issues, shape policies and environments, and create sustainable, community-based improvements through achieving grant objectives. TLCHD serves as the Coalition's fiscal and lead agency, providing staff and administrative support.

In 2015, Lucas County was once again awarded the 2015-2019 CHC grant, which included 23 Ohio counties. During this 5-year cycle, the Healthy Youth and Family Coalition increased membership diversity as well as activated and engaged local stakeholders to accomplish objectives and ensure sustainability through policy, systems



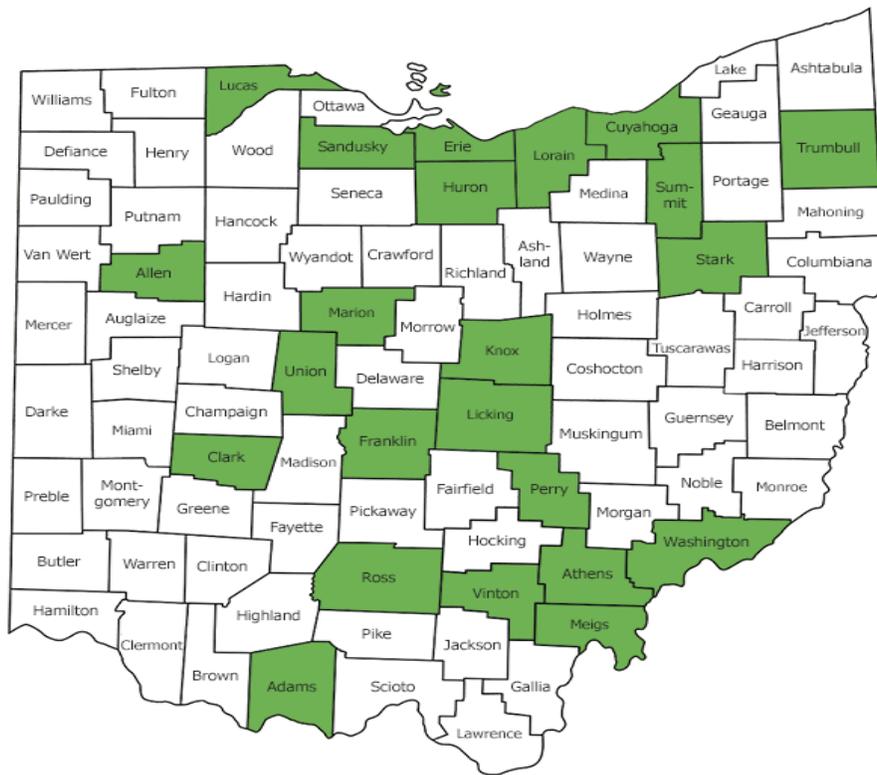


and environmental changes. Additional funds were leveraged through other grants, agencies, and local organizations as needed.

In 2020, Lucas County received the 2020-2024 CHC grant, which once again included 23 Ohio counties. This 5-year grant cycle will focus on improving access to healthy food and opportunities for physical activity for everyone. Like in the past, Healthy Youth and Family Coalition will be an integral part of achieving these objectives and creating a culture in health throughout Lucas County. The coalition has decided to combine with Live Well Greater Toledo, another coalition with similar goals and objectives to maximize effectiveness within the community.

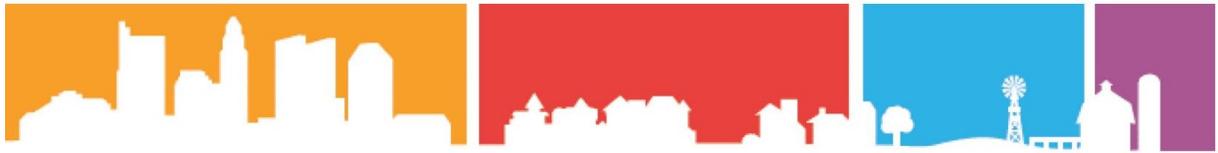
New organizations, stakeholders, community leaders, and community members are always more than welcome to attend coalition meetings. All input and feedback is encouraged and welcomed.

The 23 Ohio Counties that received the 2020-2024 Creating Health Communities Grant.



