



Healthy Lifestyles

Issue 5

January — March 2007

CVH Partners

- American Cancer Society
- American Heart Association
- Child and Family Health Services
- Children's Hunger Alliance
- Cleveland Clinic Foundation
- Cleveland Department of Public Health
- Cleveland Municipal School District
- Cuyahoga County O.S.U. Extension
- Diabetes Association of Greater Cleveland
- Fairview Lutheran Hospital—Parish Nursing
- Huron Hospital
- Ohio Action for Healthy Kids
- Ohio Department of Health
- South Pointe Hospital
- St. Vincent Charity Hospital
- Cuyahoga County Comprehensive Partnership for Tobacco Reduction
- Wellness Council of Northeast Ohio
- YMCA of Greater Cleveland

March is "National Nutrition Month®" - 100% Fad Free Key Messages

- Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and *MyPyramid* as your guide to healthy eating.
- Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.
- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.

Check out www.eatright.org for more information for National Nutrition Month®

Inside this issue:

- Schools.....2**
CCBH Coordinated School Health
East Cleveland School Wellness
News in the Schools
- Community.....3**
Dining with Diabetes
Warrensville Hts. CVH Task Force
Cleveland Goes Red for Women
- Worksite.....4**
CCBH "Goes Ref for Women"
Tobacco Cessation
- Meetings & Announcements...4**
Dining with Diabetes classes
3rd annual Run For Your Life

Greater Cleveland Fruits & Veggies— More Matters™ Campaign!

More than 90 percent of all Americans do not eat the recommended amount of fruits and vegetables. To meet the new dietary guidelines, most consumers will have to more than double the amount they currently consume. Closing the consumption gap requires a new national call-to-action, which is now the Fruits & Veggies—More Matters campaign. This new public health initiative to increase fruit and vegetable consumption replaces the 5 A Day program. The official launch date for the National Campaign is March 19th 2007.

The Greater Cleveland Fruits & Veggies More Matters committee was convened by OSU Extension to develop a local campaign which will also launch on March 19th and will be followed by a weeks worth of events and activities highlighting various fruit & vegetable themes in multiple settings. A schedule with the dates, times and location of these events will be available soon! Go To: www.fruitsandveggiesmorematters.org

Schools

Cuyahoga County Board of Health's Coordinated School Health Initiative

A coordinated approach to school health improves children's health and capacity to learn through the support of families, schools and communities working together. The coordinated school health model provides a framework for the process of establishing, implementing and evaluating policies and environmental changes within the school setting. The application of this model can assist school districts in providing prevention and education services. Specifically, coordinated school health can: 1) Improve attendance of students and staff; 2) Reduce healthcare costs; 3) Increase self confidence and self esteem; 4) Decrease tobacco use; 5) Decrease violence; 6) Increase physical activity; 7) Promote healthy food choices; and 8) Decrease unintended pregnancy and sexually transmitted diseases.

In 2006, CCBH school programs impacted approximately 182,000 kids in over 300 schools in Cuyahoga County. Many of the schools and communities which currently receive Board of Health services already utilize some of the eight components of the model and have expressed a need for assistance in expanding their school health services. The Board promotes the adoption of a coordinated school health model and is committed to assisting local school districts in developing, implementing and evaluating this philosophy. The CCBH has a coordinated school health committee in place, comprised of knowledgeable representatives from our school-based programs. This committee is exploring a variety of options to partner with schools to assess data and identify priorities which will promote healthy lifestyle choices and a healthy school environment.

The Board of Health recognizes that if parents, teachers, students, community leaders and local public health work together, Cuyahoga County will have healthier children who are better learners, thus, making a healthier community!

For more information please contact either Martha Halko, MS, RD, LD at (216) 201-2001 ext. 1535 or at mhalko@ccbh.net or Debbie Weisbarth, RN, BSN at (216) 201-2001 ext. 1304 or at dweisbarth@ccbh.net

Schools

East Cleveland is Committed to School Wellness!

