Portage County Community Health Improvement Plan Progress Report			
HEAL (Healthy Eating, Active Living)			
Action Step	**Responsible Person/Agency**	**Timeline**	**Progress**
Implement Mindful by Sodexo and other Healthier Hospitals Initiatives			
Year 1: UH Portage Medical Center will research Mindful by Sodexo and other Healthier Hospitals Initiatives. Collaborate with nutrition services to assess the current food and beverages in the hospital cafeterias, vending, meetings, and gift shops. Implement the Mindful program in at least one of the following priority areas: • Healthy Cafeterias/Cafes • Healthy Vending Machines • Healthy Meetings and Events Use marketing materials (posters, table tents, stickers, etc.) to better brand the program	Mindy Gusz, University Hospitals Portage Medical Center	October 1, 2017	
Year 2: Continue to implement, and monitor/assess implementation of, the Mindful program in all three priority areas within the hospital		October 1, 2018	**1-16-18:** No updates at this time from Mindy regarding UH Portage Medical Center. Angela DeJulius (KSU): As of July 1, 2017, KSU has also switched to Sodexo as its food provider, and has implemented Mindful and many of the same initiatives across their campuses. **4-17-18:** Mindy: With Sodexo, the hospital celebrated National Nutrition Month in March with events and sample tasting in the cafeteria, and sharing educational materials regarding nutrition, healthy food alternatives, and wellness. Goal this year has been to focus on broadening efforts to wider-spread community level awareness. Planning to start a farmer's market at the hospital beginning the end of June, to run through September every other week on "Wellness Wednesdays" from 11am to 2pm. Working on securing vendors. Sodexo will participate and UH Portage will include nutrition education. Interested in partnering with other agencies' involvement. Food trucks will likely also be included.
Year 3: Introduce the program into other areas of the community (businesses, schools, churches, etc.)		October 1, 2019	
Partner with Portage Park District to implement various programs/policies			
Year 1: Partner with local communities across the county to promote park planning, funding and development. Increase awareness, access and use of parks: • Improve trail quality and signage. • Promote and expand the "Wild Hikes Challenge." • Promote park and trail use through social media, Meetup groups, hiking clubs. • Partner with health care providers to distribute maps and brochures of parks and trails. Initiate partnerships for Park Rx program.	Christine Craycroft, Portage Park District	October 1, 2017	

Year 2: Initiate and expand park programming for healthy recreation including walking and biking clubs. Distribute Parks Rx program materials to pilot groups of healthcare providers, and evaluate progress. Partner to create a pump track for bikes in association with the hike and bike trail. Add 3 miles of trails.		October 1, 2018	**1-16-18:** Andrea (Portage Park District): Wild Hikes Challenge for 2018 is out and posted on website. Saw an increase in 2017 from prior years, including influx from Cuyahoga and Summit counties). Will be doing additional marketing in 2018. Introduced intern, Miranda, who will be responsible for Parks RX program, inventory of walking/hiking meet-up groups, and also help with promoting programs and parks use. Recently acquired more land in Streetsboro, to be open to the public in the coming years. There are winter activities (cross country skiing, sledding, etc.) promoted in the parks **4-17-18:** Andrea: Getting close to launching Park Rx. Have developed rack cards that can be placed anywhere throughout the county. Have also developed activity flyers, that include comprehensive information on each park with maps, list of activities, trail info including equivalent calories burned, etc. All info will be posted on the Park District website as well (and are planning to launch a new website soon.) A poster has also been created to advertise the Parks Rx program, planned to first distribute to partner agencies and clinics. Parks Rx materials do not replace, but are in addition to, existing maps and program materials which will also be newly created and updated in the next several weeks. Mindy (UH Portage) offered to assist in distributing Parks Rx materials to PCPs, cardiologists, cardiac rehab offices, etc, when the Park District is ready. Andrea: Owlbert the mascot now has trading cards, geared toward the 4 seasons, which will be handed out during appearances, hoping to encourage participants to keep returning to collect a full set. "Phase II" of Morgan Park is in the planning stages, and will add just under 4 additional miles of trails, targeting completion by end of the year. This will also include an accessible trail. Creation of a pump track is currently on hold. Ravenna Parks applied for a grant to create one and did not receive funding.
Year 3: Expand participation in Parks Rx, Wild Hikes Challenge and group activities. Partner to develop a fitness trail with outdoor exercise equipment. Partner to offer community gardens and associated programming on park property.		October 1, 2019	