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Scope of Work

Lucas County CHC’s scope of work is specifically designed to improve population health while addressing health equity in populations experiencing health disparities. The Lucas County Healthy Youth and Family/Live Well Greater Toledo Coalition works comprehensively on healthy eating, and active living policy, system, and environmental strategies in the community, school, and worksite settings

CHC 5-Year Outcomes:

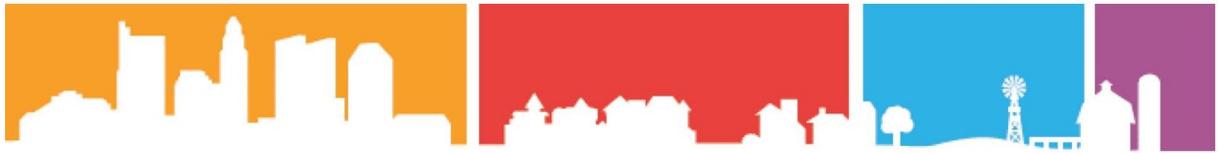
- Increase the number of Ohioans following the Physical Activity Guidelines for Americans.
- Increase the number of Ohioans following the U.S. Dietary Guidelines for Americans.

Policy, Systems, and Environmental (PSE) Changes

Lucas County CHC implements strategies using a Policy, Systems, and Environmental (PSE) change approach. This approach reaches beyond individual behavior change by creating multi-level interactions to significantly impact a community’s norms and values. Table 1 provides descriptions and examples of PSE changes.

Type	Description	Examples
Policy Change Strategies	A shift in the formal operations of organizations and/or governmental institutions that allows new or different activities to occur. A law, ordinance, resolution, mandate, regulation, or rule (both formal and informal) are all examples of policy change efforts.	<ul style="list-style-type: none"> • Laws and regulations that restrict smoking at a public park • A school policy that prohibits unhealthy food in school fundraising drives





<p>Systems Change Strategies</p>	<p>A change made to the rules within an organization. Systems change impacts all elements of an organization, institution, or system; they may include a policy or environmental change strategy.</p>	<ul style="list-style-type: none"> • Screening for hunger in hospitals and developing mechanisms to refer hungry residents to food
<p>Environmental Change Strategies</p>	<p>Changes in the physical, social, cultural, or political environment. This can include structural changes, positive changes in attitudes or behaviors about policies that promote health, or financial incentives or disincentives to encourage a desired behavior change.</p>	<ul style="list-style-type: none"> • Incorporating sidewalks, paths, pedestrian friendly intersections, and recreation areas into community design

Table 1: PSE Change Overview, Adapted from the [Food Trust, 2012](#) and Centers for Disease Control and Prevention CHANGE Action Guide. [U.S. Department of Health and Human Services, 2010.](#)

Priority Communities

Healthy eating and active living strategies are implemented in three identified Priority Communities of Lucas County. Priority Communities were selected based on variables such as presence of health inequities, readiness of the community to advance change, stakeholder buy-in, and the number of people who will be impacted by the change. Figure 2 provides a list of the Priority Communities selected at the beginning of the 2020-2024 grant cycle.

