



ERIE COUNTY HEALTH DEPARTMENT



Creating Healthy Communities: How to incorporate "Active Living" into work culture

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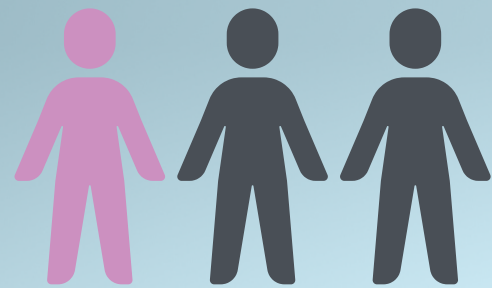
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Statistics to keep in mind

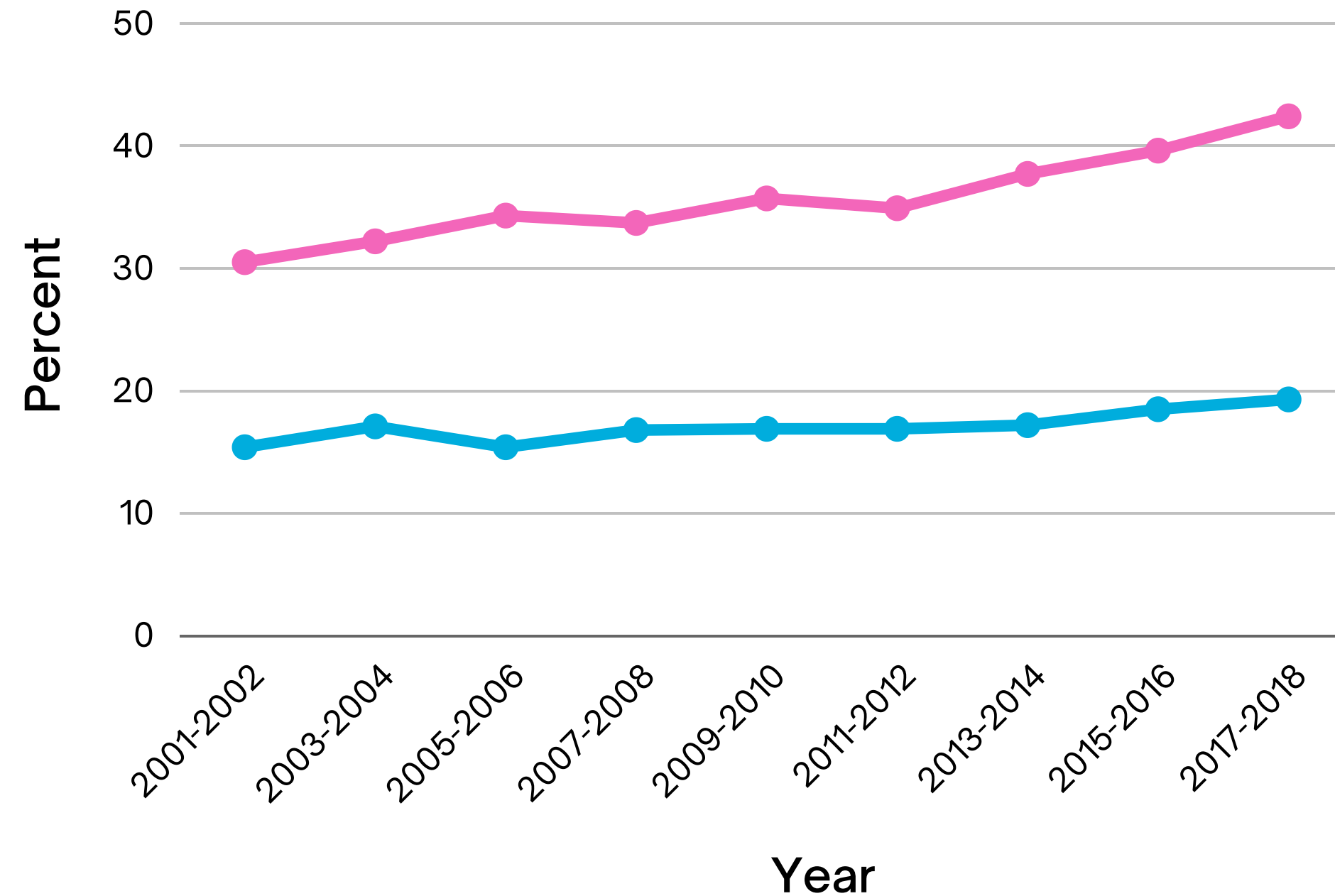


Three-fourths of Erie County Adults are either overweight or obese



One-third of Erie County adolescents are overweight or obese

Rate of Obesity in the United States



Age-adjusted prevalence of obesity among adults aged 20 and over

Age-adjusted prevalence of obesity among children and adolescents aged 2 to 19



Visit <https://www.cdc.gov/nchs/products/databriefs/db360.htm> or <https://www.rootsofprevention.com/community-health-improvement-plan-c-1> for more details.






Why Active Commute

“Active commuting” involves ways of getting to work that result in higher levels of physical activity than driving a car. It includes walking, bicycling, and taking public transit. Active commuting can have a positive impact on employee health, happiness, and productivity and contribute to developing healthy communities. Worksites can create support programs and infrastructure that encourage employees to make active commuting a habit.





Why focus on commutes?

In Ohio:

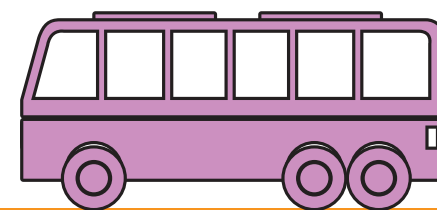
-  80% of adults **do not** meet recommended physical activity guidelines
-  27% of adults engage in **no** leisure time physical activity
-  <3% of adults usually bicycle or walk to work

Why should businesses care about supporting active commutes?

Reportedly, businesses who implement active commute programs in their organization have...

-  Reduced health care costs
-  Increased productivity and punctuality
-  Decreased absenteeism and turnover
-  Reduced parking costs and increased accessibility





Key Examples



Sample Active Commute Policies and Initiatives

1. Prepare your workplace. Install showers, secure bike parking, and an inclusive atmosphere to encourage staff to participate in active commuting.
2. **Get Certified as a Bike Friendly Business.**
3. Lead by Example. Have people in leadership positions arrive to work by walking or biking.
4. **Offer Pre-Tax Benefits**