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Implement Complete Streets Policies within the City of Kent			
Year 1: Raise awareness of Complete Streets Policy and adopt comprehensive complete streets policies. Gather baseline data on all of the Complete Streets Policy objectives. Plan and hold a meeting with city residents, city planners and other city officials in attendance to discuss future policy changes.	Jeff Neistadt, Kent City Health Department	October 1, 2017	
Year 2: Begin to implement the following Complete Streets Objectives: • Increase in total number of miles of on-street bicycle facilities, defined by streets and roads with clearly marked or signed bicycle accommodations. • Pursue Safe Routes to School status from the National Center for Safe Routes to School. • Pursue city council ordinance that any street needing significant repair transition to a Complete Streets model. • Pursue city ordinance requiring bike riders under 16 to wear a helmet.		October 1, 2018	**1-16-18:** Jeff: Getting an intern to do assessment of Safe Routes to School program. Plan to apply for grant by year end. Will be working with city engineers office to connect some of the biking/walking trails. Pursing city ordinance to ensure people are wearing helmets while biking. (Many people bike in Kent all year.) Becky (PCHD): PCHD is working with a NEOMED student on a needs assessment for Safe Routes to School. Will share into with Kent. **4-17-18:** Mike (Jeff): Kent City Health Department is continuing to work with city engineers in pursuit of implementing Safe Routes to School. Becky (PCHD): PCHD is working with Mary Ellen Liang NEOMED MPH student on Safe Routes to School. The assessment is complete and a strategic plan has been created. Information was shared with Kent City Health Department.
Year 3: Continue efforts from years 1 and 2.		October 1, 2019	
Develop a Portage County Obesity Coalition			
Year 1: Establish the basic principles of the coalition and develop evaluations for progress. Recruit community leaders, stakeholders, school RN's and primary care physicians to sign up and become members of the coalition. Announce the coalition through press releases and social media outlets. Work to establish a mailing list serv to send updates to the community. Complete an action plan and set 2-3 goals that the coalition will work towards implementing. Begin to determine resources and begin to secure funding.	Natalie Caine-Bish, Kent State University Center for Nutritional Outreach	October 1, 2017	
Year 2: Work towards completion of established action plan goals. Expand coalition to recruit and include all partners interested in decreasing childhood and adult obesity. Collaborate in development of additional goals and pursuit of funding. Research community bike giveaway programs.	Becky Lehman, Portage County Combined General Health District	October 1, 2018	**1-16-18:** Becky: No progress at this time on expanding the Obesity Coalition. PCHD will be partnering with Ravenna Elks Lodge and Ravenna Police Department to host a Bike Rodeo on 6/2/18. PCHD will be applying to the "Put a Lid on it" grant for the fifth year for bike helmets to be distributed at the rodeo. This will be the second year partnering with the Ravenna Elks for the bike rodeo.

Partner with community agencies (and PCHD bike helmet program) to distribute bike helmets to children in need.			**4-17-18:** Becky: Plan is to expand Obesity Coalition this summer; having first large meeting by end of summer. ODH MCH grant removed funding for FY19 grant cycle for obesity prevention. PCHD spoke with United Way on funding opportunities for KSU Center of Nutrition Outreach. Shared the grant funding information with Natalie Caine-Bish, to help with funding school-based programs previously funded by MCH grant. PCHD is on track for the bike rodeo event being held on June 2nd in partnership with Ravenna Elks. Maureen (United Way) passed out to the group a Community Impact Health dashboard, developed in alignment with the CHIP activities to guide agencies and others in the community of relevant priorities, indicators, and outcomes for proposed projects submitted to United Way requesting funding. Mindy (UH Portage): Windham Renaissance Family Center community garden is underway. Great community effort in place. Volunteer day was held end of March to bring in compost to start things up for the season.
Year 3: Continue efforts from years 1 and 2.		October 1, 2019	
Implement the Prescription for Health Program			
Year 1: Research Prescription for Health program. Obtain baseline data to document need for Prescription for Health. Contact potential clinic and farmer's market partners. Schedule and attend meetings with potential partners – discuss the program and requirements for participation. Finalize clinic and program partners. Decide what program materials are needed. Develop program materials.	Jeneane Favaloro, AxessPointe Community Health Center	October 1, 2017	
Year 2: Research Prescription for Health program. Obtain baseline data to document need for Prescription for Health. Contact potential clinic and farmer's market partners. Schedule and attend meetings with potential partners – discuss the program and requirements for participation. Finalize clinic and program partners. Decide what program materials are needed. Develop program materials.	Amy Lee (NEOMED) and NEOMED SOAR Clinic	October 1, 2018	Amy provided email update, **1-16-18:** Have initially researched Prescription for Health. Currently exploring possibility of implementing alternative program, Health Leads, with the NEOMED SOAR Clinic as a possible pilot site. Andrea (Portage Park District) will contact Amy to see how the Park Rx program may align with these efforts. **4-17-18:** Amy: Have students investigating Health Leads, looking to adapt to the SOAR clinic to implement such a social needs assessment into the current clinic flow. Also exploring feasibility of stocking canned food and other items at the clinic to meet the population needs. Plan to set up a panel session. Will involve medical and public health students working together, as well as potentially bringing in social work students through collaboration with the University of Akron. Also looking to develop a specific service provider contact call system, so that patients at the clinic on Saturdays as well as clinic providers have specific personal direct contacts to ask questions and follow up with. Lacey (SOAR) indicated that the Portage Park District provides information to the clinic regarding

