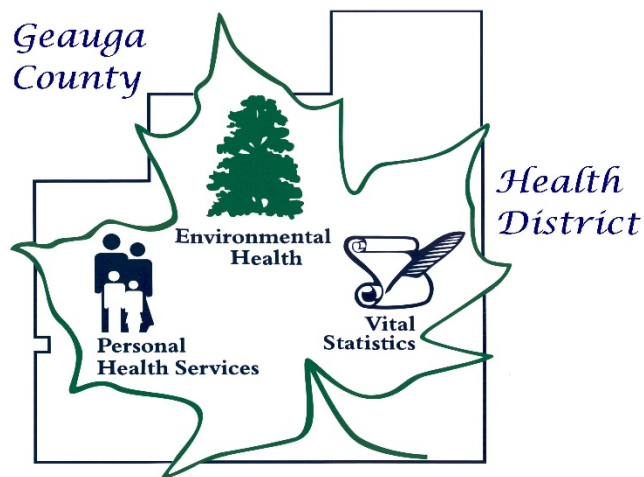


# GEAUGA COUNTY



## 2017 Nutrition and Physical Activity Health Assessment

Working together to promote a healthy community.



# FOREWORD

This Nutrition and Physical Activity Health Assessment provides a snapshot of Geauga County, as compared to our state, nation, and current recommendations. Through collaboration with The Hospital Council of Northwest Ohio, every effort has been made to assure that this report contains valid and reliable data. The results presented in this report provide valuable information to develop strategies that focus on wellness, community strengths, and offers direction for community improvements. The assessment will provide insight into multiple areas of health and well-being and how they relate to our community structure.

A group of key community members will come together to review results of the Nutrition and Physical Activity Health Assessment and determine how best to use the data to enhance the health of Geauga County residents. This group, named the Geauga Nutrition Activity Partnership, has made the following commitments in order to ensure the success of this effort:

1. The assessment will guide future plans. The identified priorities and recommendations will be acted upon.
2. In order to be successful, stakeholders will need to be involved in current and future efforts. As plans develop, Geauga County agencies affiliated with health care may be invited to offer their particular areas of expertise and experience. The concept of health care is so broad that it cannot be the sole responsibility of any one agency.
3. The goal of this assessment is to lead to a plan of action. Once the action plan is implemented, it will be evaluated on a continual basis so data and results can be trended and compared. This will ensure that benchmarking can occur so improvements and breakdowns in services can be identified.
4. The action plan will be flexible. As additional unmet needs are identified or existing needs are met, the plan itself must evolve to remain a meaningful and workable asset for health improvements in Geauga County.

# ACKNOWLEDGEMENTS

**This report has been funded by:**

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The 2017 Geauga County Nutrition & Physical Activity Health Assessment is available on the following websites:

**Gauga County Health District**

[geaugacountyhealth.org/](http://geaugacountyhealth.org/)

**Hospital Council of Northwest Ohio**

<http://www.hcno.org/community-services/community-health-assessments/>

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# EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Geauga County adults (19 years of age and older), who participated in a county-wide nutrition and physical activity health assessment survey during March through May 2017. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the Moving to the Future Framework, as well as survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS), the Youth Risk Behavior Surveillance System (YRBSS), and the National Survey of Children's Health (NSCH) developed by the Child and Adolescent Health Measurement Initiative. The Hospital Council of Northwest Ohio (HCNO) collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## DESIGN

This community nutrition and physical activity health assessment was cross-sectional in nature and included an online survey for adults and key leaders within Geauga County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

## INSTRUMENT DEVELOPMENT

Two online survey instruments were designed and pilot tested for this study through Survey Monkey: one for adult community members and one for key leaders in the community. As a first step in the design process, staff members from HCNO met to discuss potential sources of valid and reliable survey items that would be appropriate for identifying the opportunities and challenges in accessing healthy foods and physical activity opportunities within the county. The investigators decided to derive most of the adult and key leader survey items from the Moving to the Future framework. This decision was based on meeting the requirements outlined in the grant provided by the Ohio Department of Health.

The Project Coordinator from HCNO met with the Geauga County Nutrition Activity Partnership Committee (GNAP). During this meeting, banks of potential survey questions from the Moving to the Future Framework, BRFSS, YRBSS, and NSCH surveys were reviewed and discussed. Based on input from the GNAP, the project coordinator composed drafts of surveys containing 75 items for the community survey, and 28 items for the key leader survey. The drafts were reviewed and approved by the committee.

## PROCEDURE | Community & Key Leader Survey

Committee members were asked to distribute the community survey link via social media (i.e. Facebook, Twitter, website, etc.) and send out to their email list serves and post to their websites. In addition, HCNO provided the committee with a list of approximately 20 sectors that should participate in the key leader survey. Committee members reached out to those sectors individually. The committee was provided introduction language to use as a template prior to distributing both survey links as well as a press release template to distribute out to the community. Survey participation was voluntary.

The community survey generated 135 completed surveys and the key leader survey generated 28 responses. Although this was a good response, data is not generalizable due to the survey methodology not being a true random sample.

## **MOVING TO THE FUTURE**


Staff from Geauga County Health District, along with HCNO staff, participated in six webinars coordinated by the ODH and Karen Probert, founder of Moving to the Future.

ODH secured grant funds to work on nutrition and physical activity and provided funding to local health departments through their Maternal and Child Health (MCH) grant. Grantees were required to use the Moving to the Future Framework.

Moving to the Future is an online resource that provides tools to the community for planning nutrition and physical activity programs. It places emphasis on changing policies and the environment. The online tools feature a planning guide that includes forms, worksheets and sample surveys, a forum network, and a member directory. The planning guide is a five-step process: Community Assessment; Priorities, Goals, and Objectives; Nutrition and Physical Activity Plan; Implementation; and Evaluation. This report serves as the community assessment and the starting point for all future priority selection and work.

For more information about Moving to the Future, go to <http://movingtothefuture.org/>.

## **ALIGNMENT OF STATE HEALTH IMPROVEMENT PLAN (SHIP) and STATE HEALTH ASSESSMENT (SHA)**

Staff from HCNO referenced indicators from the Ohio State Health Assessment (SHA) and State Health Improvement Plan (SHIP), when applicable. Examples of common indicators, include fruit and vegetable consumption, access to exercise opportunities, driving to work, etc. For those indicators that align with the SHA and SHIP, they will be marked with the red state icon. 

To view the full 2016 Ohio State Health Assessment, please visit: [http://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/chss/ship/SHA\\_FullReport\\_08042016.pdf?la=en](http://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/chss/ship/SHA_FullReport_08042016.pdf?la=en)

## **INSTITUTIONAL REVIEW BOARD (IRB) EXEMPTION**

The Geauga County Health District submitted an application, along with the proposed surveys to the Ohio Department of Health's Institutional Review Board (IRB) to secure approval. The assessment that was conducted was classified as a category #2: research involving the use of survey procedures that will not allow subjects to be identified, directly or through identifiers; and any disclosure of responses that could place subjects at risk or be damaging to their reputation.

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data is available. All data was analyzed by HCNO staff. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

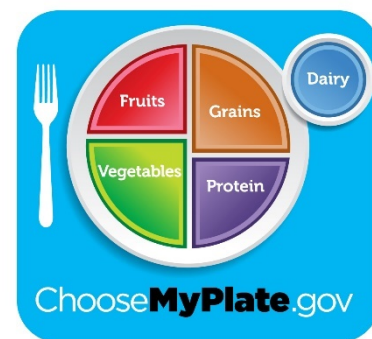
## **LIMITATIONS**

As with all county assessments, it is important to consider the findings in light of all possible limitations. To work within the grant budget, the surveys were distributed by email and social media. Some populations are less likely to have internet access or a computer, such as the elderly and Amish population or those with low incomes. In using this survey process, the results are not generalizable to the entire community.



# Nutrition | ADULT

## Key Findings

*The 2017 health assessment identified that 53% of Geauga County adults were overweight or obese based on Body Mass Index (BMI). The 2015 BRFSS indicates that 30% of Ohio and of U.S. adults were obese by BMI. Nearly two-fifths (39%) of Geauga County adults were obese.*



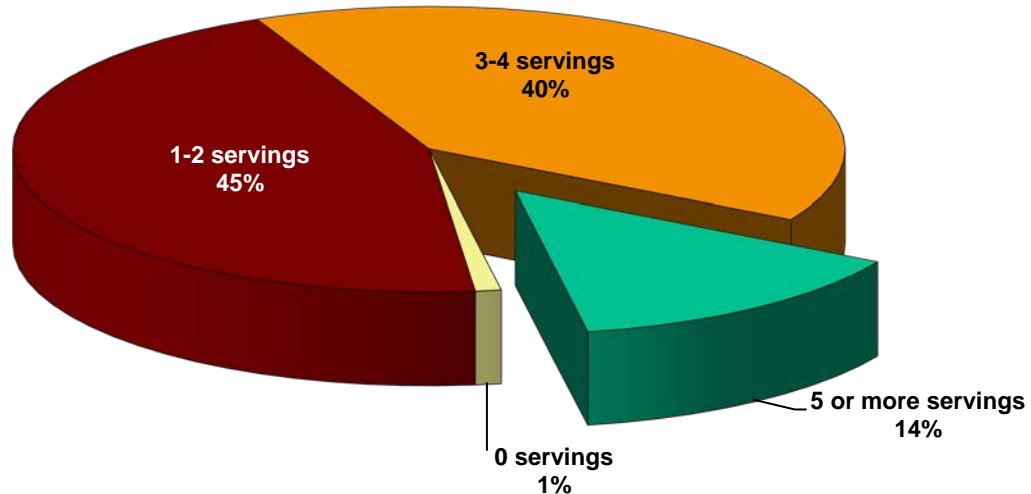
## Adult Consumption

-  In 2017, the health assessment indicated that two-thirds (53%) of Geauga County adults were either overweight (28%) or obese (25%) by BMI. This puts them at elevated risk for developing a variety of diseases.
- More than two-thirds (67%) of adults were trying to lose weight, (23%) were trying to maintain their current weight or keep from gaining weight and (4%) were trying to gain weight. Less than one-tenth (6%) of Geauga County adults were not doing anything to lose or gain weight.
- Geauga County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (69%), ate more fruits and vegetables (63%), drank more water (63%), exercised (61%), skipped meals (12%), took diet pills, powders or liquids without a doctor's advice (2%), smoked cigarettes (1%), weight management under a physician's care (1%). No one reported they went without eating 24 or more hours or vomited/took laxatives.
-  In 2017, 45% of adults ate between 1 to 2 servings of fruits and vegetables per day. Forty percent (40%) ate between 3 to 4 servings and 14% were eating 5 or more servings of fruits and vegetables per day. One percent (1%) of Geauga County adults did not have any servings of fruits and vegetables. The American Cancer Society recommends that adults eat at least 2 ½ cups (5 servings) of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. In 2013, 42% of Ohio adults consumed fruits less than one time daily and 26% consumed vegetables less than one time daily (*Source: 2013 BRFSS*).
- Thirteen percent (13%) of adults drank 10 or more servings of water per day. 23% drank between 7 to 9 servings, 33% drank 4 to 6 servings and 29% drank 1 to 3 servings of water per day. 2% reported they did not consume any water in a day. The Institute of Medicine, National Academy of Sciences recommends that men drink a total of 16 (cups/servings) and women drink a total of 11 (cups/servings) of total water a day. (*source: The Institute of Medicine, National Academy*)
- Five percent (5%) of adults drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks, or other sugar-sweetened drinks at least once per day in the past week. 60% of adults did not drink any sugar-sweetened beverages in the past week.
- Seventy-six percent (76%) of adults ate out in a restaurant or brought home take-out food at least once in the past week, including 3% of adults who did so for five or more meals in the past week.
- Geauga County adults reported the following reasons they chose the types of food they ate: healthiness of food (75%), taste/enjoyment (74%), cost (63%), ease of preparation/time (53%), what their family prefers (52%), nutritional content (51%), calorie content (41%), food they were used to (37%), availability (34%), organic (24%), genetically modified (15%), artificial sweetener content (15%), other food sensitivities (12%), lactose free (7%), health care provider's advice (7%), gluten free (6%), and other reasons (9%).

The following pie charts show the average daily consumption of fruits/vegetables and water of Geauga County adults. The recommended consumption amount are identified by the pulled-out section of the pie charts. An example of how to interpret the information: 14% of all Geauga County adults had the recommended number of 5 or more servings of fruits and vegetables per day.

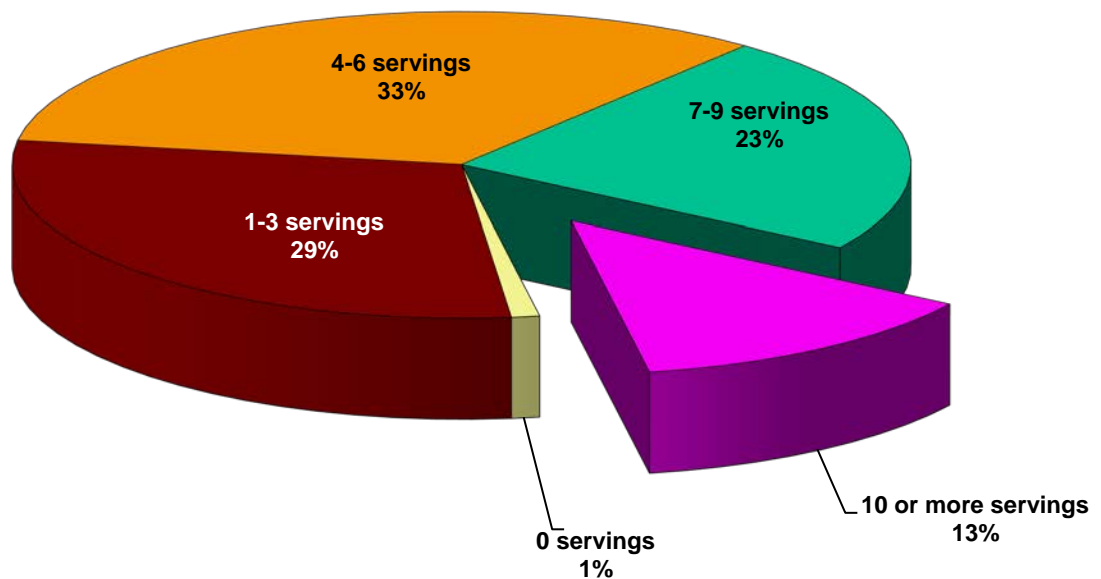
- In Geauga County, 14% of adults ate the recommended 5 or more servings of fruits and vegetables per day.
- Thirteen percent (13%) of adults drank the recommended 10 servings or more of water per day.

