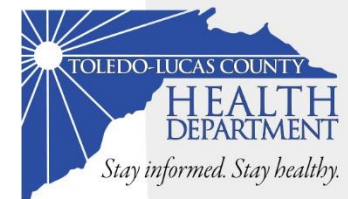


# Lucas County Creating Healthy Communities



## 2023 Year-in-Review

Amy Abodeely, MEd, RD, LD  
Creating Healthy Communities Coordinator  
Toledo-Lucas County Health Department

December 7, 2023

# 2023 Objectives

- **Healthy Youth and Family Coalition**

- 4 meetings/year

- **Healthy Eating**

- Healthy Food Access/Farmers Market/Corner Stores
- Client Choice Food Pantry

- **Active Living**

- Active Transportation Plan
- Bike Infrastructure
- Safe Routes to School
- Inclusive Playground/Exercise Equipment

- **Social Connectedness**

- Senior Assessment/programming

# Coalition

## Healthy Youth and Family

- **Vision:** Vibrant Ohio communities where everyone has access to healthy food and opportunities for active living.
- **Mission:** Activating community-led solutions to create sustainable change in policies, places, and population health.
- **CHC Equity Statement:** 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.
- **Year in Review:** Met 4 times
  - ✓ March, June, September, December

# Coalition

## Creating Healthy Communities 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

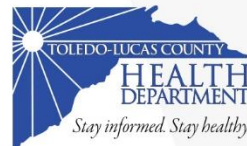
Community members experiencing health inequities or social marginalization partner with CHC to amplify their collective power and lead solutions for their community.

### ORGANIZATIONAL PARTNERSHIP

Organizations partner with CHC to align with and 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 others



# Healthy Eating Objectives



# Farmers Markets

## Toledo Lucas County Health Department



# Farmers Markets

## Toledo Lucas County Health Department Farmer Redemption

	July 20 11a-2p	August 17 11a-2p	September 21 11a-2p	Grand Totals
<b>WIC</b>	46 (\$230)	43 (\$215)	29 (\$145)	118 (\$590)
<b>Senior</b>	25 (\$125)	30 (\$150)	85 (\$425)	140 (\$700)
<b>EBT</b>	\$50	\$16	\$74	\$140
<b>Produce perks</b>	\$50	\$30	\$77	\$157
<b>Totals</b>	\$455	\$411	\$721	\$1587



# Farmers Markets

## Friendship Park Community Center





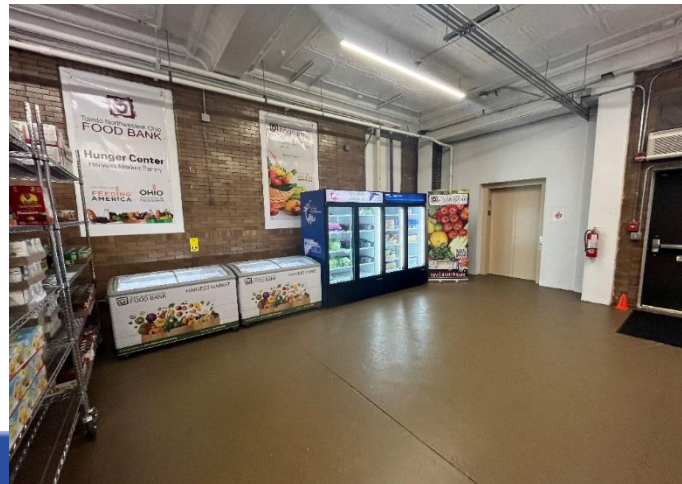
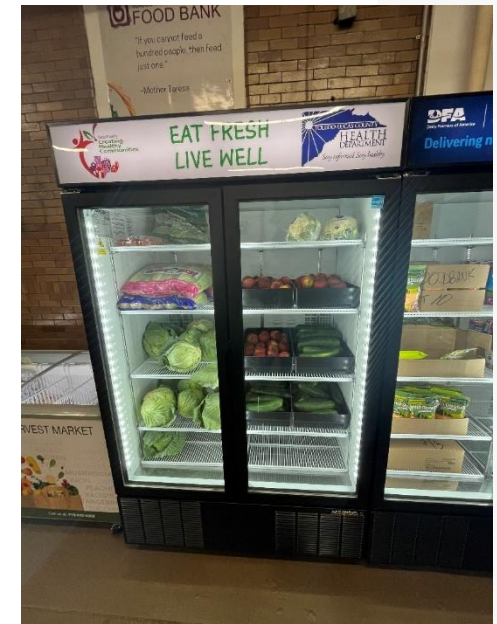
# Farmers Markets

