**Thrive**

**Established:** 2016  
**Grant Cycle:** 2 (Year 4-6)  
**Service Area:** Southern Lorain County

**MISSION:** To build upon the local culture of Southern Lorain County to provide affordable opportunities for all to live healthier: through healthy eating, active living, and social/emotional support; and to reduce the instance of metabolic syndrome – obesity, diabetes, heart disease, stroke.

**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**

- **64%** of survey respondents reported 3+ days of physical activity per week in 2017-18*
- **32%** of survey respondents ate 3+ servings of fruits & vegetables a day in 2017-18*

**WHERE WE WERE GOING FY22**

- Fund the development of pickleball courts for community to use, programming and community use
- Continue metabolic syndrome program with Mercy Health grant
- Launch Mind/Body/Spirit YouTube channel with WHS digital media class, in partnership with LCADA Way and MHARS Board
- Partner with school system to add a turnstile to the school track to allow community usage

---

**WHAT WE ACCOMPLISHED FY21**

- **43** a combination of raised garden boxes, garden beds, and/or planters delivered to disabled and senior citizens
- **16** participants improved their health through a pilot virtual courses to combat and educate attendees about metabolic syndrome
- **53** a combination of raised garden boxes, garden beds, and/or planters delivered to disabled and senior citizens
- **115** attendees at winter walking events (replacement for typical fitness events due to COVID-19)

**WHERE WE WERE COMPLETED**

- Increased focus on expanding online presence during COVID to keep the community engaged
- Attendance at collaborative fitness events, including yoga, chair yoga, and indoor walking