

Did you know...

The number of trips made by bicycle in the U.S. has more than doubled from 1.7 billion in 2001 to 4 billion in 2009?



CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

December 2016

Welcome Back,

May is National Bike Month

Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to give biking a try. There are many reasons to ride your bicycle such as:

- ⇒ Bike to Work, School, or Grocery Store
- ⇒ Ride to save money or time
- ⇒ To preserve your health or the environment
- ⇒ For fun to explore your community

National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride! <http://bikeleague.org/bikemonth>

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

- 2017 Coalition meetings
- April 25 @ 9am—TCESC
- July 25 @ 9am—TCESC
- Dec. 12 @ 9am—TCESC
- Grant Planning Meeting
- June 28 @ 9am—TCCHD
- Tobacco Sub-Committee Meeting
- May 4 @ 2pm—TCCHD



In This Issue

- New TCAP Program
- Ohio Healthy Program
- Local Bike Events
- HUD Smoke-Free Rule
- Akron Children's Fitness Class Schedules
- SCOPE's New Lunch Program

TCAP introduces nutrition and physical activity education program to children

When it comes to nutrition education, you can never start too early. In fact, because food choices of young children are largely determined by their families and primary caregivers, many experts believe formal nutrition education should begin during a child's preschool age years.



With that in mind, Team Nutrition, an initiative of the U.S. Department Agriculture's (USDA) Food and Nutrition Service, decided to fund a nutrition education program aimed at introducing fruits and vegetables to preschool age children. The program was named *Grow It, Try it, Like it!* The goal of the program is 'to improve children's lifelong eating and physical activity habits through nutrition education.' The guiding principles of the program are based on the *Dietary Guidelines for Americans* and *MyPlate*.

On March 13, 2017, Trumbull Community Action Program will offer the *Grow It, Try It, Like It* nutrition education and physical activity program to all six of its current locations. Children will be introduced to the first of nine, weekly, nutrition education and physical activities designed to meet the learning needs of young children, as well as provide them with opportunities to grow and develop. By participating in the structured activities, children will learn simple math skills; science concepts; food safety habits; develop small motor skills, and develop a sense of self-esteem. Also, they will smell, touch, and taste the foods and

Grow It, Try It, Like It!
Preschool Fun With Fruits and Vegetables

learn where vegetables and fruits grow. The hope is for each child to plant a fruit or vegetable, then, *Grow It, Try it, Like it!*

TCAP Head Start Director, Janet Diegan, expressed her support and enthusiasm for the project, and looks forward to seeing how the children learn and grow from the experience.

For more information about the program contact TCAP Dietitian, Bill Masters @ 330-393-2507 Ext. 277 or wmasters@tcaphelps.org

Ohio Healthy Programs in Trumbull County



Ohio Healthy Programs (OHP) is a statewide designation earned by Child Care and Home Care providers who commit to providing a healthier environment for the children they serve through written policies, healthier menus, trainings and family engagement. With

collaboration between Trumbull County Creating Healthy Communities, Trumbull County Combined Health District, and Trumbull County Ohio State University Extension training classes began being offered in Trumbull County back in 2015. The first Home Care Provider in Trumbull County became OHP designated by the state in Spring 2016. Since then a total of 7 Early Childcare Providers have been OHP designated with 2 locations currently in the process of completing their applications. OHP Training classes are still being offered in Trumbull County for more information contact Jenna Amerine at 330-675-7807 or Marie Economos at 330-638-6783.



We are happy to announce the following centers are recognized by the state of Ohio as an Ohio Healthy Program:

- ✓ Charlene Harris: Family Child Care Center in Warren, Ohio
- ✓ Learning Express Preschool Center in Warren, Ohio
- ✓ Lisa Booze: Lisa's Little Angels Daycare
- ✓ Dawn Rumble: Lot of Care Daycare
- ✓ Crystal Bendel: Tiny Tots Preschool & Daycare, LLC
- ✓ Sue Warner: Viking Country Childcare
- ✓ Wonder Zone Child Care Center in Champion, OH



Local Bike Events

In celebration of National Bike Month the Bike to Work Warren Committee is hosting the 6th Annual Bike to Work Breakfast Event. The Bike to Work Event will be on Friday, May 19th from 6:00 AM - 9:00 AM at the Log Cabin west of Court House Square in Downtown Warren. There will be free breakfast, t-shirts, and prizes. This is a great way to show your enthusiasm for biking as well as promoting active transportation through riding your bike to work that day. If you don't work near downtown make sure to still check-in on social media using #BikeToWorkWarren2017 to be eligible for prizes.



