

# ACHIEVE Wellness Lake County, Ohio

ACHIEVE is an initiative funded initially by Centers for Disease Control and Prevention (CDC) and National Association of Chronic Disease Directors (NACDD).

In Ohio, Lake County is one of six ACHIEVE communities.

ACHIEVE Wellness Lake County works to create and implement policy and environmental changes throughout various sectors of the community, including schools and workplaces, specifically to create behavior changes around two health modules; nutrition and physical activity.

American Cancer Society

Cleveland Clinic

Council on Aging

Lake County ADAMHS Board

Lake County Commissioners

Lake County Community Improvement Corporation

Lake County Educational Service Center

Lake County Engineers' Office

Lake County Free Clinic

Lake County General Health District

Lake County GIS Department

Lake County Job & Family Services

Lake County Planning Commission

Lake County Y

Lake Health

Lake Metroparks

Lakeland Community College

Morris Family Chiropractic

Neighboring

Ohio Department of Health

OSU Cooperative Extension Office

Painesville City Local Schools

Painesville Department of Recreation and Public Lands

Starting Point

STERIS Corporation

Willoughby Parks and Recreation Department



## Action Communities for Health, Innovation, and Environmental Change

Initiative Designed to  
Spur Nutrition and  
Physical Activity  
Efforts



[www.lakecountyohio.gov/achieve](http://www.lakecountyohio.gov/achieve)

(440) 350-2442

# Local Public Health Issues

In a Community Needs Assessment conducted in 2010, it was determined that 66.1% of Lake County residents are either overweight or obese. The following are findings of the assessment:

## Health Problems in Lake County:

- #1 — Adult Obesity
- #4 — Childhood Obesity

## Unhealthy Behaviors in Lake County:

- #3 — Lack of Exercise
- #4 — Poor Eating Habits

## Most Commonly Diagnosed Conditions in Lake County:

- #1 — High Blood Pressure
- #2 — High Cholesterol

The ACHIEVE Wellness Initiative's mission looks to prevent risk factors involved in obesity by way of physical activity and proper nutrition.

# Community Action

ACHIEVE Wellness fosters collaborative partnerships to implement county-wide health improvements in various sectors of the community.

## ACHIEVE Wellness...

- Works with K-12 public and private schools to foster policy and environmental change strategies that create improvements around physical activity and nutrition in our schools.
- Works with places of employment to make improvements around their worksite wellness efforts and the health of their employees.
- Works with institutions and organizations to establish a healthy environment where physical activity and nutrient dense foods are accessible.
- Works to create a more pedestrian-friendly community.



The photos above were captured during events held on behalf of ACHIEVE Wellness and its partners.

# Community Impact

## Schools:

- Salad shakers and baked potatoes served at lunch.
- Recess before lunch.
- Healthy cooking labs.
- School greenhouse & gardens.

## Worksites:

- Annual health screenings available to employees.
- Establish guidelines for food offered at meetings to ensure healthy options are provided.
- Require on-site vending to meet certain nutritional standards.

## Community:

- Provide Farmer's Market vouchers through food and nutrition classes taught by OSU Extension.
- Work to foster park connections, bike plans, and sidewalk implementations.
- Supports and host events, such as, Bike Days Lake County and Bike to the Captains Ballpark.