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

GOAL: TO INCREASE PHYSICAL ACTIVITY AND FRUIT & VEGETABLE CONSUMPTION

WHY NORTH RIDGEVILLE?
WHERE WE WERE
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

WHAT WE ACCOMPLISHED
FY21
- 2 major structural improvements for public access - story book stroll & fitness trail
- 55 average number of indoor walkers per week at Liberty Elementary
- 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
- Produce bags offered weekly at 4 sites in North Ridgeville, a 50% increase due to high demand

WHERE WE'RE GOING
FY22
- 75 produce bags offered weekly at 4 sites in North Ridgeville
- 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