### Geauga County Adults Average Daily Fruit and Vegetable Consumption\*




*\*A serving size of fruits and vegetable is ½ cup.*

### Geauga County Adults Average Daily Water Consumption\*




*\*A serving size of water is 1 cup (8oz.)*

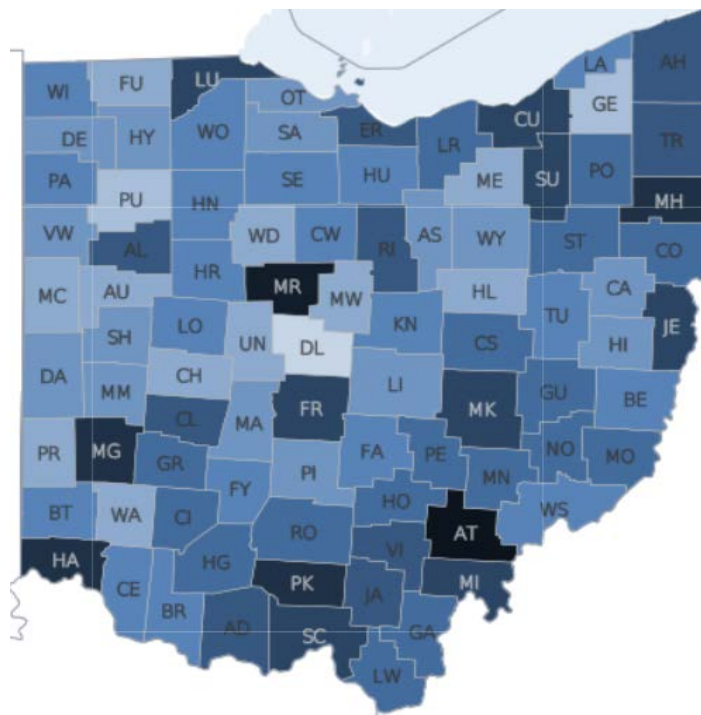
## Adult Access to Food

- Geauga County adults purchased their fruit and vegetables from the following places: large grocery store (93%), Farmer's Market (50%), grow their own/garden (42%), local grocery store (28%), mobile produce (4%), corner/convenience store (2%), food pantry (2%), Community Supported Agriculture (CSA) (1%), mail order food service (1%), Dollar General/Store (1%), and other places (9%). No one reported purchasing their fruit and vegetables from community gardens.
- Adults reported the following food insecurity issues in consuming fruits and vegetables: too expensive (18%), did not know how to prepare (5%), did not like the taste (4%), no variety (3%), transportation (1%), and other barriers (6%). No one reported not having access or stores did not take electronic benefits transfer (EBT) as barriers.
-  Geauga County adults experienced the following food insecurity issues in the past 12 months: had to choose between paying bills and buying food (7%), loss of income led to food insecurity (5%), was worried food would run out (4%), went hungry/ate less to provide more food for their family (3%), they were hungry, but did not eat because they had no money for food (3%). No one reported their food assistance was cut.

**7% of Geauga County adults had to choose between paying bills and buying food.**

 **The Food Environment Index measures the quality of the food environment in a county on a scale from 0 to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are: limited access to healthy foods & food insecurity.**

### Food Environment Index



**Gauga County had a food index measure of:**

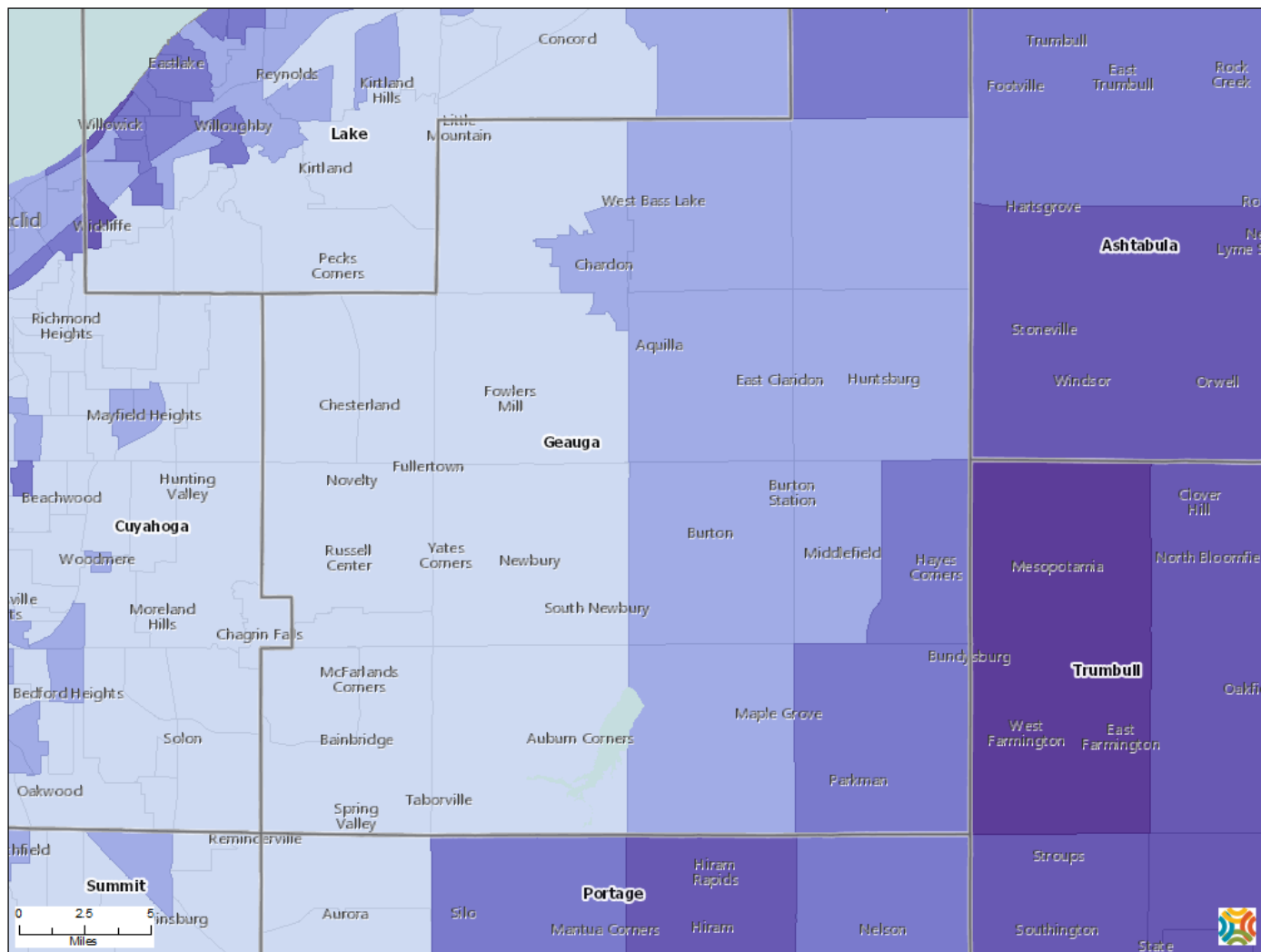
**8.5**

BEST  WORST

10 (Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2010 & 2014)

0

## Soda Expenditures, Percent of Food-At-Home Expenditures, State Rank, 2014



### Map Legend

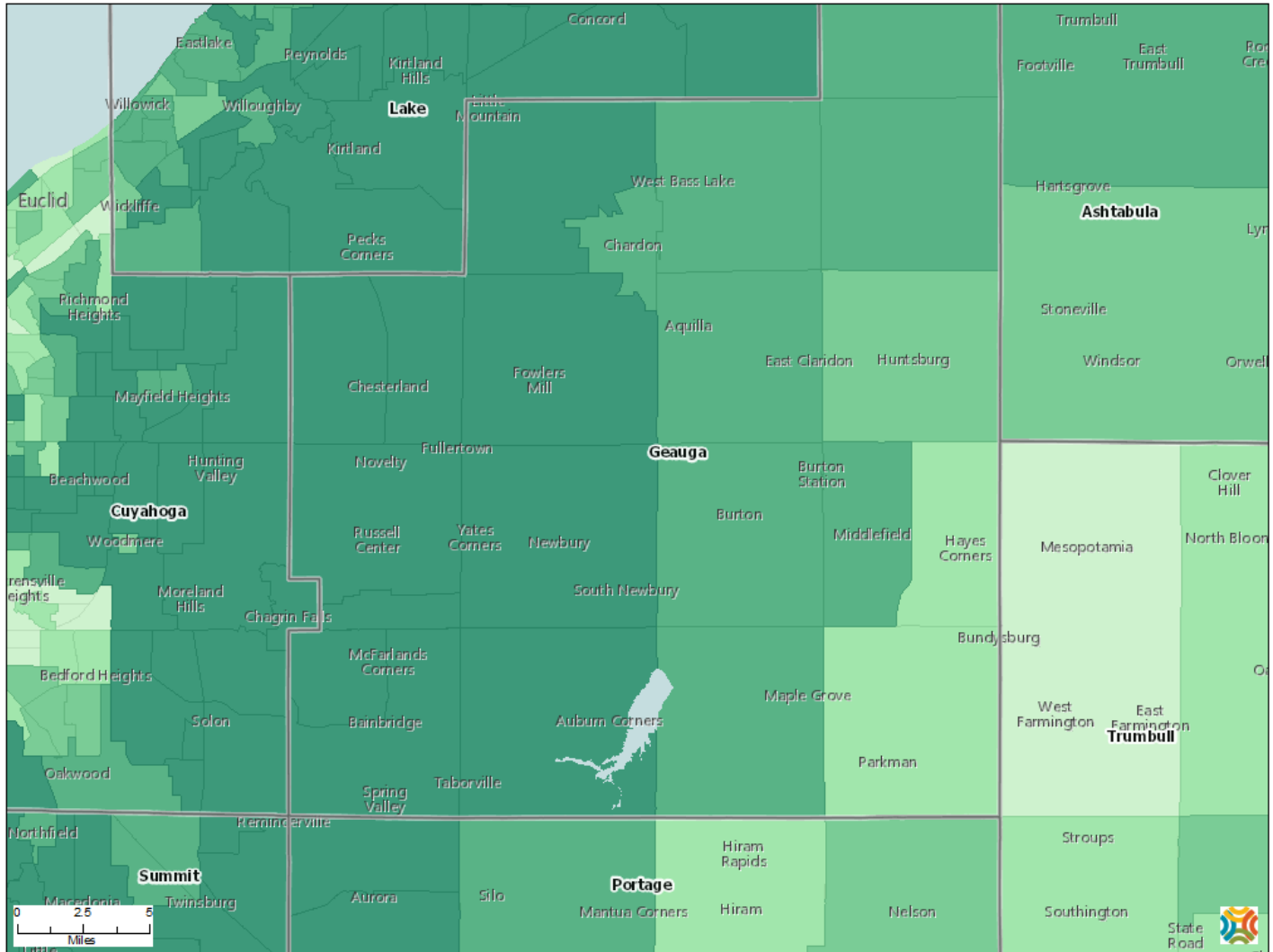
Soda Expenditures, Percent of Food-At-Home Expenditures, State Rank by Tract, Nielsen 2014

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 6/2/2017

(Source: Nielsen, Nielsen SiteReports: 2014 as compiled by Community Commons)

