

PICH Awardee Impact Statements

Background

The Partnership to Improve Community Health (PICH) initiative funded 29 communities from FY2014 through FY2017 to reduce chronic disease risk factors. Awardees implemented evidence-based policy, system, and environmental interventions to improve nutrition and physical activity, reduce tobacco use and exposure, and strengthen community-clinical linkages.

PICH awardee impact statements describe the short-term impacts of the PICH initiative. These impact statements were created using data from awardee Community Action Plans, awardee Progress Reports, and census data. All data were reviewed for clarity and potential duplicate reporting. Impact statements were created during two timeframes: 2016 and 2017. Each awardee has at least two impact statements; if there were additional data, additional impact statements were developed.

Fort Defiance Indian Hospital Board, Inc. (Arizona)

Nutrition

As of September 2017, Fort Defiance Indian Hospital Board, Inc. increased access to healthy food and beverages for an estimated 59,838 Native American residents in Arizona. PICH staff supported the development of 23 farmers' markets. To increase interest among vendors and address the misperception that farmers' markets are for vendors who sell surplus vegetables at a low cost, PICH staff set up trainings and recruited farmers, growers, and partners to participate. Community Health Workers (CHWs) were used to find partners, organize markets, set schedules, and get community input and support. PICH staff conducted surveys at farmers' markets and each market included a cultural component coupled with a public health component consisting of healthy living messages, eating/eating healthy, and taking care of oneself. They also invited local health related resources to participate and they assisted with outreach, public information, educations, and demonstrations. PICH staff also conducted eight demonstrations to farmers with the overall goal of increasing the focus on food security, and traditional food throughout the service area. In addition, PICH staff supported the development of 24 community gardens at local schools and one demonstration garden at the Window Rock Fairgrounds. They purchased supplies, built raised boxes, rows, and fences, and implemented a school garden curriculum. CHWs were used to visit school administrators, forge relationships, and partner to continue and start new gardens. The Window Rock Fairgrounds garden focuses on traditional Navajo foods and beverages and has the theme that "Food is Medicine". The fairgrounds garden intended to show the Navajo people what their traditional food looks, feels, and tastes like and inspire people to grow their own food as part of the PICH food sovereignty initiative.

Community-Clinical Linkages

As of September 2017, Fort Defiance Indian Hospital Board, Inc. increased access to community-clinical linkages for an estimated 4,611 American Indian residents in Arizona. Three worksites implemented comprehensive worksite wellness programs. PICH staff provided training and technical assistance support to the Cornfields Chapter House to install a wellness center and a community garden with an adobe oven on the chapter property. PICH staff also supported the development of a worksite wellness program at the Tsehootsooi Medical Center which included providing materials and supplies for a community garden. The program also provides therapeutic and fitness opportunities for staff and

community. The Navajo Nation Department of Agriculture is also developing a program that includes an employee health needs assessment and building an adobe oven at the worksite to demonstrate healthy cooking, teach traditional cooking methods, and provide employee meals.

Community Action Partnership of Orange County (California)

Physical Activity

As of September 2017, the Community Action Partnership of Orange County (CAPOC) increased access to opportunities for physical activity for an estimated 98,487 residents. Seventy-eight schools increased the amount of time kids spent in PA through the provision of structured recess and installation of fit kid centers/fit kits that equip classroom teachers with simple and ready-to-use tools and resources to increase physical activity during the school day. In addition, 52 after school programs increased access to physical activity through bicycle rodeos, installation of physical activity equipment, movement-based activities, and helping students be aware of lifestyle choices concerning safe play and being active. Using the equipment, students are increasing their physical activity from moderate to vigorous 5 days a week during the after school program time. CAPOC also worked to increase access to physical activity in ten local parks through the installation of fitness equipment, creation of a walking/running path, improved lighting, and a hydration station.

As of September 2017, the Community Action Partnership of Orange County (CAPOC) increased access to opportunities for physical activity for an estimated 98,487 residents of Orange County, California through infrastructure improvements supported by partners. CAPOC facilitated discussions and worked with partners to develop a plan to leverage resources. As a result, the city of Santa Ana installed striping and signage in the downtown wellness corridor, installed pedestrian crossing enhancements and bike racks, and completed a bike lane project. Garden Grove purchased and installed outdoor fitness equipment in Eastgate Park and Garden Grove Park. The city of Anaheim restriped crosswalks and freshly painted STOP lettering in four crosswalks near Anaheim High School, insured the streets were properly lit, and installed speed humps for traffic calming. In addition, Edison Park in Anaheim installed fitness equipment, lighting, and a walking path, lighting, and a hydration station.

Nutrition

As of September 2017, the Community Action Partnership of Orange County (CAPOC) increased access to healthy nutrition for an estimated 98,487 residents of Orange County, California. They worked with school food distributors in incorporating local foods and creating new policies within the company. Sixty-seven schools in the Garden Grove Unified School District, the Centralia Elementary School District, and the Magnolia School District are procuring local fruits, vegetables, and dairy products and directly purchasing from a local farm co-operative for school meals. In some schools, the procurement policy includes an emphasis on scratch cooking and highlighting the fresh fruits and vegetables available at the salad bar. In addition, students are receiving Harvest of the Month and nutrition education programming. CAPOC also initiated a Market Match program for the Downtown Anaheim Farmers' market. Market Match allows EBT recipients to gain an extra \$10 for every \$10 they spend at the market. This increases their purchasing power, which reduces barriers to purchasing fresh local fruits and vegetables to provide healthier meals to themselves and their families. Of note, the incentives redeemed through the Market Match program have steadily increased since the program was

implemented. Finally, CAPOC increased access to tap water through the installation of hydration stations in ten Anaheim parks.

Fresno County Department of Public Health (California)

Nutrition

As of September 2017, Fresno County Department of Public Health (FCDPH) increased access to healthy food and beverages for an estimated 126,576 residents of Fresno County. A combination of nine schools, churches, and community locations adopted new practices to offer fresh fruits and vegetables at low or no cost through food distribution hubs. FCDPH and the Farm to Table Work group worked with local aggregators, distributors, and school districts to build and strengthen infrastructure to increase access and consumption to fruits and vegetables at low or no cost. The Ooooby Healthy Rewards fruit and vegetable box community supported agriculture provided fresh fruits and vegetables at 2 elementary schools and 1 community location. PICH staff developed and maintained an online purchasing website (known as Ooooby), developed a web method for tracking school customers per site per week and also per EBT purchase, and created an online EBT calculator. On March 20, 2016, the Ooooby website was updated to allow existing customers to donate to Everyone Eats! EBT matching dollar program. In addition, the Fresno County Department of Public Health, in partnership with the Community Food Bank and the Fresno Metro Ministry (FMM), implemented the Food to Share Program, which provided donated or recovered fresh fruits and vegetables at no cost to families. To strengthen the food recovery infrastructure, FMM recruited food donors, including local faith based organizations, through presentations and information packets. FMM staff coordinated organizations and residents to recruit volunteers for food distributions, canvassing, cooking demonstrations, gleanings, and outreach. To date, there have been 17 food distributions benefiting residents in the King, Addams, and Homan neighborhoods. As a result of the Ooooby Healthy Rewards fruit and vegetable box and the Food to Share programs, Fresno residents in communities deemed as food deserts now have increased access to fresh fruits and vegetables.

Community-Clinical Linkages

As of September 2017, Fresno County Department of Public Health increased access to community-clinical linkages for an estimated 1,500 residents in Fresno County. Eight primary care clinics within Clinica Sierra Vista created and implemented an Rx for Health program to refer patients with uncontrolled hypertension to lifestyle change programs such as the Chronic Disease Self-Management Program (CDSMP), the California Smoker's Helpline, and the Dietary Approaches to Stop Hypertension (DASH) diet. The system utilizes Patient Navigators to help identify patients with uncontrolled hypertension and refer them to community-based lifestyle change programs to improve management of their condition.

Merced County Department of Public Health (California)

Physical Activity

As of September 2016, the Merced County Department of Public Health improved access to facilities and places for 10,680 Merced County residents through joint or open use agreements in four K-12 schools. Partnerships with local non-profit organizations, city officials and staff, and school district representatives were developed to implement organizational change and move towards policy development. Residents now have access to the athletic fields, tracks, and common spaces for physical

activity like Zumba classes at Tenaya Middle School, Gustine High School, Sybil Crookham Elementary, and Franklin Elementary School.

As of September 2016, the Merced County Department of Public Health (MCDPH) improved community resources and linkages for 23,557 Medi-Cal patients served by the Castle Family Health Centers. Healthcare providers at the clinic's sites in Merced County referred patients to the MCDPH Health Education unit for linkages to community-based chronic disease prevention programs. Bi-directional communication community prevention programs allows the MCDPH to follow-up on referral progress and program completion. This referral system created strong connections between healthcare and program providers and may improve patient chronic disease prevention over time.

Tobacco

As of September 2017, the Merced County Department of Public Health limited tobacco use in 752 multi-unit senior and low-income housing units and 1 college-university setting, reaching an estimated 18,366 people in Merced County, CA. Across the 752 multi-unit senior and low-income housing units, PICH staff worked with the Merced Housing Authority (MHA), the Always With Integrity (AWI) Management Corporation, and the Grove Merced Apartments and Merced Golden Apartments to deliver presentations, conduct trainings, adopt 100% smoke-free policies, deliver notice and lease addendums to tenants, and promote policy changes through news media channels. MHA approved a 100% smoke-free policy for all of the public and senior housing impacting 406 units and approximately 1162 tenants across 10 complexes. Another 100% smoke-free policy for indoor units and outdoor common areas was adopted by AWI Management impacting two multi-unit housing complexes and a total of 100 units, reaching another 357 people in Merced County. PICH staff provided support to AWI through tenant and staff education as well as technical assistance through the provision of model lease language and tobacco cessation training. Lastly, a third 100% smoke-free policy was approved for all apartment complexes throughout the Central Valley. In two other complexes, voluntary smoke-free policies were adopted, making an additional 246 units smoke-free, reaching 1100 people. PICH staff provided assistance through the provision of policy language, cessation services, and signage assistance. Each face-to-face contact with an apartment manager or owner included providing an informational packet with model policies and factsheets on the economic benefits of smoke-free and harms of secondhand smoke factsheet. In addition, the Merced College Board adopted a 100% tobacco-free policy, which restricts use the use of all tobacco products including cigarettes, e-cigarettes and smokeless tobacco (e.g., chew) on all college property. The policy impacts two campuses in the cities of Merced and Los Banos with a reach of over 15,000 including students and staff. Visitors to campus will also benefit.

Nutrition

As of September 2017, the Merced County Department of Public Health improved access to healthy food and beverages in 54 settings, reaching an estimated 56,439 residents in Merced County, CA. Strategies used include increasing access to tap water in K-12 schools, increasing the number of food and beverage policies at the college/university setting, and creating a procurement policy to source food from local farmers to four convenience stores.

The Merced Union High School District received approval from the Merced Union High School District Board to formalize the water promotion policy. This policy, which was signed by the Merced County Office of Education, reaches eight high school sites with approximately 150-200 students at each site totaling 900-1200 students.