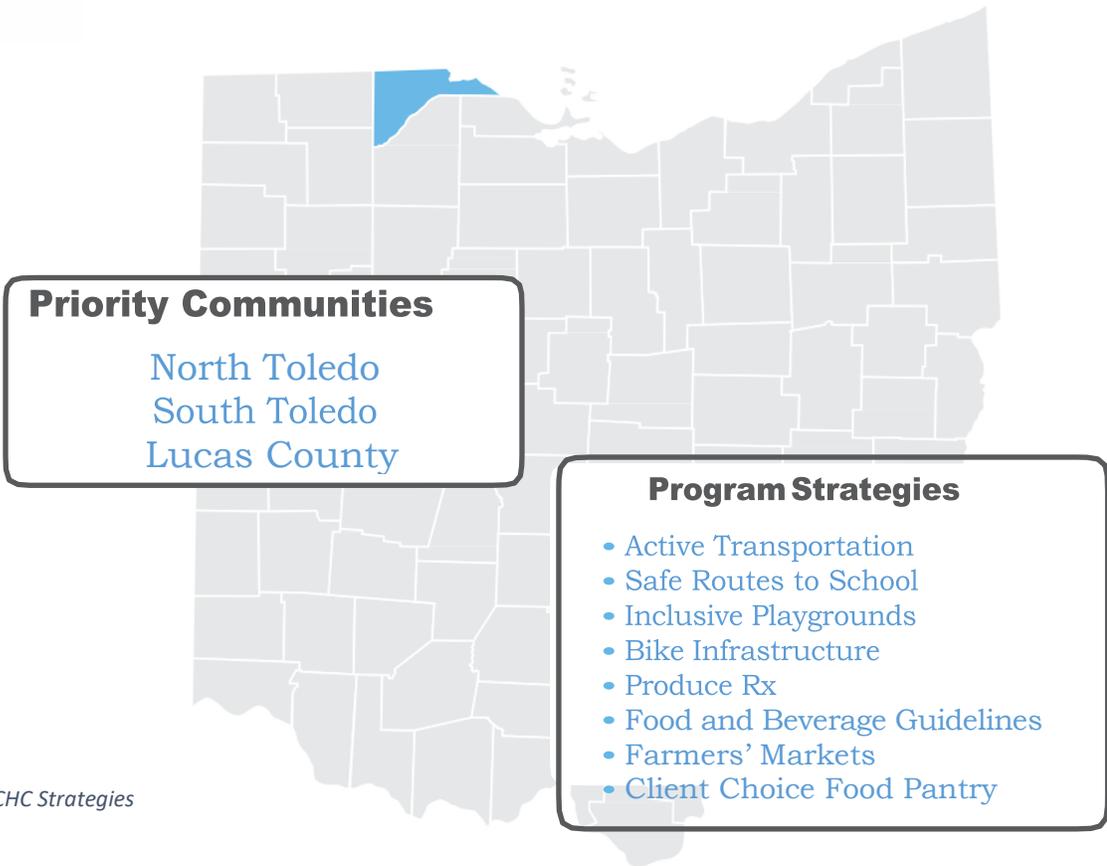
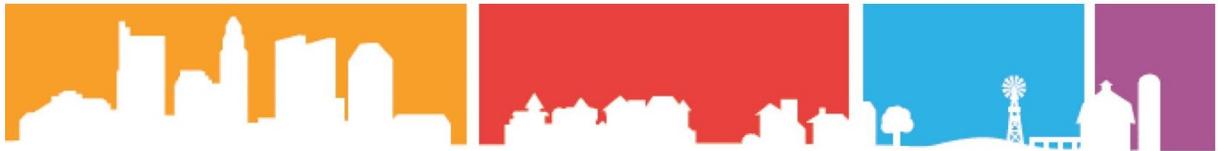


Figure 2: CHC Strategies

Community Assessment

The Survey of Community-Based Policy, Systems, and Environmental (PSE) Supports for Healthy Eating and Active Living was completed in each identified priority community of Lucas County. The questions focused on specific policies, systems, and environmental supports present in the three identified priority communities that promote healthy eating, and active living. The HYF coalition was an integral part in completing the survey by the end of 2020. If interested in the results, please contact me.

This survey was adapted by the Creating Healthy Communities program from a survey conducted by the U.S. Centers for Disease Control and Prevention.



Program Implementation

Each year, Lucas County CHC implements evidence based prevention strategies within different community sectors. The figure below provides a list of program strategies CHC will be implementing in 2023.

Lucas County	North Toledo	South Toledo
Produce Rx <i>healthy eating strategy</i>	Client Choice Food Pantry/Mobile Market <i>healthy eating strategy</i>	Food Access: Corner Stores <i>healthy eating strategy</i>
Active Transportation Plan/Bike Infrastructure <i>active living strategy</i>	Safe Routes to School/Exercise Equipment in Parks <i>active living strategy</i>	Inclusive Playgrounds <i>active living strategy</i>

Also Required: Evaluation of CHC principle implementation.

Level of Implementation: Each strategy will be implemented in either the community, worksite, or school sector.

Past Successes 2012-2022

- **Assisted two businesses in adopting active commute guidelines for their employees.**
- **Enhanced infrastructure along the Chessie Circle Multi-Use Trail to increase physical activity.**

In 2018, there were 55,191 users, averaging a little more than 1000 users/week.

Provided one bike fix it station with air pump, back racks, and trail kiosk.