			physical/recreational opportunities. Stressed the ultimate goal/need for a community liaison, to assess the patient needs and how best to address them within the primary care system.
Year 3: Double the number of locations offering the Prescription for Health program.		October 1, 2019	
Incorporate families and children into community physical activities			
Year 1: Obtain baseline data on races and other organized physical activities in the county and if they offer a child or family component Provide at least one Community related program promoting physical activity and families.	Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition	October 1, 2017	
Year 2: Provide five family engagement Healthy Kids Running Series events in Portage County. Collaborate with Sequoia on the fitness activity and nutrition programs.	Natalie Caine-Bish, Kent State University Center for Nutritional Outreach and Jackie Smallridge, & Jacy Watson, Sequoia Wellness	October 1, 2018	**1-16-18:** Becky (PCHD): KSU will continue to host the Healthy Kids Running Series in Portage County. Are revising forms/materials to make it clearer that KSU covers all costs for participants. Natalie provided email update, **4-16-18:** Healthy Kids Running Series is running this month. Have had one race thus far, and have 40 participants signed up for the 5-week series. The MCH Grant with Center for Nutrition Outreach funding is paying $30 of the registration fee for each child to participate. (Remaining cost per child is just $5 to run the entire series.) KIDS Camp (the Center for Nutrition Outreach free weight management program for overweight children and adolescents) finished the 2nd session last week. 30 kids participated between the fall and spring sessions. Andrea (Portage Park District): Will be meeting with Jackie at Sequoia Wellness this week to work on developing a training program for preparation to participate in the Head Waters Adventure Race, collaborating on the Parks Rx program, and other activities.
Year 3: Increase child and family participation at organized physical activity events by 10%		October 1, 2019	

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Implement a Healthier Choices Campaign			
Year 1: Work with Portage County Obesity Coalition and the KSU Center for Nutrition Outreach to develop a Healthier Choices Campaign. Secure funding to create campaign materials.	Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition	October 1, 2017	
Year 2: Roll out a Healthier Choices -type campaign to schools, youth centers, local gyms, and healthcare offices as pilot centers. Explore potential funding opportunities (United Way Community Needs Grant, etc)		October 1, 2018	**1-16-18:** Becky (PCHD): Using the Nutrition and Physical Activity Needs Assessment completed in October, an action plan (including such campaign activities) has been submitted to ODH under the Maternal Child Health grant. **4-17-18:** Becky (PCHD): ODH MCH grant removed funding for FY19 grant cycle for obesity prevention. PCHD spoke with United Way on funding opportunities for KSU Center of Nutrition Outreach. Shared the grant funding information with Natalie to help with funding school based programs previously funded by MCH grant.
Year 3: Roll out campaign to entire County Continue fundraising.		October 1, 2019	
Increase nutrition/physical education materials being offered to patients by primary care providers			
Year 1: Work with primary care physicians and offices to assess what information and/or materials they are lacking to provide better resources for overweight and obese patients. Develop nutrition/physical education tool kits to provide to primary care physicians that include dietitian referral information. Obtain funding for toolkit printing and training.	Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition	October 1, 2017	
Year 2: Investigate collaborative opportunities for system solutions with the three major health systems. • Identify people in each system that can share the screening tools; ascertain if EMRs from each system can be collected/shared. • Investigate what primary care providers are screening for in offices (including mental health, substance abuse, and obesity). • Obtain EMR **required** questions from all the health care systems. • Determine PCP assessment criteria and follow up/referral protocols.	Joseph Diorio, and Mark Arrendondo Portage County Combined General Health District and Kirk Stiffler, Kent City Health Department	October 1, 2018	**1-16-18:** Joe: Starting from square one in this second year, looking at having the medical directors from both health departments reach out to the medical community to determine what questions are being asked to patients in the community on their EMRs related to healthy eating/active living. (Have identified that at least 3 different systems are currently being used throughout providers in the county.) Also seeking to learn what they are doing to refer people to resources. This same concept spills over into mental health and substance abuse, with oversight/direction led by the access to healthcare coalition. **4-17-18:** Joe: Dr. Arrendondo and Dr. Stiffler have been working with two physicians to gain information on their EMR questions and protocols (related to all relevant CHIP priorities.) Will have additional info to report next quarter.
Year 3: Offer additional trainings to reach at least 50% of the primary care physician offices in the county.		October 1, 2019	