At the Merced Community College District, water promotion guidelines were signed in September 2016, reaching approximately 14,963 people. These guidelines outline a commitment to make water accessible and available, promote water across campus (including the cafeteria), and reduce the promotion of sugary beverages.

Lastly, an 8-week procurement and distribution pilot for local produce was created and implemented in four convenience stores, three in South Merced and one in Winton, which improved access to healthier food options for an estimated 36,648 people. The procurement system involved weekly produce drop offs to the identified retailers by a local Hmong farmer. In addition to engaging the community in designing the intervention and helping to create a plan to increase availability of healthy options by linking farmers to convenience stores, PICH staff worked with community partners to promote the stores in the surrounding community through the development and distribution of flyers as well as internal and external signage at the store and coordinating media events that led to news articles in the Merced Sun Start and Winton Times. Stores received supplies, such as food baskets, to help them promote produce. Store owners and/or staff also received training on placement and rotational practices to minimize spoilage due to excessive ripeness.

North Coast Opportunities (California)

Nutrition

As of September 2017, North Coast Opportunities improved access to healthy foods and beverages for an estimated 64,665 people in Lake County, CA. With PICH funding, Be Well staff reached out to food service establishments and conducted trainings for 25 local chefs and food service professionals (representing 15 restaurant environments, including schools and senior centers) on the "Menus of Change" concept and operational principles designed jointly by the Culinary Institutes of America (CIA) and the Harvard-Chan School of Public Health. After these trainings, restaurants were invited to submit "Strategic Menus of Change" plans that must include "reduced sodium" and an increase in "plant-based menu options" to qualify for additional consulting support from the CIA. As a result, 8 restaurants began implementing changes in their cooking and restaurants, such as no longer salting soups and other dishes, upgrading the salad bar, providing more vegetable based menu items, and removing salt shakers from tables. These eight restaurants also received an "Eat Well Lake County" window cling to be placed on restaurant windows which identifies them as part of the county-wide Eat Well campaign.

Community-Clinical Linkages

As of September 2017, North Coast Opportunities improved community-clinical linkages for an estimated 3,486 people in the North Coast area of California. North Coast staff improved community resource extensions and linkages by engaging community health workers and increasing screenings and referrals in six primary care settings through the Wellness RX program. In the "Wellness Rx" program, six primary care providers give prescriptions for non-pharmacological interventions to patients with pre-diabetes, chronic pain, chronic disease, or weight or stress related issues. Community Health Workers then follow-up with patients via one-on-one support and group "Wellness RX" classes to connect patients to community and clinic resources. In addition, the Wellness Environment Consultant worked with seven worksites to support and change the culture of the work site environments through self-assessment and education. PICH staff provided a monthly "Work Well" article/ video about staying healthy and self-care in the workplace that will be archived for present and future use. The PICH team

also assisted each partner with computer-based and on-site Health Risk Assessments and education to support high and moderate risk employee to decrease chronic disease with lifestyle management tools. “Work Well” elements included a newsletter, video series, “Stand & Stretch” reminders, employee surveys, computer based and on-site health risk assessments, archival of all materials on the Lake County Be Well website, advice on creating workplace fitness challenges, walking groups and outlets for more movement at work, and memoranda of understanding to continue dissemination beyond the grant timeframe.

Santa Clara Public Health Department (California)

Tobacco

As of September 2016, the County of Santa Clara Public Health Department increased the number of Public/Affordable Multi-unit Housing (MUH) with smoke-free multi-unit housing standards that restrict smoking in 100% of units and/or common areas for an estimated 13,612 City of Sunnyvale residents, in 5,098 units.

Physical Activity

As of September 2017, County of Santa Clara increased access to environments for physical activity for an estimated 304,136 community residents throughout Santa Clara County, California. PICH staff partnered with the City of San Jose Department of Parks, Recreation and Neighborhood Services (PRNS) to improve access to physical activity at parks in the lower-income regions of East San Jose. In collaboration with the County, PRNS selected four parks in East San Jose with a reputation for being under-utilized. To engage residents and elicit information to address barriers to park utilization, the City of San Jose developed the Viva Parks program which offered 12 community events at Mayfair Park, Prusch Park, Roosevelt Park, and Hillview Park. Each event offered structured physical activity opportunities to create a more positive, inviting atmosphere and attracted crowds of approximately 500 to 1,000 people. PRNS developed an outreach and communications plan and utilized it to advertise for the “Viva Parks” program. By partnering with SOMOS Mayfair, a local non-profit, and the Stanford University Prevention Research Center, PICH staff implemented improvements to increase physical activity at two parks in the low-income region of East San Jose. One major success that led to an increase in access to public spaces, was that a memorandum of understanding was signed between Somos Mayfair and the Alum Rock School District, permitting community access to the Cesar Chavez elementary school field, near Mayfair park, for a free summer soccer program. PRNS found the events gave communities a way to celebrate their neighborhoods and fully use the park space to engage with their community.

County of Santa Clara also partnered with the PRNS to activate an “open streets” model where city streets are closed to cars and turned into a free, accessible, neighborhood resource for physical activity. Four neighborhoods in San Jose (i.e., Japantown, Mayfair, Downtown, Alum Rock) participated in the opens streets route, dubbed “Viva Calle San Jose”, which drew community residents from a wide variety of income levels and cultures in physical activity and allowed people to truly experience what a walkable and bikeable city looks and feels like.

In addition to improving access to parks and open streets for physical activity, PICH staff also partnered with Breathe California and McClure Nelson and Associates to implement physical activity standards in 33 private companies and community-based organizations. Breathe CA and McClure Nelson and

Associates recruited organizations, assessed worksite needs, and supported worksites to prioritize the gaps identified and provided guidance in developing healthy food and beverage standards and implementation plans that helped each organization meet its goals.

Nutrition

As of September 2017, County of Santa Clara increased access to healthy nutrition for an estimated 533,476 employees and residents throughout Santa Clara County, California. PICH staff partnered with Breathe California and McClure Nelson and Associates to provide technical assistance to private companies and community-based organizations on creating standards to support healthy eating and active living environments. Breathe CA and McClure Nelson and Associates recruited organizations, assessed worksite needs and supported worksites to prioritize the gaps identified and provided guidance in developing healthy food and beverage standards and implementation plans that helped each organization meet its goals. As a result of their efforts 33 non-profit organizations, five cities and Santa Clara Valley Medical Center (including their satellite offices) implemented healthy procurement standards. Procurement standards focused on providing access to healthy food and healthy beverages, including access to tap water via hydration stations, at each worksite.

Solano County Public Health Services (California)

Tobacco

As of September 2017, Solano County Public Health Services increased access to tobacco free environments for an estimated 413,344 residents in Solano County, California. PICH staff provided data and presentations, model language, signage, study sessions, and other technical assistance to encourage the adoption of voluntary smoke-free policies. Four county-owned outdoor recreation areas adopted voluntary smoke-free policies. In addition, the City of Benicia, City of Vallejo and Suisun City all passed new policies for smoke-free parks, including e-cigarettes. Finally, businesses throughout the West Texas Street corridor of Fairfield, CA worked with the City of Fairfield and the county on a smoke-free downtown ordinance, which was approved in September 2017. In addition, 159 private/market rate multi-unit housing complexes adopted lease agreements for new tenants designating units and common areas smoke-free. PICH staff created and distributed an infographic on secondhand smoke, and one on seniors and smoking. Staff developed a booklet for landlords and owners that details the benefits for going smoke-free as well as recommended steps to take, and language to use. Staff also created a trifold brochure for owners and managers, based on feedback from partners who have managed apartments. PICH staff also participated in the filming of the smoke-free housing video; received assistance from Alameda County's Tobacco Control Program; and applied for technical assistance from The Loop, a local tobacco prevention organization at University of California, San Francisco. Once all contracts were in place, PICH staff provided training, materials and content.

Nutrition

As of September 2017, Solano County Public Health Services increased access to healthy food and beverages for an estimated 413,344 residents in Solano County, California. Twenty four schools improved water access standards in school wellness policies. Solano County Public Health Services staff helped coordinate the procurement and leveraging of non-PICH funds to purchase water stations (i.e. funding from school districts and the county) and working with a local park to donate an unused water station. Staff also supported promotion of the water stations. In addition, 64

recreational areas enhanced policies related to water access and installed new water stations. Finally, seven grocery stores and convenience stores increased access to healthy food and beverages. PICH staff surveyed stores, identified potential stores for participation, led or assisted with healthy store makeovers, helped create healthy checkout lanes and areas, promoted the stores, and conducted community-wide celebrations to promote the healthy changes to customers.

Toiyabe Indian Health Project PICH Program (California)

Tobacco

As of September 2016, the Toiyabe Indian Health Project PICH Program increased access to tobacco-free or smoke-free environments for an estimated 10,000 residents living in Bishop, CA. The City of Bishop City Park now has an ordinance promoting a commercial tobacco-free environment, including e-cigarettes. The success of these efforts was attributed to a strong coalition focused on tobacco prevention.

Nutrition

As of September 2017, Toiyabe Indian Health Project improved access to healthy foods and beverages for an estimated 26,854 people in the Bishop, CA area. To support local food production, school gardens were built or upgraded in 5 Inyo County schools. Two garden coordinators were hired and taught 13 garden curriculum classes, reaching 260 students in the first session. A healthy eating curriculum was implemented in all county elementary schools. To improve access to water, 24 water fountains/stations were installed in parks, schools, community spaces, and tribal offices.

Physical Activity

As of September 2017, Toiyabe Indian Health Project improved physical activity environments for an estimated 32,748 American Indians in Bishop and Bridgeport, CA. PICH staff worked with Tribal Head Start in the Bishop Paiute Tribe to expand their play area into an adjacent open field. In another park, PICH staff were able to identify additional funds from a tribe to renovate two ballfields, purchase new bricks and bases, and install an outdoor basketball court in a central community location. The Bridgeport Indian Colony developed a 1/3 mile circular biking/walking path and maintained a successful bike share program. The Eastside Bike Share was launched in April 2017, with 20 bikes available for rental at 2 stations. To date over 300 rides have occurred and rider feedback has been positive. Finally, the Cerro Coso Community College expanded a range of physical activity courses and put joint use agreements in place to allow community members to use school facilities.

Nemours Alfred I. DuPont Hospital for Children (Delaware)

Nutrition

As of September 2017, Nemours Alfred I. DuPont Hospital for Children improved access to healthy food and beverages for an estimated 71,356 low income and Black or African Americans in the Wilmington area of Delaware. PICH staff implemented corner store improvements in 12 corner stores, including introduction of fruit and vegetable products; improvements to the quality of canned vegetables; installation of the Healthy Food Identification Campaign and store fixtures such as shelving and small display equipment. Stores received resources such as reusable grocery bags, signs and sign holders, and tiered shelves and baskets for displays. 87% of stores have introduced a whole grain product, 87.25% have introduced a protein product, 75% have introduced a healthy snack product, 68.75% of stores have introduced fresh fruits/vegetables, 62.5% of stores have introduced a healthy frozen, canned or dried fruit/vegetable product, and 31.25% have introduced a low-fat dairy product. The large percentages of those that have increased the inventory of healthy snacks, whole grains, proteins and fruits and vegetables show that residents in the community now have access to healthier options they did not have prior to this award. In addition to improving corner store conditions, PICH staff worked with two community partners – Urban Acres Produce and South Wilmington Planning Network – to add three farm stands in at-risk neighborhoods. These markets serve three targeted communities: Southbridge, Westside and Eastside. Urban Acres also secured land for a community garden that will help with sustainability of their markets and growth of their business. The plots will grow produce for retail distribution, community gardeners, and farm stand purposes.

