

Community Action Plan PART 1 - COMMITMENT

Lake County, Ohio

Beth Horvath, Community Coach

Tori Luyster, Lead Coach

Jan Meyer, State Advisor

CHART MEMBERSHIP

CHART Member Name	Organization Name	Organization Role	Organization Type	Sector
Matt Battiato	Lake County Job & Family Services	Director	Government	CIO, Worksite
Dick Bennett	Lake County YMCA	Executive Director	Community Based	CIO, Worksite
Renee Berry	Council on Aging	CEO	Non-Profit	CIO, Worksite
Mary Ann Blakeley	Lakeland Community College	Chief of Staff and Director of Development	Academia/Education	CIO, Worksite
Brian Bontempo	Lake County Educational Service Center	Superintendent	Academia/Education	School, Worksite
Jason Boyd	Lake County Planning	Director	Government	CAL, Worksite

	Commission			
Ellen Cantor	Leadership Lake County	Director	Non-Profit	CAL, Worksite
Donnamarie Cook	Cleveland Clinic Family Health Centers	Community Services Coordinator	Healthcare	Healthcare, Worksite
Ken Gill	Neighboring Mental Health Services	Chief Operating Officer	Non-Profit	CIO, Worksite
James Gills	Lake County Engineers' Office	Lake County Engineer	Government	CAL, Worksite
Dave Gilmer	Lake County Community Improvement Corporation	President	Community Based	CAL, Worksite
Johanna Henz	Lake County Free Medical Clinic	Executive Director	Healthcare	Healthcare, Worksite
Lee Homyock	Department of Recreation and Public Lands	Director	Government	CAL, Worksite
Brian Katz	Willoughby Parks and Recreation Department	Director	Government	CAL, Worksite
Dick Kotapish	Lake County GIS Department	GIS Director	Government	CAL, Worksite
Wayne Lindstrom	Crossroads	Chief Executive Director	Community Based	CIO, Worksite
Steve Madewell	Lake Metroparks	Executive Director	Environmental	CAL, Worksite
Sharon Minjares	Lake Health	Director, Wellness Institute	Healthcare	Healthcare, Worksite
Traci Salkiewicz	Lake County	Traffic Engineer	Government	CAL, Worksite

	Engineers' Office			
Richard Schule	Steris Corporation	Director of Clinical Education	Business/For-Profit	Healthcare, Worksite
Lisa Siciliano-Miller	OSU Cooperative Extension Office	County Extension Director	Academia/Education	CIO, Worksite
Angie Staedt	Neighboring Mental Health Services	Human Resources	Non-Profit	CIO, Worksite
Dan Troy	Lake County Commissioners	County Commissioner	Government	CAL, Worksite
Denise Ward	Painesville City Schools	Assistant Superintendant	Academia/Education	School, Worksite
Cathy Zeller	Starting Point	Director	Non-Profit	CIO, Worksite

VISION

Lake County residents of all ages will lead healthy lifestyles that include consuming nutritious foods and engaging in higher levels of physical activity.

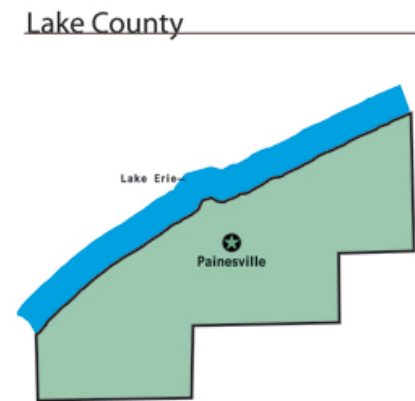
MISSION

Provide education and build an environment that will improve the overall quality of life for Lake County residents.

