

Did you know...

About 44,000 people get infected with HIV each year in the United States?



# CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

December 2016

## Welcome Back,

### December 1st was World AIDS Day

This day is dedicated to reduce stigma and improve awareness and education about HIV. In the United States, about 1 in 8 people who has HIV doesn't know it. The only way to know for sure whether or not you have HIV is to get tested. You could have HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested at least once. To prevent HIV:

- ⇒ **Get tested**
- ⇒ **Never share needles**
- ⇒ **Practice safe sex**

**To get tested:** Ask your doctor for an HIV test, or find a testing site near you by visiting [gettested.cdc.gov](http://gettested.cdc.gov), texting your ZIP code to KNOW IT (566948), or calling 1-800-232-4636. Many testing locations are FREE and confidential. You can also buy a home testing kit at a pharmacy or online. Most HIV tests are covered by health insurance.

### *Our Mission:*

Creating Healthy Communities is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work, and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

### *Making the Healthy*

## Upcoming Meetings

2017 Coalition meetings  
Feb. 28 @ 9am—TCESC  
April 25 @ 9am—TCESC  
July 25 @ 9am—TCESC  
Dec. 12 @ 9am—TCESC

Tobacco Sub-Committee  
Meeting  
May 4 @ 2pm—TCCHD



## In This Issue

- Tod's Crossing Smoke-Free
- Warren Better Block Event
- Bike Evaluation
- Feeding Homebound Seniors
- Final Report of Pop-Up Farmers Markets



## FITNESS LIFESTYLE

Fun activities promote healthy fitness and eating habits that result in safe and gradual weight loss to help participants achieve their fitness goals.

The Fitness Lifestyle Challenge is **FREE** to students ages 7-15 and requires a registration form available on [www.akronchildrens.org/healthykids](http://www.akronchildrens.org/healthykids). Submit form to Melody Case, Youth Fitness Specialist at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512.

For more information, please contact Melody Case at [mcase@chmca.org](mailto:mcase@chmca.org) or 330-729-1391

## SPRING 2017 SCHEDULE & LOCATIONS

**The Mayor Ralph A. Infante Wellness Center**  
 213 Sharkey Drive, Niles  
 Phone: 330-349-9355  
**April 5 – May 12, 2017**  
 Wednesdays & Fridays: 6:00 – 7:00 PM

**The Davis Family YMCA**  
 45 McClurg Road, Boardman  
 Phone: 330-480-5659  
**April 17 – May 25, 2017**  
 Mondays & Wednesdays: 5:00 – 6:00 PM;  
 Thursdays: 4:15 – 5:00 PM

**Youngstown Central YMCA**  
 17 North Champion Street, Youngstown  
 Phone: 330-744-8411  
**April 17 – May 26, 2017**  
 Mondays, Wednesdays, & Fridays: 6:30 – 7:30 PM

**Trumbull Family Fitness**  
 210 High Street NW, Warren  
 Phone: 330-394-1565  
**April 17 – May 26, 2017**  
 Mondays, Wednesdays, & Fridays: 5:30 – 6:30 PM

## FITNESS COACH

The Fitness Coach Program is **FREE** to students ages 7-18 and requires a registration form available on [www.akronchildrens.org/healthykids](http://www.akronchildrens.org/healthykids).

Submit form to Kris Kriebel, Fitness Coach at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512.

For more information, please contact Kris Kriebel at [kkriebel@chmca.org](mailto:kkriebel@chmca.org) or 330-746-8767

### Fitness Coach (Individual):

- Individualized assessment of physical activity and nutritional needs
- Personal short-term and long-term goal setting
- Positive lifestyle changes
- Recurring interaction, encouragement and motivation

### Fitness Club (Group):

- Engages students in non-judgmental group activities
- Promotes healthy habits
- Increases awareness of an active lifestyle and a balanced nutritious selection of food
- Encourages and motivates group to actively participate - as a team (TEAMWORK)

THE DAVIS FAMILY YMCA 45 McClurg Rd., Boardman Phone: 330-480-5659	
Date	Time
1/9	5-6 pm
2/13	5-6 pm
3/13	5-6 pm
4/10	5-6 pm
5/8	5-6 pm
6/12	5-6 pm

THE MAYOR RALPH A. INFANTE WELLNESS CENTER 213 Sharkey Dr., Niles Phone: 330-349-9355	
Date	Time
1/20	7-8 pm
2/17	7-8 pm
3/17	7-8 pm
4/21	7-8 pm
5/19	7-8 pm
6/16	7-8 pm

# SCOPE & Trumbull County Combined Health District



SCOPE Senior Services of Trumbull County, Trumbull County Combined Health District and Second Harvest Food Bank of the Mahoning Valley have partnered to provide free groceries through the winter to the elderly who are homebound and shut in.

SCOPE has been operating a “Traveling Pantry” food truck along with the Warren Family Mission, which delivers free groceries to the elderly in Trumbull County since July of 2015.

Second Harvest Food Bank provides food to hundreds of non- profits and food pantries in the Mahoning Valley to be distributed through those local agencies. In the summer Scope received a Healthy Communities Grant through the Trumbull County Combined Health District to pick up produce at the various farmers markets including Bolindale Park in Trumbull County to be delivered with the groceries.

Since the SCOPE food truck is one of a kind in Ohio it was ideal for the organizations to team up to provide this service to our homebound elderly citizens. SCOPE currently delivers three days a week all over Trumbull County to over 200 citizens every two weeks. The bulk of those served live in a “food desert” as outlined by the U.S. Department of Agriculture. That designation accounts for half of the City of Warren and many rural areas within Trumbull County which are not in close proximity to a full service grocery store.