## Fruit and Vegetable Expenditures, Percent of Food-At-Home Expenditures, State Rank, 2014



### Map Legend

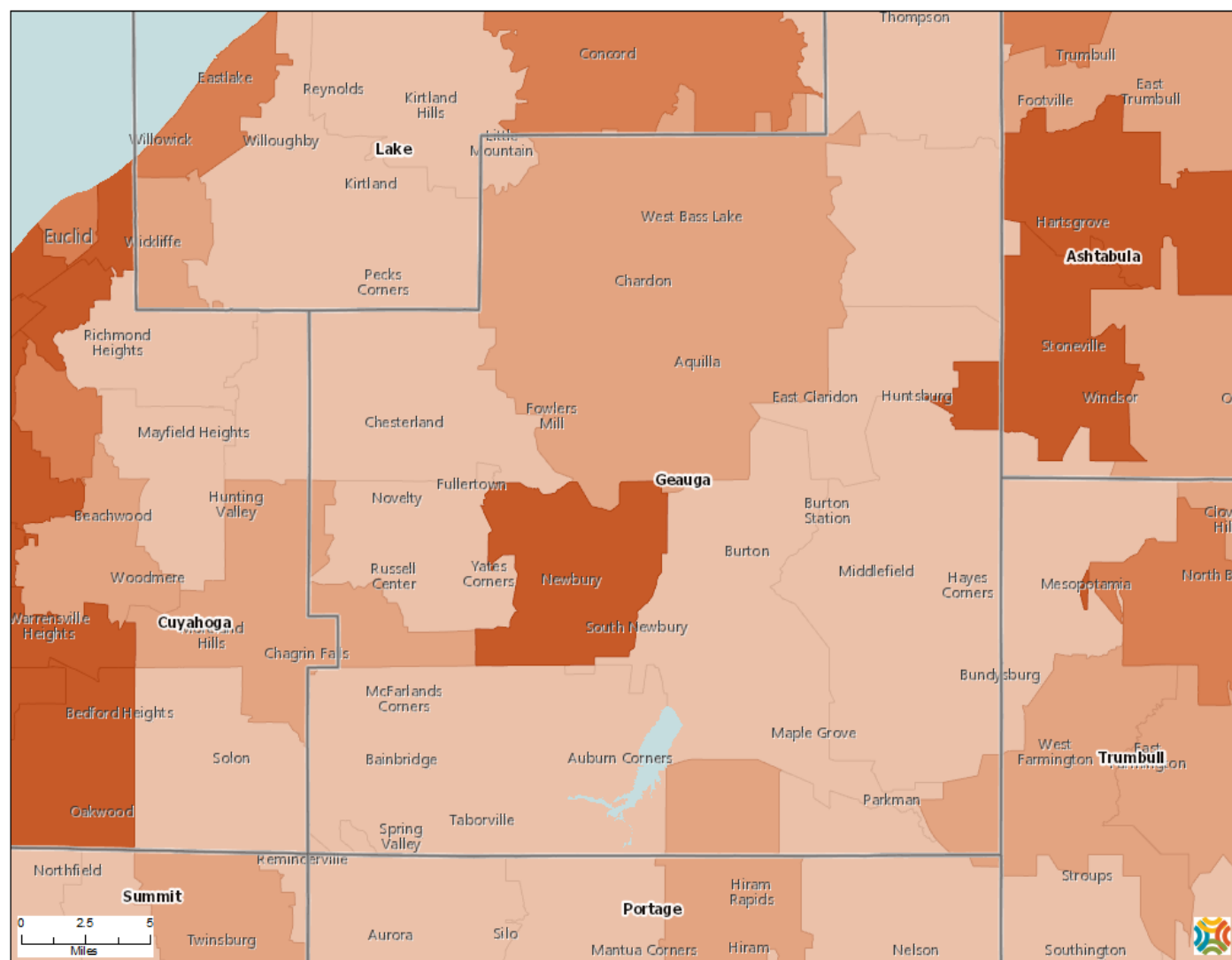
Fruit and Vegetable Expenditures, Percent of Food-At-Home Expenditures, State Rank by Tract, Nielsen 2014

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 6/2/2017

(Source: Nielsen, Nielsen SiteReports: 2014 as compiled by Community Commons)

### Unemployed Families Receiving SNAP, Percent by ZCTA, ACS 2011-15



### Map Legend

Unemployed Families Receiving SNAP, Percent by ZCTA, ACS 2011-15

- Over 26.0%  
■ 18.1 - 26.0%  
■ 10.1 - 18.0%  
■ Under 10.1%  
■ No Data or Data Suppressed

Community Commons, 6/2/2017

(Source: U.S. Census Bureau, American Community Survey: 2011-15, as compiled by Community Commons)



# Nutrition | CHILD

## Key Findings

*In 2017, 9% of school-aged children ate the recommended five or more servings of fruits and vegetables per day and 40% of children ages 0-5 ate the recommended amount. 20% of mothers did not breastfeed their children.*


## Child Consumption (Ages 0-5)

*The following information was reported by Geauga County parents of children 0-5 years old.*

-  Forty percent (40%) of Geauga County children ages 0-5 ate five or more servings of fruits and vegetables per day; 40% ate 3 to 4 servings per day; 20% ate 1 to 2 servings of fruits and vegetables per day. No parent reported their child did not eat any fruits or vegetables.
- Four-fifths (80%) of parents reported their child drank milk, lactose free milk, calcium fortified juice, or other calcium sources at least once per day in the past week.
- In 2010, The Institute of Medicine, National Academy of Sciences recommended children ages 1 to 3 years consume 700 milligrams of calcium daily, which is about 1 ½ to 2 cups of milk per day.
- Just of two-fifths (42%) of children ages 0-5 drank 3 to 4 servings of water per day and 40% drank 1 to 2 servings. No parent reported their child did not drink water or drank 5 or more servings per day. The Institute of Medicine, National Academy of Sciences recommends that children ages 4-5 years old drink 7 cups/servings of total water per day.
- No parent reported their child drank soda pop (not diet), punch, Kool-Aid, juice, or other fruit-flavored drinks at least once per day in the past week.
-  Mothers breastfed their child for: 10 to 12 months (60%) and never breastfed (20%). No mother reported breastfeeding their child for less than 3 months, 4 to 6 months, 7 to 9 months, more than 1 year, or still breastfeeding.

## Child Consumption (Ages Pre-K through high school)

*The following information was reported by Geauga County parents of school-age children from Pre-K through high school.*

-  Nine percent (9%) of Geauga County school-age children ate five or more servings of fruits and vegetables per day; 44% ate 3 to 4 servings per day; and 44% ate 1 to 2 servings of fruits and vegetables per day. 3% of parents reported their child did not eat any fruits and vegetables.
- One quarter (25%) of Geauga County school-age children drank 7 to 9 servings, 34% drank 4 to 6 servings, and 41% drank 1 to 3 servings of water per day. No parent reported their child did not drink any water or drank 10 or more servings per day. The Institute of Medicine, National Academy of Sciences recommends that males ages 9-18 years old drink between 10-14 (cups/servings) and females ages 9-18 years old drink between 9-10 (cups/servings) of total water per day.
- The 2015 YRBS reported 4% of high school youth in the U.S. did not drink water in the past 7 days.

MORE THAN  
**1 in 3 children**  
**in Ohio is overweight**  
**or obese**



*(Source: Data Resource Center for  
Child & Adolescent Health,  
2011/2012)*

## Child Consumption (Ages Pre-K through high school), continued

- Geauga County parents reported their school-age child consumed the following sources of calcium: milk (94%), yogurt (50%), calcium fortified juice (13%), lactose free milk (6%), calcium supplements (3%), other dairy products (50%), and other calcium sources (22%).
- Sixty-nine percent (69%) of parents reported their school-age child drank milk, lactose free milk, calcium fortified juice, or other calcium sources at least once per day in the past week.
- The 2013 YRBS reported 18% of high school youth in Ohio did not drink milk in the past 7 days and the 2015 YRBS reported 22% for U.S. high school youth.
- One in eleven (9%) Geauga County school-age children drank soda pop (not diet), punch, Kool-Aid, juice, sports drinks, energy drinks or other fruit-flavored drinks at least once per day in the past week. 25% of children did not drink any soda pop or fruit flavored beverages in the past week.

## Healthy School Environment

*The following information was reported by Geauga County parents of school age children from Pre-K through high school.*

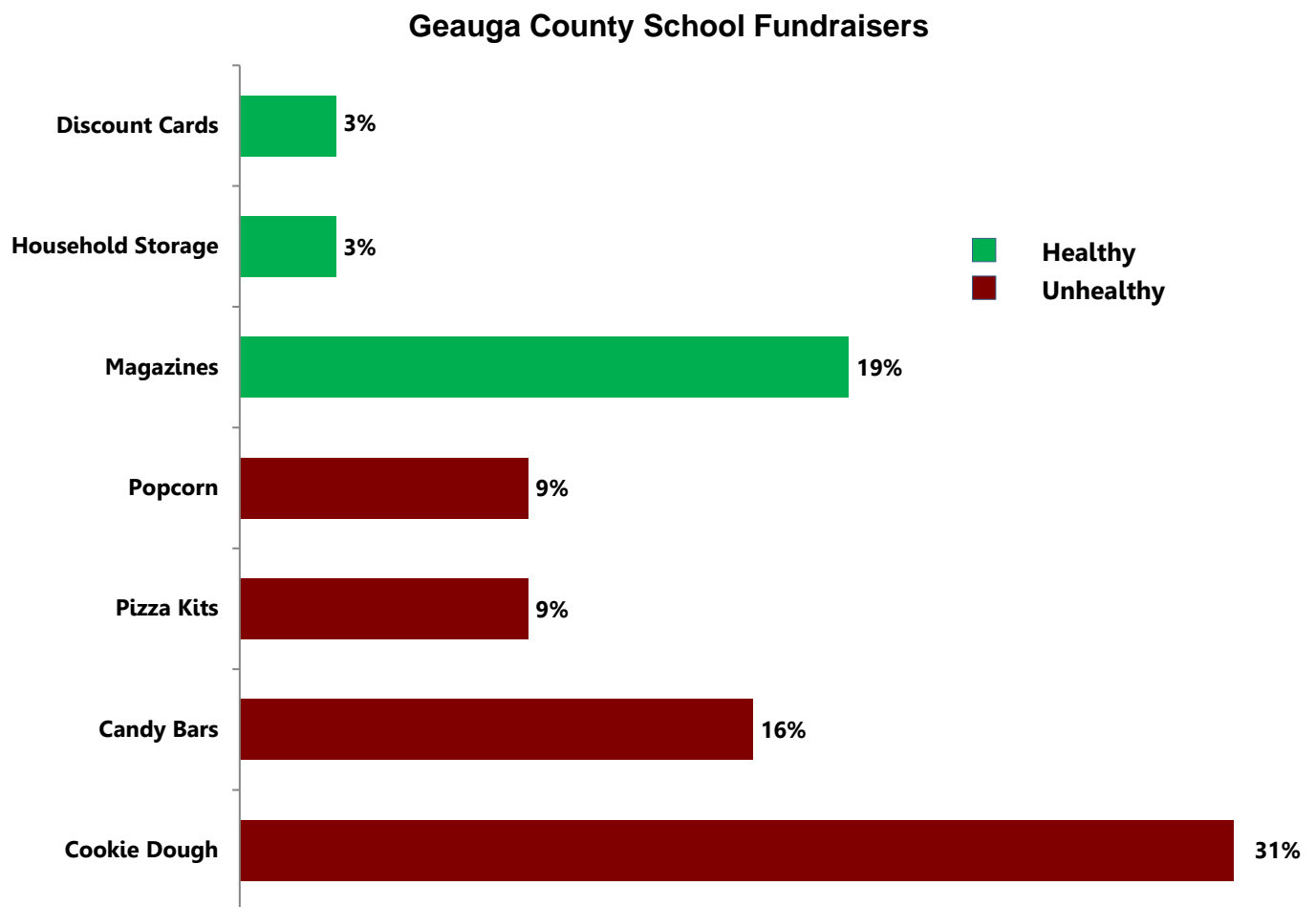
- Geauga County parents reported their child's school participated in the following fundraising sales: cookie dough (31%), magazines (19%), candy bars (16%), popcorn (9%), pizza kits (9%), discount cards (3%), household storage (3%), and other (13%). No Geauga County parent reported their child's school participated in personal beauty, jewelry, or doughnut sales. 9% reported their child was homeschooled.
- Geauga County parents reported their child's school promotes nutrition and physical activity through the following ways: physical education (61%), healthy cafeteria food choices (45%), safe playground equipment (35%), healthy eating habits education (32%), promote bringing water bottles to school (26%), salad bar in the cafeteria (19%), Safe Routes to School (16%), after-school program (16%), school garden (6%), Farm-to-School program (3%). No parent reported their child's school promoted nutrition and physical activity through allowing breakfast in the classroom, Backpack program, summer food program, nor did any parent report their child's school did not have a cafeteria.
- Geauga County parents would support the following community improvement initiatives for their schools: increased physical education/recess time (63%), more nutrition education in the classroom (44%), Farm-to-School program (41%), healthier fundraising sales (38%), more playground equipment (35%), healthier vending machine items (31%), after-school program (31%), and Safe Routes to School program (22%).