COMMUNITY DESCRIPTION

Lake County is located 30 miles east of Cleveland and has a total population of approximately 236,000. Lake Erie borders the county to the north and offers 31 miles of shoreline. Geographically, the county is the smallest of the 88 counties in Ohio. Approximately 10% of residents live in poverty and 5.1% represent minority populations. The population of Lake County residents aged 60 or older is 18.4%. The leading causes of death are heart disease, cancer, and chronic lower respiratory disease. The risk factors associated with these diseases in Lake County are attributable to lifestyle choices that include poor diet, being overweight or obese, use of tobacco, lack of physical activity and excessive alcohol consumption according to Healthy Ohio Community Profile. Among adults, 37.5% had high cholesterol, the prevalence rate of diabetes was 8%, 37.3% were overweight, and 25.1% were obese, during 2004-2007.

INTERVENTION AREA MAP



EXISTING EFFORTS

There are many partnerships in Lake County, Ohio that exist around the ACHIEVE initiative and similar efforts. Refer to the CHART Membership listed above to see who is involved specifically with ACHIEVE. Sub-teams of the CHART were developed to focus on work in specific sectors of the county, specifically in schools, worksites, community at large, and community institutions/organizations. The Worksite sub-team focuses on making improvements in places of employment. The School sub-team focuses on making improvements in primary and secondary learning institutions (elementary, middle, and high schools). The Community at Large (CAL) sub-team focuses on improvements on community wide efforts that impact the social and built environments, such as food access, walkability, bikeability, shared transportation, and connections to parks. The Community

Institution/Organization sub-team focuses on improvements in entities that provide human services in the community. This includes colleges, childcare, senior centers, etc. Many of the individuals involved with ACHIEVE have worked together in the past and present on making improvements around physical activity and nutrition. Lake County Soil and Water partnered with Riverside School District on a Farm to School program. ACHIEVE has now partnered with them to focus the program countywide. The City of Painesville partnered with the ACHIEVE initiative to provide farmer's market vouchers and has offered to help open the vouchers to markets countywide, next year. ACHIEVE has partnered with Lake Health to provide incentives for the annual B Fit 4 Life Corporate Challenge, which involves Lake County businesses. Lake County GIS has partnered with ACHIEVE to create and help maintain our local website, www.lakecountyohio.gov/achieve.

CHART

On April 1, 2010 the CHART voted on and approved guidelines to help with decision making. Generally, discussion takes place regarding an upcoming decision to determine how the individual CHART members are feeling about the decision. Finally, a vote will take place via meeting or email. A minimum of 15 CHART members must be present at a meeting for all binding votes. All motions pass with a simple majority vote.

Structures and processes that have been put in place to ensure that CHART member involvement matches their skills, interests, and resources:

Prior to assigning chart members to a sub-team, the group as a whole determined which sector each member had the most skill with and therefore could be assigned to. Some of them identified with multiple sectors, however, were matched with a team based upon need. Each team is comprised with a number of chart members who relate well to their particular focus sector.

Structures and processes for communication within the CHART and with the State Health Department Expert Advisor:

Communication takes place through various avenues. The CHART meets every other month and the sub-teams of the CHART meet on the off months of the CHART meeting. For example, in 2010, the CHART met, as a whole, in February, April, June, August, October, and December. All four of the sub-teams met in January, March, May, July, September, and November. The CHART, including the coaches meet a minimum of once per month for the purpose of communicating about the work and efforts of our initiative. Communication takes place by email and phone, as well. Each sub-team has a Chair and that individual is responsible for the primary communication between their respective team and the coaches of ACHIEVE. Each Chair facilitates their sub-team meeting, as well as, communicates with them about meeting dates, times, and topics.

Community Action Plan

PART 2 - ASSESSMENT

CHANGE TOOL INFORMATION

Key findings of CHANGE and how the data will be used to inform the community action plan:

The CHANGE tool data collected in 2009 demonstrated a need to make improvements in nutrition and physical activity across the majority of the sectors in lake County. In Ohio, we have a smoke free workplace law that prohibits individuals from smoking in indoor public PLACES; therefore, tobacco use was not a top priority when compared to physical activity and nutrition. The CHANGE tool data reflected this. Both of the modules, chronic disease management and leadership, can be improved through increasing physical activity and better nutrition in various sectors of the community, therefore, the CHART chose to focus all efforts around improving physical activity and nutrition in lake county.

