

Activate Allen County

Making the Healthy Choice the **Easy Choice.**

August

Volume 1, Issue 1

Breastfeeding



LACCA has a new lactation room available for nursing mothers

World Breastfeeding Week is August 1–7th. Activate Allen County will bring awareness to this theme the week of August 5th through our Monday Education Initiative. Tune in to WLIO at 6:25

am to learn how to support breastfeeding in workplaces, area hospitals, community venues and at home. Also read our article in the Lima News in support of breastfeeding mothers in Allen County.

Lima Allen Council on Community Affairs (L.A.C.C.A) has created a breastfeeding room for employees and visitors (see picture). This is a model for every workplace or community venue to understand the simplicity of dedicating space for working mothers. Privacy is the main requirement, employers feel free to utilize closet space, conference rooms (any place other than a restroom) and discuss this transition with employees. Both the City of Lima and LACCA are in progress towards becoming the first breastfeeding friendly businesses in Allen County.

These are great strides in our community. In order to encourage and support breastfeeding in our community we have to remember the FIVE CIRCLES OF SUPPORT:

1. Family & Social Network
2. Workplace & Employment
3. Government & Legislation
4. Health Care Systems
5. Response to Crisis or Emergency

Go to www.activateallencounty.com to pledge that your business is breastfeeding friendly today!

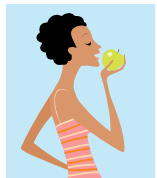
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Special points of interest:

- ◆ LACCA created a breastfeeding room
- ◆ The City of Lima & LACCA are establishing breastfeeding policies
- ◆ WCORHA and Activate Allen County partner for the 'Active Menu Challenge'
- ◆ Tobacco Treatment Specialist training will occur January 2014

Healthy Eating



In partnership with West Central Ohio Regional Healthcare Alliance (WCORHA) and Leahy Family Care & Wellness Center, Activate Allen County is establishing a

healthy dining program to make the healthy choice the easy choice for residents and visitors of Allen County. The 'Active Menu Challenge' will invite all local and national chain restaurants to participate based on criteria established through our committee. Benefits of

participation include: promotion of designated facility through Activate Allen County and WCORHA websites and Monday Education Initiative coverage. For more information about the 'Active Menu Challenge' please contact [Cheri Mitchell](#), SCTG Project Director.

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Tobacco Free Living

In recognition of Lung Cancer Awareness Month (November), SCTG will be holding a Tobacco Free Seminar on the benefits of smoke free housing policies. The Tobacco Free Coalition is currently in the progress of planning and will send updates on the

status of the event.

SCTG has awarded a contract to University of Massachusetts Medical School Center for Tobacco Treatment Research & Training to certify tobacco treatment specialists in Allen County. The training will occur in January 2014 and we are

in the process of identifying eligible providers to offer this service in their agency. Please contact [Nancy Bonifas](#), Tobacco Free Living Team Leader, for more information.



Active Living



We are pleased to have reached an agreement with the team of The Greenway Collaborative, Inc. and Poggemeyer Design Group, Inc. for the Allen County Active Transportation Plan. The Greenway Collaborative is well known in Ohio for the creation of numerous comprehensive bicycle and pedestrian plans, providers of engaging public input, and leaders in the Complete Streets Movement. Poggemeyer Design Group has extensive experience working for various communities in Allen County in terms of both community planning and implementation of various bicycle and pedestrian improvements.

- Comprehensive design guidelines that integrate AASHTO Bicycle and Pedestrian Guidelines, MUTCD Standards and ADA requirements into commonly encountered situations.
- Comprehensive best practices and evaluation worksheets for public policies, the physical environment, community programs and quality of life objectives.
- Proven public engagement techniques including web surveys, workshop exercises and open house methods that can be adapted for this project.

We encourage you to visit The Greenway Collaborative Inc.'s website, www.greenwaycollab.com, for additional information about the company.

Working Groups

If you are interested in participating in or learning about one of our working groups please contact:

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Allen County Tobacco Free Coalition

Allen County Breastfeeding Committee

Bicycle Pedestrian Task Force

Food Desert Workgroup



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