## Friendship Park Community Center Farmer Redemption

	August 24 11a-2p	September 28 2p-5p	October 26 1p-4p	Grand Totals
WIC	6 (\$30)	10 (\$50)	12 (\$60)	28 (\$140)
Senior	101 (\$505)	115 (\$575)	98 (\$490)	314 (\$1570)
EBT	\$4	\$8	\$0	\$12
Produce perks	\$6	\$9	\$0	\$15
Totals	\$545	\$642	\$550	\$1737

# Client Choice Pantry

## Caldwell Center



# Client Choice Pantry

## Caldwell Center: Survey Results

- ✓ 88.2 % of patrons liked being able to choose their own food at the Client Choice Pantry.
- ✓ 94.1% of patrons think the new Client Choice Food Pantry is easy to use.
- ✓ 70.6% of patrons feel the pantry staff helped them find food that met their special dietary needs.
- ✓ 100% of patrons were satisfied with the amount of food they received at the food pantry.
- ✓ 88.2% of patrons were satisfied with the variety of food they received at the food pantry.
- ✓ Only 17% of patrons did not use the resources offered by the food pantry.

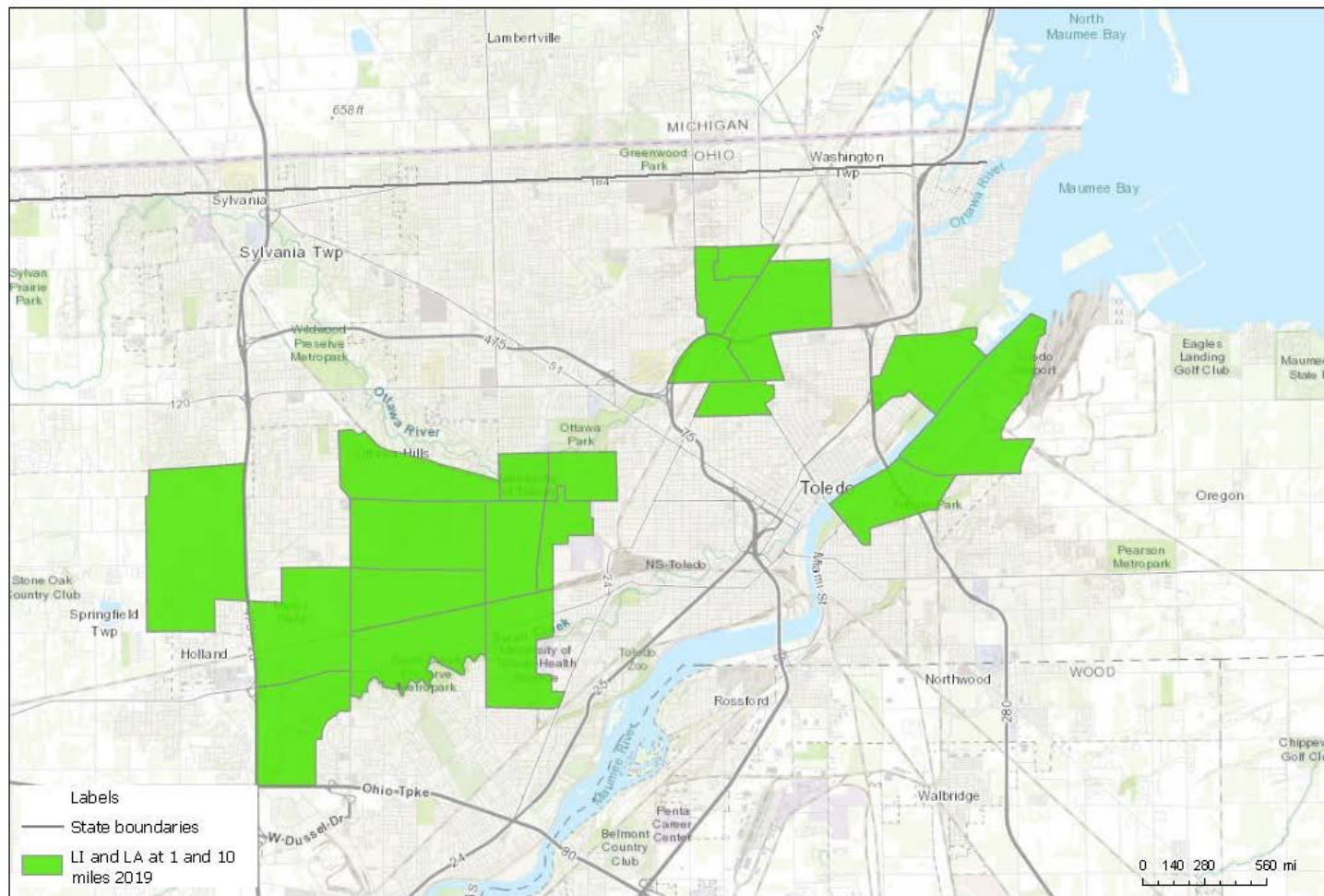
# Healthy Retail Pilot

## Overview

- The pilot program will be carried out, on an application basis, to small, independent neighborhood markets, allowing for the expansion of healthy food to areas with low income and low access.
- The program will be administered by the Toledo-Lucas County Health Department.
  - Awardees will be provided equipment and displays to store and sell approved items.
  - Initial cost of stock and one-half of the cost of reorders will be subsidized up to \$10,000 per participating entity.
  - Collaborate with ECDI's Erie Street Market Project