Physical Activity

As of September 2017, Nemours Alfred I. DuPont Hospital for Children improved access and opportunities for physical activity for an estimated 15,053 people in Delaware. In partnership with two community partners, New Castle County Department of Community Services and Westside Grows Together, PICH staff focused on revitalizing three parks in different neighborhoods. The County went to multiple community meetings to hear from residents about how they could improve the parks in three neighborhoods that are geographically, but not physically linked. The number one priority was to construct a walking path/trail that linked the parks together and provided a space for people to walk for activity and provided a route to get to the local stores, churches or other areas of the community. Recognizing the importance of this path, the County committed their own resources to complete construction necessary for the Tri-Park pathway. Community members now have a walking trail that connects the three parks and newly renovated tennis courts. Over the late summer and into the early fall, many events were held including tennis lessons for children and families, Sunday Family Fun days, and more clean-up days.

Additionally, in the Westside of Wilmington, the Cornerstone West Community Development Corporation worked with the partners, including the state, city and county to revitalize four additional parks. In total, the PICH award supported close to 45 Friends of the Parks events, including park ribbon-cuttings. Revitalization improvements included the installation of walking paths and new playground equipment, planting a garden, and transforming a former lot in the creative district from a pile of rocks and rubble to a new pocket park with green space with areas for playing, relaxing, and gathering.

Broward Regional Health Planning Council, Inc. (Florida)

Tobacco

As of September 2016, Broward Regional Health Planning Council, Inc. increased access to tobacco-free or smoke-free environments for an estimated 158,667 Broward county residents. By working together with stakeholders including students, faculty, staff members and administrators, Florida Atlantic University and Broward College campuses in Broward County created and implemented smoke-free protections for those who work, learn and visit their campuses. Additionally, Broward Regional Health Planning Council Inc., collaborated with partners to implement smoke-free protections for residents of 1,603 market-rate multi-unit housing units. Linkages with free cessation classes, materials and hotlines were also provided to those who own, manage and live in multiunit housing.

Nutrition

As of September 2016, Broward Regional Health Planning Council, Inc. increased access to healthy nutrition and physical activity opportunities for an estimated 90,000 children in 715 childcare centers in Broward County. A county ordinance informed by the Caring for our Children National Health and Safety Performance Standards improved nutrition standards, increased opportunities for physical activity, and reduced screen time in licensed childcare centers. Together with its partners, Broward Regional Health Planning Council, Inc. provided training, education, resources and materials to support the newly implemented Child Care Licensing ordinance. The ordinance ensures that childcare centers will have nutritional and physical activity standards that better prevent childhood obesity and promote efforts to ensure that children are healthy and ready to learn.

Community-Clinical Linkages

As of September 2017, Broward Regional Health Planning Council, Inc. (BRHPC) increased access to community based chronic disease self-management programs (CDSMPs) for an estimated 115,200 patients with chronic disease conditions in Broward County, Florida. BRHPC used a three-pronged approach that resulted in 108 healthcare providers in 13 settings gaining access to CDSMPs for their patients: 1) increased Community Health Worker and community-based organization capacity to provide the Stanford model self-management classes, 2) provided information and education to clinical practices and healthcare systems on the opportunities for their patients to participate in low- and no-cost self-management classes and 3) developed contracts with health insurance, managed care organizations and managed service organizations to institutionalize a payment and referral system for CDSMPs.

Physical Activity

As of September 2017, Broward Regional Health Planning Council, Inc. (BRHPC) increased access to opportunities for physical activity for an estimated 142,000 residents of Broward County, Florida by implementing "Health Hubs" in five parks located in areas with high rates of health disparities. BRHPC received funding from the Health Foundation of South Florida to install outdoor gym equipment and provide programming to demonstrate ways residents can use the equipment, at no-cost, to improve strength, flexibility, and endurance. PICH staff worked with partners to promote use and encourage access to residents for increased physical activity and links to healthcare. Community members shared that the opportunities to gather together for group work-out and walking sessions reduced social isolation, relieved symptoms of depression and anxiety, improved their mood, and enhanced their feelings of well-being. In addition, the Broward North and South Hospital Districts' and Holy Cross Hospital's mobile health vans and local healthcare providers performed screenings and physician visits in the parks. These parks have been recognized as health hubs for providing residents with access to

information on health issues, classes related to healthier living, implementing smoke free signage, offering fresh foods at low or no-cost, and linking residents to healthcare resources.

Heart of Florida Health Center (Florida)

Community-Clinical Linkages

As of September 2016, Heart of Florida Health Center increased access to community-clinical linkages for 76,155 residents of Marion County, Florida. As a result of Heart of Florida's efforts, 49 health and human service providers have implemented the use of the health information exchange MyHealthStory. MyHealthStory links patient care across the continuum through shared clinical records, secure messaging, and online referrals. Web-based chronic disease education and management modules, RelayClinical™ Patient Education, are included in MyHealthStory for a quick and easy access to an extensive library of information about medical conditions, procedures, and medications for patients and providers. Modules are available to patients even if they do not have providers enrolled in MyHealthStory. In addition, Heart of Florida is working to make 10 worksites healthier through completion of the CDC Worksite Health Scorecard (HSC) and results-oriented wellness programs. Interventions that have been implemented by worksites include: My Healthy Turnaround diabetes prevention program; Sit for 60, Move for 60; and tobacco/vape free policies. Participating worksites are aiming to increase their CDC Worksite Health scorecard by 10%.

Tobacco

As of September 2017, Heart of Florida Health Center increased access to smoke-free environments for an estimated 331,298 residents of central Florida by encouraging implementation of voluntary smoke-free protections in restaurants, faith based organizations, multi-unit housing, and recreation areas. Six restaurants implemented tobacco-free protections, including e-cigarettes, for outdoor seating areas and within 100 feet of establishment entrances and exits. Some restaurants are also providing space for brochures in English and Spanish on tobacco cessation and the dangers of secondhand smoke. Four faith based organizations signed tobacco-free grounds policies and 479 market rate multi-unit housing units went smoke-free. Thirty-two public parks and recreation areas implemented stronger tobacco-free protections. The memorandum of understanding with the Marion County Parks and Recreation provided consistent language for tobacco-free protections within 50 feet of all playground areas, sports areas, buildings located within the park, and any recreation areas such as picnic tables and gazebos and applies to park visitors as well as employees. The previous version of the tobacco-free park policy was loosely interpreted by individual park managers, applied only to buildings located with the park, applied only to parks employees, and did not include electronic nicotine delivery systems.

Nutrition

As of September 2017, Heart of Florida Health Center increased access to healthy nutrition for an estimated 331,298 residents of central Florida. Heart of Florida increased healthy food and beverage options in vending machines, concession stands, and restaurants and expanded the use and availability of SNAP/EBT in farmers markets.

Heart of Florida implemented healthy vending policies in 85 worksites, schools, and government buildings. Thirty percent of food in these vending machines now meet healthy criteria standards set in the HHS/GSA Health and Sustainability Guidelines for Federal Concessions and Vending Operations and

National Alliance for Nutrition Activities: Vending Machine Standards (NANA) from Center for Science and Public Interest.

Sixteen restaurants have partnered with the Measure Up Marion: Let's Eat Healthier initiatives. The Measure Up Marion: Let's Eat Healthy mobile phone app provides Marion County residents with personalized nutrition guidance on recipes, grocery store items and local restaurants. The Let's Eat Healthy app also provides personal nutrition guidance based on individual dietary preferences. These restaurants are featured on the app and offer healthier menu options that are less than 750 calories, have 10% or fewer calories from animal fats, and fewer than 750mg of sodium. These restaurants also use point of sale signage to encourage patrons to make healthier choices. In addition, 18 concession stands in parks and recreation areas and schools are offering and promoting healthier foods on their menus. All healthy food items are designated by the "healthy man" sign, conform to the Food Service Guidelines (<https://www.cdc.gov/obesity/strategies/food-serv-guide.html>), and are less than 35% fat, 10% saturated fat, and 35% total weight from added sugar.

Finally, Measure Up Marion County increased SNAP/EBT acceptance at Farmers' Markets. Mt. Citra Farms now provides EBT access at Ocala Farmers' Market each Saturday. Farming4U farms, which sells in two roadside markets in the west Ocala area, now accepts SNAP payment through EBT. The Hebron Evangelical Church launched the Marion Oaks Farmers' Market in August of 2017. This market prioritizes local farmers and producers, and accepts SNAP EBT payments.

Miami-Dade County (Florida)

Community-Clinical Linkages

As of September 2016, Miami-Dade County increased access to community-clinical linkages for an estimated 211,392 residents. West Kendall Baptist Hospital and the Fredericka Wilson and Juanita Mann Health Center implemented the Healthy Hub, which offers free, convenient health screening, counseling, and referrals. Screenings include height/weight, blood pressure, total blood cholesterol, blood glucose, ADA Risk Test for Diabetes, and carbon monoxide breath analysis. Clients' demographic information, screening results, and responses regarding AHA Life's Simple 7 lifestyle questions are also being documented. Clients are given personalized health education to improve their health and encourage adoption of healthier lifestyle. Referrals to primary care follow-up are given as needed. In addition to screening at the fixed-location hubs, the Hub also began screenings at off-site locations.

Physical Activity

As of September 2017, Miami-Dade County increased access to environments for physical activity for an estimated 247,219 community residents of Miami Beach, Miami Gardens, Coral Gables, and Miami Shores Village. PICH staff promoted education and awareness of the importance of active transportation to the community members, key partners, and stakeholders. Their efforts led to four municipalities accomplishing important milestones in improving the built environment. The first success came when the Miami Beach City Commission adopted a transportation modal prioritization strategy. A hierarchy of modes of transportation consisting of 1) pedestrians; 2) bicycles, transit, and freight (depending on the corridor); and 3) private vehicles served as the basis for formulating complete streets policies, developing goals and strategies, and ultimately prioritizing over 100 multimodal projects included in the Transportation Master Plan Project Bank. Additionally, on April 13, 2016, the City Commission adopted

the Transportation Master Plan, the Street Design Guidelines, and the Bicycle-Pedestrian Master Plan. The Street Design Guidelines established design standards that will help planners and engineers design and construct complete streets in the City of Miami Beach that are safe and comfortable for all modes of transportation and users. Further success occurred when the city of Miami Gardens developed a 5-year Bicycle and Pedestrian Mobility Plan, which included crucial elements for the Complete Streets with the goal of completing compliance with ADA requirements and sidewalk connectivity throughout the city. One of the greatest accomplishments of Miami-Dade County during this project was the adoption of Complete Streets Design Guidelines. The Miami-Dade County Commission established that the county's streets should be designed in accordance with the Complete Streets Design Guidelines. The adoption and implementation of the Complete Streets Design Guidelines will empower engineers and planners to design, construct and operate roads in a way that balances all modes of transportation within a context-sensitive approach that takes street typology and land use types into consideration when planning street enhancements.

