

SNAPSHOT HEALTH



JUL '20- JUN '21

\$47,500 INVESTED ANNUALLY

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

**WHY LAGRANGE?
WHEN WE STARTED:**

67%

of survey respondents reported 3+ days
of physical activity per week in 2017-18*

46%

of survey respondents ate 3+ servings of
fruits and vegetables a day in 2017-18*

*first year data was available

Keystone Empowers You (KEY)

Established: 2015

Grant Cycle: 3 (Year 7-9)

Service Area: Keystone School District



MISSION: Increase awareness of and access to physical activity & nutrition resources to prevent chronic disease in the Keystone School District area.

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

2,726

participants in collaborative
funded physical activity
opportunities

442

indoor walking attendees
(Dec '18 - Feb '19)



Planning structural improvements
to encourage outdoor physical
activity (options include bike
stations, exercise equipment,
playground and trails)

WHAT WE ACCOMPLISHED FY21

933+

recorded participants in
collaborative funded physical
activity, including ice skating and
pickleball*

Outdoor walking paths were cleared
of snow at the request of KEY to
enable the public to walk those in
the place of cancelled indoor
walking

76

Residents responded to flyers
featuring \$1 coupons for local
produce stands at 3 Produce Pick-up
sites

WHERE WE'RE GOING FY22



Implementing structural
improvements and aligning
programming

Re-start indoor walking

**indicates new activities developed
to replace those that could not be
held as a result of the pandemic.*