  - Monitoring of compliance, connecting the participating business owners to entrepreneurial support and resources in the community, supporting their success.



# Healthy Retail Pilot



Toledo, OH\_LI\_LA

Date: 11/29/2023 Source: USDA Economic Research Service, ESRI. For more information:  
<https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation>

# Healthy Retail Pilot

Report Area	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Lucas County, OH	179,358	29,653	16.53%
Ohio	4,754,161	587,542	12.36%
United States	124,010,992	14,105,231	11.37%

*Note: This indicator is compared to the state average.*

*Data Source: US Census Bureau, American Community Survey, 2017-21.*

Percent Households Receiving SNAP Benefits



Report Area	Total Population (2020)	Total SNAP-Authorized Retailers	SNAP-Authorized Retailers, Rate per 10,000 Population
Lucas County, OH	428,294	439	10.25
Ohio	11,693,026	9,878	8.45
United States	332,898,996	248,526	7.47

*Note: This indicator is compared to the state average.*

*Data Source: US Department of Agriculture, Food and Nutrition Service, USDA - SNAP Retailer Locator. Additional data analysis by CHS, 2023.*

SNAP-Authorized Retailers, Rate (Per 10,000 Population)



# Active Living Objectives

# Active Transportation

## 6 Jurisdictions: Adoption

- City of Maumee: January 17, 2023
- City of Toledo: April 18, 2023
- Lucas County Commissioners: April 18, 2023
- City of Sylvania: May 1, 2023
- Sylvania Township: May 16, 2023
- City of Oregon: October 9, 2023