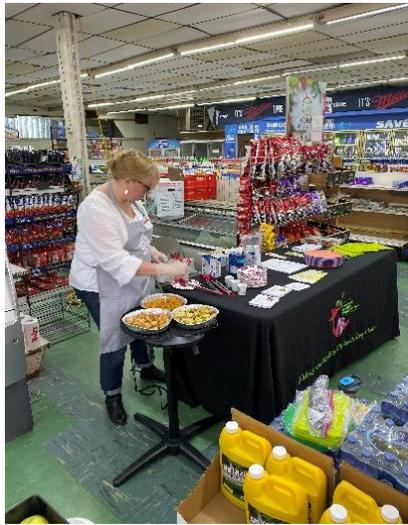
- **Partnered with Toole Design in the development of a countywide Active Transportation Plan. Spearheaded community engagement of the plan.**
The Active Transportation Plan is still an ongoing process hoping to be completed in 2023.
- **Implemented fresh produce into a number of local corner stores**
- **Assisted a corner store in supplying local produce to its customers**
- **Implemented a number of Smoke-Free Housing Policies at Apartment Complexes**
- **Implemented 4 pop-up Farmers Markets in 2020 and 2021**
Redeemed a total of \$285 in WIC farmers market coupons, \$450 in senior nutrition coupons and \$1135 in TANF coupons
- **Assisted in making a local park disability inclusive**
Added walkways to playground along with disability inclusive equipment
- **Increased infrastructure to support active modes of transportation**
- **Improved access to healthier food options at local food pantries**
- **Implemented a lactation room and breastfeeding policies at area organizations**
- **Assisted a business to adopt Healthy Meeting Guidelines for its organization**
- **Assisted a business in adopting Health Vending policy**
- **Implemented Produce Rx program with Produce Perks Midwest assistance.**
- **Passed Healthy Kids beverage ordinance in the City of Toledo**

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- **Developed Client Choice Food Pantry Toolkit**
- **Washington Local School and Toledo Public Schools implemented Safe Routes to School**
- **Implemented bike infrastructure**
- **Conducted bike numerous bike fix-it events**
- **Participated in Walk to School and Bike to School Day**



\$5 Fruit and Vegetable Voucher

Expires: 6/30/22
Redeemable for fruits and vegetables.
Copying, scanning, altering, transferring, purchasing, or selling voucher is prohibited.

No change given. No cash value.





How was your walk to the bus stop?

Help make walking and biking better by taking the Active Transportation Survey at www.livewelltoledo.org/local-active-transportation



City of Toledo
 Legislation Text
 File #: C-182-21, Version: 1
 Councilwoman De. Whitman
Enacting a new Chapter 1738 of the Toledo Municipal Code "Public Health Prohibitions" to require that Food Service Operations offer healthy beverages as the default option for children's meals; and declaring an emergency.

WHEREAS, the U.S. Centers for Disease Control and Prevention reports that the percentage of children and adolescents in the United States affected by obesity has more than tripled since the 1970s; and

WHEREAS, children and adults with obesity are at a greater risk for numerous adverse health consequences, including type 2 diabetes, heart disease, high blood pressure, high cholesterol, tooth decay and other debilitating diseases; and

WHEREAS, children and adults who are overweight or obese are at a greater risk for numerous serious health outcomes that place a large burden on the health care system and increase health care costs; and

WHEREAS, many restaurants and beverage companies have taken steps to help people address obesity by introducing lower and non-calorie options, displaying calorie information, encouraging people to drink more water, removing full-calorie beverages from schools, and reducing calories from many of their products; and

WHEREAS, this Council believes that restaurants in the city can help make it easier for parents and kids to make healthy choices by offering healthy drink options on children's meals, instead of sugary drinks; and

WHEREAS, the sale of default beverages in children's meals will benefit the public health, safety and welfare of the citizens of the City of Toledo; NOW, THEREFORE:

Be it ordained by the Council of the City of Toledo:

SECTION 1. That a new Toledo Municipal Code Chapter 1738, Public Health Prohibitions, is hereby enacted to read as follows:

Section 1738.01 Beverages Offered with Children's Meals

A. Definitions

- "Food service operation" has the same meaning as in O.R.C. Section 3717.01.
- "Children's meal" means a combination of food items and a beverage that is prepared by and offered for purchase at a food service operation as a unit at a single price and is primarily intended for consumption by children.

B. Beverage limitation. No food service operation shall offer a children's meal that includes a beverage unless the beverage is:

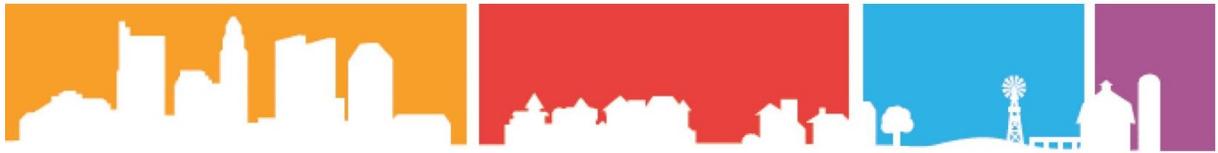
- water, sparkling water, or flavored water, with no added natural or artificial sweeteners; or