### Cooking up Change

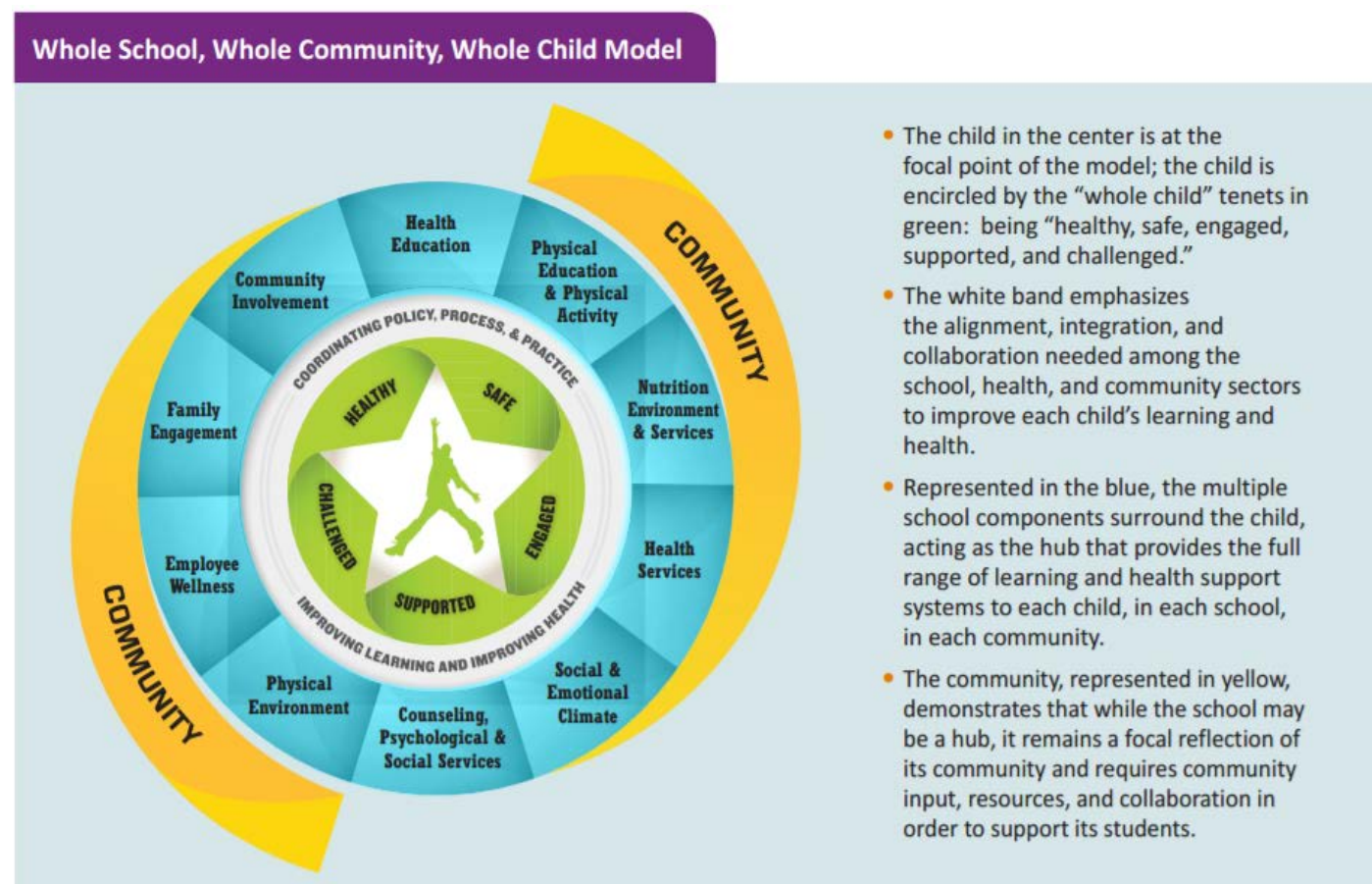
- Launched in 2007, *Cooking up Change* is a dynamic culinary competition that challenges high school students in cities across the nation to create healthy, appealing school meals.
- 20 cities have hosted Cooking up Change competitions.
- 1,800+ student chefs have participated.
- 8,200,000+ student-designed meals have been served in school cafeterias across the country.
- The program helps students build valuable professional & team work skills.

*(Source: Healthy Schools Campaign)*

The following bar graph compares Geauga County school fundraisers by type of items sold.



The Whole School, Whole Community, Whole Child (WSCC) model is an expansion and update of the Coordinated School Health (CSH) approach. The WSCC model focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community. Research shows that the health of students is linked to their academic achievement.



(Source: CDC, *Adolescent and School Health*)

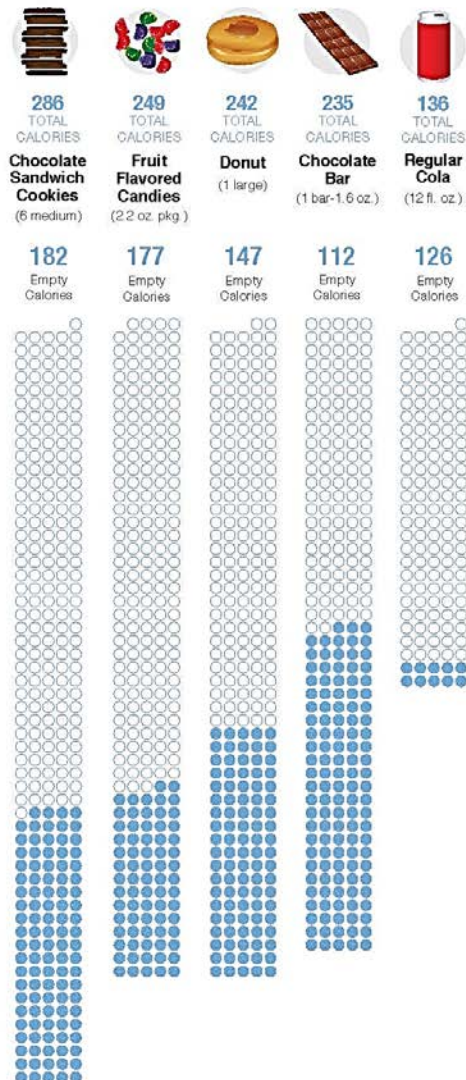
## New Healthy Snacking Standards Established by the United States Department of Agriculture (USDA)

### SMART SNACKS IN SCHOOL

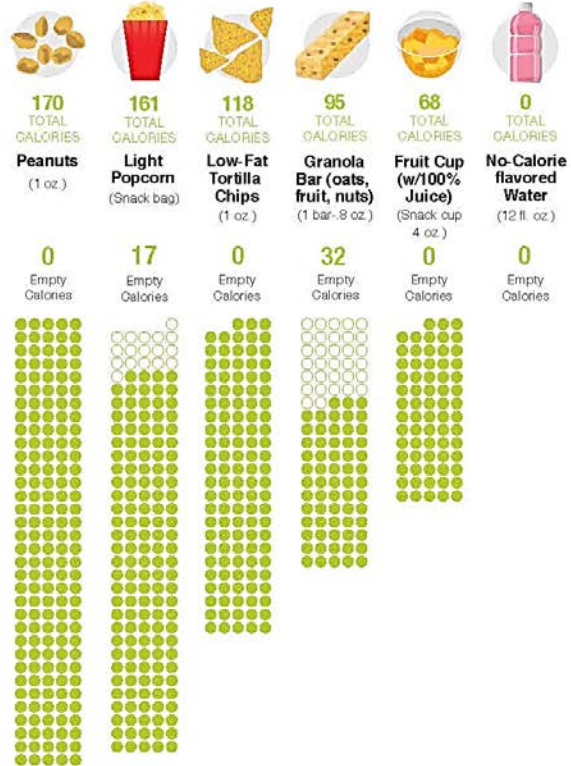
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories\*

#### Before the New Standards



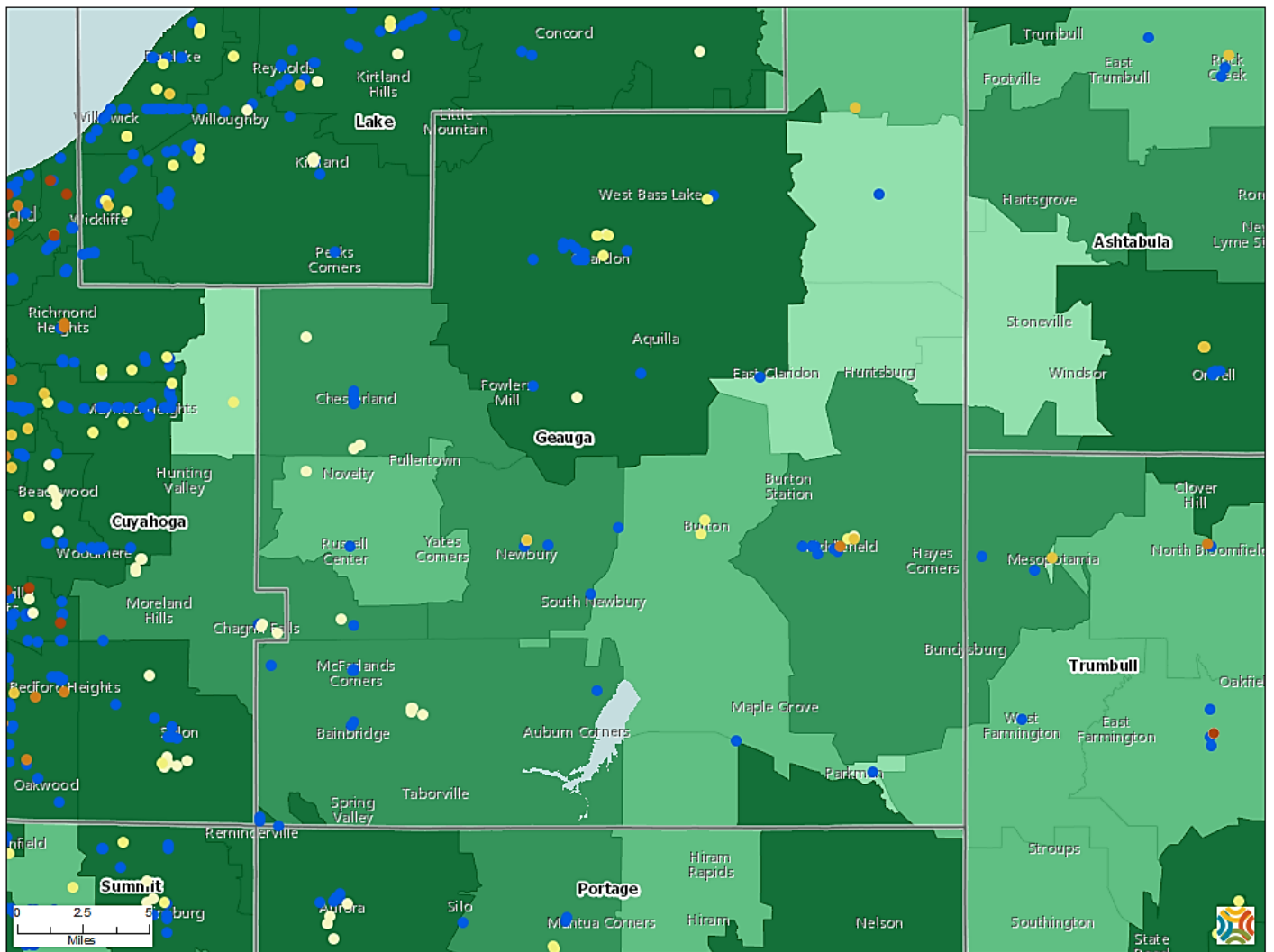
#### After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

(Source: United States Department of Agriculture ,USDA)

## Family Households Receiving SNAP-Benefits, Total by ZCTA, ACS 2011-2015



### Map Legend

Students Eligible for Free or Reduced-Price Lunch, NCES CCD 2013-14

- Over 80.0%
- 60.1 - 80.0%
- 40.1 - 60.0%
- 20.1 - 40.0%
- Under 20.1%
- Not Reported

● SNAP-Authorized Retailers, USDA May 2016

Family Households Receiving SNAP, Total by ZCTA, ACS 2011-15

- Over 200
- 101 - 200
- 41 - 100
- Under 41
- No Data or Data Suppressed

Community Commons, 6/2/2017


(Source: US Census Bureau, American Community Survey: 2011-15, as compiled by Community Commons)

# Physical Activity | ADULT

## Key Findings

*The 2017 health assessment identified that 32% of Geauga County adults engaged in some type of physical activity or exercise for at least 30 minutes on 5 or more days per week.*

## Adult Physical Activity

-  In Geauga County, 65% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. Nearly one-third (32%) of adults exercised on 5 or more days per week. One-in-ten (10%) adults did not participate in any physical activity in the past week, including 1% who were unable to exercise.
- Geauga County adults spent the most time doing the following physical activities in the past year: walking (53%), exercise machines (7%), exercise videos (6%), occupational exercise (5%), running/jogging (5%), group exercise classes (5%), swimming (4%), strength training (2%), cycling (2%), and other activities (7%). Three percent (3%) of adults did not exercise at all, including 1% who were unable to do so. No one reported they spent the most time doing active video games.

**In Geauga County, 65% of adults engaged in some type of physical activity or exercise for at least 30 minutes on 3 or more days per week.**

- Reasons for not exercising included: time (41%), too tired (32%), weather (32%), laziness (24%), pain or discomfort (17%), could not afford a gym membership (11%), poorly maintained/no sidewalks (9%), no exercise partner (6%), no gym available (6%), physical impairments or challenges (3%), no child care (2%), did not know what activities to do (1%). No one reported that the doctor advised them not to exercise, no transportation, no walking, biking trails or parks as reasons for not exercising.
- Geauga County employed adults spent the most time doing the following physical activities while at work: sitting (43%), walking (13%), heavy labor/physical work (5%), and activities varied (25%). 5% of Geauga County adults reported they were unemployed or did not work and 8% reported they were retired.
- Geauga County adults spent an average of 2.0 hours watching TV, 1.9 hours playing video games, 1.4 hours on their cell phone and 1.2 hours on the computer (outside of work) on an average day of the week.

