



4th Quarter 2017
October-December

Creating Healthy Communities Coalition

Staying Active this Winter

Winter weather makes staying active seem less than desirable. Having to bundle up in layers to head outside, and the potential for slipping on ice prevents many people from maintaining the necessary levels of daily activity. Staying active has many health benefits, and may even help to ward-off those winter blues

Embrace the new season by re-evaluating your fitness goals, plan what you would like to accomplish, especially with those holiday treats around the corner. If adhering to a strict workout regimen seems difficult, try to get out and play, you will still burn calories and get your heart rate up but it doesn't feel like exercise. Making snow angels, sled-riding, and even building a snowman all are calorie burning activities!

While getting to the gym can be difficult when the weather conditions are less than ideal, try working out in the comfort of your own home. Try finding a new workout using Youtube or a fitness DVD, or investing in home workout equipment , or even trying a new smartphone app can be a great alternative than leaving the house to go the gym.



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 CREATNG A CULTURE OF HEALTH.

MAKING THE HEALTHY CHOICE THE EASY CHOICE!

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WINTER SAFETY

Wintertime can prove to be a dangerous time due to the potential for various hazards. For some, using a snow blower or snow removal service may be the safest option, but for those who choose to do the work themselves always remember the following tips:



- Wear sturdy shoes with traction to prevent falls.
- Take frequent breaks, if you feel pain or tightness or become dizzy stop immediately and call for help!
- Always ensure that someone is aware you are outside shoveling, and if possible share the work.
- Use a light shovel, and push the snow out of the way, rather than lifting the scoops.

Snow, and icy roads and walkways can make getting around dangerous. Ensure that you are taking proper precautions to reduce the risk of falling!

- Take it slow, allow yourself extra time to get where you need to go.
- Keep rock salt and a shovel near entrances to homes and commercial spaces, and keep walkways clear.
- Ensure you are wearing enough layers to stay warm, but make sure you are able to move freely and see in all directions.
- Avoid walking in deep snow and snowdrifts, as the more accumulation of snow creates a bigger trip hazard.

STEP CARDS IN BUS SHELTERS

Seven of our local bus shelters will now be displaying postcards available to the public that encourage walking to nearby locations of interest. These post cards will be available for the public to take with them for immediate or future use. The cards contain a map of the local area, with pins for designated locations within walking distance, as well as how many steps it takes to get to each specific location.

The shelters that will contain the cards are at the following locations:

- Mahoning Ave. & High Street NW
- High Street NE & Vine Ave.
- N. Park Ave & Washington Ave.
- Youngstown Road & Hazelwood Ave SE
- Laird Ave. NE
- Highland Ave & Martin SW
- Highland Terrace Lane & Valley Ave SW



TNP WARREN COMMUNITY FOOD SECURITY STRATEGIC PLAN

In 2016 Trumbull Neighborhood Partnership's (TNP) GROW Program began a year long Community Food Security Assessment. TNP has completed this assessment and has created a strategic plan to help close food gaps by increasing access to food, decreasing food insecurity and to promote the economic opportunities in Warren related to food production and distribution.

The 2017 Community Food Security Strategic Plan discusses the results from assessment of the community including obstacles to food security, existing available programs, transportation, availability & affordability of foods, and recommendations to improve food security in the Warren Community.

The complete strategic plan can be found on the TNP website.

www.tnpwarren.org

August 2017



CHC COALITION UPDATES FOR 2018

Every year the Creating Healthy Communities (CHC) Coalition conducts an evaluation survey to determine the effectiveness of the coalition and to identify any changes that we want to make in future years. This year, we completed our annual survey in November, and one of the objectives we are looking to achieve is to gain more community involvement.

Thank you to all who took the survey, because of the data we received we will be changing the 2018 CHC Quarterly Meetings to be more evenly spread throughout the year, and held in the afternoon in hopes of making the meetings more accessible to all coalition and community members. In addition to afternoon and evening hours, we will be holding one of the meetings in a new location, as well as potentially offering a phone-in teleconference option.

Our 2018 Meetings will be held as follows:

February 21st: 3-4:30PM at Trumbull County Educational Service Center

May 16th: 6-7:30PM at the Warren Public Library, Conference Room A

August 15th: 3-4:30PM at Trumbull County Educational Service Center

November 14th: 3-4:30PM at Trumbull County Educational Service Center

2017 SEASON POP-UP FARMER'S MARKET WRAP UP

We completed the 2017 Pop-Up farmers' market season in October with the last market held at Quinby Park in South Warren. This season was successful in it's own right, CHC was able to partner with the TNP GROW Program, Warren Famers' Market, and the Howland Township Farmers' Market to offer 10 pop-up markets from July -October 2017. All of the pop-up markets this season accepted EBT/SNAP benefits and participated in the Double Up-Program. The pop-up markets also accepted WIC vouchers.

With the Warren Farmers' Market, we held four (4) pop-up markets, on July 7th, August 11th, September 11th, and October 6th. These markets took place in South Warren at Quinby Park on Austin Avenue in Warren, Ohio.

Our partnership with the Howland Township Famers' Market allowed us to hold six (6) pop-up markets on July 13th, July 27th, August 10th, August 24th, September 14th, and September 28th. These pop-up markets were held at Bolindale Park on Ridge Ave in Howland Township.



Market	2017 Attendance
S. Warren	136
Bolindale	144

COMPLETE STREETS COMMUNITY DIALOGUE

The Trumbull County Creating Healthy Communities (CHC) Coalition hosted a community dialogue on complete streets policy and how to make Warren's streets safer and more accessible through a complete streets policy. As well as provided education on what is complete streets for those important stakeholders to better understand the concept.

There were 20 local stakeholders in attendance at the Community Dialogue held at the Wean Foundation Building in the Western Reserve Room on September 20, 2017.

There was great discussion at the community dialogue and lots of great expertise and knowledge brought to the table on the topic of complete streets and making our streets the safest and most accessible. The dialogue included a presentation on the background of complete streets, outcomes of implementing complete streets poli-

cies, and possible outcomes if a complete streets policy were implemented in Trumbull County, transportation infrastructure and federal funding, and a walk around Courthouse Square to discuss complete streets options and how we are already using them within Warren City.

Evaluation of the meeting helped to understand what resources may be needed in order to implement complete streets in our community, the majority (60%) of dialogue attendees stated that there would need to be more community involvement, support and interest as well as education to move forward with complete streets planning.

With the information received at the Community Dialogue, the CHC Coalition will look into what the best next steps will be for developing a complete streets policy in Warren City



TRUMBULL COUNTY UPCOMING EVENTS

January

January 9, 10 AM—2 PM **Tobacco Free Ohio Alliance Meeting**, State Library of Ohio, Columbus

January 18, 8 AM—3 PM **Community Foundation Innovations Conference**, Jewish Community Center

February

February 20, 27, March 1, 7; 5:30 PM—8 PM **Ohio Healthy Program Session 1 Training Classes**, Trumbull County Agriculture and Family Education Center

February 21, 3 PM—4:30 PM **CHC 1st Quarter Coalition Meeting**, Trumbull County Educational Service Center

March

March 9, 9 AM—11:30 AM **Ohio Healthy Program Session 2 Training Class**, Trumbull Co. Combined Health District

March 9, 12 PM—2:30 PM **Ohio Healthy Program Session 3 Training Class**, Trumbull Co. Combined Health District

April

April 4—6, **National Society for Public Health Educators (SOPHE) Conference**, Columbus



For More Information

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