Second Harvest Food Bank was able to get the groceries through a grant from the Commodity Supplemental Food Program (CSFP) which works to improve the health of low income elderly people by supplementing their diets with nutritious foods. Second Harvest delivers pallets full of food boxes every two weeks to the SCOPE Senior Services headquarters at the Warren SCOPE Senior Center. Then the food boxes enough to feed citizens for two weeks are loaded and delivered via Mature Services volunteers through six routes which serve the elderly across Trumbull County.

The citizens receive shelf stable groceries including Peanut Butter, Instant and 1% milk, Orange or Grape Juice, Cereal, Beef Stew, Chunk Chicken, Elbow Macaroni, Canned Vegetables, Canned Fruit and Cheese. Scope received a Healthy Communities grant through the Trumbull County Joint Health District to pick up produce at the various farmers markets in Trumbull County.

**SCOPE Senior Services of Trumbull County Corporate Office**  
**220 West Market Street Warren, Ohio 44481**  
**330-399-8846 | email: [mwilson@fcsohio.org](mailto:mwilson@fcsohio.org)**

## Evaluation: Bicycle/Pedestrian Infrastructure Warren, Ohio

The sidewalk, safety, surface quality, and path benefits were analyzed in the 2016 Bicycle Evaluation by Michael Helco. Assessments of the bicycle paths on the North, Central, and South sections of the paths as well as Fremont Avenue, and Paige Avenue. Road and sidewalk conditions, daily pedestrian traffic, safety, lighting, and other variables were considered as part of the evaluation. Recommendations from the findings of this bike evaluation include more lighting, more bike racks, safer road conditions, and cleaner paths. Improving this infrastructure can encourage members of the community to use these free-of-cost bike paths.



## Warren Better Block Event



Saturday October 15, Trumbull Neighborhood Partnership hosted the first annual Better Block Event in Warren. Partnered with Warren Redevelopment and Planning, the Fine Arts Council of Trumbull County, and volunteers the event was a success!

The event downtown stretched down to Thumm's bike shop at 330 W Market St, Warren, OH 44481 all afternoon. A bicycle lane was created using chalk and traffic cones to display how improvements could be made to the roads and infrastructure in the city to be more accessible to foot and bike traffic. Dozens of helmets were given away, and two bicycles were raffled.

Local businesses set up pop-up restaurants and retail shops with samples and food to purchase that lined the sidewalks, and a performance was put on by Kent State University Trumbull's Theatre. Another event is currently being planned for Spring of 2017!



## Community Engagement

Community engagement is very important in improving the health of Trumbull County residents. Collaboration of stakeholders is essential in establishing new systems to maintain and build on public health efforts. One example of a community engagement tool is Healthy Cities/Healthy Communities. This model is used to develop a community-wide strategy to implement a plan. This method considers the community's perspective and the determinants of health including economic, social, political, and environmental factors at the community level. Gathering a group, generating a vision, and assessing resources and barriers are important parts of this method. For more information on the Healthy Cities/Healthy Communities model visit the CDC's Healthy Communities Program website at <http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/>.



## Final Report: Bolindale Pop-Up Markets

Between the three Pop-up Markets hosted at Bolindale Park in July, August, & September, the total attendance was 113 people. 54 people participate in a written survey and the findings are summarized below:

- About 90% of people who attended the markets purchased items
- 9% used SNAP/EBT to pay for their items
- The first Pop-Up Market in July, 30 people attended, in August 39 people attended, and in September 44 people attended
- 97% responded they would attend more pop-up markets if available

Pop-Up Markets Attendance	
September	44
August	39
July	30



## Tod's Crossing is Now Smoke-Free!

As of September 1, 2016 Tod's Crossing has joined the efforts of the Creating Health Communities health coalition to become smoke-free multiunit housing. Smoke-free housing benefits not only the tenants' health, but also reduces the risk of fires and property maintenance costs for property owners. Secondhand smoke is especially dangerous for children, elderly, and individuals with chronic diseases. Multi-unit housing with shared ventilation systems can make it difficult to avoid secondhand smoke.

The Creating Health Communities Coalition's mission is to improve health and well-being by preventing and reducing chronic diseases focusing on tobacco-free environments. If you are interested in a smoke-free policy being adopted for your multi-unit housing building, please contact the Health Educator at the Trumbull County Combined Health District 330-675-7807



# Trumbull County Upcoming Events

## January

Jan. 10, 10 AM -12 PM **Tobacco Free Ohio Alliance Meeting**, State Library Columbus

## February

**Ohio Healthy Program Training Classes** - Session 1: Feb. 14, Feb. 21, Feb. 28, &

March 7 (5:30 PM - 8:30 PM @ OSU Ext. Office)

**Ohio Healthy Program Training Classes** - Session 2 & 3: Feb. 24 (9 AM - 2:30 PM @

OSU Ext. Office)

## March

March 11, 8 AM - 4 PM **6th Annual Miami Valley Leave No Child Inside Summit**, We-

gerzyn Gardens MetroPark Dayton



### For More Information

**Jenna Amerine, MPH, CHES**

**Creating Healthy Communities**

**Coalition Coordinator**

**(330) 675-7807**



[www.facebook.com/trumbullpublichealth](http://www.facebook.com/trumbullpublichealth)