### Physical Activity Guidelines for Adults


#### Aerobic Activities

- **2 hours and 30 minutes** (150 minutes) each week of **moderate-intense activity**  
OR
- **1 hour and 15 minutes** (75 minutes) each week of **vigorous-intense activity**

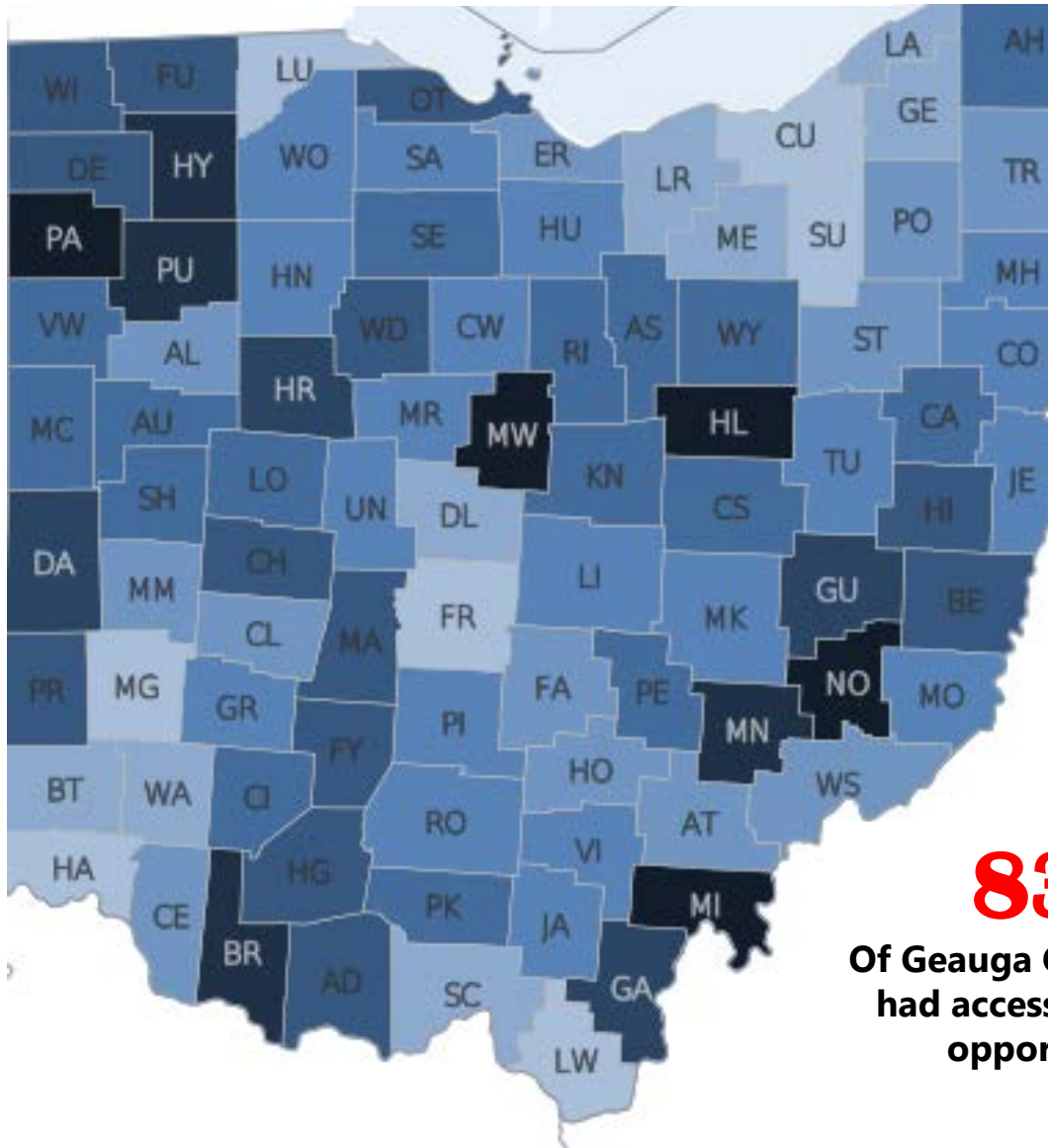
#### Muscle Strengthening Activities

- All major muscle groups should be worked out **2 or more days** per week. This includes legs, hips, back, abdomen, chest, shoulders, and arms.
- Exercises for each muscle group should be **repeated 8 to 12 times** per set.

*(Source: Centers for Disease Control & Prevention, "Physical Activities Guidelines for Americans," fact sheet)*

 **Access to Exercise Opportunities** measures the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Individuals who reside within three miles of a recreational facility are considered to have adequate access for opportunities for physical activity.

### Access to Exercise Opportunities



**83%**

**Of Geauga County adults  
had access to exercise  
opportunities**

BEST  WORST

*(Source: ArcGIS Business Analyst, as compiled by  
County Health Rankings 2014)*

# Physical Activity | CHILD

## Key Findings

*The 2017 health assessment identified that more than two-thirds (69%) of Geauga County school-aged children were physically active for at least 60 minutes on 3 or more days per week.*

### Child Physical Activity (Ages 0-5 years)

*The following information was reported by Geauga County parents of children 0-5 years old.*


- Geauga County children ages 0-5 spent an average of 2.2 hours watching TV, 1.3 hour on the computer/tablet/cellphone and 0.5 hours playing video games on an average day of the week.
- The 2011/2012 NSCH reported 9% of children ages 1-5 years in Ohio spent 1 to 3 hours per day on the computer, cell phone, or other electronic devices.



*(Source: Alliance for Healthier Generation)*

### Child Physical Activity (Ages Pre-K through high school)

*The following information was reported by Geauga County parents of school age children from Pre-K through high school.*

-  More than two-thirds (69%) of parents reported their child was physically active for at least 60 minutes on 3 or more days per week. 34% reported their child had done so on 5 or more days and 13% said their child was physically active for at least 60 minutes every day per week. 9% reported no physical activity.
- Geauga County school-age children spent an average of 2.1 hours on the cell phone, 1.8 hours playing video games, 1.6 hours watching TV, and 1.5 hours on the computer (outside of school) on an average day of the week.
- Nearly one-fifth (21%) of Geauga County school-age children spent 3 or more hours watching TV on an average day.
- The 2013 YRBS reported 28% of high school youth in Ohio spent 3 or more hours watching TV on an average day and the 2015 YRBS reported 25% for U.S. high school youth.
- When asked how far parents live from their child's school, 47% of Geauga County parents said more than 2 miles, 16% said 1 to 2 miles, 13% said ½ mile to 1 mile, 6% said ¼ mile to ½ mile and 16% said less than ¼ mile.

### Physical Activity Guidelines for Children and Adolescents

Children and adolescents should do **1 hour or more** of physical activity each day.

**Within that 1 hour** of physical activity, the following should be included:

- **Muscle-strengthening** on **at least 3 days a week**. They should be moderate to high levels of efforts and work the major muscle groups of the body.
- **Bone-strengthening** on **at least 3 days of the week**.
- Physical activities should be **appropriate** for their age, **enjoyable**, and **varied**.

*(Source: Centers for Disease Control & Prevention, "Physical Activities Guidelines for Americans," fact sheet)*

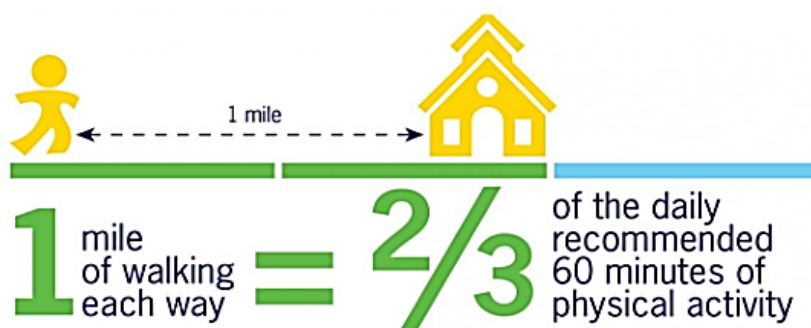
## Safe Routes to School

**Safe Routes to School (SRTS) programs are sustained efforts by parents, schools, community leaders and local, state, and federal governments to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school.**

**SRTS projects make it safer for more children to walk and bicycle to school, which will help address the obesity crisis among children by creating increases in physical activity.**

**For more information, go to:**

<http://www.saferoutespartnership.org/healthy-communities/101/getting-started>



### Ways to Start a Safe Route to School in Your Community

#### 1. Plan an Event

- Start small and organize an event with a principal or teacher on board, and try hosting a Walk to School Day event.
- Get a few families to walk together to school on a regular basis.
- Gather stakeholders and update district policies.
- THERE'S NO WRONG WAY TO GET STARTED!!!

#### 2. Build your task force

- Involve a wide variety or array of representatives from your community.
- Represent the interest of many different stakeholders from each school district to be advocates for school safety.
- People to invite from the city/county and or county routes to engage would be:
  - Principal/Teachers
  - PTA
  - Students
  - Elected Officials
  - Engineers
  - Police
  - Health Officials

#### 3. Create an Action Plan

- Utilize the stakeholders to make informed decisions about the best strategies to get more student walking and biking.
- Identify areas to be worked on for safer routes such as safety hazards and support.
- Be armed with information and a timeline.

*(Source: Safe Routes to School National Partnership, 2017)*

## Strategies for Recess in Schools

### January 2017



1

#### Make Leadership Decisions

1. Identify and document recess policies.
2. Put documented recess policies into practice and revise as needed.
3. Develop a written recess plan.
4. Designate spaces for outdoor and indoor recess.
5. Establish weather guidelines to ensure student safety.
6. Train school staff and volunteers for recess.



2

#### Communicate and Enforce Behavioral and Safety Expectations

7. Establish and communicate behavior management strategies.
8. Teach conflict resolution skills.
9. Ensure that recess spaces and facilities meet recommended safety standards.



3

#### Create an Environment Supportive of Physical Activity During Recess

10. Provide adequate physical activity equipment.
11. Add markings to playground or physical activity areas.
12. Create physical activity zones.
13. Provide planned activities or activity cards.
14. Provide a combination of recess strategies.



4

#### Engage the School Community to Support Recess

15. Establish roles and responsibilities for supervising and facilitating recess.
16. Involve students in planning and leading recess.
17. Mobilize parents and others in the school community to support and sustain recess at school.



5

#### Gather Information on Recess

18. Track physical activity during recess.
19. Collect information on recess to show the effect on student and school outcomes.

(Source: CDC, *Recess Planning in Schools*)

# Built Environment | COMMUNITY

## Key Findings

Nearly three-fourths (72%) of Geauga County adults did not have sidewalks where they lived.

## Community Characteristics

- Geauga County adults reported they lived within two miles of the following: a park or green space (61%), grocery stores (37%) and recreation centers (25%).
- Ninety percent (90%) of adults reported their community was extremely or quite safe from crime. Ten percent (10%) said slightly safe. No one reported their neighborhood was not safe at all.
- Geauga County adults had the following concerns for their community: no sidewalks accessible (34%), heavy traffic (23%), drugs/alcohol (15%), water quality (12%), loud noises (8%), crime (8%), no place for kids to play (7%), air pollution (4%), bullying (4%), gangs (1%), and other (8%). No one reported lead issues as a concern for their community.
- Geauga County adults traveled outside the county for the following: dine-in-restaurants (76%), parks (56%), grocery stores (54%), recreation centers (16%), gyms (12%), and other (8%).

## Roadways

- Nearly three-fourths (72%) of Geauga County adults did not have sidewalks where they lived. Of those adults who did not have sidewalks, 51% lived in the country, 40% lived in the outskirts of town, and 9% lived in town.
- Of those adults who had sidewalks, only 11% were connected to all streets. Sixty-six percent (66%) were mostly connected, 14% had some that were connected, and 9% had few streets that were connected.
- Geauga County adults who had sidewalks, reported 4% were in excellent condition, 71% were in good condition, 11% were in fair condition, 11% were in poor condition, and 3% did not know what condition their sidewalks were in.
- Eighteen percent (18%) of Geauga County adults did not have bike trails in or around their community. Of those adults who did not have bike trails, 50% lived in the country, 41% lived in the outskirts of town, and 9% lived in town.
- Of those adults who had bike trails in or around their community, 2% did not have access to them.
- Geauga County adults who had bike trails in or around their community, reported 29% were in excellent condition, 49% were in good condition, 4% were in fair condition, 3% were in poor condition, and 15% did not know what condition their bike trails were in.
- Geauga County adults who had bike trails in or around their community, reported they were: well lit (6%), not well lit (55%) and did not know (39%).

## Parks

- Eight percent (8%) of Geauga County adults did not have any parks available in or around their community. Of those adults who did not have parks, 80% lived in the country, 10% lived in town and 10% lived in the outskirts of town.
- Of those adults who had parks available in or around their community, 59% reported there were three or more available. 25% had two parks available and 16% had one park available.

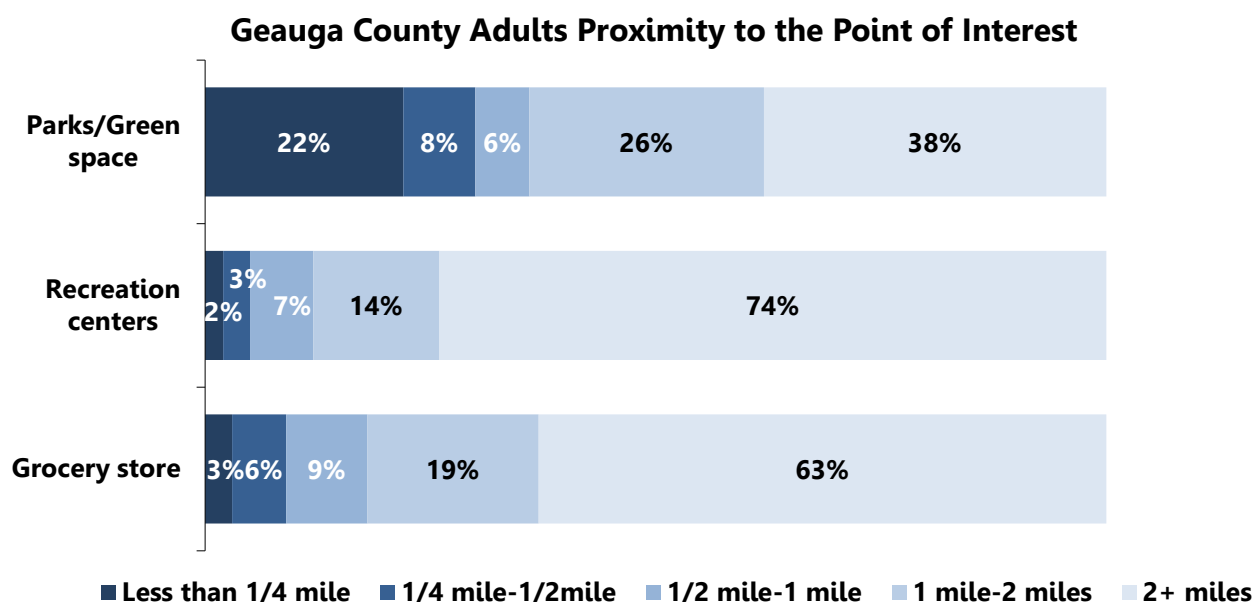
## Parks, continued

- Of those adults who had parks available in or around their community, 4% did not have access to them.
- Geauga County adults who had parks in or around their community, reported only 58% were handicapped accessible. Thirty-six percent (36%) of adults did not know if their parks were handicapped accessible.
- Of those adults who had parks in or around their community, 34% were in excellent condition, 58% were in good condition, 6% were in fair condition, 1% were in poor condition, and 1% of adults did not know what condition their parks were in.
- Nearly one-quarter (23%) of Geauga County adults, thought their parks were very safe. Sixty-three percent (63%) reported their parks were quite safe, 7% said slightly safe, and 1% said not safe at all. Six percent (6%) did know how safe their parks were.
- Of those adults who had parks in or around their community, 16% of Geauga County adults visited them very often, increasing to 20% of those adults who had children ages 0-5, 38% visited them somewhat often, 39% not so often and 7% did not visit them at all.