Nutrition

As of September 2017, Miami-Dade County increased access to healthy nutrition for an estimated 1,060,074 community residents in Miami-Dade County, Florida. PICH staff implemented their Healthy Happens Here restaurant initiative in a total of 126 restaurants and other food establishments. Each of the locations signed a Healthy Happens Here pledge and agreed to participate in menu modifications to directly enhance the dining options of consumers. By partnering with a team of registered dietitians, the American Healthy Weight Alliance, and the Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee, they successfully created awareness with the participating restaurants. To spread the word of their initiative, staff attended health fair and community events and shared the educational flyer and other materials encouraging healthier food choices. Dietitians recruited restaurant owners, reviewed current menus, and helped create or modify three meals to fulfill the calorie and sodium requirements. After the meals were developed, taste-tested and approved, the registered dietitian provided managers with copies of the new Healthy Happens Here menu created for their restaurant. All of the fully implemented restaurants obtained a window decal as to signify that they were a Healthy Happens Here participating site. Participating sites were also added to the interactive map on the Consortium website.

In addition to partnering with food retailers to improve access to healthier meal options, PICH staff also encouraged worksites to improve healthy food and beverage options in vending machines, cafeterias, concession stands and meetings. E-mail blasts were sent to local workplace decision makers on the benefits of creating worksite wellness policies with a link to request free technical assistance. Program staff also partnered with the Soto group and the University of Miami to educate childcare center providers on the nutritional standards in order to improve their school menus. As a result of these efforts, two worksites with 16 employees and seven childcare centers serving 605 children participated in the program and adopted menu changes to increase access to healthy nutrition.

Pinellas County (Florida)

Physical Activity

As of September 2017, Pinellas County had increased access to environments for physical activity for an estimated 882,705 community residents in Pinellas County, Florida. PICH staff partnered with the cities

of St. Petersburg, Clearwater, Largo, Lealman, and Gulfport to install infrastructure improvements such as fitness zones, bike racks, wayfinding signs, and bike fix-it stations in 56 sites where people exercise, recreate, and relax outdoors. The cities and county were responsible for installation costs, demonstrating their willingness to expand access to no-cost physical activity for their residents and visitors.

Nutrition

As of September 2017, Pinellas County had increased access to healthy nutrition for an estimated 781,539 community residents in Pinellas County, Florida. PICH staff implemented their voluntary Fun Bites healthy concession policies and practices in a total of 17 recreation center concession stands/snack shacks throughout Pinellas County. City staff in parks and recreation departments made changes to menu offerings and purchasing practices to make healthier snacks accessible to concession stand patrons. In addition, by partnering with a Wellness Consultant, 86 schools in Pinellas County demonstrated their compliance with Smart Snacks vending to students on campus. PICH staff also expanded access to healthy food for low income residents by providing support and information about USDA SNAP/EBT procedures to farmers market managers and a mobile produce vendor. Through these efforts, the Largo Farmers Market and the Williams Park Summer Market in St. Petersburg implemented SNAP/EBT market wide, while the Clearwater Downtown market secured a produce vendor who accepted SNAP/EBT. PICH staff partnered with Next Stop Produce (a mobile produce vendor that has five stops in Pinellas County) to select appropriate stops based on community need, work with city parks and recreation department staff on navigating licensing issues, and provided marketing assistance. As a result of PICH technical assistance, the vendor was able to register and was approved through USDA to accept EBT. In addition to encouraging existing retail venues to provide access and availability of healthy food, Pinellas County also partnered with cities such as St. Petersburg, Clearwater, and Largo to install clean drinking water stations in 26 sites where people exercise, recreate, and relax outdoors. These new bottle-filling water fountains were added to encourage hydration during physical activity for county residents and visitors.

Fulton County (Georgia)

Nutrition

As of September 2017, Fulton County had increased access to healthy foods and beverages for an estimated 29,364 residents. Fulton County worked with their coalition to form partnerships with faith communities as a way to address multiple health issues and disparities affecting various populations within the county. Twenty-four faith-based organizations adopted active living resolutions with a nutrition component that included the following: fruits, vegetables and water will always be included among the snack and beverage options during congregational events and gatherings; youth leaders and teachers will use non-food items as rewards or treats; the interfaith organization will provide visible support for good nutrition through the use of posters, pictures, and displayed books and establish links between health and faith; and the interfaith organization will provide a comfortable space and accommodations for breastfeeding mothers. In addition, Fulton County worked with early childcare education centers (ECEs) to provide training and technical assistance on the development of wellness policies. Thirty-seven ECEs developed formal center-specific wellness policies that reflected best practices in early care settings which included procedure for providing healthy food and beverage options for students, staff, and visitors.

Tobacco

As of September 2017, Fulton County increased access to smoke free/tobacco free environments for an estimated 191,376 residents. PICH staff along with the Health Promotion Action Coalition worked to educate property owners, management staff, and residents about the benefits of establishing smoke-free housing. As a result, 2,258 market-rate multiunit housing units implemented voluntary policies to become smoke-free. After the adoption of the voluntary policy, property owners, management staff, and residents were trained to promote smoke-free messaging. In addition, 46 restaurants became smoke free. Fulton County worked with Georgia State University to conduct an opinion poll of Fulton County residents, restaurant air quality assessments, and environmental scans. Results from these activities were summarized and used in trainings and development of materials to educate restaurant owners and managers about the benefits of going smoke-free. The Program also successfully launched and expanded its Proud to Be Smoke Free Fulton Campaign, which helped to increase awareness about the dangers of secondhand smoke and ways to prevent or stop the use of tobacco. Fulton residents are now enjoying smoke-free dining throughout the county, which is increasing the potential for positive long-term health benefits.

Tanner Medical Center, Inc. (Georgia)

Nutrition

As of September 2017, Tanner Medical Center, Inc., had increased access to healthy nutrition for an estimated 119,763 residents of Georgia. Tanner Get Healthy, Live Well worked with 17 restaurants to launch the “Menu It” app in April 2016. This app allows users to look up local restaurants and find healthier menu items to meet their individual, specific health needs. The app was shared with the priority population churches for them to use when looking for healthy options when eating out in the community. Many of the restaurants also worked with Tanner's registered dietitian to alter meal options to fall more in line with healthy guidelines.

Get Healthy, Live Well also worked with six worksites to increase access to affordable healthy food and beverages at the worksite locations. The Tanner Health System made policy, system and environmental changes in the Tanner Café to improve the healthy menu options. Improvements included a daily Well For Life Plate, more vegetarian options, lower prices for whole fruits and premade salads, healthier snack options in vending machines, and daily menus that include low-fat, low calorie non-starchy vegetables, a lean meat and soup. Nutrition information for all menu items was made available and pricing was increased for less healthy options. Carroll EMC, JAC Products, Inc., and Decostar Industries, Inc. implemented policy, systems and/or environmental modification strategies that promoted healthy food and beverage choices, including contracting with a vending machine vendor to provide healthier options and serving healthy food choices at company meetings.

In collaboration with the Food Trust, Tanner Medical Center also implemented the Go Healthy Here campaign in three convenience stores. A dietitian from Tanner was engaged in the process of identification of healthy food and beverage options and product menu was developed that would qualify a store to be part of the Get Healthy Live Well network. Finally, Tanner Medical Center worked with six faith based organizations to implement practices to increase access to healthy foods and beverages. Three churches participated in a fruit and vegetable education and consumption challenge which included a pop-up grocery tour to encourage the consumption of fresh fruits and vegetables, tips

on reading nutrition labels, and provision of My Plate and healthy recipes to encourage consumption of fresh or frozen fruit and vegetables. Three churches hosted a hydration challenge.

Physical Activity

As of September 2017, Tanner Medical Center, Inc., improved access to physical activity opportunities for an estimated 57,968 residents of Georgia through physical activity interventions in schools, worksites, and faith based organizations. Previously established relationships allowed Tanner Medical Center to assist the schools in implementing and evaluating various program and policies. As a result, four Carrollton City Schools implemented a “walk and roll” and “Walking Wednesdays” program, which had seen increased attendance since the program started. After several meetings with the superintendent and stakeholders, the Carrollton City School Board passed a Safe Routes to School resolution in July 2015. This was included in all of the school handbooks for the fall 2015 semester. Tanner Get Healthy, Live Well received TA support from National Safe Routes Partnership who conducted a walk audit with a group of parents, administrators, police and community stakeholders. Several policy, systems, and environmental modifications have been implemented due to Get Healthy, Live Well's efforts with the Carrollton City School System, including the addition of bike racks and walking paths to the campus.

Get Healthy Live Well worked with three worksites to implement physical activity interventions. SynchroNet, Inc. implemented a company-wide walking program in which employees created 10 minute daily appointments on their Outlook calendars for morning and afternoon walks around the building. Get Healthy, Live Well program staff distributed “Go for 30” minutes of physical activity education at the beginning of this program. OFS Optics implemented a stretching program in which their wellness champions lead group stretching for 10 minutes at least once per shift. The City of Carrollton partnered with Tanner Get Healthy, Live Well to implement company-wide Zumba classes at their annual employee appreciation event.

Get Healthy Live Well also assisted 14 churches to develop individualized action plans with a focus on physical activity. Churches adopted different ways to incorporate more physical activity into their church culture, including adding “Movement Minutes” to Sunday service with guided cardio and stretching activity, planning and hosting a 5K race, and hosting a Hoops for Health basketball challenge. One church hosted a Saturday “exercise morning” where the church and community were invited to the church to participate in different exercise stations with raffle prizes, music, and fun activities geared toward the whole family. Another church now has praise/exercise breaks during weekly bible study meetings.

Finally, since September 2014, several infrastructure changes occurred in Carroll County as a result of the Summit to Build a Healthier Community, including changes in Adamson Square in Carrollton to create a more pedestrian-friendly downtown (including the addition of sidewalks and parking changes), additional planning work with the Carrollton Greenbelt to add additional spokes to the 16-mile loop to further enhance community connectivity to the trail, and the use of the Greenbelt for Safe Routes to School programs.

Cook County Department of Public Health (Illinois)

Nutrition

As of September 2017, the Cook County Department of Public Health had increased access to healthy retail environments for approximately 541,333 residents of Cook County, Illinois. The Cook County Department of Public Health worked with the Consortium to Lower Obesity in Chicago (CLOCC) to execute memorandums of understanding with 28 corner stores. CLOCC provided individualized technical assistance to each store, supporting the addition of healthy products, placement and marketing. Healthy HotSpot signs were provided to stores to help them display and advertise new items in wicker baskets and on shelves. Participating stores increased the number of healthy items in their store to a total of six or more. Several corner store owners reported during their monthly check-ins with community-based organizations that demand for healthy food and beverages had increased and as a result, they were carrying additional healthy items. To support sustainability, CLOCC obtained additional funding to establish a Chicagoland Healthy Corner Store Network that will continue to engage leaders and advance healthy corner store work in suburban Cook County through the sharing of resources and best practices. CLOCC also developed and finalized a Healthy Corner Store toolkit in collaboration with the Cook County Department of Public Health to support sustainability of this strategy.

