

CHRONIC DISEASE PATHWAY OVERVIEW



“WeTHRIVE! is truly a grassroots effort that is making our community healthier. When we build playgrounds for our children and support corner stores that sell healthy food, we are all thriving, not just surviving. This makes Lincoln Heights a healthy community in which to live, work, learn, and play.” –LaVerne Mitchell, council member

Burden of Chronic Disease

Chronic disease – such as heart disease, stroke, cancer and diabetes – are among the most common, costly and preventable of all health problems. Leading a healthy lifestyle (avoiding tobacco use, being physically active and eating well) greatly reduces a person’s risk for developing chronic disease. Access to high-quality and affordable prevention measures are essential steps in saving lives, reducing disability and lowering costs for medical care (CDC, 2008).

The Need

In Hamilton County,

- 59.6 percent of adults are overweight or obese.
- 24 percent of adults report no physical activity.
- 30 percent of adults smoke.
- 37.9 percent of third graders are overweight or obese.
- 74 percent of high school students report they are not physically active at least 60 minutes per day.
- 17.7 percent of high school students report eating fruits and vegetables five or more times per day.
- Students who are eligible for the free and reduced meal program are significantly more likely to be overweight or obese than children that are not eligible.

Sources: Ohio Department of Health and Hamilton County Youth Risk Behavior Survey.

Chronic Disease Pathway Goal

To make the healthy choice the easy choice through implementation of policy, systems and environmental change strategies to support improved nutrition, increased activity, decreased exposure to secondhand tobacco smoke and decreased burden of chronic disease.

What Your Community Can Do

- **Adopt a Resolution**
The Chronic Disease Wellness Resolution includes strategies that address improvements to the community’s physical activity, nutrition and tobacco-related environments and policies. Adoption of the resolution solidifies the commitment to your community’s health and well-being.
- **Complete a Community Health Assessment**
The Community Health Assessment and Group Evaluation (CHANGE) Tool helps communities talk about strengths that exist, as well as areas for improvement for creating an environment that supports healthy behaviors for residents of all ages and abilities.
- **Develop an Action Plan**
Creating an action plan provides a blueprint for how the community will work towards the creation of a healthy environment where residents can thrive.

Strategies to Reduce Chronic Disease

- Community or School Gardens
- Farmer’s Markets
- Healthy Vending and Retail
- Shared Use Agreements
- Complete Streets
- Safe Routes to School
- Playground and Park Enhancements
- Sidewalks and Walking Paths
- Tobacco-free policies to include outdoor venues