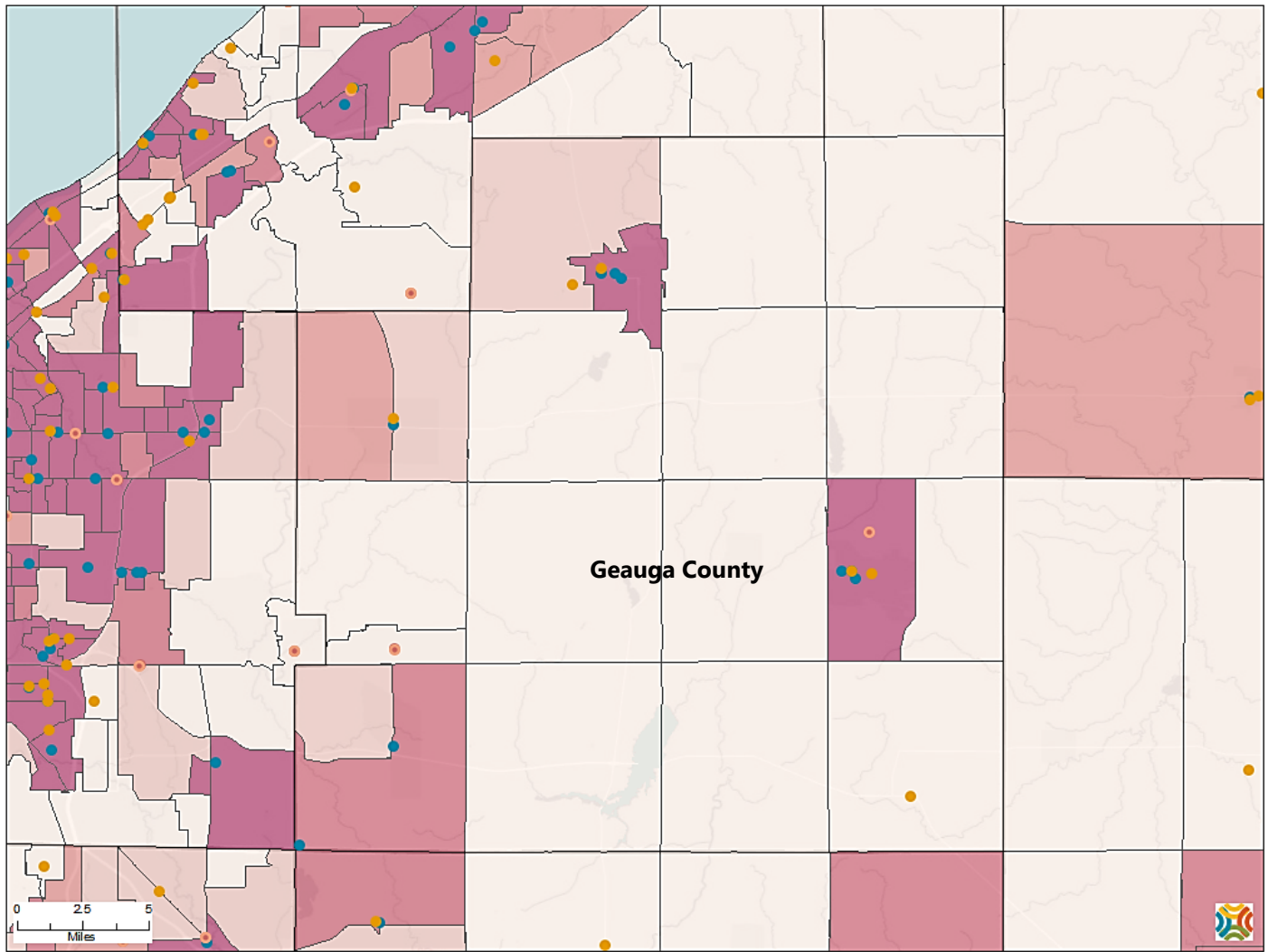
## Other Recreation Areas

- More than one-fourth (27%) of Geauga County adults did not have recreation centers in or around their community. Of those adults who did not have recreation centers, 62% lived in the country, 20% lived in the outskirts of town, and 18% lived in town.
- Of those adults who had recreation centers in or around their community, 35% reported there were 3 or more available. Twenty-one percent (21%) had two available and 44% had one available.
- Of those adults who had recreation centers in or around their community, 11% visited them very often. Eighteen percent (18%) said somewhat often, 24% said not so often and 47% did not visit them at all.

The following graph shows the average distance Geauga County adults are from the nearest grocery store, recreation centers, and parks/green space. Examples of how to interpret the information include: 19% of Geauga County adults live 1 mile – 2 miles away from the nearest grocery store.



## Population Living Near a Major Grocery Store Percentage Living within 1 Mile by Tract, USDA-AMS May 2016



### Map Legend

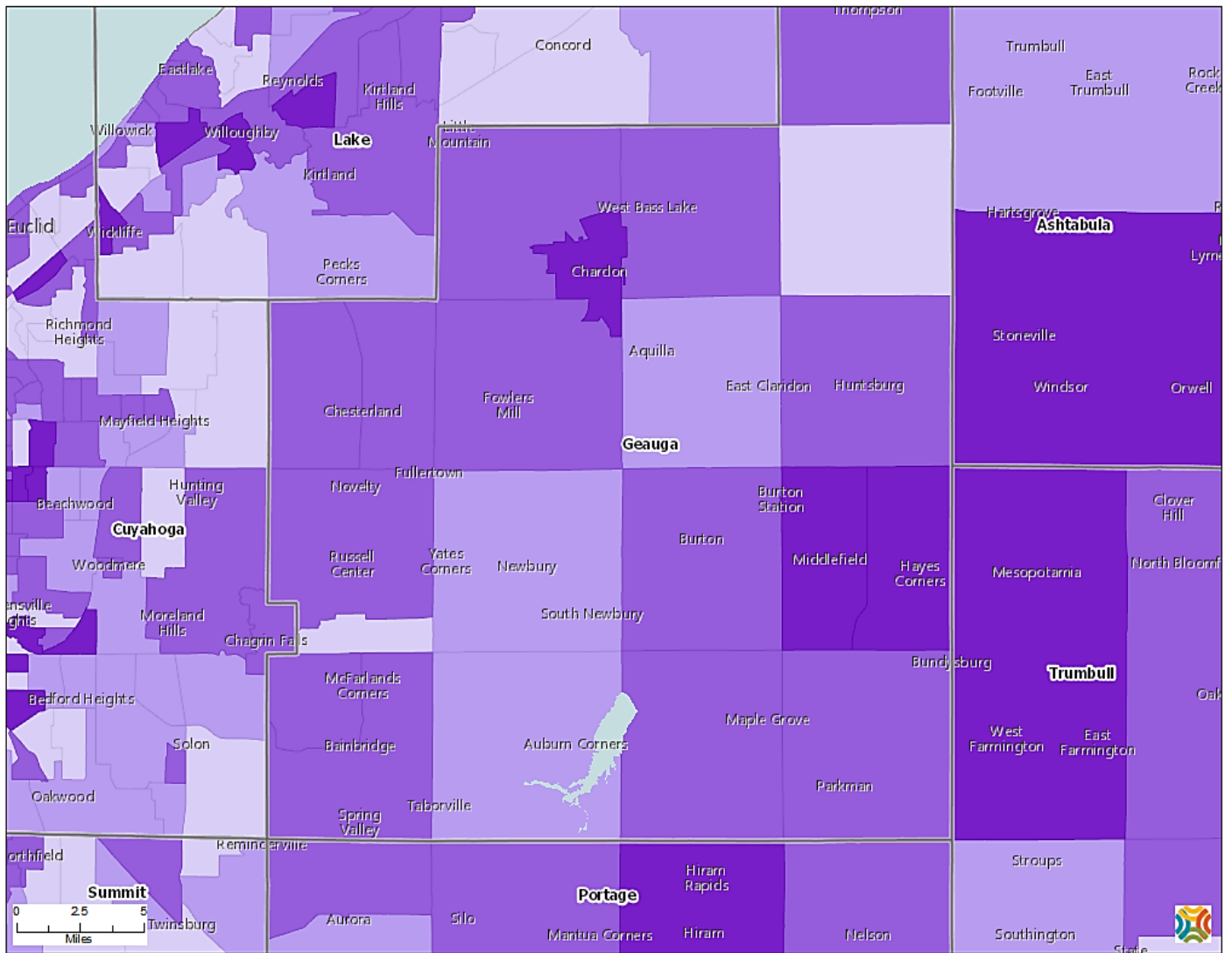
- Dollar Stores, USDA May 2016
- Wal Marts (Stores and Super Centers),  
USDA May 2016
- Farmers' Markets, USDA - AMS May 2016
- Major Supermarkets, USDA May 2016

- Population Living Near a Major Grocery Store,  
Percentage Living within 1 Mile by Tract, USDA  
- AMS May 2016
- Over 25.0%
  - 15.1 - 25.0%
  - 10.1 - 15.0%
  - Under 10.1%
  - No Supermarkets or No Data

*Community Commons, 6/5/2017*

*(Source: US Department of Agriculture, USDA - Agriculture Marketing Service: May 2016, as compiled by  
Community Commons)*

## Workers Traveling to Work by Walking/Biking, 2011-2015



### Map Legend

Workers Traveling to Work by Walking/Biking, Percent by Tract, ACS 2011-15

- Over 4.0%
- 1.1 - 4.0%
- 0.1 - 1.0%
- No Workers Walking or Biking
- No Data or Data Suppressed

Community Commons, 6/2/2017

(Source: US Census Bureau, American Community Survey: 2011-15, as compiled by Community Commons)

# Built Environment | KEY LEADERS

## Key Findings

*Seventy-three percent (73%) of Geauga County key leaders were concerned about drugs/alcohol in their community/county.*

## Community Characteristics

*The following information was reported by Geauga County key leaders from multiple sectors which included: medical professionals, public health workers, civic and community leaders, local politicians, etc. See appendix III for further information.*

- Twelve percent (12%) of Geauga County key leaders reported their community/county was extremely safe, 85% said quite safe, and 4% said slightly safe. No one reported their community/county was not safe at all.
- Geauga County key leaders had the following concerns for their community/county: drugs/alcohol (73%), bullying (31%), no sidewalks accessible (31%), crime (12%), water quality (8%), air pollution (8%), heavy traffic (4%), no place for kids to play (4%), and other (19%). No one reported they were concerned about loud noises, lead issues, or gangs.

## Roadways

- When asked if there were sidewalks available in their community/county, 28% of Geauga County key leaders reported there were many available, 32% said some, 20% said few, and 12% said none were available. Eight percent (8%) of key leaders did not know how many sidewalks were available.
- Key leaders reported sidewalks in their community/county were in: excellent condition (10%), good condition (55%), and fair condition (15%). No one reported their sidewalks were in poor condition. Twenty percent (20%) of key leaders did not know the conditions of their sidewalks.
- Four percent (4%) of Geauga County key leaders indicated they did not have bike trails in or around their community/county.
- Key leaders reported bike trails in their community/county were in excellent condition (32%) and good condition (45%). No one reported their bike trails were in fair or poor condition. Twenty-three percent (23%) of key leaders did not know the condition of their bike trails.
- Key leaders reported bike trails in their community/county were: well lit (5%), not well lit (54%), and 41% did not know.

## Parks

- Key leaders reported the following availability of parks: 3 or more (73%), two (8%), and 19% of key leaders did not know how many parks were available.
- Key leaders reported parks were in excellent condition (16%) and good condition (80%). No one reported their parks were in fair or poor condition. Four percent (4%) of key leaders did not know the conditions of their parks.
- Key leaders reported 67% of parks were handicapped accessible and 25% did not know if their parks were handicapped accessible.
- Key leaders reported 56% of parks were easily accessible by walking or biking.

