



Participants at the first 2017 Walk with a Doc event.

WORKING TOGETHER TO MAKE STARK COUNTY A HEALTHIER PLACE!

Live Well Stark County

Quarterly Newsletter

2017 Quarter 1

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LWSC Quarterly Newsletter

Live Well Stark County is a coalition of community leaders working together to make Stark County, Ohio healthier by promoting policies and programs that support wellness through healthy nutrition, physical activity, and tobacco free behaviors. Our coalition has been working hard to create positive changes in the county already this year! Check out all the amazing work our LWSC coalition members, partners and organizations have been up to!

Walk with a Doc

Walk with a Doc (WWAD) isn't a new program to Stark County, but it has recently gone through some revamping for the 2017 season. The goal of improving community health is the same, but this year Aultman's Walk with a Doc program has focused on involving community partners and using a consistent, central walking route. Many of community partners such as the Eric Snow YMCA, the Canton YWCA, Live Well Stark County, Stark Parks, United Way, Mercy Medical Center, ACCESS Health, Diatia Juice Bar, Tiqvah, the Hall of Fame Marathon and Canton City School District, have been crucial in the development and promotion of the downtown walking route.

Each walk begins and ends at the Eric Snow YMCA, on the second Thursday of the month from 5 – 6 p.m. The WWAD one-mile walks are free, open to all, and include physicians presenting on different health topics each month. Come to a walk and see what WWAD is all about!

Big Read 2017

The NEA Big Read kicks off in Massillon on March 11, 2017! The Big Read is an initiative of the National Endowment for the Arts that aims to inspire conversation in communities throughout the United States. Reading for pleasure has been shown to reduce stress, slow dementia onset, and make citizens more active and aware of their surroundings. This year the book that will be highlighted is *True Grit* by Charles Portis. The event is highlighting the benefits of physical activity and active transportation. Anyone who bikes to any of the Big Read associated events is eligible to be entered into a raffle to win a friends of Stark Parks Membership, a family membership to the Massillon Museum, or a bike light from Ernie's Bike Shop. The Big Read will kick off on March 11 and events will run through April 25, 2017. For information about Big Read events visit www.neabigread.org/communities and click on Massillon.



Mission: to promote policies, programs, and environmental change that encourage Stark County residents to improve their eating and exercise habits.

Vision: a community in which healthy eating and exercise habit are the norm and the incidence of chronic disease resulting from poor nutrition, inactive lifestyles, and tobacco is steadily declining

Like us on Facebook at:
<https://www.facebook.com/LiveWellStark/>

Find us on the Web at:
<http://www.livewellstarkcounty.com>

Contact Us:
Mary Gates, CHC Coordinator
mgates@starkparks.com
Chelsea Hoch, Administrative Assistant
choch@starkparks.com

Meet with us 1st Wednesday of every other month,
11:30am-1pm
Exploration Gateway
5712 12th Street NW
Canton, OH 44708
(330) 409-8995



BE CONFIDENT IN YOURSELF AND YOUR ABILITIES. RIDING ON THE ROAD MIGHT SEEM TERRIFYING AT FIRST, BUT WITH PRACTICE AND CONFIDENCE YOU CAN DO IT AND BE A PRO.



Yay Bikes!

Stark County Creating Healthy Communities had an opportunity to participate in an active living Commuter Ride Leader Training with Yay Bikes! The goal of this training was to prepare participants to lead educational rides on various types of roads, under typical day to day conditions. Following the training, certified trainers were able to return to their communities and confidently teach others to ride safely on the road.

In 2017, we are offering opportunities for interested individuals or organizations to learn how to safely ride their bikes to work, ride to commute or to be more comfortable riding on the road. These training sessions will be led by a certified trainer, can be done in a group or one on one, are of no cost to the interested party, and bikes will be provided for use. The training sessions will include actual riding on the road, but will also cover a number of rules of the road and safety concerns. If you are interested in scheduling a training session please contact: (330) 409-8995, mgates@starkparks.com or choch@starkparks.com. For more information about Ohio Bike Law please visit: www.ohiobikelawyer.com.

Grant Writing Community Meeting

The next meeting for the Stark County Grant Writing Community will be on Tuesday, April 25th at the Educational Services Center, 2100 38th St. NW,

Canton, OH 44709. Networking opportunities are available from 8:30 – 9:00 a.m. with the regular meeting scheduled from 9:00 – 10:30 a.m. Guest, Dr. Rob Fischer from Case Western Reserve University, will provide a training on Program Evaluation.

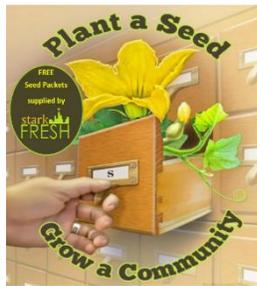
The Stark County Grant Writing Community has a listserv to share grant related information. If you're interested in subscribing please visit http://www.freelists.org/list/starkcounty_gw, should you have questions about the listserv please email Ron Scott at ron.f.scott@gmail.com.

Summer Backpack Program

Plain Local Schools is sponsoring backpacks filled with nutritious foods in summer 2017 to assist hungry children on the weekends when feeding sites are not available. They are looking for community partners to donate shelf stable, easy to open food along with fun physical activity to fill the backpacks. Donations will be accepted now through August 18th. Donations can be dropped off at Glenoak High School. If you have any questions please contact Jennifer Rex at (330) 418-2034 or by email rejx@plainlocal.org.

Seed Library

StarkFresh has partnered with four local libraries to offer their free "seed library" program again. Beginning March 13, vegetable and flower seeds will be available at the following locations: North Canton Public Library, Massillon



Public Library, Louisville Public Library, and the Rodman Public Library in Alliance.

The seed packets

offered include common items such as corn, beans, peas, squash, herbs, beets, radishes, watermelon, lettuce, cucumbers, cantaloupe, gourds, turnips, and a variety of flowers. The seeds are FREE and open to the public, however they ask you only take what you need!

Visit one of the four participating libraries to find out more information and get your free seeds today!

BABY & ME™ Tobacco Free

The BABY & ME™ Tobacco Free program is a national smoking cessation program that was created to reduce the burden of tobacco use on pregnant and post-partum women. This program is run locally through the Stark County Health Department and is intended to result in healthier mothers and babies. BABY & ME™ Tobacco Free provides diaper vouchers as incentives to mothers for not smoking each month.

Pregnant women who qualify and are referred for the program will receive prenatal cessation-counseling sessions, support, and carbon monoxide (CO) monitoring. After the birth of the baby, the mother must return monthly to continue CO monitoring and verify that she is smoke-free. If the mother meets these requirements, she will receive a \$25 monthly diaper voucher for up to 6 – 12 months postpartum. This program is available to mothers as well as one additional person who lives in the house. If you would like additional information about the BABY & ME™ Tobacco Free program, please contact Tiffany Belknap at (330) 493 – 9934 ext. 103 or visit www.babyandmetobaccofree.org.

Ohio Healthy Program

The Stark County Health Department (SCHD) is currently implementing the Ohio Healthy Program for Child Care Centers. This program consists of training and technical assistance, with a goal of menu and policy changes for healthy eating and active living. The training is offered locally by Stark County Health Department Staff and is designed for administrators, meal planners and teachers. Once the training is complete, SCHD staff will work with the centers to assist with implementing healthier menus, and working on policy changes. This is a free program, offered through the Maternal Child Health Grant from the Ohio Department of Health. For more information please contact Amanda Kelly at (330) 493-9904 ext. 282 or kellya@starkhealth.org.