Tobacco

As of September 2017, the Cook County Department of Public Health (CCDPH) had increased access to tobacco-free or smoke-free environments for approximately 6,823 Chicago residents of multi-unit housing. The CCDPH partner, Alliance for Healthy & Active Communities, conducted outreach and provided technical assistance to market rate housing complexes that resulted in 64 complexes (1276 units, 3,265 residents) implementing smoke free protections. The Cook County Department of Public Health (CCDPH) also continued to provide technical assistance to the Housing Authority of Cook County (HACC) to support implementation of smoke-free protections in 1,892 units for an estimated 3,558 residents. To increase visibility of the new smoke free protections, CCDPH provided over 3,200 materials, including signs, door hangers, refrigerator magnets and window clings about the benefits of smoke-free housing, as well as tips and resources for quitting smoking.

Trinity Medical Center (Illinois)

Nutrition

As of September 2017, Trinity Medical Center (TMC) had increased access to healthy nutrition opportunities for an estimated 3,638 residents of northwest Illinois through the creation of community gardens. A Neighborhood Garden Coordinator position supported by PICH led the development of the gardens and engaged volunteers to help with door-to-door outreach to notify and educate community members about the garden project and their new access to fresh vegetables and fruits in their neighborhood. Crops, including 40 two-pound bags of beans, were distributed to homes in the community. Residents planted and harvested vegetables; TMC provided sessions on irrigation systems and vacuum sealing.

As of September 2017, Trinity Medical Center increased access to healthy nutrition opportunities for an estimated 23,385 residents of northwest Illinois. The medical center engaged interested organizations and provided technical assistance on revising or developing healthy food policies. As a result, fifty-two schools completed wellness assessments and updated and implemented revised school wellness policies. In addition, two faith based organizations developed and implemented healthy foods policies.

In addition to updating its policy, Broadway Presbyterian church provided funding for online courses for volunteers to increase their knowledge on healthy foods and how to safely handle and serve food to the public.

Woodbury County (Iowa)

Nutrition

As of September 2017, Woodbury County had increased access to healthy foods and beverages for an estimated 102,172 residents of Sioux City, Iowa. Woodbury County worked with 21 worksites to enhance policies, practices and procurement strategies to increase availability of healthy foods. Five worksites completed vending assessments and increased healthier options to meet minimum Nutritional Environmental Measures Vending guidelines. Fourteen worksites adopted a worksite garden policy or wrote it into an existing wellness policy. Woodbury County developed and provided a Fresh Produce Benefits toolkit to business leaders and provided technical assistance. Finally, two worksites completed the Nutritional Environmental Measures Cafeteria assessment, identified areas for improvement, and implemented cafeteria improvements including identifying healthier options on the menu, offering more than 5 healthier main dish/entrées/sandwich options, more than 50% of the main dishes/entrees/sandwiches are healthy, including nutritional information and ingredients on wraps and sandwiches in the grab and go section and adjusting pricing of healthy foods. Woodbury County also worked with nine preschools and childcare centers to implement the national model GO Nutrition and Physical Activity Self-Assessment in Child Care. Centers implemented improvements including creating garden beds for fruits and vegetables, replacing juice with water, no longer serving white bread, allowing children to serve themselves, and providing nutrition education to families and staff.

Lawrence-Douglas County Health Department (Kansas)

Physical Activity

As of September 2017, Lawrence-Douglas County Health Department had increased access to environments for physical activity for an estimated 11,067 students ages 10 to 14 years attending 20 public or private elementary and middle schools in the cities of Lawrence and Eudora, Kansas. The PICH team introduced the Safe Routes to School (SRTS) program to one private school and 17 public elementary and schools that serve students in Kindergarten through 8th grade. These schools participated in Lawrence's first-ever SRTS evaluation in October and November 2015. All of the Lawrence P.E. teachers were given a walking and biking curriculum to reach every child in the Public School district. Using the National Center for SRTS Student Travel Tally data collection instrument, PICH staff learned that 14.2% of Lawrence K-8 students walk or bike to school in the mornings. The team also used the National Center's parent survey to collect parent perceptions about transportation to and from school. The team partnered with the Lawrence-Douglas County Metropolitan Planning Organization who combined parent feedback on particular infrastructure barriers with City of Lawrence traffic data to create draft 2-mile walking routes for all 18 schools and solicited community feedback on any infrastructure improvements that would be needed for these routes to be considered "safe" from the 15 schools that participated in the meeting. In addition to this success in Lawrence, two schools in Eudora, Kansas, (Eudora Elementary School and Eudora Middle School) were targeted to join the SRTS initiative branded as "Be Active Safe Routes." In the Fall of 2016 Eudora Elementary participated in International

Walk to School Day and had impressive results, with over 300 students participating in a “walking school bus” from the City Library to the elementary school. The Eudora City Council showed its support, formally proclaiming October 5, 2016, as Walk to School Day in Eudora.

Tobacco

As of September 2017, Lawrence-Douglas County Health Department had increased access to smoke-free/tobacco-free environments for an estimated 94,405 community residents in the cities of Lawrence, Eudora, and Lecompton, Kansas. PICH staff worked to educate residents about e-cigarette protections in existing policies in parks and green spaces. Through their efforts, the Eudora City Commission voted unanimously to adopt Ordinance 1047, a policy that prohibits the use of tobacco and e-cigarette products in outdoor city parks and recreation facilities. The following evening the Lawrence City Commission voted to authorize the Lawrence Parks and Recreation Department to enact a similar policy, prohibiting tobacco and e-cigarette products in all outdoor spaces and facilities managed by the department; the policy went into effect on April 1, 2016. Following those successes, formal adoption of Resolution No. 298, approving a policy designating city parks as tobacco-free, was officially passed by the Lecompton City Council on the 2nd of October, 2017. With enactment of the policy, Lecompton became the third Douglas County municipality with a tobacco-free parks policy. Nearly 85% of the total county population benefited from adoption of these policies in these three cities.

Eastern Maine Healthcare Systems (Maine)

Nutrition

As of September 2017, Eastern Maine Healthcare Systems (EMHS) increased access to healthy nutrition for an estimated 277,824 residents of eastern Maine. EMHS partnered with the Northern Maine Rural Collaborative (NMRC) to assist 44 worksites, including 11 hospitals, to increase access to healthy foods. The NMRC Workplace Wellness Work Group provided technical assistance and guidance to worksites and educated managers and worksite leadership teams about the benefits of worksite wellness. NMRC led worksites through the completion of the Healthy US assessment tool and assisted in the development of work plans related to assessment findings. Worksites implemented interventions including nutrition labels added to cafeteria and/or vending machine items to promote healthy choices, worksite wellness policies (healthy foods and breastfeeding), community-supported agriculture programs to improve access to fresh fruits and vegetables, and creation of an Employee Wellness Program Charter. EMHS also worked with NMRC to increase access to healthy nutrition in 78 hunger relief organizations (food pantries). Pantries implemented gleaning campaigns, a farm to pantry delivery program, infrastructural improvements (installation of shelving, freezers, and refrigerators), the development of regional committees for hunger relief, and the provision of technical assistance to strengthen inventory practices and product placement strategies. Finally, EMHS partnered with NMRC, Healthy Acadia, The Food Trust of Philadelphia, and Coastal Enterprises to adapt Food Trust materials from an urban based implementation model to one that is rural and reflective of the Maine context. Using these materials, partners provided training to convenience and corners stores participating in the "Healthy General Stores" program. As a result, five stores increased the availability and/or promotion of fruits and vegetables.

Physical Activity

As of September 2017, Eastern Maine Healthcare Systems (EMHS) had increased access to physical activity opportunities for an estimated 33,505 residents of eastern Maine. EMHS partnered with the

Northern Maine Regional Collaborative (NMRC) to increase the promotion of low cost or no cost physical activity opportunities in publicly accessible areas in eight communities. The communities complete various activities to increase access to physical activity, including creation and installation of trail map kiosks, trail signage and/or way-finding markers, development and distribution of printed trail and activity maps, GIS mapping to establish new trails, and the creation of regular, organized walking events to promote opportunities for physical activity and community connections. NMRC also engaged with six early childhood education sites resulting in the adoption of physical activity policies at each facility. These sites were also supported in the expansion of physical activity opportunities through the purchase of small equipment and materials to be used by the children at the sites. Finally, NMRC worked with six worksites to adopt physical activity policies.

Maine General Medical Center

Community-Clinical Linkages

As of September 2017, Maine General Medical Center had increased access to community-clinical linkages for an estimated 108,682 patients in 26 primary care practices. Newly implemented provider quality goals/incentives require primary care providers to make at least ten referrals to the Prevention Center's evidence based programs (EBPs) each quarter via a referral in the electronic medical record (TouchWorks). PICH clinical staff developed and disseminated two messages targeting providers to help them meet their referral goals. The first provided information about the benefits and outcomes of participating in EBPs, how and where the EBPs are delivered, and program length. The second provided guidance on how to make a referral in TouchWorks.

In addition, Maine General Medical Center increased access to clinical community linkages for an estimated 2,900 employees of MaineGeneral Health. The MaineGeneral health plan now offers the National Diabetes Prevention Program (NDPP) for eligible health plan members. The health plan pays for health coaches to work with employees. In additions, Maine General Medical Center is working on a payment model that they will share with other payers.

Boston Public Health Commission (Massachusetts)

Tobacco

As of September 2017, the Boston Public Health Commission (BPHC) had increased access to smoke-free environments for an estimated 23,495 residents of 250 low-income housing and 9,149 private/market rate units in Boston, Massachusetts. BPHC developed and led trainings for landlords and property managers, which contributed to the incorporation of smoke free requirements into the lease agreements for these units. In addition, a City Wide Go Smoke Free campaign for residents and landlords promoted the benefits and demand for smoke free housing. The campaign featured three Boston Landlords who made their properties smoke free and directed audiences to the Boston Smoke Free website for resources. The project also updated BPHC's previous landlord guide to smoke free housing and tip sheets for transition and made it available for download in the Go Smoke Free website: <http://www.bphc.org/whatwedo/tobacco-free-living/smoke-free-homes/Pages/Boston-Smoke-Free-Homes.aspx>.

Nutrition

As of September 2017, the Boston Public Health Commission had increased access to healthy nutrition for an estimated 300,000 residents of Boston, Massachusetts by increasing the availability of healthy beverages in pharmacies. In a healthy beverage pilot program, nine Walgreen's locations installed healthy beverage displays at the end of aisles to encourage customer choice.