COMMUNITY ASSESSMENT INFORMATION

Name of Assessment	Date Assessment Completed	Description of Assessment	How Assessment Data Informed the CAP

Community Action Plan

PART 3A - PLANNING, IMPLEMENTATION, AND EVALUATION

Lake County, Ohio WORK PLAN

Project Goal 1.0

By September 2012, increase the number of agencies involved with or who participate in multi-jurisdictional, proactive recreational planning with a focus on creating a countywide network of trails in Lake County from 12 to 23.

Priority area(s) the goal addresses:

Chronic diseases: ☒ arthritis ☒ cancer ☒ cardiovascular disease ☒ diabetes ☒ obesity

Related risk factors: ☐ nutrition ☒ physical activity ☐ tobacco

How the goal impacts the priority area(s):

The rationale for the goal is to bring our planners and civic leaders together from multiple jurisdictions to address how to create better access to recreation opportunities in Lake County, as well as create more opportunity for physical activity. This will help decrease chronic diseases through increased physical activity. There are 23 political subdivisions and 12 of them actively participate in planning. Our goal is to get active representation from the others, even if they do not have a city planner.

Measuring progress:

Primary Data Source		Secondary Data Source	
Meeting minutes, recreational mapping, resident survey		2020 Census Data, 2015 Lake County Community Health Assessment	
Describe the progress		<i>The meeting minutes will track the progress of recreational planning. A pre and post recreational map will provide any changes in recreation as a result of planning, such as connections to parks or additional land acquisition. A resident survey can be developed and utilized to capture resident's perception and their use of recreation in their area. The secondary data listed, may reveal the long-term outcomes, such as cardiovascular disease and cancer rate reductions.</i>	
Describe barriers or issues and plans to overcome them		<i>Data is not easy to collect and requires a lot of time to collect. Identify the process and the individuals to be involved with data collection.</i>	

Annual Objective 1.1

Setting/Sector:

☒ Community at large ☐ Community institution/organization ☐ Health care ☐ School ☐ Work site

Policy/systems/environmental change strategy to achieve this objective:

The environmental change will be the physical connection by bike path or walking path of two or more areas in Lake County.

If "Other", please briefly describe your strategy below:

Evidence/practice base for the strategy:

Research demonstrates that people will increase exercise when the environment around them is built to do so.

Target number of people who will be reached:

40,000

How the objective impacts the problem:

The objective (stated below) is designed to decrease the problem (cancer, cardiovascular disease, and obesity) by increasing physical activity.

Objective:

By September 2012, increase the number of park connections in Lake County from 1 to 3.

Measuring objective progress:

Track the number of parks and connections between parks in separate jurisdictions in Lake County. This will be done through mapping.

Primary Data Source		Secondary Data Source	
Maps, vehicle traffic counts, Local Comprehensive Land Use Plan, other agencies Land Use Plans (ie: Metroparks)			
Describe the progress		<i>Collect inventory of parks and park connections in Lake County and map them. Park visitation rates can be measured by vehicular traffic count in and out of recreational areas in Lake County.</i>	
Describe barriers or issues and plans to overcome them			

Action Steps:

Action Steps	Specific Person(s)/ Organization(s) Responsible	Timeframe	Describe the progress of the action step
1. Create a comprehensive inventory of recreational providers and amenities, including parks.	D. Kotapish, GIS J.Boyd, Planning Commission	October 2009- April 2010	A local website, www.lakecountyohio.gov/achieve , for ACHIEVE Lake County that includes the comprehensive recreational map is final and open for public use – April 2010