Safe Kids Mahoning Valley Safe Kids Day 2017

May 20, 2017

10am-2pm

Held at:

Jefferson PK-8 School

1543 Tod Avenue SW, Warren, Ohio 44485

Safe Kids Mahoning Valley will also be hosting Safe Kids Day 2017 at Jefferson PK-8 School on Saturday, May 20th from 10:00 AM - 2:00PM. There will be activities and games for children of all ages to learn about bike safety, fire safety, pool safety, and many more activities.

Please contact Stephanie Weigel @ 330-729-1387 for more information and registration



6TH ANNUAL

BIKE TO WORK



BREAKFAST EVENT



Can't attend Warren's Bike to Work but still want to participate? Tag a photo of you riding your bike to work with #BikeToWorkWarren2017 to be submitted into a raffle!

If you can attend make sure to check in on Facebook for another chance to win.

WHEN: Friday, May 19, 2017

TIME: 6:00 am-9:00 am

FREE: Free continental breakfast to anyone who arrives on a bicycle.

WHERE: Log Cabin West of Court House Square Warren, Ohio

WHY: The purpose of the event is to encourage people to be more physically active by bicycling for transportation.

WHO SHOULD ATTEND:

All bicycle enthusiasts

T-SHIRTS & GIVE-AWAYS:

T-Shirts given to the first 100 people who arrive on a bicycle. Other prizes will also be available.



PRESENTED BY:

Bike to Work Warren Committee

FOR MORE INFORMATION CONTACT:

LIKE US ON FACEBOOK AT BIKE TO WORK WARREN, OHIO

Jenna Amerine at 330-675-7807 or <http://www.trumbullmetroparks.org/parks-and-trails/bike-work-warren>

HUD Smoke-Free Ruling



- November 30, 2016 HUD released the final rule that requires ALL federally funded housing to go smoke-free.
- Public Housing Authorities (PHAs) have 18 months from February 2017 to implement a smoke-free policy.
- Applies to single family homes and MUH that is federally funded. Does NOT apply to MUH that includes some market-rate tenants.
- Law requires common areas, building units, laundry rooms, community facilities, and other indoor areas.
- Law requires smoke-free property grounds 25 feet from windows and doors as a minimum.
- Law includes lit tobacco products, water pipes, and hookahs. Recommend including e-cigs and vapes.



FITNESS LIFESTYLE

Fun activities promote healthy fitness and eating habits that result in safe and gradual weight loss to help participants achieve their fitness goals.

The Fitness Lifestyle Challenge is **FREE** to students ages 7-15 and requires a registration form available on www.akronchildrens.org/healthykids. Submit form to Melody Case, Youth Fitness Specialist at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512.

For more information, please contact Melody Case at mcase@chmca.org or **330-729-1391**

SPRING 2017 SCHEDULE & LOCATIONS

The Mayor Ralph A. Infante Wellness Center
 213 Sharkey Drive, Niles
 Phone: 330-349-9355
April 5 – May 12, 2017
 Wednesdays & Fridays: 6:00 – 7:00 PM

The Davis Family YMCA
 45 McClurg Road, Boardman
 Phone: 330-480-5659
April 17 – May 25, 2017
 Mondays & Wednesdays: 5:00 – 6:00 PM;
 Thursdays: 4:15 – 5:00 PM

Youngstown Central YMCA
 17 North Champion Street, Youngstown
 Phone: 330-744-8411
April 17 – May 26, 2017
 Mondays, Wednesdays, & Fridays: 6:30 – 7:30 PM

Trumbull Family Fitness
 210 High Street NW, Warren
 Phone: 330-394-1565
April 17 – May 26, 2017
 Mondays, Wednesdays, & Fridays: 5:30 – 6:30 PM

FITNESS COACH

The Fitness Coach Program is **FREE** to students ages 7-18 and requires a registration form available on www.akronchildrens.org/healthykids.

