



February 2016 Newsletter

Third and final year of PICH funded!

The third and final year for the Partnerships to Improve Community Health (PICH) grant will be funded. This cycle begins October 1, 2016 and will end on September 29, 2017. The overall focus areas will continue to promote reducing secondhand smoke exposure, increasing physical activity opportunities and increasing the identification, accessibility and affordability of healthy food in our communities. PICH builds on a body of knowledge developed through previously funded Centers for Disease Control and Prevention (CDC) programs and encourages collaborations with a multi-sectoral coalition to implement sustainable changes in communities where people live, learn, work, and play.

In the United States, the chronic disease burden is growing at a significant pace. More than half of American adults have at least one chronic disease, and 7 of 10 deaths are caused by chronic diseases. In addition, care and treatment of chronic diseases account for 86% of the nation's health care costs. Obesity and many chronic diseases, including heart disease, cancer, stroke, and type 2 diabetes, are preventable. PICH addresses the risk factors that contribute to these condition. Local planning for the strategies and interventions for the third year will begin this upcoming spring.

To participate in the planning process for year 3, contact [Cheri Mitchell](#).



2016 Allen County PICH Progress



Increase the number of small stores with healthy food and beverage options
(goal: 4 small stores)



Increase the number of restaurants with healthy menu labeling support and promotion (goal: 4 restaurants)



Increase the number of K-12 schools with high quality physical activity opportunities (goal: 1 school district)



Increase the number of child care settings with effective physical activity opportunities (goal: 2 childcare settings)



Increase the number of workplaces with tobacco free policies (goal: 7 workplaces)



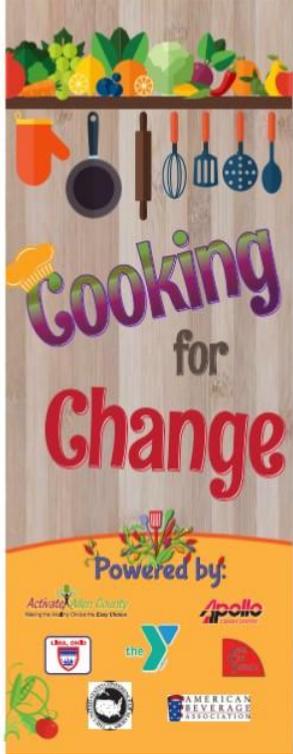
Actual Use Assessment - Healthy Happens Here!

As a requirement for the Partnerships to Improve Community Health grant, 4 Healthy Happens Here corner stores will be assessed for actual use. 100 customers of each store will be asked questions regarding purchasing habits and consumption of fruits and vegetables. This process is scheduled to begin this month and the report will be ready by December 2016.

If you are interested in becoming a paid data collector for this assessment, please contact us at 419 - 221 - 5035.



Community Success Story Spotlight



Recently both the Garden Café at Apollo Career Center and Spartan Inn at Lima Senior High School have partnered with Activate Allen County. Both of these schools have culinary programs where students receive training in the culinary field. This includes learning culinary terminology, cooking techniques, sanitation and safety, food and beverage cost control, kitchen management and supervision, and customer service/guest relations. These students also have the opportunity to get hands on experience running a restaurant style environment. This involves everything from creating the menu, serving customers, managing day-to-day operations, and developing the skills it takes to one-day work in the culinary industry. According to Misty Lee, instructor for the culinary program at Lima Senior; “Part of our program is making sure that our students understand the benefit of cooking from scratch from a nutritional point of view as well as a taste point of view. All of our food is made here and we are proud to be serving food that is automatically better for you than what you get off the shelf because it is from scratch.”

In addition to healthy options in their restaurants both Lee and Carrie Hamilton, instructor for the culinary program at Apollo Career Center, have partnered on a project called “Cooking for a Change.” This program was brought to Allen County through the US Conference of Mayors and allows students in these respective programs to go into our community and teach nutritious cooking classes to our residents. Hamilton explains; “It is great to be able to empower our youth with the knowledge and skills about cooking and nutritious eating and then send them out to help spread that education in the community through various activities. We are excited about the opportunities that Cooking for Change provides.”

Thank you Cooking for Change for being a community success story!

Keep an ‘eye out’ for these happenings in 2016

- ★ Food Policy Council -Open Forum Meetings (Next Meeting: March 16, 2016, 11:30 am - 1:00 pm)
- ★ Financial Wellness Seminar (Next Meeting: February 22, 2016, Lima Family YMCA, 4:30 pm - 5:30 pm)

- ★ “The Decisions You Make Now....” media campaign

Audience: Youth

Purpose: To spread awareness about the importance of healthy lifestyle choices at a young age

- ★ Weekly articles in the 419 and The Lima News



Healthy Happens Here!

The Healthy Happens Here program works with small stores in Allen County that are located within food deserts. Store owners are given tools, resources, and promotion to start selling healthier options so residents in food deserts have increased access to produce in the neighborhood.

Look for this logo



Active Menu Challenge

Restaurants can play a big role in helping make Allen County a healthier place. Visit our [website](#) to view all the restaurants in our program!

Look for this logo



Have a community success story to share?



twitter.com/ActivateAllenCo



facebook.com/ActivateAllenCounty



instagram.com/activate_allen_county/



Interested in more information about current chronic disease prevention programs/events?

Contact us: 419-221- 5035 • Email: cmitchell@activateallencounty.com