## LUCAS COUNTY Active Transportation Plan



December 2022



# Active Transportation

## 2024

### ➤ Quarterly Meetings

### ➤ Implementation Tracking

Name/Location	Type	Description	Miles	Status (Built, Funded, In construction, Future)	Jurisdiction
Emerald Ave from Broadway St to Middlegrounds Metro Park	Shared Use Path	Committed facility - City of Toledo Bike Plan Connects to existing side path and	0.5	Funded	Toledo
N Summit St from Cincinnati St to E Manhattan Blvd	Separated Bicycle Lane	Summit St separated bicycle lane	1.6	Funded	Toledo
Waterville Monclova Rd from Farnsworth Rd to Michigan Ave	Shared Use Path	Widen sidewalk to SUP	0.4	Funded	Waterville
Waterville-Monclova Rd from Michigan Ave to Monclova Rd	Wide Shoulder	sidepath from Michigan (SR 64) north to Dutch road	3.1	Funded	Waterville
Black Road from Stitt Road to Wabash Cannonball Trail (S Fork)	Shared Use Path		0.8	Future	Maumee
Fallen Timbers Lane from Russel Road to dead end	Shared Use Path		0.4	Future	Maumee
Ford Street from W Wayne Street to W William Street	Shared Use Path		0.3	Future	Maumee
Indian Wood Circle from Timberline Road to Ford Street	Shared Use Path		0.7	Future	Maumee
Monclova Rd gap west of I-475	Shared Use Path	Fill in gap on Monclova Rd	0.5	Future	Maumee
Russel Road from Wabash-cannonball Connector to Black Road	Shared Use Path		1	Future	Maumee
S Detroit Avenue from Anthony Wayne Trail to River Road	Shared Use Path		0.7	Future	Maumee
Shared use path loop within Indian Wood Circle	Shared Use Path		0.6	Future	Maumee
Shared use path through field connecting Fallen Timbers Lane to Wabash	Shared Use Path		0.5	Future	Maumee
Corduroy Rd from North Stadium Rd to N Curtice Rd	Wide Shoulder	Connect existing facilities	2	Future	Oregon
Navarre Ave from Miami St to S Lallendorf Rd	Shared Use Path	Long term; needs to be more separated moving east, especially east of I-280	2.3	Future	Oregon
S Wheeling St from Brown Rd to Seaman Rd	Shared Use Path		2	Future	Oregon
S Whittlesley Ave from Luverne Ave to Seaman Rd	Bicycle Boulevard	Short-term; low stress alternative to Wheeling	0.9	Future	Oregon
S Wynn Rd from Pickle Rd to Starr Ave	Bicycle Lane	Connecting proposed facilities	1	Future	Oregon
Starr Ave from S Wheeling St to S Whittlesley Ave	Bicycle Lane	Connect Starr Ave existing bicycle lane to proposed facility on Wheeling	0.1	Future	Oregon
Brint Rd from N McCord Rd to Harroun Rd	Shared Use Path	In 2009 Sylvania Bicycle Network Plan. Long-term.	0.5	Future	Sylvania
Convent Blvd from Silica Dr to Main St	Bicycle Boulevard		0.6	Future	Sylvania
Harroun Rd from Brint Rd to Monroe St	Shared Use Path	In 2009 Sylvania Bicycle Network Plan. Long-term.	0.7	Future	Sylvania
Lincoln Ave from Smead Ave to Lawrence Ave	Bicycle Boulevard	One-way couplet with traffic calming	0.8	Future	Sylvania
Main St from Brint Rd to Convent Blvd	Bicycle Lane	Extension of Main St Bicycle lane	0.4	Future	Sylvania
Maple Dr and Silica Dr from Brint Rd to Monroe St	Bicycle Boulevard	Signed route in Sylvania 2009 Bicycle Network Plan and 2035 TMACOG Bicycle	0.9	Future	Sylvania
Monroe St from Silica Dr to Main St	Shared Use Path	In 2009 Sylvania Bicycle Network Plan. Long-term.	0.1	Future	Sylvania
N Centennial Rd from Sylvania Rd to Erie St	Shared Use Path	Connect to existing and proposed facilities. Long-term.	2	Future	Sylvania

### ➤ Annual Infographic



# Active Transportation



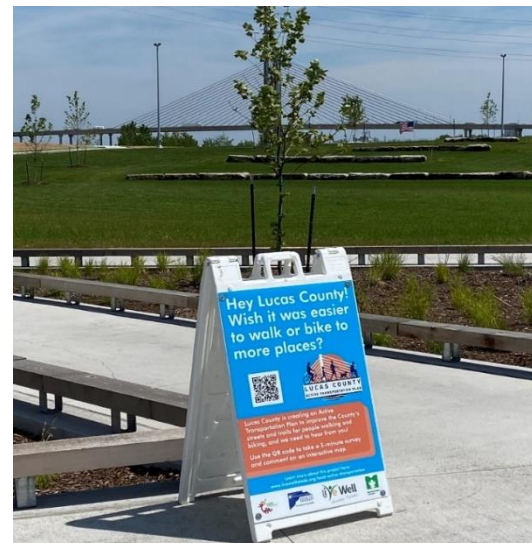
2017 Action Institute



2018 Workshop



Bike Ride



A-Frame sign promoting the online survey at Glass City Metropark.



Bike Fix-it Event at Greenwood Elementary (WLSD)



Tabling at TARTA Transit Hub (Downtown Toledo)

THROUGHOUT  
THE YEARS  
2017 - 2023



# Bike Infrastructure

## Chessie Circle: Kenwood and Douglas



- ❖ Collaboration with City of Toledo Parks and Recreation Department and We Are Traffic.