2. Recognize existing gaps in recreational resources.	D. Kotapish, GIS	April 2010-March 2011	Discussed at September 2010 meeting; the gaps will be addressed in the local comprehensive plan (this will be long-term).
3. Create a county-wide comprehensive transportation plan with an emphasis on non-vehicular modes of transportation that includes light rail, bike paths, sidewalks, etc.	J. Boyd, Planning Commission CAL Sub-team	August 2010-April 2011	A transportation map was sent out to city partners asking for their feedback in August 2010.
4. Identify two priority linkage areas for connection of parks.	CAL Sub-team	October 2010-April 2011	Group has identified Willoughby-Eastlake and Fairport-Painesville as potential priority areas. The group has identified the Bikeway Corridor as the current park connection in Lake County.
5. Provide technical and regulatory support for future revenue streams for connections to park(s) project implementation.	CAL Sub-team	April 2011-September 2011	
6. Create a themed countywide recreational day and marketing campaign.	L. Homyock, Painesville Park & Rec. B. Katz, Willoughby Park & Rec.	October 2010-September 2011	Group has identified that this will be "Bike Lake County Day" with a goal of involving 1,000 participants.
7. Prioritize Lake County roads for shoulder pavements for the purpose of biking and work with the engineers' office and road departments to pave the shoulders.	CAL Sub-team	September 2011-September 2012	Group has tentatively discussed the importance of participating in the planning of infrastructure projects in order to promote the concept of additional pavement width during the design process.
8. Begin to meet and to work with respective partners in the project area(s) for connections to parks.	CAL Sub-team Community Partners	September 2011-September 2012	S. Madewell met with the mayors of the identified cities for beginning discussions around this.
9. Connection to park(s) project implementation.	CAL Sub-team Community Partners	September 2011-September 2012	
10. Conduct resident survey in areas of park connection completion.	CAL Sub-team	September 2011-	

		September 2012	
11.Publicize and market ACHIEVE and our progress.	CAL Sub-team	October 2009-September 2012	We have sent the following press releases; Action Institute (7-09), Website (4-10), CHART Walk (8-10). A live radio interview with WELW was done on July 8, 2010.

Project Goal 2.0

By September 2012, increase the number of Lake County public school districts involved with implementation of the ACHIEVE mission in our schools from zero to three.

Priority area(s) the goal addresses:

Chronic diseases: ☒ arthritis ☒ cancer ☒ cardiovascular disease ☒ diabetes ☒ obesity

Related risk factors: ☒ nutrition ☒ physical activity ☐ tobacco

How the goal impacts the priority area(s):

Historically, the schools are hard to reach due to several barriers, such as, the amount of time schools are open in a calendar year, their schedules, their agendas, etc. This is why we chose to target 1/3 of our public school districts, which is 3 of 9. We know that this is a realistic number. Additionally, our goal is to involve them with our policy and environmental change strategies listed in our action items below with the intention of decreasing chronic disease.

Measuring progress:

Primary Data Source	Secondary Data Source
Meeting minutes, grant reports, observation, tracking	School wellness policies
Describe the progress	<i>Meeting minutes will track the progress of our work with schools and the involvement of schools of the implementation of policy/environmental changes. The grants we award require schools to</i>

	<i>submit an evaluation and financial report for their policy and/or environmental work. Implementation of fundraising, farm to school, safe routes to school, school gardens, etc. can all be tracked through observation, numbers, and the newly written and enforced school policies.</i>
Describe barriers or issues and plans to overcome them	<i>Data is not easy to collect and requires a lot of time to collect. Identify the process and the individuals to be involved with data collection.</i>

Annual Objective 2.1

Setting/Sector:

☐ Community at large
 ☐ Community institution/organization
 ☐ Health care
 ☒ School
 ☐ Work site

Policy/systems/environmental change strategy to achieve this objective:

The environmental changes will be implementation of projects, such as, farm to school, school gardens, Safe Routes to School, and Veggie U kits. The policy changes will take place around fundraising and food service contracts. The individually funded grants also meet both policy and/or environmental changes identified by the teachers who are working on the funded projects.

