

# SNAPSHOT HEALTH



JUL '20- JUN '21

\$25,000 INVESTED ANNUALLY

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

**WHY WELLINGTON?  
WHEN WE STARTED:**

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\*

\*first year data was available

## 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	WHAT WE ACCOMPLISHED FY21	WHERE WE'RE GOING FY22
<p><b>43</b></p> <p>a combination of raised garden boxes, garden beds, and/or planters delivered to disabled and senior citizens</p> <p>Increased focus on expanding online presence during COVID to keep the community engaged</p>	<p><b>53</b></p> <p>a combination of raised garden boxes, garden beds, and/or planters delivered to disabled and senior citizens</p> <p><b>16</b></p> <p>participants improved their health through a pilot virtual courses to combat and educate attendees about metabolic syndrome</p>	<p><b>Fund the development of pickleball courts</b> for community to use, programming and community use</p> <p><b>Continue metabolic syndrome program</b> with Mercy Health grant</p> <p><b>Launch Mind/Body/Spirit YouTube channel</b> with WHS digital media class, in partnership with LCADA Way and MHARS Board</p> <p><b>Partner with school system</b> to add a turnstile to the school track to allow community usage</p>
<p><b>496</b></p> <p>attendance at collaborative fitness events, including yoga, chair yoga, and indoor walking</p>	<p><b>115</b></p> <p>attendees at winter walking events (replacement for typical fitness events due to COVID-19)</p>	