



## Community Transformation Grant Program FY2013 Highlights

In September 2011, the Community Transformation Grant (CTG) Program awarded approximately \$103 million to 61 state and local government agencies, tribes and territories, and nonprofit organizations to improve the health of their communities. In 2012, CTG expanded to support small communities targeting populations with less than 500,000 people. Approximately \$70 million was awarded to 40 communities, with nearly one-quarter of these funds directed to rural and frontier areas. Below are community highlights.

- **Tobacco-Free Living:** Reducing tobacco use and protecting people from secondhand smoke exposure by helping ensure access to smoke-free indoor public places and parks are important ways awardees are helping improve the nation's health.
- **Active Living and Healthy Eating:** Communities are making healthy living easier by increasing opportunities for physical activity and promoting nutrition guidelines that encourage healthy vending options.
- **Clinical and Community Preventive Services:** Using clinical and community preventive services to address leading causes of disease and death, awardees are focusing on chronic illnesses such as heart disease, diabetes, and cancer with particular emphasis on improving control of high blood pressure and high cholesterol.
- **Healthy and Safe Physical Environments:** Expanding access to public transportation and supporting sidewalk improvements, which make healthier and safer physical environments, are some of the ways awardees are encouraging physical activity within their communities.

### Tobacco-Free Living

#### North Carolina

**The Challenge:** Approximately 20% of the adult population—more than 1.4 million individuals—are current cigarette smokers. Across all states, the prevalence of cigarette smoking among adults ranges from 9.3% to 26.5%. The state of North Carolina ranks 38th for residents using tobacco among all states.

**The Goal:** North Carolina residents living in private and Department of Housing and Urban Development (HUD)-supported rental housing will have access to smoke-free environments.

**Current Activities:** Through efforts supported by CTG, more than a million North Carolina residents now have increased protections from secondhand smoke exposure in county government buildings, local municipal government buildings, indoor public places, parks, multiunit private and HUD-supported rental housing, and college campuses. Beginning January 1, 2014, Partnership Property Management (PPM) of Greensboro, which oversees a 9,500-unit portfolio of largely HUD-supported housing in five states including North Carolina, expects to implement smoke-free multiunit housing protections.

### Active Living and Healthy Eating — Nutrition

#### Texas

**The Challenge:** In 2012, only 30% of Texas adults reported having consumed fruits at the recommended level of two or more times per day—and, more than 65% of residents in the state of Texas are obese.

**The Goal:** Texas residents will have increased access to healthy food and beverage options.

**Current Activities:** As of June 2013, 254,800 residents in seven Texas counties (Burnet, Presidio, Starr, Hale, Hood, Parker, and Hopkins) have increased access to healthy foods through expanded community gardens, participation by local farmers in farmers' markets, and produce donations to organizations serving different populations. Starr County in South Texas has increased access to fresh fruits and vegetables for its residents through community gardens and a mobile farmers' market. One community garden yielded more than 500 pounds of tomatoes and 300 pounds of squash in a single harvest season for use in salad bars in school cafeterias. In addition, the mobile farmers' market sells an average of 1,500 pounds of fruits and vegetables monthly to residents within identified food deserts. In Hood and Parker Counties, local churches also are providing low-income residents with fresh fruit and vegetable boxes.

## **Iowa**

**The Challenge:** Only 27.5% of Iowa adults reported having consumed fruits at the recommended level of two or more times per day—and only 21.9% of adults reported having consumed vegetables at the recommended level of three or more times per day. In addition, an estimated 65.4% of adults in Iowa are either overweight or obese, making Iowa one of the most obese states in the country.

**The Goal:** Iowa residents will have improved access to healthy food and beverage options.

**Current Activities:** As of June 2013, an estimated 113,000 Iowans have increased access to healthier food and beverage options. Several work sites and community locations across the state have implemented changes to increase the number of healthy options available. The Black Hawk County Board of Supervisors implemented a wellness policy that increases access to healthy foods and drinks in all county-owned facilities. More healthy options are also available in restaurants, convenience stores, and other community locations across the state. In Woodbury County, Sioux City, increased the number of healthy options available at concession stands located at the city's swimming pools and recreation center. In addition, several healthy foods were added to the menu at the Tyson Event Center, a large event arena that holds up to 10,000 people.

## **Physical Activity**

### **Maryland**

**The Challenge:** In 2012, an estimated 23% of Maryland's adults reported that they had not engaged in any physical activity during the past month. In addition, 65.4% of adults are overweight or obese.

**The Goal:** Maryland residents will have increased access to physical activity opportunities throughout the state.

**Current Activities:** As of June 2013, nearly 129,000 Maryland residents in target communities have more opportunities to be physically active at work and school, and in childcare settings. The Maryland Department of Health and Mental Hygiene collaborated with communities across the state to support worksites in their efforts to provide safe and supportive environments for physical activity.

## **Clinical and Community Preventive Services**

### **Minnesota**

**The Challenge:** In 2011, despite ranking as one of the healthiest states in the nation, approximately 26% of adults in Minnesota reported having high blood pressure.

**The Goal:** Minnesota will provide an additional 700,000 residents with access to a clinical preventive service system that improves management of high blood pressure and high cholesterol.

**Current Activities:** As of June 2013, an estimated 700,000 Minnesota residents have increased access to services that improve control of blood pressure and cholesterol. Both traditional and community clinics in Minnesota are focused on improving quality measures for blood pressure and cholesterol control in support of CTG's strategic direction related to chronic disease prevention.

### **Montana**

**The Challenge:** Nearly 21% of adults in the state of Montana have high blood pressure and 30% have high cholesterol.

**The Goal:** Montana will provide an additional 372,500 adults with access to improved clinical systems for high blood pressure and high cholesterol control in health care settings.

**Current Activities:** Ten community health centers and two rural health clinics in Montana are completing quality improvement projects for monitoring blood pressure and cholesterol in patients. As of June 2013, more than 31,000 patients have increased access to these improved clinical and community preventive services.

## **Healthy and Safe Physical Environments**

### **Springfield, Missouri**

**The Challenge:** In the southwestern corner of Missouri, where Springfield is located, 25% of residents have high blood pressure, more than 30% are obese, and almost 8% have diabetes.

**The Goal:** Residents of Springfield, Missouri, will have improved access to healthy and safe physical environments.

**Current Activities:** The Ozarks Regional YMCA in Springfield, Missouri, is implementing the Let's Go Smart initiative to encourage residents to make wiser transportation choices, whether it's walking, biking, riding the bus, or driving. The initiative focuses on educating the public about transportation options, active living, and the value of improving the built environment to support physical activity. In support of the initiative, Springfield has implemented Complete Streets principles to support all forms of transportation and conducted an assessment of opportunities for walking in the community.

For more information about CDC's Community Transformation Grant Program (CTG), visit [www.cdc.gov/communitytransformation](http://www.cdc.gov/communitytransformation), or call 800-CDC-INFO (800-232-4636).