Evidence/practice base for the strategy:

Both evidence and practice based strategies support our goals and objectives for the school sector. Evidence shows that chronic disease and obesity can decrease with improvements of physical activity and nutrition. Some of the plan was written from opinion and therefore, is practice based. We believe that we can improve the health of our children through this work.

Target number of people who will be reached:

2,000

How the objective impacts the problem:

The objective (stated below) will impact the problem (cancer, cardiovascular disease, diabetes, obesity) by increasing the amount of physical activity and access to better nutrition for school-aged children.

Objective:

By September 2012, increase the number of school districts who adapt one or more policy/environmental change strategies to improve student health in one or more buildings within their district from zero to three.

Measuring objective progress:

Track the number of schools involved in the policy/environmental changes and track its impact on student health.

Primary Data Source		Secondary Data Source	
Grant requirements, maps, ACHIEVE case study		School wellness policies, BMI data for school aged children	
Describe the progress		<i>ACHIEVE Lake County case study will be updated by Strategic Research Group to reflect our ongoing work and can be used to demonstrate our progress. Maps can be used to show the schools in Lake County involved with policy/environmental change strategy implementation. BMI data (federal or state) will demonstrate the effect of these change strategies.</i>	
Describe barriers or issues and plans to overcome them		<i>Federal/state BMI data will not necessarily reflect the outcomes of our work locally. We could collect BMI data in our schools, pre and post change strategy implementation.</i>	

Action Steps:

Action Steps	Specific Person(s)/ Organization(s) Responsible	Timeframe	Describe the progress of the action step
1. Inventory all existing school wellness policies in all the school districts.	School Sub-team	October 2009-April 2010	Completed in January 2010, however, not all schools have a detailed school wellness policy.
2. Hold/host meetings with school personnel.	School Sub-team	March 2010-September 2012	On April 15, 2010 we met with school superintendents. On September 16, 2010 we met with representatives from 3 of the 9 districts after a failed attempt to meet in May.
3. Order Veggie U Kits on behalf of the schools for use in fourth grade classrooms.	T. Luyster T. Salkiewicz	June 2010-September	In June 2010, 4 kits were ordered and in September 2010, 6 kits were ordered - Kirtland (3), Madison Avenue (3),

		2012	Maple (1), Elm (1), McKinley (1), and Chestnut Elementary(1).
4. Provide grant opportunities for all 9 districts to implement policy/environmental change for the school years, 2010/2011 and 2011/2012.	School Sub-team	June 2010- June 2012	In September 2010, 7- \$1000 checks were mailed to 7 teachers/principals in 3 districts.
5. Provide support and oversee grant work in the schools.	School Sub-team	September 2010- September 2012	
6. Implement fundraising policies in schools and assist with fundraising in other ways (walk event, sale of non-food items, etc.)	School Sub-team	September 2010- September 2012	
7. Implement school gardens in schools.	School Sub-team	September 2010- September 2012	
8. Assist with obtaining and implementing Safe Routes to School program in schools.	School Sub-team	September 2010- September 2012	Riverside School District received funding from ODOT to conduct a School Travel Plan (STP). The STP is being reviewed by the committee and has been scheduled to be presented to the Community for public input in November 2010.
9. Work with food service contractors to allow local fresh produce in school cafeterias.	School Sub-team	September 2010- September 2012	
10. Publicize and market ACHIEVE and our progress in the school sector.	School Sub-team	September 2010- September 2012	Press release sent on 9-23-10 on school grants.

Project Goal 3.0

By September 2012, increase the number of businesses involved with ACHIEVE worksite wellness initiatives from zero to 15.

