



# Creating Healthy Communities Coalition Newsletter

## ***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 Choice  
the Easy Choice!***

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## Tobacco-Free Initiatives Gaining Local Support

Smoking is known for its serious health effects, even in those exposed to secondhand smoke. Smoking has a negative impact on nearly organ and biological system in the body. It also is the cause for nearly every 1 in 5 deaths in the United States each year.

Here in Trumbull County, nearly 44% of the population report that they smoke or otherwise use tobacco products. The CHC Coalition is dedicated to lowering this rate, and is happy to report some of the successes being made locally.

- Tod's Crossing Apartments and Grounds are 100% smoke-free as of September 1st.
- Bus shelters in Trumbull County are now smoke-free
- KSU Trumbull Campus is now smoke free as of July 1st.

### **Upcoming Events:**

Bolindale Park Pop-up FM  
Sept. 24 @ 3-6 PM

Warren Pop-up FM Quinby  
Park Oct. 6 @ 3-6 PM

### **CHC Meetings:**

Dec 12 @ 9AM- TCESC



## Tod's Crossing Is Now Smoke Free

The Trumbull County CHC worked with Tod's Crossing to conduct initial surveying of the residents in 2014. We were able to identify that while 26% of the respondents were current everyday smokers, the majority of the residents (56%) answered that they would like for their apartment building to be smoke free.

Due to this information, the complex decided to take action and initiate the changeover to become a smoke-free housing.

As of September 1st, 2017 Tod's Crossing Apartments in Warren is now smoke free on the premises both inside the apartment buildings and individual units, as well as all the public spaces that are on the grounds, including parking lots.



## Smoke-Free Bus Stations

Bus Stations Throughout Warren are now smoke free! As of August 1st, 2017 the local bus shelters open to the public are non-smoking. Community members who take advantage of the public transportation options are asked not to smoke inside of the bus stop shelters.

The smoke free shelters are located at Mahoning & High NW, High & Vine, and N. Park & Washington.



## 2017 School Food Service Conference

The annual food service conference took place on Wednesday August 9th at Mineral Ridge High School. There were a total of 128 participants in attendance from local school districts.

This years topics included new updates on vending regulations and profitable reimbursable meals, farm-to-school program initiatives, healthy cuisine menu planning, and improving interest-how to serve panini and ciabatta breads.

The conference also included a cooking demonstration provided by Drew Patterson from the OSU-Wexner Medical Center (pictured right). As well as provided lunch with recipes to inspire creative healthy meals in schools.



**Mission:** To provide a decrease in childhood obesity in the Mahoning Valley through specific programs targeted to caregivers and children through awareness, prevention and intervention.

### FITNESS CHALLENGE PROGRAM

#### 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
- Encourages and motivates group to actively participate as a team (TEAMWORK)

The Fitness Challenge program is FREE to students ages 6-18 and requires a registration form available on [www.akronchildrens.org/healthkids](http://www.akronchildrens.org/healthkids). 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@chmcu.org](mailto:mcase@chmcu.org) or 330-729-1391.

### 2017 FITNESS CLUB SCHEDULE & LOCATIONS

#### Trumbull Family Fitness

210 High Street NW, Warren • Phone: 330-394-1565  
July 11 – December 19, 2017  
Tuesdays: 5:00 – 6:00 p.m.

#### Salem Community Center

1098 North Ellsworth Avenue, Salem • Phone: 330-332-5885  
July 13 – December 21, 2017  
Thursdays: 5:00 – 6:00 p.m.

#### The Davis Family YMCA

45 McClurg Road, Boardman • Phone: 330-480-5659  
July 17 – December 18, 2017  
Mondays: 5:00 – 6:00 p.m. (1st Monday of each month: 4:15 – 5:00 p.m.)

#### Youngstown Central YMCA

17 North Champion Street, Youngstown • Phone: 330-744-8411  
July 19 – December 20, 2017  
Wednesdays: 5:30 – 6:30 p.m.



The Mahoning Valley Healthy Kids Coalition holds a free fitness program for students aged 6-18. The fitness club holds meetings weekly through December.

## KSU Trumbull Smoke Free Policy

Kent State Trumbull Campus as well as the other branches of the university, and all university properties became smoke-free as of July 1st, 2017.

KSU decided a smoke free policy is in its mission to promote the Kent State of Wellness, the initiative that seeks to promote a culture of health and wellness for all students and employees.

This policy applies to all KSU campuses and all students, employees, volunteers, vendors, and visitors to the university.

Kent State is offering smoking cessation resources on its campuses and in the surrounding communities to help smokers get started on the way to a healthier lifestyle.



# Stroke Tends in the US

There is a troubling new trend developing in the United States. After many decades of steady decline in deaths caused by strokes, the progress has slowed significantly. Although we as a nation have made progress in treating stroke risk factors (such as high blood pressure), declines in stroke death rates (that is, deaths per 100,000 population) have recently stalled in 3 out of every 4 states.

