

Who We Are

The Strategic Alliance for Health *We THRIVE!* project is focused on improving the health of residents in the communities of Lincoln Heights, Lockland and Woodlawn through increased physical activity, healthy eating and decreased tobacco use and exposure.

- The Strategic Alliance for Health *We THRIVE!* project is a five-year grant award funded by the Centers for Disease Control and Prevention (CDC).
- Hamilton County Public Health (HCPH) provides public health agency services to over 450,000 Hamilton County residents who live outside the cities of Cincinnati, Norwood, Sharonville, Springdale and St. Bernard.



Funded by the CDC, HCPH's Strategic Alliance for Health award is one of nine grants in the U.S. focusing on training local communities to create policy and environmental changes. These strategies address lifestyle behaviors linked to some of the leading chronic diseases impacting our nation's health including diabetes, heart disease and obesity.

The Need

Research shows that not only does Hamilton County have a high rate for chronic disease, but the communities of Lincoln Heights, Lockland and Woodlawn are disproportionately affected. HCPH is committed to working with these target communities to reduce these health disparities.

- In Hamilton County, approximately 26 percent of adults are obese.
- In Hamilton County, only 8.7 percent of adults consume at least 5 fruits and vegetables per day for 6 or more days per week.
- For Hamilton County adults, only 1 in 3 engages in moderate activities for at least 10 minutes 3 to 5 times per week.
- The smoking rate is 30 percent among Hamilton County adults, versus 20 percent for Ohio.
- In Lincoln Heights, Lockland and Woodlawn, 3.76 per 1,000 people use the hospital for diabetes versus 0.53 per 1000 for Ohio.
- 28.73 per 1,000 people in Lincoln Heights, Lockland and Woodlawn have cardiovascular disease versus 3.85 per 1000 for Ohio.



Making A Difference

A five-year community action plan was developed by a Community Consortia of residents, administrators, faith leaders, and other key stakeholders to reach people in every stage of life where they live, work, learn and play. The communities will use evidence-based strategies that promote physical activity, healthy eating and reduced tobacco use and exposure to secondhand smoke -- all lifestyle behaviors associated with obesity, heart disease and diabetes. Strategies include:

- Developing community gardens to promote fresh fruit and vegetable consumption
- Partnering with local convenience stores to offer fresh, healthy food options
- Creating pocket parks and enhancing existing parks in communities to increase safe physical activity opportunities
- Developing shared-use agreements between schools and communities for use of facilities for physical activity
- Creating community walking routes through existing or new sidewalk and trail systems
- Adopting smoke-free policies to include outdoor venues, such as community parks



Get Involved

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