Priority area(s) the goal addresses:

Chronic diseases: ☒ arthritis ☒ cancer ☒ cardiovascular disease ☒ diabetes ☒ obesity

Related risk factors: ☒ nutrition ☒ physical activity ☐ tobacco

How the goal impacts the priority area(s):

The goal is intended to decrease chronic disease in those staff members of the worksites who participate in wellness initiatives.

Measuring progress:

Primary Data Source	Secondary Data Source
CHANGE Tool	Employee health screening data
Describe the progress	<i>CHANGE tool can be used to track the environmental/policy change strategies implemented in the worksites and the health screening data will reflect any change in BMI, cholesterol, glucose, blood pressure, etc.</i>
Describe barriers or issues and plans to overcome them	<i>Not all of the worksites will necessarily be collecting or have access to this data. We could ask people to self report this data.</i>

Annual Objective 3.1

Setting/Sector:

☐ Community at large ☐ Community institution/organization ☐ Health care ☐ School ☒ Work site

Policy includes items, such as, a food standard for meetings or building time into the work day for people to get physical activity. Environmental changes include items, such as, install a bike rack, change or remove vending (this could be a policy too), provide fresh fruit for employees, offer or require a health screening, discount on a gym membership or provide physical fitness classes during lunch or after hours. Educational components, such as, displaying healthy messages and offering “lunch and learns” are identified as environmental changes. They can help to reinforce a behavior or lifestyle change.

If “Other”, please briefly describe your strategy below:

Evidence/practice base for the strategy:

Evidence shows that chronic disease and obesity can decrease with improvements of physical activity and nutrition.

Target number of people who will be reached:

15,000

How the objective impacts the problem:

Environmental change strategies have the potential to persuade people to make better decisions about their health. For example, by providing fresh fruit for employees, they may be likelier to choose a piece of fruit over a candy bar in the vending machine, etc. By making the better choice are improving their health and decreases their risk of chronic disease.

Objective:

By September 2012, increase the number of worksites who adopt environmental change strategies to improve the health of their employees from zero to 15. By September 2012, increase the number of worksites who adopt policy change strategies to improve the health of their employees from zero to 5.

Measuring objective progress:

Track the number of environmental and policy changes implemented and the outcome of it.

Primary Data Source		Secondary Data Source	
Worksite survey, CHANGE tool		Health screening data	
Describe the progress		<i>A survey can be provided to worksite management and staff to track the success of the environmental and policy change and health screening data will reflect any change in the health data of employees.</i>	
Describe barriers or issues and plans to overcome them		<i>Health screening data may not readily available especially if the worksite does not conduct health screening of their employees.</i>	

Action Steps:

Action Steps	Specific Person(s)/ Organization(s) Responsible	Timeframe	Describe the progress of the action step
1. Develop tools for worksites to use.	Worksite Sub-team	October 2009- April 2010	Developed wellness menu, healthy worksite messages to post, MOU b/n ACHIEVE and worksite, the business benefit, etc. – completed May 2010.
2. Create a list of potential employers to participate in ACHIEVE and mail invitation letters.	Worksite Sub-team	October 2009-April 2010	Completed on 4-9-10. Letter was sent to 12 businesses.
3. Set up meetings with interested worksites.	Worksite Sub-team T. Luyster	June-September 2010	6 worksites have signed the MOU and will receive money in 2010/2011 to implement environmental/policy changes. The deadline for this funding opportunity is 10-1-10.
4. Continue to meet with and support current funded worksites with implementation of policy/environmental changes.	Worksite Sub-team	September 2010- August 2011	
5. Develop a worksite wellness workshop for businesses in 2011.	Worksite Sub-team	November 2010-June 2011	

6. Develop a funding selection process.	Worksite Sub-team	November 2010-June 2011	
7. Invite businesses through the Lake County chambers.	Worksite Sub-team	March 2011-June 2011	
8. Choose ten businesses for the 2011-2012 year for ACHIEVE funding.	Worksite Sub-team	July 2011-August 2011	
9. Support newly funded worksites with implementation process.	Worksite Sub-team	September 2011-August 2012	

Project Goal 4.0

By September 2012, increase the number of individuals who attend the ACHIEVE OSU Extension Food & Nutrition Program from zero to 350.