## Other Recreation Areas

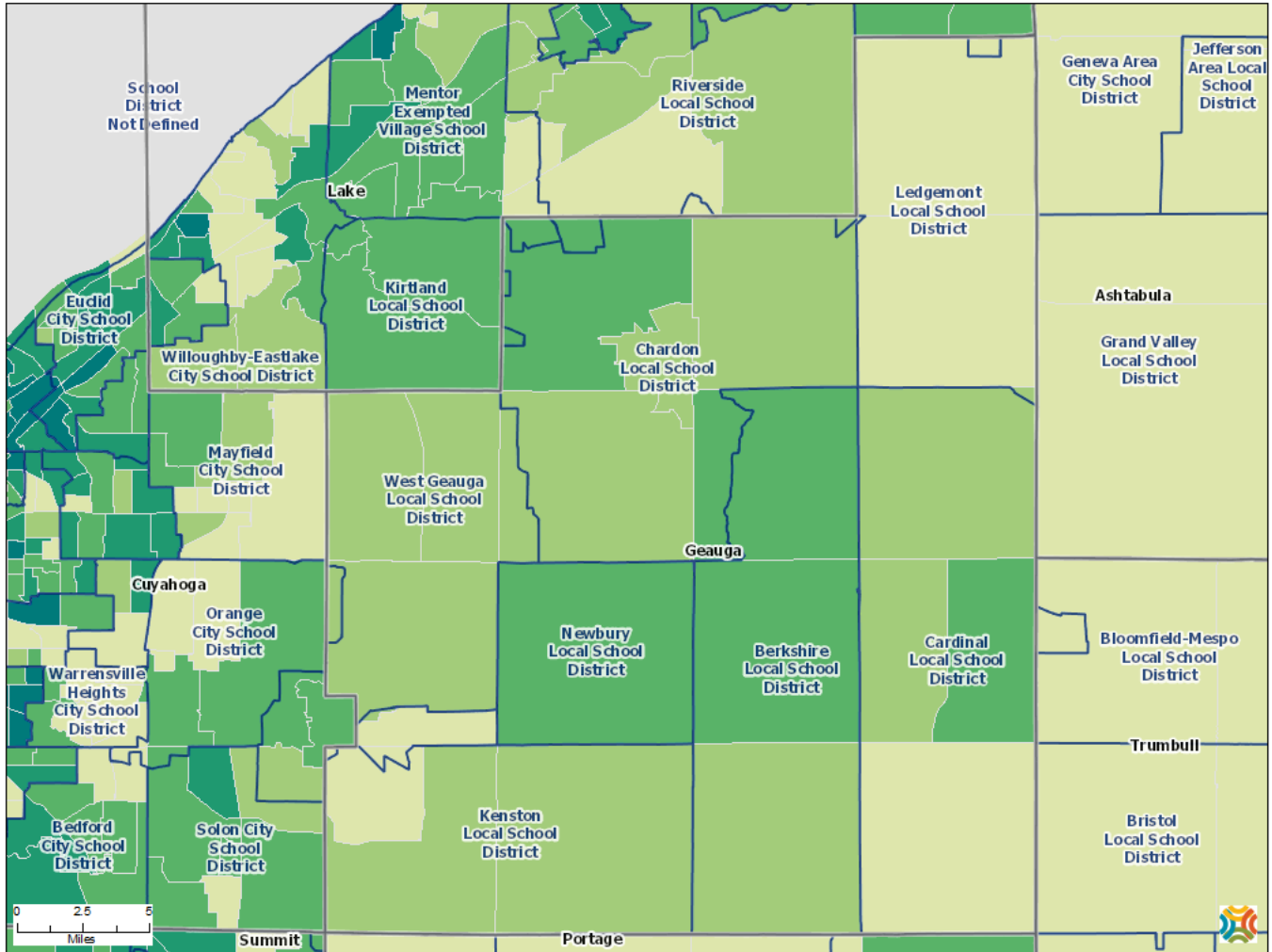
- Geauga County key leaders considered the parks to be: very safe (12%), quite safe (72%). No one reported that they considered the parks to be slightly or not safe at all. Sixteen percent (16%) of key leaders did not know the safety of their parks.
- Seventy-six percent (76%) of Geauga County key leaders reported there were recreation centers available in their community/county.
- Key leaders reported the following availability of recreation centers: three or more (42%), two (37%), and one (5%). Sixteen percent (16%) of key leaders did not know how many were available.

### Health Benefits to Having Parks and Trails

- Having access to places for physical activity like parks and trails motivates and encourages the community to engage in exercise more often.
- The closer someone lives to a park, the more likely they are to walk or bike to those places and use the resource for exercise.
- Only a small number of people live within half a mile of a park in the United States.
- People are also more likely to walk when they feel protected from traffic and safe crime hazards
- The exercise you get from walking and biking to parks can have both environmental and personal health benefits. It can:
  - Control your weight
  - Reduce your risk of cardiovascular disease
  - Reduce your risk for type 2 diabetes
  - Reduce risk for some cancers
  - Improve mental health and mood
  - Improve your ability to do daily activities
  - May prevent falls, if you're an older adult
  - Increase your chances of living longer

*(Source: CDC 2014, Health Places: Parks Trails and Health, updated 6/15/2017)*

## Population with Park Access (Within ½ Mile), 2013



### Map Legend

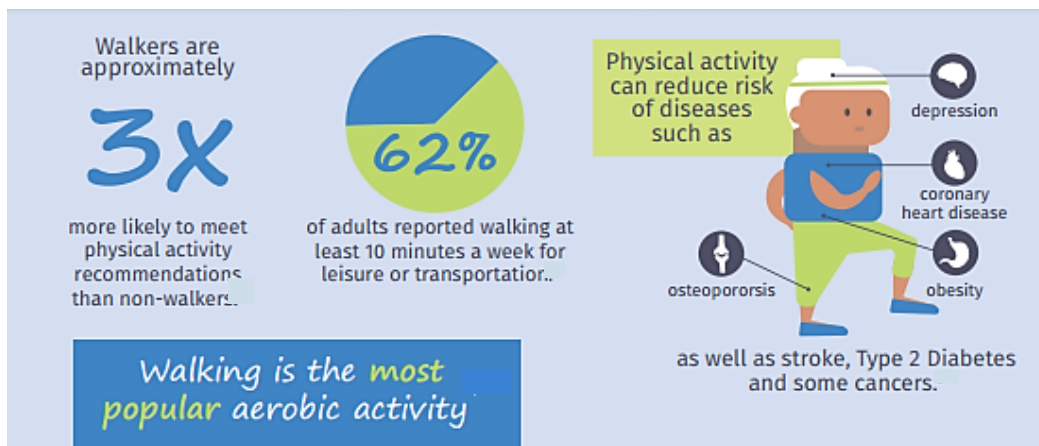
Population With Park Access (Within 1/2 Mile), Percent by Tract, ESRI/OSM 2013

- Over 90.0%
- 40.1 - 90.0%
- 10.1 - 40.0%
- Under 10.1%
- No Park Access
- No Data or Data Suppressed

Community Commons, 6/2/2017

(Source: ESRI Map Gallery and OpenStreetMap, 2013, as compiled by Community Commons)

## Safe Routes to Parks



## Five Essential Elements to Safe Routes to Parks

When people can safely walk to parks, it provides more opportunity for physical activity and greater access to open space.

-  **Safety** Safety elements (e.g., lighting, traffic) must be included for pedestrian routes.
-  **Convenience** Walking routes to parks should be no longer than a 10-minute walk.
-  **Access & Design** Proper design, signage, ADA compliance, and multiple entry points benefit all users.
-  **Conditions** Sidewalks and trails should be inviting, comfortable, and safe for all users.
-  **The Park** Facilities, amenities and programs at the park should reflect the needs of the community.

(Source: National Recreation and Parks Association, 2016)

# Social Environment | COMMUNITY

## Key Findings

*Nearly one-third (31%) of Geauga County adults had access to health risk assessments through their employer or spouse's employer.*

## Worksite Wellness

- Geauga County adults had access to the following programs through their employer or spouse's employer: health risk assessment (31%), gift cards for participating in wellness program (30%), lower insurance premiums for participating in a wellness program (25%), on-site health screenings (19%), on-site health education classes (19%), healthier food options in vending machines or cafeteria (18%), free/discounted smoking cessation program (17%), free/discounted gym membership (10%), gift cards/cash for positive changes in health status (8%), free/discounted weight loss program (8%), lower insurance premiums for change in health status (6%), on-site fitness facility (3%), and other (1%). Twelve percent (12%) did not have access to any wellness program.
- Geauga County adult employers promoted work-site wellness through the following: provide healthy food choices in the cafeteria (49%), offer sugar-free beverages (46%), encourage walking during breaks (27%), provide healthy food options in vending machines (22%), and 3% did not know. Thirty-seven percent (37%) of Geauga County adult employers did not do any of these to promote work-site wellness.

## Food Retail Environment

- When asked what type of grocery stores were available in their community, Geauga County adults reported the following: large grocery chains (87%), convenience stores (78%), Farmer's Markets (64%), and locally-owned food stores (48%).
- When asked what type of restaurants were available in their community, Geauga County adults reported the following: fast-food restaurants (87%), local diners (82%), dine-in/family style restaurants (78%), bakery/café shops (74%), and food trucks (3%).

## Community Wellness

- Geauga County adults reported that faith-based organizations in their community offered the following: food pantries (60%), community meals (49%), youth sports programs (19%), indoor/outdoor playgrounds (13%), wellness support groups/programs (11%), health screenings (7%), nutrition/physical activity education programs (5%), free walking/gym time (4%), and cooking demonstrations (1%).
- Geauga County adults reported that their local hospital(s) and health center(s) offered the following services: health risk assessments (63%), nutrition counseling (45%), weight loss and weight management counseling (40%), health plan incentives for participating in a wellness program (25%), and fitness facility (5%).
- Geauga County adults reported their local school districts offered the following at their schools: an outdoor playground accessible to the public (39%), an outdoor/indoor track accessible to the public (39%), health screenings (7%), food pantries (3%), produce markets (2%), and school garden (2%). No one reported their local schools doing healthy cooking demonstrations.

# Social Environment | KEY LEADERS

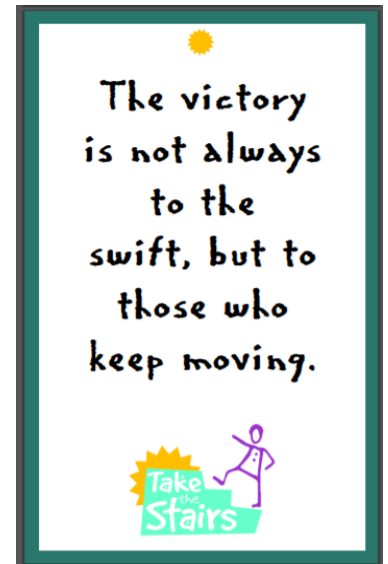
## Key Findings

*Twenty-three percent (23%) of Geauga County key leaders reported employers offered health risk assessments to their employees.*

## Worksite Wellness

*The following information was reported by Geauga County key leaders from multiple sectors which included: medical professionals, public health workers, civic and community leaders, local politicians, etc. See appendix III for further information.*

- Geauga County key leaders reported employers offered the following to their employees: health risk assessment (23%), healthier food options in vending machines/cafeteria (23%), lower insurance premiums for participating in wellness programs (23%), gifts cards/cash for participating in wellness programs (19%), on-site health screenings (19%), encourage walking during lunch breaks (19%), free/discounted smoking cessation program (15%), offer sugar-free beverages (12%), healthy food policy (8%), free/discounted weight loss program (8%), free/discounted gym membership (8%), on-site health education classes (8%), lower insurance premiums for positive changes in health status (4%). No one reported employers offered on-site fitness facility or gift cards/cash for positive changes in health status.
- Geauga County key leaders reported employers promoted work-site wellness through the following ways: provide healthy food choices in the cafeteria (28%), offer sugar-free beverages (24%), encourage walking during breaks (20%), and provide healthy food options in vending machines (12%).
- When asked if other employers in their community/county offered wellness opportunities, 36% of key leaders said few and 4% said most.



*(Source: CDC, Division of Physical Activity, StairWELL Wellness Program)*

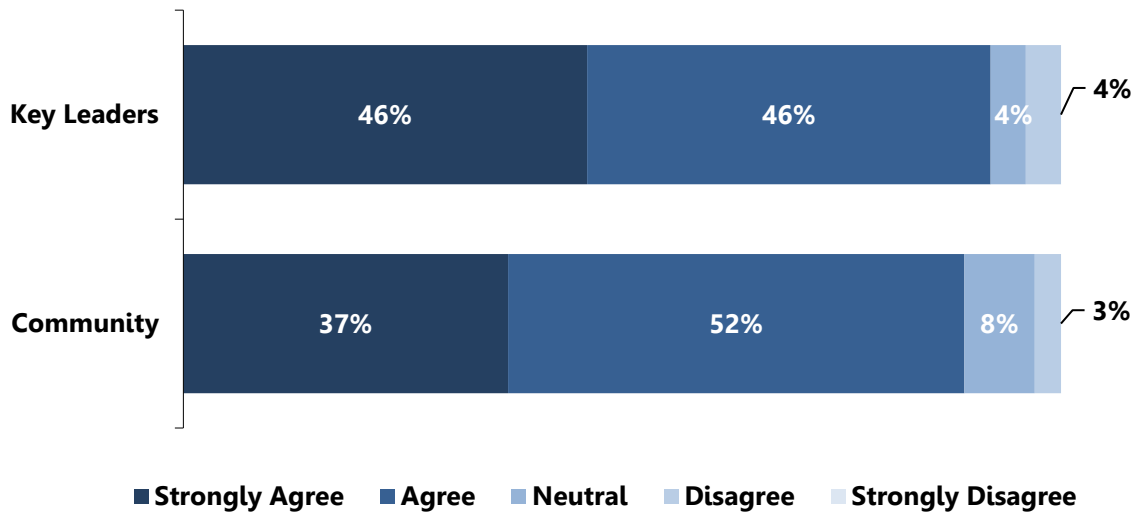
## Community Wellness

- When asked what type of grocery stores were available in their community/county, key leaders reported the following: large grocery store chains (100%), convenience stores (88%), Farmer's Markets (80%), and locally-owned food stores (40%).
- When asked what type of restaurants were available in their community/county, key leaders reported the following: local diners (100%), fast-food restaurants (100%), bakery/café shops (100%), dine-in/family style chain restaurants (92%), and food trucks (8%).
- Geauga County key leaders reported that faith-based organizations in their community/county offered the following: food pantries (72%), community meals (60%), indoor/outdoor playgrounds (24%), youth sports programs (20%), wellness support groups/programs (16%), health screenings (12%), nutrition/physical activity education programs (8%). No one reported faith-based organizations offered free walking/gym time or cooking demonstrations.