5. Subsidize the Ride.
6. **Provide health-related benefits.**
7. Offer Bike-sharing.
8. **Facilitate training and resource sharing.**
9. Organize outings.
10. **Encourage employees to sign up for an emergency/guaranteed ride home program.**
11. Consider parking cash out.
12. **Advocate for more and safer cycling.**
13. Alternative work schedules.
14. **Active transportation to and from meetings.**
15. Bike facilities and amenities.
16. **Active Commute Education.**
17. Form a Wellness Council.
18. **Host Commute Competitions.**
19. Healthy Stairwells.
20. **Dedicated Walking Paths/Trails with Signage**
21. Walking Meetings



"In 2016, Columbus Public Health and a local bicycle co-op, Franklinton Cycle Works, got involved to provide local bike share systems and bicycle parking at five worksites. As the project gained momentum, a local coalition, Bike Friendly Franklinton, formed to continue to expand and promote bicycling in the neighborhood. The coalition has continued to host an annual Bike Fest, organize rides, install additional bicycles racks, and more." -Ohio Department of Health

CHC 2021 Goals



One of the overarching goals of Creating Healthy Communities (CHC) as a coalition is to increase opportunities for physical activity within Erie County. We have 6 projects we are implementing this year, funded by ODH, three of which fall into the category of active living. They include expanding upon existing bicycle/pedestrian infrastructure and rating systems, implementing worksite active commutes in Firelands and interested businesses, and decreasing rates of obesity in youth and adults.



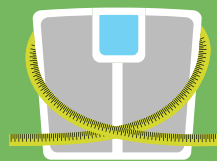
1. Bike/Ped. Rating Systems

Objective: Expand upon existing bike and pedestrian rating systems to score roads on how well suited they are for travel. This can be achieved with a color-coded rating system along with the assistance of partners such as the MPO. CHC will be hosting a Gaps & Generators workshop with Toole Design online, available to the public, before we develop upon existing rating systems to gauge any missing links, infrastructural and financial needs. After this workshop, we will conduct necessary audits and finally develop an implementation plan to make any infrastructural changes.