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Coalition Membership Guidelines

- Appoint representative(s) to attend quarterly Coalition meetings
- Keep Coalition informed of related work within individual organization and/or the community.
- Read minutes and reports to keep abreast of Coalition decisions and activities.
- Commitment to providing one or more of the following resources to help achieve Coalition objectives and activities:
 - Access to volunteers for Coalition tasks
 - Direct and/or in-kind contributions (i.e. staff time, material resources, meeting space, refreshments etc.)
 - Connections to other key organizations/individuals
 - Other resources

Coalition Meeting Schedule

Meetings are held the first Thursday of 3rd month of each quarter from 9:00-11:00 a.m. unless noted otherwise. If interested in speaking/presenting at a meeting, please contact me. Always interested in having individuals/organizations update the coalition on what is going on within the community.

Date	Time	Location
March 2, 2023	9-11AM	Virtual Meeting via Microsoft Teams
June 1, 2023	9-11AM	Virtual Meeting via Microsoft Teams
September 7, 2023	9-11AM	Virtual Meeting via Microsoft Teams
December 7, 2023	9-11AM	Virtual Meeting via Microsoft Teams





Past Meeting Minutes

Past meeting minutes are located on the Creating Healthy Communities page of the Toledo Lucas County Health Department's website.

<https://www.lucascountyhealth.com/community-outreach/creating-healthy-communities/>

How to Get Involved

You can become a voice for your community by joining the Lucas County Healthy Youth and Family/Live Well Greater Toledo Coalition. Help identify needs, and be part of the solution. Let us work together to make Ohio communities vibrant where everyone has access to healthy food and opportunities for active living.

Contact Information

Amy Abodeely, MEd, RD, LD
Creating Healthy Communities Program
Toledo Lucas County Health Department
419-213-4116

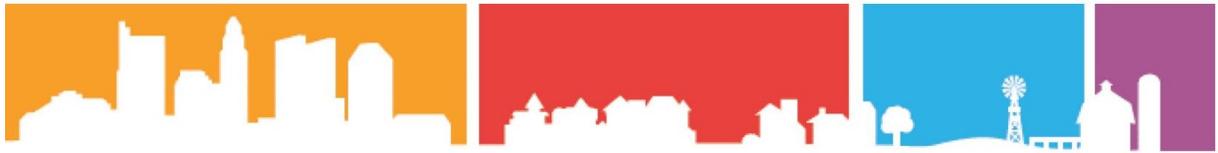
abodeela@co.lucas.oh.us

www.lucascountyhealth.com

www.facebook.com/tlchd

[www.odh.ohio.gov.chc](http://www.odh.ohio.gov/chc)





Healthy Youth and Family/Live Well Greater Toledo Coalition Memorandum of Understanding (MOU)

Lucas County CHC/Healthy Youth and Family is a program of Toledo-Lucas County Health Department, funded by the Centers for Disease Control, administered by the Ohio Department of Health. CHC focuses on policy, system, and environment change strategies to help increase access to healthy food as well as increase access to physical activity.

Live Well Greater Toledo was established in 2011 and is strongly supported by the YMCA/JCC of Greater Toledo. Live Well focuses on individuals in underserved areas of our community to increase physical activity and improve eating habits. The work of Live Well is in concert with a statewide network of communities, organizations, and individuals advocating for improved nutrition and physical activity.

Coalition Mission: Activating community-led solutions to create sustainable change in policies, places and population health.

Priority Communities: All of Lucas County with a focus on Toledo; especially where residents are experiencing health disparities.

Coalition Membership Guidelines

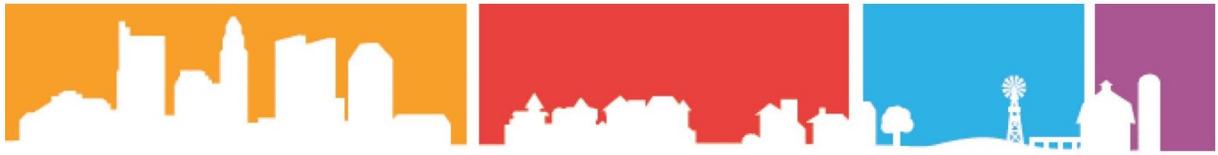
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Name of Organization: _____

Name of Representative: _____

Date: _____





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