Sault Saint Marie Tribe of Chippewa Indians (Michigan)

Tobacco

As of September 2017, the Sault Saint Marie Tribe of Chippewa Indians increased access to smoke free environments for an estimated 31,535 people in northern Michigan through education and technical assistance. Two hotel/casinos, the Kewadin Shores Casino and Hotel and the Kewadin Casino, Hotel, and Convention Center, increased access to smoke free environments for patrons and employees. The Kewadin Shores Hotel was designated 100% smoke-free. The Kewadin Hotel and Convention Center designated an entire hotel wing, 51 rooms, the Sault Tribe Training Department, and multiple convention spaces as smoke-free. Smoke-free environments at both locations were created by installing glass doors to eliminate secondhand and thirdhand smoke from entering these various areas. Smoke-free areas were also designated at both. A variety of signs were purchased and installed to increase awareness and enforcement of the new smoke-free areas. In addition, the Sault Saint Marie Tribe of Chippewa Indians worked with two communities to implement tobacco free parks. Tool-kits and educational materials on the benefits of tobacco-free parks and outdoor recreational areas were disseminated at townships' request. Presentations on tobacco-free parks were delivered and educational materials were provided to township officials at multiple township board meetings. Tobacco-free parks resolutions were drafted and approved by Brevort Township (Mackinac County) and the Bay Mills Township Board (Chippewa County) in October 2014. In Alger County, the Munising Public School grounds were designated as tobacco-free.

Physical Activity

As of September 2017, the Sault Saint Marie Tribe of Chippewa Indians increased access for physical activity for an estimated 11,211 Native Americans in northern Michigan. Through technical assistance provided by the tribe and the development of a mentoring program for schools, sixteen K-12 schools implemented strategies to increase physical activity opportunities for students including diversified fitness programs to increase student's fitness levels before, during, and after school. For example, Sault High School and Sault Middle School expanded their physical activity opportunities to expose students to a variety of activities they could engage in throughout their lifetime. Soo Township Elementary School, Washington Elementary School, and Lincoln Elementary Schools implemented an under desk pedal bike program that allowed students to engage in physical activity throughout the school day. Pickford Public Schools provided archery and spinning classes to students in grade 7-12 before, during and after school. Manistique Area Schools installed new weight room supplies and provided recreational field trips for hiking and snowshoeing. The Bahweting School Project included an Identified Safety Analysis with Safe Routes to School and painting the JKL Bahweting loop sidewalks to match the colors of the medicine wheel as a creative way to encourage people to walk.

My Brother's Keeper, Inc. (Mississippi)

Tobacco

As of September 2017, My Brother's Keeper, Inc. increased access to tobacco-free or smoke-free environments for an estimated 2,381 residents in 834 housing units in Mississippi. Project CHANGE 3.0, an initiative of My Brother's Keeper, worked with the Natchez Housing Authority and the Vicksburg Housing Authority to implement voluntary 100% smoke-free indoor environments. Southwest Development Corporation also voluntarily implemented a smoke-free indoor policy requiring all indoor areas be smoke-free, as well as within 25 feet of doors. All partnering multi-unit housing complexes scheduled, promoted, and hosted tenant and staff meetings to introduce the upcoming smoke-free policy, disseminate educational materials, refer to tobacco cessation programs, and answer questions and concerns. Management and staff were trained using the "Every Worker Deserves to Breathe Smoke free Air" and "50 Things you should know about secondhand smoke" curricula. During tenant meetings, tenants learned in depth how tobacco use and exposure result in increased risk for disease and illness. Youth were also educated and provided with "Reject All Tobacco" materials and well as other tobacco prevention information. Resident champions were identified during meetings to assist with tenant support and enforcement.

Physical Activity

As of September 2017, My Brother's Keeper, Inc. increased access to physical activity opportunities for an estimated 109,684 residents in Mississippi by implementing shared-use agreements (SUAs) with 10 schools and improving recreational amenities in six parks. Project CHANGE partnered with Triumph Baptist Church and three school districts to implement shared-use agreements in areas that lack recreational facilities to participate in physical activity other than school grounds. Project CHANGE staff provided district personnel with toolkits and research that links physical activity to improved health and the potential positive health impact SUAs can provide members of the community. Project CHANGE staff provided templates, best practices for states with comparable demographics and landscapes, and assisted with agreement language. All SUAs facilitated by Project CHANGE allowed for the shared-usage of outdoor equipment. A facilitator to this project was House Bill 540, which removes liability of injury from school districts. In addition to the shared use agreements, My Brother's Keeper leveraged the work they were doing to improve access to physical activity opportunities by engaging five cities and one county to use their existing funds to revitalize public parks. Improvements included resurfacing walking trails, tennis, volleyball, and basketball courts; repairing of spray grounds; refurbishing of benches, picnic tables and trash receptacles; purchase and installation of playground equipment; purchase and installation of fitness/playground equipment; construction of a restroom.

Partnership for a Healthy Lincoln (Nebraska)

Nutrition

As of September 2016, Partnership for a Healthy Lincoln had increased the number of worksites with voluntary comprehensive wellness policies and guidelines that increase availability of healthy food and beverage options for an estimated reach of 8,605. Workwell partnered with several companies on beverage and physical activity support. Bryan Health incorporated healthy beverages in wellness programming for employees and cafeteria services for visitors. The Lincoln Police Department promoted water consumption to officers, and Lincoln Surgical Hospital created a more supportive wellness environment by getting managers and supervisors to provide healthier food options for employees and meetings.

As of September 2017, Partnership for a Healthy Lincoln increased access to healthy nutrition for an estimated 24,471 residents of Lincoln, Nebraska. Forty-one early childhood education centers participated in GO Nutrition and Physical Activity Self-Assessment in Child Care and are in various stages of the program. Centers have also worked to better accommodate breast-feeding mothers by creating a space for them to use when coming in to feed their children. For example, one site set up a mother's room for breastfeeding and/or expressing milk. Additionally, the Teach a Kid to Fish program offered on-site field trips as well as continuing education opportunities. Some of the training opportunities included the Community Crops Gardening workshop, the 5-4-3-2-1 Go!® training, as well as grocery store tours. In addition, five K-12 schools worked to increase access to healthy nutrition through the adoption of healthy nutrition standards and school gardens. Finally, 13 worksites, implemented nutrition interventions, including healthy vending initiatives, increasing healthy options in worksite cafeterias, and using "Break Buckets" to provide healthier snacks and beverage options.

Physical Activity

As of September 2017, Partnership for a Healthy Lincoln had increased access to physical activity for an estimated 19,993 residents of Lincoln, Nebraska. Workwell collaborated with nine worksites to increase physical activity opportunities for employees through physical activity challenges, stairwell improvements, promoting walking during midday and afternoon breaks, providing onsite fitness classes, and reducing admission price for a local recreation center. In addition, Partnership for a Healthy Lincoln worked with three parochial schools to provide Sports, Play, and Active Recreating for Kids (SPARK) training. The schools were provided SPARK curriculum and a full equipment set. These schools implemented the SPARK curriculum during P.E. time and during after school hours. One new public elementary school adopted a nutrition and physical activity policy. Finally, Partnership for a Healthy Lincoln Worked also worked with 18 community learning settings (after school programs). Community learning settings implemented Healthy Eating and Physical Activity standards and increased SPARK trainings. Each program strives to meet the standard 30 minutes of physical activity 3 days a week, with a goal of 5 days a week.

Southern Nevada Health District (Nevada)

Physical Activity

As of September 2017, Southern Nevada Health District increased access to environments for physical activity for an estimated 1,951,269 residents of Clark County, Nevada. To improve the quality and amount of physical education in schools, PICH staff partnered with the Clark County School District to implement enhanced physical activities consisting of CrossFit training at 41 schools. Teachers who are responsible for implementation of CrossFit were provided professional development and were certified in CrossFit. A total of 37,133 students participated in CrossFit classes. In addition to their success in enhancing physical activity opportunities in schools, PICH staff also worked to enhance infrastructure for physical activity. SNHD partnered with Outside Las Vegas Foundation (OLVF) to facilitate regular meetings of the Southern Nevada Regional Planning Coalition's (SNRPC) Regional Open Space and Trails (ROST) Workgroup. The ROST workgroup worked with OLVF staff and project consultants to develop a final draft version of the voluntary regional trail signage guidance document. The comprehensive draft document was presented to the SNRPC board and it was unanimously approved at their October 2017 meeting.

Nutrition

As of September 2017, Southern Nevada Health District (SNHD) increased access to healthy nutrition for an estimated 52,500 employees at worksites throughout Clark County, Nevada. PICH staff conducted nutritional assessments of items in vending machines at SNHD and presented the findings to the vending contractor that maintains the vending machines at SNHD. After reviewing the findings and the types of items that would meet the policy nutrition standards, the vending contractor agreed to work with SNHD to assure compliance with existing and revised healthy vending standards included in the SNHD healthy vending policy. The policy was finalized and adopted in September 2015. In addition to passing the policy, PICH staff developed signage that promoted healthy vending, which was posted throughout employee break areas where vending machines are located.

Cheshire Medical Center (New Hampshire)

Tobacco

As of September 2016, Cheshire Medical Center had increased access to tobacco-free or smoke-free environments for an estimated 1739 residents across 829 housing units in Keene, NH and the surrounding area through the implementation of smoke free policies. This objective was achieved through extensive outreach, surveys, mailings and partnering with area property managers/owners. One major factor of success was the creation of a smoke free registry that property owners were added to upon going smoke-free which allowed owners/managers to advertise vacancies for free using the directory.

As of September 2017, Cheshire Medical Center (CMC) had increased access to smoke free and tobacco free environments for an estimated 63,917 residents of Cheshire County and the surrounding areas. With support from the Cheshire County Coalition for Tobacco-Free Communities, CMC implemented voluntary tobacco free policies in 10 worksites, including one food co-op. CMC created templates for businesses to create their own smoke free and tobacco free policies and provided businesses with tip sheets on tobacco free signage and resources. CMC also worked with town select boards and parks and recreation departments to implement voluntary tobacco free policies in 24 parks, community centers, and recreation areas. According to Cheshire Medical Center, the two-pronged approach to protecting children from exposure to second hand smoke and protecting the environment appealed to town decision makers. Being able to offer smoke-free signage to municipalities was also a selling point to towns with limited budgets.

Nutrition

As of September 2016, Cheshire Medical Center had increased access to healthy food and beverage environments for an estimated 13,188 residents across seven settings including restaurants, bars and worksites. The vast majority of this effort is the result of the Monadnock Menus program, which provides an on-line portal for wholesale buyers to purchase farm-fresh produce. Once a buyer is registered on the on-line system, they can purchase locally-produced food from more than 25 area farms. One local chef has championed their effort and increased their reach through positive word of mouth recommendations.

Physical Activity

As of September 2017, Cheshire Medical Center increased access to physical activity for an estimated 51,620 residents of Cheshire County and surrounding areas by increasing infrastructure to support

active transportation and implementing worksite wellness programs. Through the Rack it Up! Program, Cheshire Medical Center worked with eight towns to identify areas where bike racks were needed and coordinated with businesses and landowners to provide 100% subsidized bicycle racks. Cheshire Medical Center also worked with nine worksites to develop or implement worksite wellness policies and programs to increase levels of physical activity in the workplace. In addition to physical activity policies, some worksites provided access to physical activity rooms, implemented walking paths, and installed bike racks.

