



WORKING TOGETHER TO MAKE STARK COUNTY A HEALTHIER PLACE!

Live Well Stark County

Quarterly Newsletter

2017 Quarter 4

LWSC Quarterly Newsletter

Warehouse District Better Block

In early September, Creating Healthy Communities (CHC) – in partnership with StarkFresh, Deli Ohio and other community agencies hosted the Warehouse District Better Block. The Better Block was the first of its kind – the first in Stark County, and the first that was funded by CHC dollars. The Better Block was a two day event that showcased tactical urbanism strategies to highlight the potential of the area, and suggest future improvements. Overall, there were a lot of successful aspects of the Warehouse District Better Block – based on survey results people felt safe coming to the event, enjoyed the family activities and the potential for opportunity. Additionally, this event allowed people to come up with suggestions that would improve the community, including: more local businesses, community gatherings, family friendly activities, and food. Since the event there has been interest generated around the County for Better Blocks in other neighborhoods, and people have reached out to hear

about our successes and what we learned. If you have any questions please contact Chelsea Sadinski, sadinskic@starkhealth.org.

Alliance Community Garden

On Saturday November 11, 2017, Stephen Cuddihy, senior at Marlington High School installed a bench at the North Webb Avenue Community Garden in Alliance. The construction and installation of the bench fulfilled Stephen's Eagle Scout requirement, and provided a welcome addition to the garden!



Mission: Live Well Stark County is a coalition of community leaders working together to make Stark County, Ohio healthier by promoting policies, systems, and environmental changes that support wellness.

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

Like us on Facebook at:

<https://www.facebook.com/LiveWellStark/>

Find us on the Web at:

<http://www.livewellstarkcounty.com>

Contact Us:

Chelsea Sadinski, CHC Coordinator
sadinskic@starkhealth.org

Meet with us Quarterly! Meeting dates posted on website

Stark County Health Department
3951 Convenience Circle NW
Canton, OH 44718
(330) 493-9904 x2089

Mobile Market

The StarkFresh Veggie Mobile had a very successful season in 2017! The addition of a refurbished refrigerated truck was a huge difference maker this season. The Veggie Mobile delivers produce to senior living facilities, apartment complexes, libraries, and other community centers throughout the County. This year StarkFresh was able to travel to 12 locations per week, compared to only 4 in 2016!

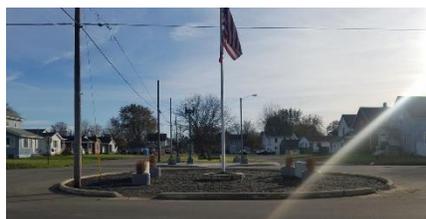
The mobile market season ran for 17 weeks, beginning in July and ending in November. Throughout that time period, StarkFresh served more than 1,600 customers and distributed over 6,400 pounds of food! The addition of a refrigerated truck allowed StarkFresh faster set-up, improved produce carrying capacity, and the ability to serve more locations per week. For more information go to www.starkfresh.org or Contact Teresa Kaminski at teresak@starkfresh.org



Harrisburg Royal Pocket Park

Live Well Stark County had the opportunity to take part in the Habitat for Humanity East Central Ohio-initiated neighborhood enhancement program. Locally, the program focused on creating a pocket park in the center of the Harrisburg-Royal Neighborhood. The park is in the central area of the neighborhood and will impact about 300 families. The pocket park includes the addition of benches, a bike rack, bike fix-it station, trash receptacles, decorative planters, a community bulletin board and streetlights. A nearby SARTA bus stop has been relocated to the pocket park, people waiting for the bus no longer have to sit and wait in the grass. This

park is just a portion of Habitat's Project in the Harrisburg-Royal Neighborhood.



Walk with a Doc

The 2017 season of Walk with a Doc has ended, but we are going to keep on walking right through 2018! Walk with a Doc is still meeting every second Thursday of the month at 5 p.m. at the Eric Snow Family YMCA (420 Third St NW, Canton, OH 44702). The group will meet promptly at the Y at 5 p.m., hear briefly from a different doctor each month, and then walk a 1-mile route in Downtown Canton. Participants are encouraged to speak to and ask the doc questions throughout the walk. Please check out the Live Well Stark County website and Facebook page for event dates, or contact Lauren Bausch at 330-363-0678 for further details.

How We Roll Rides

One of our big CHC projects in 2017 was centered around promotion of Active Transportation and incorporating bike rides into everyday commuting in Massillon. With the help of Ernie's Bike Shop, a total of 28 people participated in 12 total rides between May and September. The most popular rides took place during the Warehouse District Better Block event, and took people on a bike tour of Canton – stopping at local attraction locations and points of interest. Based on survey data, most riders reported feeling safe during their rides, more confident in their abilities to ride on the road, and overall satisfaction with the experience. In 2018, plans

through the Creating Healthy Communities Grant continue to focus on Active Transportation and How We Roll/Ride Buddy rides with local worksites.



Live Well Stark County Changes

I want to say thank you to everyone who has been involved and an integral part of Live Well Stark County thus far. I know there has been a lot of turnover with Creating Healthy Communities staff and LWSC leadership staff. In 2018, we are looking to make some changes to the structure of LWSC – to simplify things, involve more community agencies and partners, and make a greater impact in all of Stark County.

Beginning in 2018, LWSC will move to quarterly meetings, with a meeting and plan structure similar to the Community Health Needs Assessment (CHNA) Committee. One of the identified focus areas for the CHNA was obesity, so Live Well Stark County joining the table is a natural fit that will enhance our reach and opportunities in the future. Work is currently being done to update and align LWSC strategic plans similarly to the CHNA structure. changes are coming for LWSC in 2018 – if you have any suggestions for the future of Live Well and how we can continue to grow and improve please feel free to share your ideas! Contact Chelsea Sadinski at sadinskic@starkhealth.org.