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Expand the Personal Improvement Program (PIP) in schools			
Year 1: Increase awareness among schools about the PIP program. Meet with school superintendents, after school program directors, and other school staff. Explore feasibility of expanding the program to other schools. Explore funding opportunities to expand program.	William McCluskey, Edinburg Township	October 1, 2017	
Year 2: Implement the PIP program at West Main Elementary School in Ravenna. Recruit exercise physiologists, certified fitness instructors (ACSM), or PE students or teachers to volunteer for classes. Pursue sponsors and donations for healthy snacks and student t-shirts. Explore potential funding opportunities (United Way Community Needs Grant, etc)		October 1, 2018	**1-16-18:** Bill: Has not heard from anyone regarding support/volunteers/sponsors. Has speakers and contacts for education. Has approval of Ravenna Schools superintendent. The primary restriction is Bill's personal time to run the program (like he has in the past). Has spoken with KSU exercise physiology department regarding interest in volunteering, but the issues is they don't yet have their student population for the fall semester (when targeting to implement the program at West Main.) Also plans to speak with Hiram College and Sequoia Wellness. Exploring possibility of expanding to Rootstown Schools and NEOMED STEM program. Bill provided email update, **4-17-18:** Has not been able to coordinate a fill-in from the Ravenna Board. Has also not been able to gain commitments from others to help form a core volunteer team for the program. Speakers and activity participants have been established, but the physical activity instructors for the 2 days a week classes have not been established.
Year 3: Continue efforts from years 1 and 2.		October 1, 2019	
Implement postpartum weight loss educational program at WIC			
Year 1: Initiate "Healthier You" program to provide targeted nutrition education, breastfeeding support, recipes and physical activity recommendations to encourage healthy weight reduction to postpartum WIC mothers. Establish a Facebook group to appeal to millennials.	Amy Cooper, WIC Director	October 1, 2017	
Year 2: Expand "Healthier You" to include involvement of community partners. • Collaborate with Portage Parks District to promote family (Mom and Me) walks in the park Offer quarterly meet-ups of WIC mothers – offer education by community partners such as car seats, smoking cessation, stress management, safe sleep and baby wearing, as well as cooking demonstrations, breastfeeding education and mom-to-mom support.		October 1, 2018	**1-16-18:** Amy: Distributed 116 "Healthier You" brochures (October-December) to new moms. Facebook group continues to have limited participation. Ordering from state WIC "Mothers in Motion" DVDs with strategies for improving health. Hope to partner with Portage Park District for work on year 2 goals. Joe (PCHD) asked if there is any talk regarding home visits for new moms. Amy reported that HMG does the home visiting program through a contract with Mahoning County. Joe would like to see the home visiting program for new moms reinvigorated through use of public health nurses.

			Amy provided email update, **4-9-18:** Distributed "Healthier You" brochures to 65 women (Jan-March) Referred 21 women who expressed interest to "Mothers in Motion" program on www.wichealth.org and issued 3 Mothers in Motion DVDs to mothers who requested them. ("Mothers in Motion" is an 11-lesson series developed by Michigan WIC to help mothers who often struggle with stress, time management, parenting, meal planning and exercise. Lessons include real WIC mothers who successfully incorporate the lessons to improve their health as well as the health of their families.)
Year 3: Continue efforts from years 1 and 2.		October 1, 2019	