# Safe Routes to School



## SAFE ROUTES TO SCHOOL

**GREATER TOLEDO**

Jenny Hansen, SRTS Coordinator

YMCA of Greater Toledo

[jhansen@ymcatoledo.org](mailto:jhansen@ymcatoledo.org)

419.725.7845

<https://www.livewelltoledo.org/safe-routes-to-school>



# Safe Routes to School

**Bike to School Day: 5/3/2023**  
**Elmhurst Elementary**



**Walk to School Day: 10/4/2023**  
**Meadowvale Elementary**



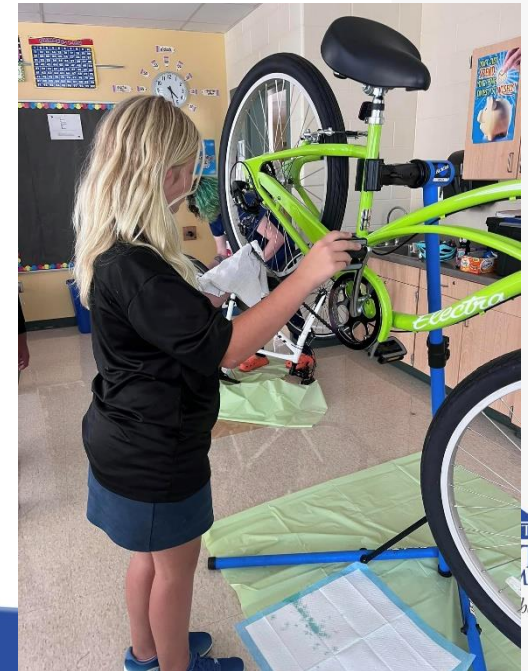


# Safe Routes to School

## Girls in Gear Program Hawkins STEMM Academy

### 4 week Program:

- Week 1: Basic Bicycle Maintenance and Mechanics
- Week 2: Bicycle Safety and Riding Skills
- Week 3: Nutrition Education
- Week 4: Urban Design



# Safe Routes to School

## 2023 Projects and Programs

### Received ODOT Funding

- Update and Revise TPS travel plan to include High schools

### Bike to School Day

- 36 schools registered (28 TPS and 8 WLS)

### Walk to School Day

- Events at Meadowvale and Keyser Elementary

### Bike Fix-it Events

- 7 events in Spring: 165 helmets fitted, 86 bikes fixed and 9 students participated in apprentice program
- 2 events in Summer: fitted 60 helmets
- 6 events in the Fall: fitted 155 helmets

### WLS District Wide Walk and Roll Wednesday

### Walking School Bus Programs



# Exercise Equipment

## Uptown Green Park



2-person accessible  
vertical press



Upright bike with resistance



2-person ski



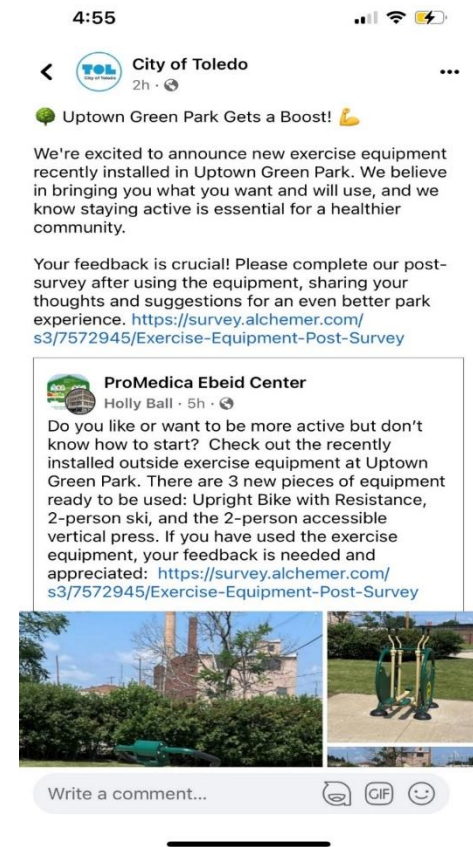
# Exercise Equipment

## Evaluation

- ✓ 173 community members have used the newly installed equipment.
- ✓ Following groups use equipment: Never miss a Monday, Yoga, Nature in the City and Glow Roll
- ✓ Survey link and QR Code:  
<https://survey.alchemer.com/s3/7572945/Exercise-Equipment-Post-Survey>
- ✓ Currently have 11 respondents