However, 80% of strokes are preventable. Health systems can use evidence-based strategies, and health professionals can identify and treat risk factors to restore the decline in stroke death rates.

Help in preventing strokes can be done by everyone, not just health professionals. Some tips include: recognizing the symptoms of stroke and calling 911, taking all blood pressure and cholesterol medications appropriately, manage obesity and diabetes, avoiding smoking and secondhand smoke, as well as eating a healthy diet low in salt and sugars, and increasing daily physical activity which is key for maintaining a healthy weight.

What's needed to decrease stroke deaths?

RISK FACTORS FOR STROKE

Knowing and managing your risks for stroke are key.



**HIGH BLOOD PRESSURE**  
a leading cause of STROKE



**TOBACCO USE**



**DIABETES**



**HIGH CHOLESTEROL**



**OBESITY & PHYSICAL INACTIVITY**

Recognize the signs of stroke **F.A.S.T.**

 <b>FACE</b> Ask the person to <b>smile</b> . Does one side droop?	 <b>ARMS</b> Ask the person to <b>raise both arms</b> . Does one arm drift downwards?	 <b>SPEECH</b> Ask the person to <b>repeat a simple sentence</b> . Are the words slurred?	 <b>TIME</b> If the person shows any of these symptoms, call <b>911</b> immediately.
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Learning the signs of a stroke can **HELP SAVE LIVES**

SOURCE: Adapted from the Cincinnati Pre-hospital Stroke Scale, University of Cincinnati, 1997.

## Stroke Systems of Care

 <b>Community</b>	 <b>Pre-Hospital</b>	 <b>Hospital</b>	 <b>Post-Hospital</b>
<b>Detection</b> Everyone knows the signs of stroke and the need to call <b>911</b> immediately.	<b>Delivery</b> Fast emergency medical services (EMS) transport to the hospital with pre-hospital notification that they are on the way.	<b>Decision</b> Identify stroke, quickly decide on and provide appropriate treatment.	<b>Discharge Coordination</b> Patient rehabilitates, recovers, and returns home.

SOURCES: Paul Coverdell National Acute Stroke Program, CDC; Guidelines for the Early Management of Adults with Ischemic Stroke, Circulation, May 22, 2007.



The **STROKE SYSTEMS OF CARE** depends on coordinated partnerships among health systems and professionals, smooth transitions from one care setting to the next, data-driven quality improvement programs that provide the best care to every patient every time, consistent hospital discharge processes with all of the patient's healthcare professionals, and continued actions that improve patient care and save lives.

## Bolindale Park Pickleball



The new Pickleball courts at Bolindale Park are now open and fully operating. CHC combined with the Howland Township Park District hosted an Intro to Pickleball and Demonstration Day on August 10th, 2017. Since it's opening earlier in the year, the Pickleball courts have experienced very routine use by pickleball enthusiasts and interested community members.

On Tuesdays, Thursdays, and Saturdays from 9 AM– 1PM (weather permitting) there are supervised games with a focus on beginner and intermediate players and their advancement in learning the sport. The group spearheading these learning sessions came together out of their enjoyment of the sport, as well as getting outside and being more active.

In addition to the clinic style sessions throughout the week, there have also been men and women's invitational tournaments held. CHC is excited to see the progress being made at Bolindale Park, and look forward to its continued growth and success in promoting an active lifestyle for all community members.



## Trumbull County Upcoming Events

### October

October 3, 2 PM—3:30 PM **Supermarket Access Discussion**, Greater Cleveland Food Bank

October 6, 3 PM—6 PM **Warren Pop-up Farmers' Market**, Quinby Park

October 10, 10 AM—12 PM **Tobacco Free Ohio Alliance**, State Library of Ohio, Columbus

October 9, 11, 16, 18 5:30 PM—8 PM **Ohio Healthy Program Session 1 Classes**, Agriculture and Family Education Center

October 18, 10 AM—11 AM **Healthy Retail Conference Call**

October 20, 9 AM—11:30 AM **Ohio Healthy Program Session 2 Class**, Trumbull County Combined Health District

October 20, 12 PM—2:30 PM **Ohio Healthy Program Session 3 Class**, Trumbull County Combined Health District

### November

November 21, 1 PM—2:30 PM **Accelerating Census Data in Excel: Basic Visualization and Analysis Webinar**, United States Census Bureau Training Center

### December

December 8, 10 AM—12 PM **Ohio Society for Public Health Educators (OSOPHE) 4th Quarter Meeting**, Columbus Public Health

December 12, 9 AM—10:30 AM **CHC 4th Quarter Coalition Meeting**, Trumbull County Educational Service Center



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trumbullpublichealth](http://www.facebook.com/trumbullpublichealth)

For More Information  
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