



ACTION COMMUNITIES FOR HEALTH, INNOVATION, & ENVIRONMENTAL CHANGE

“Provide education and build an environment that will improve the overall quality of life for Lake County residents.”

SUPPORTED BY:

Council on Aging
Crossroads
Lake County Commissioners
Lake County Community Improvement Corporation
Lake County Educational Service Center
Lake County Engineers' Office
Lake County General Health District
Lake County GIS Department
Lake Health
Lake County Job & Family Services
Lake County Planning Commission
Lake County YMCA
Lake Metroparks
Lakeland Community College
Leadership Lake County
NEIGHBORING
Ohio Action for Healthy Kids
OSU Cooperative Extension Office
Painesville City Local Schools
Painesville Department of Recreation and Public Lands
Starting Point
Steris Corporation
Willoughby Parks and Recreation Department

Our Purpose:

To bring together local leaders and stakeholders to build a healthy community by developing and implementing policy, system, and environmental change strategies that focus on physical activity, nutrition, chronic disease management, and leadership.



ACHIEVE fosters collaborative partnerships between city and county health officials, city and county government, tribal programs, parks and recreation departments, local YMCAs, local health-related coalitions, and other representatives from the school, business, health, and community sectors to implement improvements. State departments of health and other state-level partners provide additional resources and information to help communities meet their goals.

Our Vision:

Lake County residents of all ages will lead healthy lifestyles that include consuming nutritious foods and engaging in higher levels of physical activity.



Whether it is at home, in the schools or at the workplace, there are many avenues to fulfill our vision. We hope to inform and motivate, to accentuate the positives of living health-wise; yet also convey the negatives of continuing a sedentary, fast food lifestyle. We can provide planning guides, policy ideas, fact sheets, articles and fun ideas to empower everyone to learn how to joyfully live a healthy lifestyle. We can combat poor nutrition, lack of physical activity and chronic disease in Lake County.

Our Techniques:

A Community Action Plan will guide our transformational efforts in three separate areas – policy change, environmental change and systems change.



Policy development helps guide and positively influence the health habits within our schools, workplaces and public spaces. *Environmental* changes impact the physical, social, and economic surroundings and encourage residents to engage in healthier habits. *Systems* adjustments will encourage broad-based, systemic adjustments within our communities, typically affecting organizational policies within our schools, workplaces and other institutions.

The Community Health Action Response Team (CHART) are members of the Lake County community mobilized to do the work of the ACHIEVE initiative. Members will continue to promote policy, environmental change and long-term planning that support healthy living, such as nutritious school vending machines and meal offerings; access to parks, biking trails and sidewalks and worksite wellness improvements. The ACHIEVE Lake County website has links to numerous resources, including a comprehensive inventory of Lake County recreational amenities. Residents of Lake County are highly encouraged to visit the site.

ACHIEVE is sponsored by the Centers for Disease Control and Prevention (CDC). The National Association of Chronic Disease Directors (NACDD) has been selected to collaborate with CDC's Healthy Communities Program in conducting ACHIEVE Lake County. The Lake County General Health District is the local lead agency for this effort.