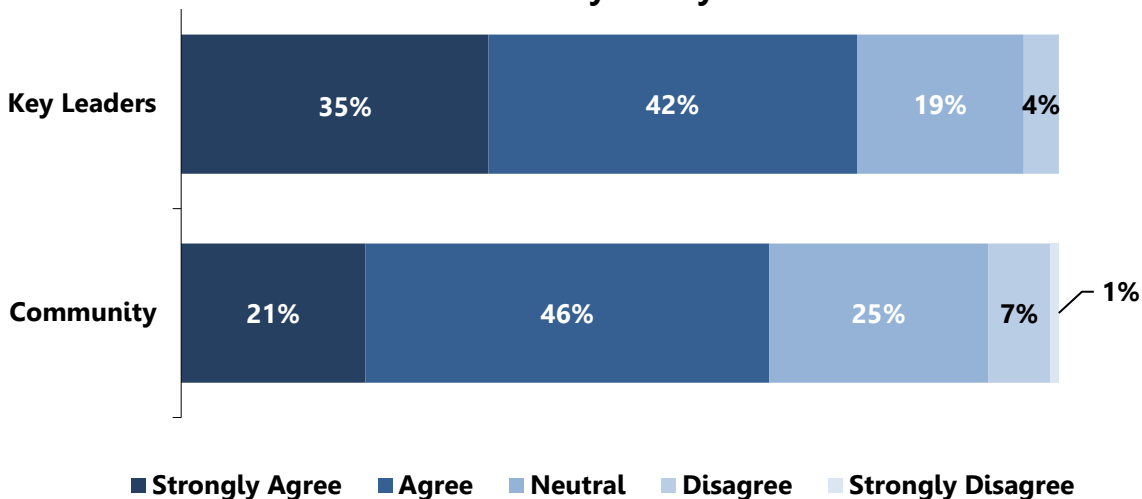
# Community Improvement | PERCEPTIONS

The following bar graphs compares Geauga County community key leaders and the community responses to their perceptions about their community.

## Your Community is a Good Place to Live and/or Raise Children



## Your Community Has a Variety of Resources for Promoting a Healthy Lifestyle



## Community Improvement Initiatives

Which community improvement initiatives would you support?	Community Response	Key Leader Response
More locally-grown foods/Farmer's Markets	65%	77%
Community gardens	44%	42%
Sidewalk accessibility	42%	38%
Local agencies partnering with grocery stores to provide low cost healthy foods	42%	42%
Bike/walking trail accessibility	41%	38%
New and/or updated recreation centers	38%	31%
Neighborhood safety	33%	35%
New and/or updated parks	33%	12%
Safe roadways	32%	23%
School-based initiatives (i.e. Safe Routes to School, nutrition education, etc.)	N/A	69%

## Survey Respondents Additional Comments

The following qualitative data came from Geauga County community key leaders and community members who took the survey

Community Responses
<i>"After school programs- school based programs for fun- community events."</i>
<i>"More organic local Farmers Markets."</i>
<i>"We have a need for more transportation services, more restaurants, senior retirement centers, and senior apartments/independent living for seniors. Walking for seniors is difficult because everything is uphill."</i>
<i>"Since I work for a Hospital system, it would be logical that an employee wellness center or significantly discounted gym membership would be a priority to leadership - it is not."</i>
<i>"Need bike lanes. I would like to do errands around town on bike, but nervous about not having bike lanes or room for bikes on roads."</i>
<i>"Roads in Middlefield Village are horrible and cause unnecessary wear and tear on cars. I have had numerous repair bills on tires, suspension, etc."</i>
<i>"Need more nutrition education and healthy foods in Chardon School District."</i>
<i>"Gauga County has everything to offer in living a healthy life style if one is motivated to do so."</i>
<i>"The fact that horses are allowed on the trails in Geauga parks, but mountain bikes are not allowed, is completely backwards. Too dangerous for my pet"</i>
Key Leaders Responses
<i>"All public areas in the county should be smoke free, especially the parks and square."</i>

## Appendix I | INFORMATION SOURCES

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2017. Atlanta: ACS, 2017	<ul style="list-style-type: none"> <li>Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> <li>2009 – 2015 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
Centers for Disease Control and Prevention, Division of Adolescent & School Health	<ul style="list-style-type: none"> <li>Whole School, Whole Community, Whole Child Model</li> </ul>	<a href="https://www.cdc.gov/healthyyouth/factsheets.htm">https://www.cdc.gov/healthyyouth/factsheets.htm</a>
Centers for Disease Control and Prevention, Healthy Schools	<ul style="list-style-type: none"> <li>Strategies for Recess in Schools</li> </ul>	<a href="https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_SchoolRecessStrategies_508.pdf">https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_SchoolRecessStrategies_508.pdf</a>
Centers for Disease Control and Prevention, Division of Healthy Places	<ul style="list-style-type: none"> <li>Parks, Trails, and Health</li> </ul>	<a href="https://www.cdc.gov/healthyplaces/healthtopics/parks.htm">https://www.cdc.gov/healthyplaces/healthtopics/parks.htm</a>
Centers for Disease Control and Prevention, Division of Physical Activity	<ul style="list-style-type: none"> <li>Physical Activity Guidelines for Adults</li> <li>Physical Activity Guidelines for Children and Adolescents</li> <li>Worksite Physical Activity</li> </ul>	<a href="https://www.cdc.gov/physicalactivity/index.html">https://www.cdc.gov/physicalactivity/index.html</a>
County Health Rankings	<ul style="list-style-type: none"> <li>Food Environment Index</li> <li>Access to Exercise Opportunities</li> </ul>	<a href="http://www.countyhealthrankings.org/app/ohio/2017/measure/factors/132/map">http://www.countyhealthrankings.org/app/ohio/2017/measure/factors/132/map</a>
Community Commons	<ul style="list-style-type: none"> <li>Soda Expenditures</li> <li>Fruit and Vegetables Expenditures</li> <li>Unemployed Families</li> <li>Families Receiving SNAP</li> <li>Population Near Grocery Stores</li> <li>Workers Traveling to Work</li> <li>Population with Park Access</li> </ul>	<a href="http://www.communitycommons.org/">www.communitycommons.org/</a>
Healthy Schools Campaign	<ul style="list-style-type: none"> <li>Cooking Up Change</li> </ul>	<a href="https://healthyschoolscampaign.org/programs/national/cooking-up-change-national/">https://healthyschoolscampaign.org/programs/national/cooking-up-change-national/</a>
National Recreation and Parks Association	<ul style="list-style-type: none"> <li>Safe Routes to Parks</li> <li>Ways to Start a Safe Route to School</li> </ul>	<a href="https://www.nrpa.org/uploadedFiles/nrpa.org/Grants_and_Partners/Health_and_Livability/Safe-Routes-to-Parks-Infographic.pdf">https://www.nrpa.org/uploadedFiles/nrpa.org/Grants_and_Partners/Health_and_Livability/Safe-Routes-to-Parks-Infographic.pdf</a>
The Institute of Medicine, National Academy of Sciences	<ul style="list-style-type: none"> <li>Dietary Water Intake</li> <li>DRIs for Calcium and Vitamin D</li> </ul>	<a href="http://national-academies.org/">http://national-academies.org/</a>
U.S. Department of Agriculture	<ul style="list-style-type: none"> <li>Smart Snacks in School</li> </ul>	<a href="https://www.fns.usda.gov/sites/default/files/allfoods_infographic.pdf">https://www.fns.usda.gov/sites/default/files/allfoods_infographic.pdf</a>
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> <li>2009 - 2015 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx">http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx</a>

## Appendix II | ACRONYMS AND TERMS

<b>ACS</b>	<b>A</b> merican <b>C</b> ommunity <b>S</b> urvey
<b>BMI</b>	<b>B</b> ody <b>M</b> ass <b>I</b> ndex is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	<b>B</b> ehavior <b>R</b> isk <b>F</b> actor <b>S</b> urveillance <b>S</b> ystem, an adult survey conducted by the CDC.
<b>CDC</b>	<b>C</b> enters for <b>D</b> isease <b>C</b> ontrol and <b>P</b> revention.
<b>ESR</b>	<b>ESRI's</b> ArcGIS map gallery provides a platform for viewing and downloading various public-use datasets.
<b>FARA</b>	<b>F</b> ood <b>A</b> ccess <b>R</b> esearch <b>A</b> tlas presents an overview of food access indicators for populations using different measures of supermarket accessibility.
<b>GNAP</b>	<b>G</b> eauga <b>N</b> utrition <b>A</b> ctivity <b>P</b> artnership
<b>HCNO</b>	<b>H</b> ospital <b>C</b> ouncil of <b>N</b> orthwest <b>O</b> hio
<b>NCCDPHP</b>	<b>C</b> enters for Disease Control and Prevention's <b>N</b> ational <b>C</b> enter for <b>C</b> hronic <b>D</b> isease <b>P</b> revention and <b>H</b> ealth <b>P</b> romotion
<b>NCES CCD</b>	<b>N</b> ational <b>C</b> enter for <b>E</b> ducation <b>S</b> tatistics - <b>C</b> ommon <b>C</b> ore of <b>D</b> ata
<b>NSCH</b>	<b>N</b> ational <b>S</b> urvey of <b>C</b> hildren's <b>H</b> ealth
<b>N/A</b>	Data is not available.
<b>ODH</b>	<b>O</b> hio <b>D</b> epartment of <b>H</b> ealth
<b>OSM</b>	<b>O</b> pen <b>S</b> treet <b>M</b> ap is a collaborative project to create a free editable map of the world.
<b>SHA</b>	<b>S</b> tate <b>H</b> ealth <b>A</b> ssessment
<b>SHIP</b>	<b>S</b> tate <b>H</b> ealth <b>I</b> mprovement <b>P</b> lan
<b>SNAP</b>	<b>S</b> upplemental <b>N</b> utrition <b>A</b> ssistance <b>P</b> rogram; SNAP participation is a measure of households and not of total population; if any person in the household received food stamps/SNAP, the household is included in the count
<b>USDA</b>	<b>U</b> nited <b>S</b> tates <b>D</b> epartment of <b>A</b> griculture
<b>YRBS</b>	<b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> urvey, a youth survey conducted by the CDC
<b>ZCTA</b>	<b>Z</b> IP <b>C</b> ode <b>T</b> abulation <b>A</b> reas, generalized areal representations of United States Postal Service (USPS) ZIP Code service areas.

## Appendix III | GEAUGA COUNTY COMMUNITY SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2017 Community Survey Sample
<b>Age</b>	
20 years or younger	0.0%
21-29	5.2%
30-39	14.2%
40-49	22.5%
50-59	30.0%
60 plus	27.8%
<b>Gender</b>	
Female	93.2%
Male	6.7%
Transgender	0.0%
<b>Race/Ethnicity</b>	
White	96.2%
American Indian and Alaska Native	1.4%
Black or African American	1.4%
Asian	0.7%
Hispanic Origin (may be of any race)	0.0%
Native Hawaiian/other Pacific Islander	0.0%
Other	2.2%
<b>Marital Status</b>	
Married Couple	75.1%
Never been married/member of an unmarried couple	12.7%
Divorced/Separated	8.2%
Widowed	3.7%
<b>Living Area</b>	
Out in the country	38.6%
The outskirts of town	34.0%
In town	27.2%
<b>Income (Families)</b>	
\$14,999 and less	0.0%
\$15,000 to \$24,999	1.7%
\$25,000 to \$49,999	15.3%
\$50,000 to \$74,999	13.6%
\$75,000 or more	47.0%

\* The percent's reported are the actual percent within each category who responded to the survey. Percent's may not add to 100% due to missing data (non-responses).

Variable	2017 Community Survey Sample*
<b>Zip Codes</b>	
44024	28.6%
44023	9.3%
44021	9.3%
44026	6.9%
44062	6.9%
44046	3.8%
44086	3.1%
44065	2.3%
44072	1.5%
44022	1.5%
44491	1.5%
44231	1.5%
44064	1.5%
44099	1.5%
Other	20.1%

\* The percent's reported are the actual percent within each category who responded to the survey. Percent's may not add to 100% due to missing data (non-responses).

## Appendix IV | GEAUGA COUNTY KEY LEADER SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2017 Key Leader Survey Sample
<b>Represented Agencies</b>	
Non-profit agencies	46.4%
Schools & other education providers	25.0%
Community-based health & human service agencies	21.4%
Social service agency	21.4%
Mental Health	2.8%
Government employee	17.8%
Advocacy/Coalition groups that specifically deal with health & wellness	3.5%
Employers & Businesses	3.5%
Hospitals	3.5%
Local Health Departments	3.5%
Integrated Para Health Coalition	3.5%
Faith-based organization	3.5%
Other	3.5%
<b>Primarily Represented</b>	
County	89.2%
Township	7.1%
City	3.5%
Village	0.0%

\* The percent's reported are the actual percent within each category who responded to the survey. Percent's may not add to 100% due to missing data (non-responses).