## Social Media Posts



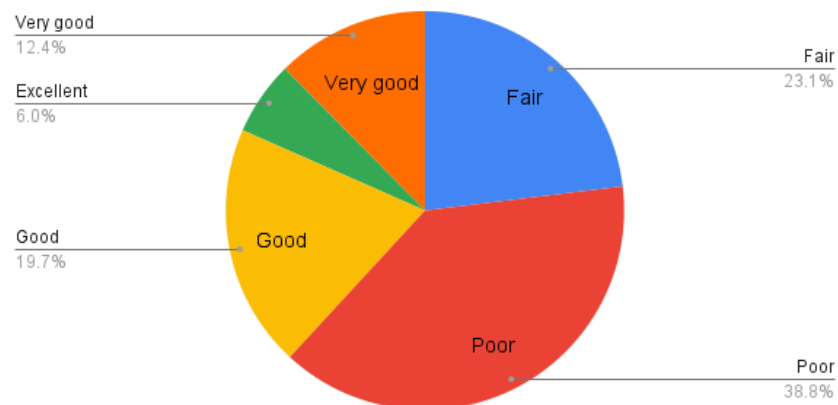
# Social Connectedness Objectives

# Needs Assessment

Availability of sidewalks that are in good condition & safe for pedestrians



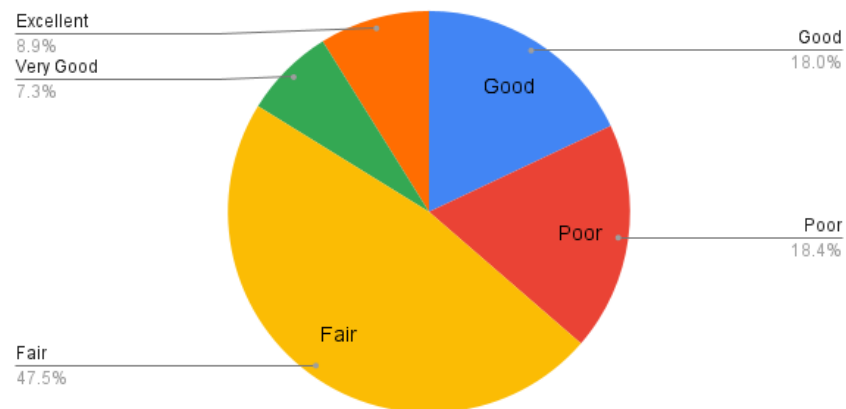
Availability of safe public transportation stops that are accessible to people of varying physical abilities



Availability of well-lit, accessible, safe streets and intersections for all users