Priority area(s) the goal addresses:

Chronic diseases: ☒ arthritis ☒ cancer ☒ cardiovascular disease ☒ diabetes ☒ obesity

Related risk factors: ☒ nutrition ☐ physical activity ☐ tobacco

How the goal impacts the priority area(s):

Educate people on healthy eating and provide them with resources to eat healthier, which has the potential to reduce chronic disease.

Measuring progress:

Primary Data Source	Secondary Data Source
Program survey and evaluation	

Describe the progress	<i>The program will provide a survey and evaluation to participants to determine change in healthy food choice behavior.</i>
Describe barriers or issues and plans to overcome them	

Annual Objective 4.1

Setting/Sector:

☐ Community at large
 ☒ Community institution/organization
 ☐ Health care
 ☐ School
 ☐ Work site

Policy/systems/environmental change strategy to achieve this objective:

This is an environmental change strategy to educate and encourage participants to eat better.

If "Other", please briefly describe your strategy below:

Evidence/practice base for the strategy:

The strategy is practice based and is the opinion of the group.

Target number of people who will be reached:

350

How the objective impacts the problem:

Currently, Lake County residents do not consume an adequate amount of fruits and vegetables. The objective will increase the number of fresh produce purchased from Lake County Farmer's Markets.

Objective:

By September 2012, increase the number of Farmer's Market vouchers redeemed from the FNP classes from zero to 250.

Measuring objective progress:

Track the number of vouchers handed out and the number of vouchers redeemed at markets.

Primary Data Source		Secondary Data Source	
Farmer's Market records, FNP class roster, class participant surveys			
Describe the progress		<i>Farmer's Market records will provide us with the number of ACHIEVE Farmer's Market vouchers redeemed, the class roster will give us the number of vouchers given to class participants, and the survey will be used to make improvements in the process each year. The survey will be mailed or emailed to all class participants, 3-4 months after the class.</i>	
Describe barriers or issues and plans to overcome them		<i>Surveys that get mailed may not get completed and returned. We can send a second survey with a reminder to those that don't respond.</i>	

Action Steps:

Action Steps	Specific Person(s)/ Organization(s) Responsible	Timeframe	Describe the progress of the action step
1. Create a class schedule each year during the same months the Farmer's Markets are open.	CIO Sub-team	March 2010, March 2011, March 2012	Completed - 2010
2. Work with the Farmer's Markets to purchase vouchers and a plan to redeem them.	CIO Sub-team	November-April of each year	Completed - 2010
3. Provide classes and vouchers.	OSU Extension LCGHD Job & Family Services	Summers 2010, 2011, 2012	Completed - 2010

4. Evaluate and make changes.	CIO Sub-team	November – April of each year	
-------------------------------	--------------	-------------------------------	--

Project Goal 5.0

By September 2012, increase the number of participants who attend the Lake County Y Diabetes 10 week class from zero to 50.

Priority area(s) the goal addresses:

Chronic diseases: ☐ arthritis ☐ cancer ☐ cardiovascular disease ☒ diabetes ☐ obesity

Related risk factors: ☒ nutrition ☒ physical activity ☐ tobacco

How the goal impacts the priority area(s):

The 10 week Diabetes class will address aspects of Diabetes, including proper self management. Proper nutrition and physical activity can lead to reduction in medicine.

Measuring progress:

Primary Data Source	Secondary Data Source
Class roster	
Describe the progress	<i>The class roster will provide the number of times each class participant attended.</i>
Describe barriers or issues and plans to overcome them	

Annual Objective 5.1 (minimum of 1 objective per goal)

Setting/Sector:

☐ Community at large ☒ Community institution/organization ☐ Health care ☐ School ☐ Work site

Policy/systems/environmental change strategy to achieve this objective:

The environmental change strategy to achieve the objective is a free 6 month membership to the Y.

