

Did you know...

1 in 3 children in the U.S are obese or overweight?



CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

September 2016

Welcome Back,

September is National Childhood Obesity Awareness Month

Overweight or obese adolescents are at increased risk for developing diabetes, heart disease, and other serious chronic diseases. Children who are overweight or obese are also more likely to remain overweight into adulthood.

By eating healthy, adolescents are more likely have to a strong immune system, reach and maintain healthy weight, and achieve normal growth and development. Helpful hints to healthier eating:

- ⇒ **Keep fresh fruit within reach**
- ⇒ **Go for a family walk after dinner**
- ⇒ **Avoid saturated fat, sodium, and sugar**



Our Mission:

Creating Healthy Communities is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work, and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

Making the Healthy

Upcoming Meetings

Girard Better Block Event
Sept. 17 @ 10am-5pm

Tobacco Sub-committee Meeting
Oct. 6 @ 2pm—TCCHD

Fourth Quarter Coalition Meeting
Dec.13 @ 9am—TCESC



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Healthy Babies. Born on Time.

The Trumbull County Combined Health District offers the Baby & Me Tobacco Free Program. The program was created to reduce the burden of tobacco use on the pregnant and postpartum population. It uses a unique approach, combining cessation support specific to pregnant women. Those enrolled can be pregnant women who currently smoke, or were a daily smoker at least 3 months prior to becoming pregnant. There are no age or income eligibility requirements for enrolling in this program. During the prenatal period, each enrolled participant receives four cessation counseling sessions, quit support education, and carbon monoxide testing. After the birth of the baby, the mother returns monthly to continue carbon monoxide monitoring. Each month she remains smoke-free she receives a \$25 voucher for diapers at Walmart, for up to 12 months. Women can be enrolled by calling the Trumbull County Combined Health District at 330-675-2590, option #3, or referrals from area agencies and physicians.

Upcoming Workshops and Conferences

⇒ **Ohio Tobacco Conference—Looking Deeper than the Surface to Reduce Tobacco-Related Disparity**

September 29, 2016 8:00 AM—4:30 PM, Quest Conference Center, Columbus, OH

For more information <https://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/Resources/Tobacco%20Conference%20Links.aspx>

⇒ **Northeast Ohio Farm to School Workshop**

October 13, 2016 1:00 PM—5:00 PM, RG Drage Career and Technical Center, Massillon, OH

For more information <https://farmtoschool.osu.edu/events/2016-workshops/>

⇒ **Health Educators' Institute**

October 20-21, 2016, Mohican State Park Conference Center, Perrysville, OH

For more information <http://www.ohiosophe.org/component/civicrm/?task=civicrm/event/>



August Bike Rodeo

After the 5th Annual Bike to Work event on May 20, 2016, the Bike Rodeo on August 13th, 27 helmets were given away. Between the two Bike Rodeos in May and August, a total of 103 kids attended and 43 helmets were given away. Stay tuned for the date of the 6th Annual Bike to Work event!



Pop-up Farmers Markets at Bolindale Park



Two Pop-Up Markets at Bolindale Park in Howland Township brought fresh produce to local residents close to home! Vendors providing fresh fruits, vegetables, spices and more to the park located on Ridge Road.

July Market had 30 in attendance and the August Market had 39 in attendance. Come out Thursday September 15th, from 3-6 PM to attend our last Pop-up Farmers' Market at Bolindale Park this year. We will also be hosting a Pickleball Intro & Demo Day during the market.

Bolindale Cleanup Day

Fifteen volunteers gathered with Howland Health and Wellness Committee to help clean up Bolindale Park by removing weeds and tree limbs from the park on August 27th.

Trumbull County Upcoming Events

September

September 15, 6:00 PM - **Fermented Foods Class** YWCA 375 N. Park Ave. Warren, OH

September 24, 8:30 AM - 12 PM **Mahoning Valley Cancer Coalition**, Holiday Inn Boardman

September 15, 3:00-6:00 PM **Bolindale Pop-Up Farmers Market**

September 29, 8:00 AM—4:30PM **Ohio Tobacco Conference—Looking Deeper than the Surface to Reduce Tobacco-Related Disparity**, Quest Conference Center, Columbus, OH

October

October 13, 1:00 – 5:00 PM **NE Ohio Farm to School Workshop**, Massillon, OH

October 20-21, **Health Educator Institute Conference**, Mohican State Park, Perrysville, OH

Ohio Healthy Program Training Classes—Session 1: Sept. 22, Sept. 29, Oct. 19, Oct. 26; Session 2 & 3: Nov. 4

Warren Farmers' Market Tuesdays through October 4, 3:00-6:00 PM Courthouse Square

Howland Farmers' Market Saturdays through October 15, 9:00 AM—1:00 PM Richard E. Orwig Park



For More Information

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