In the last year, the East Cleveland School District has made significant changes to their school environment with the assistance of the CCBH/Child and Family Health Services (CFHS) School Wellness Policy program and the Cuyahoga County Cardiovascular Health program. These changes have impacted approximately 4,859 students. The School District has made healthy modifications to their school lunch program, increased awareness of physical activity and created staff committees to address employee & student wellness in three school buildings. In addition, the District has posted educational materials in the cafeterias and hallways, providing positive nutrition and physical activity messages at each of the school buildings.

Earlier this school year, two elementary schools, Rozelle and Caledonia, hosted Action For Healthy Kids (AFHK) "Game On!" events. Through these events, approximately 725 students participated in games and activities that focused on the new "mypyramid", healthy food options, portion sizes and physical activity. The Recess Before Lunch Program was successfully piloted in two classrooms at Caledonia Elementary. This program has been shown to improve student behavior on the playground & in the cafeteria. In addition, students tend to eat more of their school lunch and be more attentive in class.

Hats off to the East Cleveland School District for making healthy changes to their school environment!

News in the Schools

School Rules Update

Some of you may be wondering about the status of the minimum standards for school sanitation/environment inspections mandated by H.B. 203 (Jarod's Law). These rules must be finalized by September 2007, but have been placed on the back burner at the Ohio Department of Health due to the Smoke free Ohio legislation that was passed by voters in November. Smoke Free Ohio also requires regulations and the creation of those rules took precedent over the minimum standards for schools. The school rules were nearly completed earlier this fall and a draft is expected to be sent out for public comment sometime after Smoke Free Ohio's regulations are finalized.

Community

Dining with Diabetes: A Success Story

With diabetes on the rise nationwide, Ohio State University Extension responded with a statewide program called Dining with Diabetes. In Cuyahoga County, one out of 14 residents has diabetes and the numbers are higher in minority populations. The program is a partnership between OSU Extension, the Diabetes Association of Greater Cleveland and the Cuyahoga County Board of Health. Since 2003, the program has reached over 300 residents in Cuyahoga County. One of the goals of the program is to encourage participants to improve self-management skills.

One individual that stands out is Darryl, a young African-American male that attended classes at Care Alliance. Care Alliance is a health clinic that serves low-income individuals in the Woodland neighborhood of Cleveland. Darryl learned new information about diabetes and the important role nutrition plays in diabetes management. As a result of his participation in the workshop he lost fifteen pounds over a three-month period. His blood glucose levels are well managed. The food demonstration and tasting sessions are popular with participants. Darryl is preparing healthy meals at home for himself and his family with the recipes he received in class. He continues his medical treatment at Care Alliance and has participated in a variety of community based walking programs. Funding for this Dining with Diabetes series was made possible through a grant from the Ohio Department of Health.

For more information contact Marisa Warrix at 216-429-8217 or warrix.1@osu.edu or Mary Ann Nicolay at DAGC 216-591-0800 or mnicolay@dagc.org

Community

Announcing the Warrensville Heights CVH Task Force

Warrensville Heights is the most recent suburb in Cuyahoga County to start a cardiovascular health task force. The first meeting will be held on February 13th, 2007, 1:00 PM, at the Warrensville Heights Civic/Senior Center. This meeting will be informational, to discuss the goals of the CVH program in Warrensville Heights, and introduce city leaders to program directors. Warrensville Heights has a number of services related to the clinical (blood pressure, cholesterol, diabetes) and lifestyle (physical activity, tobacco use, nutrition) risk factors leading to cardiovascular disease. The CVH task force will examine the effectiveness of these programs/ services and work to enhance them.



If you would like to get involved with the Warrensville Heights CVH task force, please contact Annie Stahlheber, 216-201-2001 ext. 1544 or astahlheber@cdbh.net.

Community

Cleveland Goes Red for Women 2007

Cleveland Goes Red for Women is the City of Cleveland's event to celebrate and acknowledge the Go Red for Women movement. City employees and residents are invited to wear red on this day, as a symbol of the fight against heart disease.