2. Worksite Active Commutes

Objective: Increase the numbers of individuals who have access to places for physical activity by implementing Worksite Active Commute Programs. This will involve an assessment of current policies, programs, initiatives, etc. of businesses or organizations such as Firelands currently in place. Next, surveys will be distributed to staff to gauge the needs of the organization as well as MOUs as deemed necessary. As stated previously, there are plenty of opportunities to increase exercise with innovative commute options. CHC is here to assist any partners, businesses or community members meet their physical activity goals.



3. Decrease Rates of Obesity

Objective: Decrease the percentage of youth and adults classified as obese in Erie County. According to CHIP (Community Health Improvement Plan), 17% of youth are considered obese and 32% of adults. The target by 2022 for Erie County is to decrease the rates to 15 % for youth and 29% for adults. By instilling sustainable habits of active living, we can achieve these goals. This is where CHC comes to play!

How do we measure success?



It is important to remember that we are engaging in an iterative process each and every week. The results of meetings, partnerships or projects could change the discourse of other arenas in CHC. We should install both personal and group deadlines to stay on track, BUT the floor is always open to new ideas. In order to stay organized with a clear vision, here is a depiction of how we will piecemeal our big goals.



Goal	Activity / Project	Outcomes/?'s to keep in mind
Enhance or Expand Bicycle/Pedestrian Rating Systems	Choose 3-5 priority areas after completing the Gaps & Generators Workshop	<ul style="list-style-type: none"> • What criteria should we use to choose these areas? • Which sectors of the community would be interested in this? • How will this information aid future worksite active commute programs?
Worksite Active Commute Programs	Locate prospective businesses who want to adopt a worksite active commute program	<ul style="list-style-type: none"> • What are their current policies and/or initiatives surrounding commutes? • Should we survey employees? • What maps/rating systems do we have available for the public?
Rates of Obesity and Physical Activity	Increase access to active modes of transportation and exercise-related events to the community	<ul style="list-style-type: none"> • What are innovative strategies we could implement in our community to increase active modes of transportation? • What are barriers? And why do they exist? • What are outside resources/experts in the field that we could connect with?



Next Steps



Where do you go from here? In order to have a successful implementation plan we need to activate our communities.

CHC is dedicated to bringing voices together from various sectors and working collaboratively to solve community health concerns in Erie County. We need to expand our resources both in everyday people and organizational partners. Thus, empowerment of our community will result and we can strategically tackle problems.

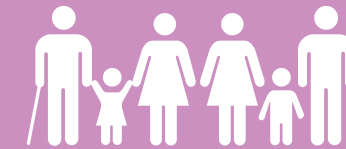


1 Building Blocks



In order to solve health concerns in our community, we need to build a community that supports the alleviation of health inequities. Joining coalitions such as CHC or Erie County Regional Planning Commission's Bicycle and Pedestrian Advisory Committee is a great start to create a space for conversation.

2 Partnership



Do your research and reach out! Whether it's an email, phone call or on-site visit, reach out to local businesses or organizations that want to adopt active living systems such as a worksite active commute program. Simply ask your fellow businesses and colleagues if they would be interested.

3 ACT!



Lead by Example! Start riding your bicycle to work, taking a walk on your lunch break, or have a formal discussion with your boss about how your organization can adopt active living policies and initiatives.

Reminders



“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.” -Paul Dudley White, physician and cardiologist.



- Keep building up your community and scaling your ideas.
- Reach out and network with others.
- ACT!
- Above all, MOVE! Find your best fit to incorporate active living as a habit in your personal and professional life.



For more information on how your organization can adopt a worksite active commute program or questions on CHC's Active Living Goals, **contact Maggie McCutcheon at mmccutcheon@echdohio.org or (419) 626-5623 ext. 5249.**



Creating Healthy Communities

"Making the Healthy Choice the Easy Choice"