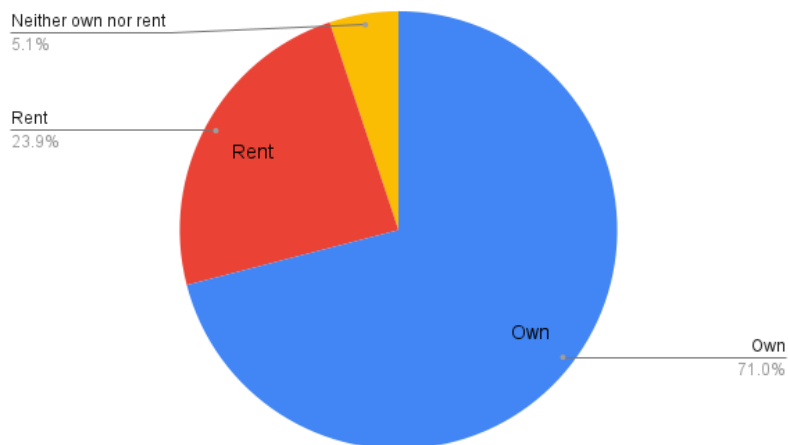


Availability of affordable housing options for adults of varying income levels

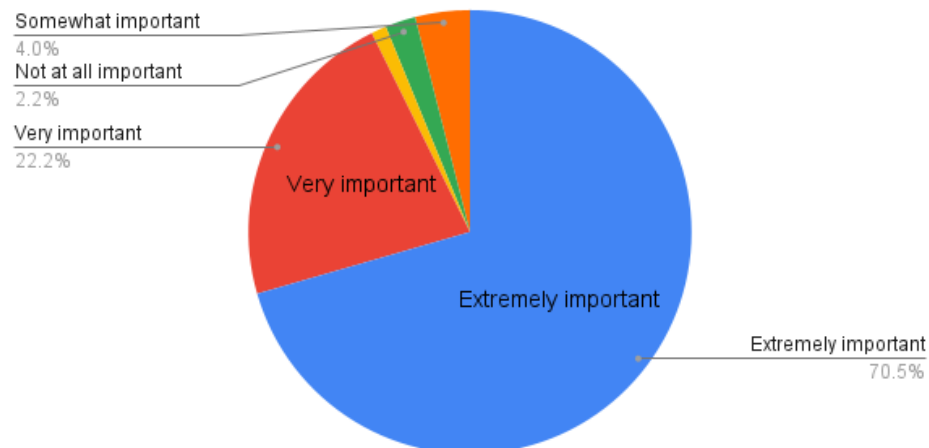


# Needs Assessment

Do you own or rent your primary home or do you have some other type of living arrangement, like living with a family



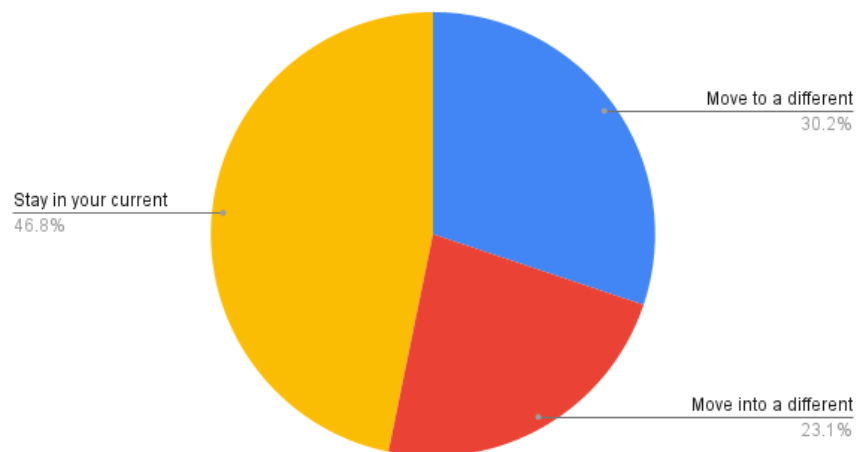
How important is it for you to be able to live independently in your own home as you age?



How would you rate your community as a place for people to live as they age?



Thinking about your future years, are you more likely to...





# Other Events/Programs

**Bike Safety Fair**  
**5/15/2023**  
**Board of Developmental Disabilities**



# Other Events/Programs

## Children's Youth and Wellness Symposium

Table Topic	Nutrition/Obesity/Physical Activity			
Priorities	Access	Activities/Safe Spaces	Cost/Insurance	Parental Involvement
Strategies	Devising affordable and healthy options	Increasing awareness to families about what is available	Promoting healthy options that are affordable	Making family physical activities available and accessible to all, not just kids
	Setting up pop-up Farmer's Markets with a variety of items	Working with community partners on what is needed and how to help them improve	Being conscious of quality of inventory for produce and healthy foods	Being conscious and strategic about marketing for healthy food education
	Understanding population/audience to educate strategically on resources and understanding their barriers like transportation, but family has Medicaid with transportation	Rebuilding trust in neighborhoods by encouraging positive conversations	Creating affordable activities and sports equipment to encourage activity	Creating parental incentives to compensate time for family activities
	Creating seasonal spaces that are inclusive to all humans		Doing insurance outreach through a call or text campaign	Providing solutions to barriers like transportation, and becoming conscious of family size to be all inclusive
	Educating about shelf-life storage ideas for fresh foods			





# 2024

## Healthy Youth and Family Coalition

### 2024 Meetings-9 month grant

- March 7, 2024
- June 6, 2024
- September 5, 2024

### 2024 Objectives

- **Active Living**
  - Active Transportation Plan/Safe Routes to School/Bike Infrastructure
  - Inclusive Playground/Exercise Equipment
- **Healthy Eating**
  - Food Access: Corner Stores
  - Client Choice Pantry

**CHC competitive Grant Posted: March 20, 2024**

**CHC Applications Due: May 6, 2024**

**Notice of Awards Posted: September 1, 2024**



We hope everyone  
has a wonderful  
holiday  
season and a happy  
new year!