Submit form to Kris Kriebel, Fitness Coach at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512.

For more information, please contact Kris Kriebel at kkriebel@chmca.org or **330-746-8767**

Fitness Coach (Individual):

- Individualized assessment of physical activity and nutritional needs
- Personal short-term and long-term goal setting
- Positive lifestyle changes
- Recurring interaction, encouragement and motivation

Fitness Club (Group):

- Engages students in non-judgmental group activities
- Promotes healthy habits
- Increases awareness of an active lifestyle and a balanced nutritious selection of food
- Encourages and motivates group to actively participate - as a team (TEAMWORK)

THE DAVIS FAMILY YMCA 45 McClurg Rd., Boardman Phone: 330-480-5659	
Date	Time
1/9	5-6 pm
2/13	5-6 pm
3/13	5-6 pm
4/10	5-6 pm
5/8	5-6 pm
6/12	5-6 pm

THE MAYOR RALPH A. INFANTE WELLNESS CENTER 213 Sharkey Dr., Niles Phone: 330-349-9355	
Date	Time
1/20	7-8 pm
2/17	7-8 pm
3/17	7-8 pm
4/21	7-8 pm
5/19	7-8 pm
6/16	7-8 pm

SCOPE PARTNERS WITH OFFICE OF ELDERLY AFFAIRS TO OFFER LUNCH



The Trumbull County Commissioners approved in December three of the SCOPE Senior Centers to serve as hosts of their nutrition lunch program for 2017.

Cortland, Lordstown and Warren SCOPE Centers have been providing the \$2 Nutritional Lunch since January 3rd as coordinated by the Trumbull County Office of Elderly Affairs with a grant through the Area Agency on Aging District 11.

The key to eating lunch at these centers is to remember the number 'two' as in making a reservation two days before you plan to eat by 2 pm for only a \$2 donation for those over 60 and \$5 donation for those under 60.

SCOPE centers serve lunch at 11:30 am. Sorry there are no carry outs available.

Menus are provided for the entire month to make it easier for reservations with dessert options available for those with diabetes issues.

"The food tastes great for a very reasonable cost with very nice Elderly Affairs staff serving our seniors," stated Mike Wilson, SCOPE's Director. "We have already seen a huge increase in the total number of individuals eating lunch at these three sites in just the first two months." Wilson added.

Simply call 330-675-2486 or tell the on-site food manager to make a reservation to eat. The Office of Elderly Affairs also provides lunches delivered to those who are homebound and shut in by calling this number.

Transportation to the SCOPE Senior Centers are available through TCAP with a donation by calling 330- 395-2287.

SCOPE Senior Services of Trumbull County Corporate Office
220 West Market Street Warren, Ohio 44481
330-399-8846 | email: mwilson@fcsohio.org

Trumbull County Upcoming Events

April

April 5, 7 PM **Food Policy Talk w/Mark Winne**, St. John's Episcopal Church

April 18, 10 AM - 12 PM **Tobacco Free Ohio Alliance Meeting**, State Library Columbus

April 25, 9 AM - 10:30 AM **CHC 2nd Qtr. Coalition Meeting**, Trumbull County Educational Service Center

May

May 4, 2 PM **Tobacco Coalition Meeting**, Trumbull County Combined Health District Offices

May 19, 6 AM - 9 AM, **6th Annual Bike to Work Breakfast Event**, Log Cabin Downtown Warren

May 20, 10 AM - 2 PM, **Safe Kids Day 2017**, Jefferson PK-8 School Warren

June

June 3, 8 PM - 2 PM **Health Fair on the Square, Courthouse Square** Downtown Warren

June 10, **13th Annual WOW Bike Ride**, Western Reserve Greenway Trail

June 28, 9 AM **CHC 2018 Grant Planning Meeting**, Trumbull County Combined Health District Offices



For More Information

Jenna Amerine, MPH, CHES

**Creating Healthy Communities
Coalition Coordinator**

(330) 675-7807



www.facebook.com/trumbullpublichealth