Cumberland Cape Atlantic YMCA (New Jersey)

Nutrition

As of September 2017, Cumberland Cape Atlantic YMCA had increased access to healthy food and beverages for an estimated 10,000 residents of Vineland, New Jersey. PICH staff worked with the City Mayor on a project for pantries to receive in season produce from local farmers regularly. As a result, three food pantries signed a memorandum of understanding to participate in a farm to pantry program. In addition, five K-12 schools adopted the Alliance for a Healthier Generation's Healthy Schools Program. PICH staff conducted nutrition assessments at the schools, scheduled and conducted Healthy U trainings, organized Walk to School Days, and participated in district wellness meetings.

Physical Activity

As of September 2017, Cumberland Cape Atlantic YMCA increased access to environments for physical activity for an estimated 3,858 students in seven K-12 schools that implemented Safe Routes to School travel plans. PICH staff assisted these schools by supporting the development of Safe Routes to School travel plans, conducting student pedestrian counts and walk audits, organizing Bike/Walk to School Days, and providing free helmets and bicycle safety courses.

Fund for Public Health in New York, Inc. (New York)

Tobacco

As of September 2016, Fund for Public Health in New York, Inc. increased access to tobacco-free or smoke-free environments for an estimated 10,100 residents across 3,900 housing units in New York City. The New York City Health Department made progress in its efforts to normalize smoke-free housing within the NYC housing industry, as well as among renters and tenant rights groups. This progress marks the largest increase in smoke-free units since 2012, when the NYC Health Department first began tracking and promoting the issue.

Nutrition

As of September 2017, Fund for Public Health in New York, Inc. (FPHNY) increased access to healthy beverages for an estimated 2,930,984 residents of New York City. Fund for Public Health in New York, Inc., along with New York City Department of Health and Mental Hygiene (DOHMH), built relationships with 139 organizations to implement outreach strategies and interventions around healthy beverages. FPHNY staff members distributed the Healthy Beverage Strategies: Community Action Kit to prospective partners and encouraged organizations to complete the Healthy Beverage Pledge. The PICH Partnership Coordinators, the Strategic Relations Manager and in-kind DOHMH staff members distributed approximately 400 Community Action Kits, 1,000 infographics, 900 water fountain promotion signs, 1,100 water infusion recipe documents, and 500 water infusion pitchers. As a result of this work, 139 organizations committed to at least one activity on the Healthy Beverage Pledge to increase promotion and access to water. The stakeholders signing the pledge were from all five boroughs of the city and included community-based organizations, faith-based organizations, health or healthcare-oriented organizations and others.

Physical Activity

As of September 2017, Fund for Public Health in New York, Inc. increased access to physical activity for 261,422 residents of New York City through affordable bike share programs. The Partnership for a Healthier Brooklyn at Bedford Stuyvesant Restoration Corporation (BSRC), a subcontractor, met and worked with organizations seeking to institute ways to incorporate the bike share program as an alternative transportation option and as a physical activity opportunity. As a result, six organizations signed agreements to implement one or more strategies to improve the affordability of bike shares in New York City. In addition, BSRC supported efforts led by the Partnership for a Healthier Manhattan and the New York City Department of Health and Mental Hygiene's East Harlem Neighborhood Health Action Center to implement equitable and affordable bike share programs in Upper Manhattan.

Schenectady County (New York)

Nutrition

As of September 2017, Schenectady County increased access to healthy nutrition for an estimated 65,284 residents through food pantries and community supported agriculture programs. Schenectady County Public Health Services, in conjunction with the Strategic Alliance for Health Coalition, entered into a contract with the Schenectady Inner City Ministry (SICM) to pilot a Community Supported Agriculture (CSA) program in an underserved area of the City of Schenectady. The Northside neighborhood in the city was chosen for the pilot program because that area of the city does not have a full service grocery store. Participants were able to pay weekly for a share and SICM subsidized the share so participants paid only half of the weekly fee. Offsetting the cost helped more people afford the service than otherwise would be able to. The CSA program also accepted SNAP benefits as payment which brought new clients into the program that may be excluded by a traditional CSA. Schenectady County also contracted with a new partner, Bethesda House of Schenectady, to develop a satellite food pantry in the Northside neighborhood. The new pantry is located at the only municipal housing site and is easily accessible for the residents of Yates Village and also those in the surrounding neighborhood who may utilize the food pantry. Schenectady County also partnered with the Cornell Cooperative Extension to work with five food pantries on policy, systems and environmental improvements to make healthier options more likely to be chosen by food pantry clients. Examples include improving the display of fresh produce to make it look more appealing, placing produce and healthier items at the front of the distribution line so they are more visible and accessible, hanging signage that includes nutrition tips, including recipe cards with food distribution so participants know how to prepare produce with which they may not be familiar, and including questions about health conditions on food pantry intake forms so clients can get foods tailored to their needs. Cornell Cooperative Extension also began offering nutrition education classes at the pantries that could accommodate them. In addition, the Schenectady County Strategic Alliance for Health (SAH) Coalition has been working on the redistribution of food resources in the community to identify areas in the city with the fewest food resources and the most capacity to redistribute existing resources.

Community-Clinical Linkages

As of September 2017, Schenectady County increased access to community-clinical linkages for an estimated 8,630 patients of Ellis Family Health center. Schenectady County worked to implement multiple interventions at the Ellis Family Health Center. Leadership from the Schenectady County Strategic Alliance for Health Coalition and leadership from Ellis Family Medicine, Ellis Hospital, and its associated care coordination system, Care Central, formed a “Diabetes Team” to work on improving the system of care for pre-diabetics and diabetics within Ellis Family Medicine through the implementation of a Chronic Care Model. Training on the Chronic Care Model was provided to Ellis Family Health Center staff including residents, providers and nurses.

Ellis Family Medicine also implemented an enhanced referrals program, first by implementing an electronic referral from the Ellis Family Health Center, which ensured providers are inputting the referral to Diabetes Self-Management Education (DSME) into the “orders” section of the Electronic Medical Record (EMR). By entering the order into the EMR the referral will be electronically date stamped for tracking purposes. The second component is a referral that is faxed to Diabetes Care for input into their tracking system. They also introduced a system to track the origin of the referrals. This enables Diabetes Care to assess which referral sources need reminders to refer or additional education on referral procedures.

Finally, three Ellis Medicine employees were trained as lifestyle coaches to offer the National Diabetes Prevention Program. The lifestyle coaches have started 2 programs in the community. Referrals for the Diabetes Prevention Program come from many sources including Ellis Family Health Center. Information about the program is shared via the Ellis Medicine website, paper flyers, Ellis Medicine newsletter, and print ads in local news outlets.

Albemarle Regional Health Services (North Carolina)

Tobacco

As of September 2017, Albemarle Regional Health Services had increased access to tobacco free environments for an estimated 34,738 residents of Chowan and Bertie Counties. These counties adopted tobacco-free protections for their government buildings, vehicles, and grounds. PICH staff provided presentations on secondhand smoke, tobacco free buildings, and electronic cigarettes to the county commissioners.

Nutrition

As of September 2017, Albemarle Regional Health Services had increased access to healthy food and beverages for an estimated 138,221 rural residents in the northeastern region of North Carolina. PICH staff provided supplies, signage, advertising, and technical assistance support, including training, to implement nine new farmers' markets, one roadside stand, and five mobile pop-up markets. One market, the Edenton Wednesday Farmers Market was started adjacent to Public Housing in Edenton, NC. The market helps to increase walking and bicycle access for residents living in food deserts in Edenton. This market is also equipped to accept SNAP/EBT and has a "Double Bucks" incentive program.

Hospital Council of Northwest Ohio

Community-Clinical Linkages

As of September 2017, the Hospital Council of Northwest Ohio (HCNWO) increased access to community-clinical linkages for an estimated 44,203 residents of the greater Toledo, Ohio area. The Northwest Ohio Pathways "HUB" is a free program to help connect residents to medical and social services throughout the community, including insurance coverage, food, housing and transportation. Every Pathways HUB client is partnered with a community health worker, or CHW. The Pathways HUB was initially started as a way to improve birth outcomes and in 2015 the program was expanded to include coordination of care for Toledoans in low-income neighborhoods living with or at risk for diabetes, high blood pressure and heart disease. HCNWO partnered with 23 primary care settings to train CHWs on the Pathways Community HUB model, the Care Coordination System, Motivational Interviewing, home visiting, operational tasks, role playing, and use of tablets during 2-day workshop. These CHWs helped clients get medical coverage, navigate the healthcare system and provided health education through regular home visits.

Nutrition

As of September 2017, the Hospital Council of Northwest Ohio increased access to healthier foods and beverages for an estimated 44,203 residents of the greater Toledo, Ohio area through the implementation of a Healthy Corner Store program. Thirty-one convenience stores participated in the Healthy Corner Stores program, which provided education and training for store owners and managers. Participating stores increased access to fresh fruits and vegetables and highlighted other healthy options through placement and promotion strategies.

The Lima Family YMCA (Ohio)

Nutrition

As of September 2017, the Lima Family YMCA increased access to healthy food and beverages for an estimated 106,331 residents of the Allen County, Ohio. The Lima Family YMCA implemented the Healthy

Happens Here corner store program in 11 stores. The program involves recruitment of stores, store assessments, creation of an enhancement plan, customer engagement activities, and on-going technical assistance. The goal of the initiative is to form partnerships with county store owners, increase community residents access to fresh produce by asking small stores to stock these items, educate residents about how and why to choose healthier options, and overall promote a healthier Allen County where residents can enjoy longer and happier lives. All of the target locations are in food deserts, most within 2-3 blocks of a school and identified as an area where access to fresh produce is limited. Stores are asked to provide fresh produce and healthy snack options. Existing products that are considered better for you choices such as whole grains, low sodium canned goods, frozen fruits and vegetables, and 100% juice options are also labeled with the Healthy Happens Here logo. In addition to the Healthy Happens Here initiative, the YMCA also engaged 3 restaurants in the Active Menu Challenge. The Active Menu Challenge designates partner restaurants that offer healthy options based on established criteria and agree to have additional signage and materials in the restaurant to promote these options to customers. The signage includes counter displays, a logo on the menu and table tents with healthy options listed, depending on the needs and desire of each individual restaurant. Approved menu options are also available on the Lima Family YMCA website and are promoted through the community as partner restaurants via social and paid media.

Physical Activity

As of September 2017, the Lima Family YMCA increased access to physical activity opportunities for an estimated 13,751 residents in the Lima, Ohio area. The YMCA worked with 17 daycare centers to improve physical activity opportunities for children. All teachers completed classroom self-assessments and based on the results, an improvement plan was created that included scheduling in class observations, updating wellness policies, and creating indoor/outdoor activity kits for each classroom. In addition, the YMCA worked with 13 K-12 schools to assess the current school wellness policies, and create and implement an improvement plan. In the Lima City Schools, the YMCA used the Wellness Assessment Tool (Yale University) to create a draft model K-12 curriculum. Lima City Schools decided to pilot the K-12 Sports, Play, and Active Recreating for Kids physical education curriculum at the start of the 2015-2016 school year. This curriculum was fully adopted in November 2015. Finally, the YMCA held an Activated Business Challenge with area worksites. The Activated Business Challenge included an assessment of the workplace based on the CDC Healthy Workplace Scorecard. The assessment included questions about healthy policies, health atmosphere, mental health, and safety. Based on the assessment, a recommendation/enhancement plan was completed by the PICH staff and discussed with the workplace. This included what healthy policies were missing and what changes in the overall culture of the workplace would result in healthier employees. All workplaces who completed the assessment were designated with a Gold, Silver or Bronze ranking. Overall, over 20 workplaces joined the Activated Business Challenge and six workplaces completed a policy change, signifying their commitment to employee health.

