

# SNAPSHOT HEALTH



JUL '20- JUN '21

\$47,500 INVESTED ANNUALLY

**GOAL: TO INCREASE PHYSICAL  
ACTIVITY AND FRUIT &  
VEGETABLE CONSUMPTION**

**WHY NORTH RIDGEVILLE?  
WHEN WE STARTED:**

53%

of survey respondents reported 3+ days  
of physical activity per week in 2016-17\*

50%

of survey respondents ate 3+ servings of  
fruits and vegetables a day in 2016-17\*

\*first year data was available

## North Ridgeville Heart & Sole

**Established:** 2015

**Grant Cycle:** 3 (Year 7-9)

**Service Area:** North Ridgeville

**MISSION:** Increase awareness of and access to physical activity & nutrition resources to prevent chronic disease in North Ridgeville.

### WHY HEALTH?

**Healthy people live happier lives.**

- In rural Lorain County, chronic disease is more prevalent
- Healthy choices are not accessible:
  - Lack of transportation and/or connectivity creates barriers to access exercise facilities and stores selling healthy food; local crops include corn and soybeans, not fresh produce



### WHERE WE WERE FY20

2

major structural improvements  
for public access - story book  
stroll & fitness trail

55

average number of indoor  
walkers per week at Liberty  
Elementary

50

produce bags offered weekly at 4  
sites in North Ridgeville

### WHAT WE ACCOMPLISHED FY21



**Advocated, funded, and built**  
Bainbridge road crosswalk

**Introduced** bike share program at  
the North Ridgeville Library

**Funded** staff to clear snow from  
two major trails, in order to  
promote winter walking in place of  
normal indoor walking

75

produce bags offered weekly at 4  
sites in North Ridgeville, a 50%  
increase due to high demand

### WHERE WE'RE GOING FY22



**Expand bikeshare program** at North  
Ridgeville Public Library

**Pilot Girls in Gear program** with  
learnings from other collaboratives  
that have already hosted program

**Launch** Charlie Cart at the library  
with cooking demos/education to  
begin this year

**Expand produce bag pick-up** with a  
goal of offering **100 produce bags**  
weekly to meet increasing demand

**Re-start** indoor walking