Heart disease is the number one killer of all Ohioans and the number one killer of women in Cleveland. Men, women and families are impacted by heart disease, and all are welcome to join us in support of this important issue.

Cleveland Goes Red for Women will be held on Valentine's Day at the City Hall Rotunda from 11:00 a.m. to 1:00 p.m. and will include free health screenings, heart-healthy cooking demonstrations, yoga, prizes and more. The event is free and open to the public.

For more information contact: Amy DeSanto at (216) 664-2339 or at adesanto@city.cleveland.oh.us

Community

The Cuyahoga County Board of Health “Goes Red for Women”

Every year, the American Heart Association plans the National Wear Red Day. This campaign is about empowering women to take charge of their heart health and live longer, stronger and healthier lives. Through this campaign, local businesses and groups are encouraged to hold their own “Wear Red Day” in the month of February, to raise funds and awareness on heart disease. Worksites are encouraged to incorporate a “Go Red” event into their worksite wellness programming and make it an annual event!

The Cuyahoga County Board of Health (CCBH) has been hosting a workplace “Go Red” event for the past two years. This year, the CCBH is “Going Red” on February 15th. Staff and administration alike will be wearing jeans and a red shirt to work for making a \$3.00 donation to the American Heart Association. In addition, staff will participate in a wellness walk and will receive a “Red Dress” pin, tip cards and pledge cards.

Some key messages from this campaign include: 1) Get regular checkups; 2) Know your blood pressure and cholesterol numbers; 3) Follow your doctor’s recommendations for diet and exercise; 4) Take prescribed medications as directed; 5) If you smoke, quit now; 6) Get at least 30 minutes of moderate physical activity each day; 7) Eat a heart healthy diet, including fruits and vegetables, whole grains and fish; 8) Limit foods high in saturated fats and dietary cholesterol; 9) Limit your salt intake to 2300 mg of sodium per day; and 10) If you drink alcoholic beverages, drink in moderation.

Free Nicotine Replacement Therapy

The Cuyahoga County Partnership for Tobacco Reduction, in collaboration with the Cleveland Clinic will be providing free Nicotine Replacement Therapy (NRT) in the form of patches to anyone who participates in our local Freedom From Smoking Cessation Program and the Ohio Tobacco Quitline. NRT will only be available at no cost until March 31st, 2007. For information regarding the location of our Freedom From Smoking classes, please contact Jennifer Clayton at (216) 201-2001 ext 1545 or jclayton@ccbh.net.



Dining with Diabetes:

Cleveland- at the Project Hope campus of St. Philip Neri: 799 East 82nd Street, 44103.
March 1, 8, and 15th at 1-3 PM.

Warrensville Heights- at the Warrensville Heights Civic & Senior Center: 4567 Green Road, 44128.

March 13, 20 and 27th from 9-11 AM.

These classes are FREE!
Registration required: (216) 591-0800

Upcoming Meetings or Events:

- Mark your calendars, for the Third Annual **Run For Your Life!** This year’s 5 K/1 mile run/walk and tot trot will be on April 14th, at the Berea County Fairgrounds. The school with the highest participation will win \$5000 for wellness activities! Games, activities, and prizes, for the whole family! Register at www.ccbh.net.
- Save the Date! The **CATCH (Coordinated Approach To Child Health) training** is coming to Cuyahoga County on May 3rd, 2007. Further information to follow.
Contact Annie Stahlheber: (216) 201-2001 x1544 or astahlheber@ccbh.net
- The **Coordinated School Health Conferences** will be held this spring at Salt Fork June 18- 20th and at Deer Creek Lodge, June 25- 27th. More information available at: www.spcheo.org/conferences.asp.



Contact your local CVH Program Coordinator to find out about upcoming local task force meetings in your area.
In the city of Cleveland, Contact **Amy DeSanto**, (216) 664-2197 or adesanto@city.cleveland.oh.us.
In Cuyahoga County, contact **AnnieStahlheber**, (216) 201-2001 x1544 or astahlheber@ccbh.net.



“Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.”