



PREVENT. PROMOTE. PROTECT.

*Timothy I. Ingram
Health Commissioner*

*250 William Howard Taft Road, 2nd Floor
Cincinnati, OH 45219*

*Phone 513.946.7800
Fax 513.946.7890*

hamiltoncountyhealth.org

Contact: Megan Hummel, Public Affairs Specialist
Phone: 513-946-7808
E-mail: megan.hummel@hamilton-co.org
For Immediate Release: August 10, 2009

NEWS

THE FUTURE OF YOUR COMMUNITY'S HEALTH IS IN YOUR HANDS

Community wellness focus groups in Lincoln Heights, Woodlawn and Lockland

HAMILTON COUNTY, OHIO – Hamilton County Public Health is seeking volunteers for community wellness focus groups in Lincoln Heights, Woodlawn and Lockland.

Wellness requires a holistic approach, reaching people in every stage of life - where they live, work, learn and play. The project, funded by a Centers for Disease Control and Prevention grant, is focused on addressing lifestyle behaviors linked to some of the leading chronic diseases impacting the nation's health including diabetes, heart disease and obesity.

"This is the chance to have a voice in creating a healthier community," said Hamilton County Health Commissioner Tim Ingram. "Increased physical activity, healthy eating and decreased tobacco use can have a significant impact on health, but we need the community's input to make interventions successful."

The following focus groups are for individuals of the community that have not yet participated in the project:

Lincoln Heights: Tuesday, September 1 at 5:30 p.m.

Lockland: Monday, August 31 at 5:30 p.m.

Woodlawn: Tuesday, August 25 at 5:30 p.m.

Space is limited and individuals interested in attending must pre-register by calling 946-7882. The location of the meeting will be provided upon registration and there will be a small appreciation gift. You must be a resident of or work in the community of the focus group.

-MORE-

NEWS

Research shows that not only does Hamilton County have a high rate for some chronic diseases, but the communities of Lincoln Heights, Lockland and Woodlawn are disproportionately affected.

- In Hamilton County, approximately 26% of adults are obese.
- In Hamilton County, only 8.7% 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% among Hamilton County adults.
- 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.

###