Cherokee Nation Health Service Group (Oklahoma)

Tobacco

As of September 2017, Cherokee Nation Health Service Group increased access to tobacco free environments for an estimated 31,733 people. In 2014, Oklahoma passed a bill that required all Oklahoma Schools have a 24/7 tobacco free policy. Thirty-six K-12 schools updated or created 24/7 tobacco-free policies that included electronic smoking devices, reaching an estimated 29,733 students and staff members. Schools have updated and placed signage around their campuses and are making announcements at after school events and during school about the prohibited use of tobacco and electronic smoking devices. Cherokee Nation Public Health Educators and PICH Community Coalitions worked with these schools on the community education and awareness pieces of the tobacco free school campus policies.

Student led groups, such as Students Working Against Tobacco, helped to communicate awareness of the policy through educational presentations at football games, the Great American Smokeout, Through With Chew Week, sporting event public service announcements, poster contests, and face to face conversations with community members. In addition, 25 worksites implemented voluntary tobacco free policies, reaching an estimated 1,946 employees. At the business owners' request, tobacco cessation classes were offered to some employees in collaboration with the Cherokee Nation Tobacco prevention program. Cherokee Nation Public Health Educators taught classes to employees on site to assist chronic tobacco users. The Quitline was also promoted at the worksites. Worksites installed signage and removed ashtrays and designated smoking areas from their property.

Nutrition

As of September 2017, Cherokee Nation Health Service Group increased access to healthy nutrition for an estimated 24,325 students in Oklahoma. Cherokee Nation Health Service Group worked with local partner school sites to develop and implement new Farm to School programs in forty nine K-12 schools. Schools implemented various farm to school program components such as school gardens, education and awareness curricula, agriculture in the classroom, food service staff training, and cafeteria procurement at their garden site. Schools expanded gardens, shared produce with community members, and harvested seeds for the following season. The school gardens also served as an outdoor classroom to bolster earth science, language arts, nutrition, and physical activity curricula. Because gardens were in their first years, they were not producing enough to completely supply the school cafeterias; however, one school was able to sell produce at the Nowata Garden Market. At one school, herbs planted in the garden are used by the school kitchen staff. Vian Public School in Sequoyah County has 5 aquaponics systems in their elementary classrooms. Produce from these systems provide fresh fruits and vegetables for the Vian Elementary backpack program, which sends backpacks full of food home with students on Fridays so they have enough to eat over the weekend. At the Leach Public School, kindergarten through second grade classrooms harvested corn and cleaned it for the food service staff. The food service staff prepared the corn for all 175 students at the school.

Pawnee Nation of Oklahoma

Tobacco

As of September 2016, Pawnee Nation of Oklahoma increased the number of worksites with a smoke-free/tobacco free policy. The Pawnee Nation Tobacco Use policy was approved in January 2016. The policy prohibits the use of all commercial tobacco products, (i.e., electronic devices, cigarettes, cigars, pipes, and spit tobacco) inside or outside Pawnee Tribal office complex during working hours, including rest rooms, conference rooms, lounge areas, parking lots and warehouse spaces.

Nutrition

As of September 2017, Pawnee Nation of Oklahoma increased access to healthy nutrition for an estimated 1,634 American Indians in Pawnee, Oklahoma. The Farmers' Market coalition started a Farmers' Market in downtown Pawnee. Though the community is small and weather in the summer does not provide ideal growing conditions, the coalition reached out to neighboring communities to recruit vendors and ensure the sustainability of the market. Advertising in local and community newspapers helped reach consumers and vendors.

Physical Activity

As of September 2017, Pawnee Nation of Oklahoma improved access to physical activity opportunities for an estimated 1,634 American Indian residents of the City of Pawnee by opening Pirau, a children's park, with the help of tribal and community members. Future plans for the park include the addition of a full size outdoor basketball court and a Fit Trail.

YMCA of Greenville (South Carolina)

Physical Activity

As of September 2017, YMCA of Greenville increased access to physical activity for an estimated 225,592 residents of Greenville, South Carolina. YMCA of Greenville worked with partners to assess, identify and improve twenty-three parks and recreation areas through the Park Heroes Program and developed a plan to sustain the program. Park Heroes are volunteers that come together on park improvement days to enhance the parks and increase park utilization. Improvements to the parks included tree planting and mulching, clearing debris from trails, park cleanups, resurfacing and rebuilding bike skills trails, and playground resurfacing. This program improved access to quality parks, trails, and physical activity opportunities for Greenville County. In addition to Park Heroes, LiveWell Greenville collaborated with the City of Greenville to expand Mobi-Rec events at 78 locations throughout the community. Mobi-Rec is a specially equipped vehicle stocked with a wide variety of play equipment to engage families in active play. Through partnerships facilitated by LiveWell Greenville and city and county parks departments, this popular program was expanded to designated play deserts outside of the city limits. An assortment of new sports and play equipment was also purchased for the Mobi-Rec van including agility sets, playground balls, jump ropes and a wide variety of sport-specific equipment.

Nutrition

As of September 2017, YMCA of Greenville increased access to healthy nutrition for an estimated 225,592 residents of Greenville, South Carolina. The YMCA implemented interventions with restaurants, retail food and beverage outlets and mobile farmers' markets. Twelve restaurants and 19 retail outlets (e.g., convenience stores, general markets, and gift shops) participated in the LiveWell on the Menu (LWOTM) initiative. The YMCA worked with LWOTM participants to identify current menu/prepared food items and potential items that met nutritional standards. A dietician provided feedback on the nutritional content of menu items and included suggestions for ways to improve the recipes to meet the LiveWell Greenville requirements for whole foods and low fat, low calorie, low sodium options. In addition, the YMCA worked to increase the number of stops of a mobile farmers' market from 3 to 25 stops. The Mill Village mobile market stops throughout the community, including 11 food desert locations and 7 worksites. The mobile market brings produce to neighborhoods at accessible prices.

Great Plains Tribal Chairmen's Health Board (South Dakota)

As of September 2016, Great Plains Tribal Chairmen's Health Board continued to improve organizational capacity to implement culturally appropriate physical activity programs and integrate policy improvement for worksites and outside of school care providers in tribal areas across South Dakota.

Nutrition

As of September 2017, Great Plains Tribal Chairmen's Health Board improved access through multiple strategies to healthy food and beverages for an estimated 2,801 American Indians in several tribal locations in South Dakota.

The Cheyenne River Sioux Tribe Tribal Advisory Committee (TAC) partnered with Missouri Breaks and Ms. Ryia Beau, a Lakota woman, to prepare and serve a traditional meal to over 200 people during the Cheyenne River Annual Fair. Ms. LeBeau, proposed the idea to introduce nutritious and traditional foods to tribal members. The meal, prepared voluntarily by Ms. LeBeau, consisted of buffalo roast on a whole wheat bun, tinsila (wild turnip) salad, and ceyaka (mint) tea. Ms. LeBeau and Missouri Breaks also developed a brochure and banner that demonstrated the nutritional value of traditional healthy foods and compared the costs of healthy food versus unhealthy food. Additionally, the TAC and Missouri Breaks collaborated with the Great Plains Good Health and Wellness Program to distribute traditional food recipe cards at the Fair.

The Great Plains Partnerships to Improve Community Health Program Coordinator and the Tribal Advisory Committee from the Flandreau Santee Sioux Tribe implemented a healthy corner store initiative in the one grocery/convenience store that services the entire community. Initiatives included monthly healthy food demonstrations/samplings, and the display of portion control and nutrition information.

Lastly, the Sisseton-Wahpeton Oyate Tribal Advisory Committee planted several gardens/raised beds with carrots, green beans, peas, pumpkin seeds, onion, and cilantro accessible to the entire tribal community.

Physical Activity

As of September 2016, Great Plains Tribal Chairman's Health Board trained Sisseton-Wahpeton Oyate youth, daycare, and elderly affairs programs staff on the Physical Activity Kit (PAK) developed by the Indian Health Services and the University of New Mexico so that they were equipped to implement physical activities in their populations. The PAK is based on promising practices to improve physical activity in American Indians and Alaskan Native communities.

As of September 2017, Great Plains Tribal Chairmen's Health Board improved access to physical activity facilities and places and increased the total number of physical activity opportunities for an estimated 2,015 American Indians in several tribal locations in South Dakota. The Great Plains Partnership to Improve Community Health Program Coordinator and the Tribal Advisory Committee members partnered with the Flandreau Santee Sioux Tribe Wellness Center to offer free wellness center memberships and educational programs to all Flandreau community members.

Public Health – Seattle & King County (Washington State)

Tobacco

As of September 2017, Public Health – Seattle & King County (PHSKC) increased access to tobacco-free or smoke-free environments for an estimated 17,869 residents in King County, Washington. As a result of PHSKC's outreach strategies, including trade publication ads, presentations at local property manager trade shows, and encouraging property managers to resolve resident complaints about secondhand smoke exposure in their homes, ten housing properties (1,118 units) voluntarily converted to smoke-free. PHSKC provided technical assistance to property managers, landlords and tenants to promote and prepare conversions for smoke-free housing and provided more than 400 smoke-free signs to property managers to assist with enforcement of new and existing policies. In addition, two college campuses, North Seattle

College and Seattle University voluntarily implemented 100% tobacco-free policies for all their property and vehicles. PHSKC has worked with both of the colleges for multiple years leading up to policy adoption. PICH funding allowed for more robust technical assistance, signage and support for outreach to students.

Physical Activity

As of September 2017, Public Health – Seattle & King County (PHSKC) increased access to opportunities for physical activity for an estimated 31,496 students and young children in King County. King County PICH worked with 70 K-12 schools in four districts to design and implement a physical education curriculum and integrate physical activity in the classroom. The Federal Way Public School District designed and implemented its first physical education (PE) curriculum in 20 years and integrated physical activity into the classroom. Teachers were trained on the new curriculum, including how physical education teachers can work with classroom teachers to integrate physical activity in the form of Brain Energizers. In addition, classroom teachers were provided a Brain Energizer quick-reminder card plus weekly emails of new energizers. Highline School District provided teacher training and durable equipment to implement a newly developed PE curriculum. They have also identified a community partner, UPower, that will offer an afterschool physical activity program at the high school level. Seattle Public Schools implemented a physical activity program at the PreK and Kindergarten level and at 8 partner YMCA PreK centers. The Interagency Academy, in partnership with UPower, installed physical activity materials and developed a schedule for fitness classes at each of the three sites. In addition, PHSKC worked with 45 home childcare providers to provide Let's Move trainings and delivery and installation of garden beds to connect the healthy eating and active living best practices with Early Achievers quality standards. The Child Care Centers were able to incorporate more active play during the day and reduce screen time.