If “Other”, please briefly describe your strategy below:

Evidence/practice base for the strategy:

Evidence shows that proper nutrition and physical activity will reduce the affects of Diabetes and help lower or even eliminate the amount of medication used to treat Diabetes.

Target number of people who will be reached:

50

How the objective impacts the problem:

By increasing physical activity you can reduce the prevalence of Diabetes.

Objective:

By September 2012, increase the number of times a class participant gets physical activity in one week from zero to three.

Measuring objective progress:

Tracking the number of times Diabetes class participants obtain physical activity in a week.

Primary Data Source

Secondary Data Source

Participant progress report, follow-up survey		State and National Diabetes data
Describe the progress	<i>The progress report will allow participants to track the number of times they are getting physical activity each week. A follow-up survey can ask past participants if they are continuing to exercise. National and state data can reflect the prevalence of Diabetes in Lake County residents as a whole.</i>	
Describe barriers or issues and plans to overcome them	<i>National and state data does not directly provide results from this class.</i>	

Action Steps (list up to 10):

Action Steps	Specific Person(s)/ Organization(s) Responsible	Timeframe	Describe the progress of the action step
1. Secure funding to offer a Diabetes Program at our Central Y.	CHART YMCA	October 2009-March 2010	January 2010- Central Y awarded grant from ODH.
2. Promote the program in physicians' offices.	YMCA	February-May 2010	May – class 1 of 3 is scheduled and will have 14 participants. June- first 10 week class is final.
3. Offer two more classes.	YMCA	September 2010, April 2011	
4. Evaluate program and sustainability.	CHART YMCA	June 2011	

PART 3B - PLANNING, IMPLEMENTATION, AND EVALUATION (CONTINUED)

Describes how the CHART prioritized strategies within the community action plan:

The CHART spent many hours in meetings to determine the strategies of this plan, including prioritizing the plan. As the work of this plan is being implemented, many meetings take place each month to update the plan. As expected, strategies have changed over time and will continue to change as the plan moves forward.

SUSTAINABILITY PLAN

The Lake County General Health District and participating CHART members seek to provide sustainability for the Lake County ACHIEVE Initiative through several avenues;

- To provide education and training to community leaders to improve overall wellness through the adoption of the goals and objectives of the CHART.
- To identify existing infrastructure needs and to provide advocacy to address these issues.
- To maintain leadership for ACHIEVE and CHART through the Lake County General Health District.
- To continue to develop and recruit partners to execute the goals and objectives of the CHART.
- To increase in-kind resources, both financial and human, dedicated to the effort of the community partners.
- To acquire additional funding sources.
- To establish evaluation techniques to measure success.

The most critical part of sustainability will be the careful documentation of the ACHIEVE Initiative. The Lake County General Health District will seek to document its progress and outcomes, in partnership with its funding partners, to create an evidence-based model for other counties and states throughout the United States.

COMMUNICATIONS PLAN

The CHART will seek out opportunities to publish the work accomplished through the ACHIEVE grant. Strategic Research Group is one of the partnerships that has evolved since the inception of ACHIEVE. They have created a case study specifically from the work we have completed to date. We will utilize items, like this case study, to communicate our work to stakeholders and our community.

RESOURCES

The Health District and other organizations have provided in kind contributions, such as space, equipment and support of staff time. The CHART members and coaches have contributed a countless amount of time and effort in the development and implementation of this plan. A local website specific to ACHIEVE Lake County has been constructed by the GIS (Geographic Information System) Department. The GIS Department has also spent time developing walking maps for our local funded businesses. Many of our CHART organizations spent time working to develop our logo and handout. We anticipate more specific contributions as we continue to move forward with this plan.

Date completed	9-29-10
Date revised	
Date revised	