

REACH U.S.

YMCA of Greater Cleveland

Cleveland, Ohio

A REACH Action Community (AC)

Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.) is a national Centers for Disease Control and Prevention (CDC) program aimed at eliminating racial and ethnic health disparities. It utilizes community-based approaches to reduce the burden of chronic illness in specific at-risk populations. There are 22 **REACH Action Communities** using practice-based and evidence-based programs. These programs look at cultural and environmental influences related to health disparities and their underlying causes. They develop, evaluate, and share their culturally specific and relevant strategies and best practices.

ISSUE

The YMCA of Greater Cleveland's REACH U.S. program implements and evaluates community-based interventions aimed at reducing diabetes and cardiovascular disease among African Americans and Hispanic/Latinos in Cleveland, Ohio. The program is working on interventions across the socio-ecological model of change, including the public policy level, organization level, community level, interpersonal level, and individual level.

ACTIVITIES

- Engages community members in active discussions about how policy, systems, and environmental changes can make Cleveland a healthier place.
- Educates community members and decision makers about the health benefits of community-based agriculture.
- Works with community partners to help identify opportunities for physical activity for Cleveland residents.

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- Hosts monthly body-age screenings by appointment and provides one-on-one health/fitness consultations based on screening results. Thus far, more than 500 individuals have participated.
- Directs a large-scale youth intervention entitled *We Run This City (WRTC)* that has helped 700 Cleveland Metropolitan School District (CMSD) students increase their level of physical activity.

ACHIEVEMENTS

- Conducted ten focus groups involving approximately 100 Clevelanders to help determine how to make Cleveland a city that supports walking and bicycling.
- Produced and distributed over 150 miles of neighborhood walking map sets within 16 African American and Hispanic/Latino neighborhoods.
- Modified six Cleveland recreations centers by adding fitness equipment and storage lockers to house body-age screening equipment and supplies.
- Co-produced the *Healthy Communities Active Transportation* conference in partnership with the Ohio Department of Transportation.

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Prevention (CDC)
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National Center for Chronic Disease Prevention and Health Promotion
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