Creating Healthy Communities in Ohio

Today

More than 1 in 5 children in Ohio are food insecure.

This is the first generation to have shorter life expectancy than their parents.

1 in 3 children born after 2000 will develop diabetes in their lifetime.

Tomorrow

Estimated new cases of chronic disease

<table>
<thead>
<tr>
<th>Disease</th>
<th>2010</th>
<th>2030</th>
<th>% increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>1,102,377</td>
<td>1,599,091</td>
<td>45%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>2,336,929</td>
<td>3,087,351</td>
<td>32%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>732,181</td>
<td>3,398,949</td>
<td>364%</td>
</tr>
<tr>
<td>Obesity Related Cancer</td>
<td>185,989</td>
<td>470,919</td>
<td>153%</td>
</tr>
</tbody>
</table>

Chronic disease contributes to:
Loss of productivity, workplace and school absenteeism, increased medical costs, and lower quality of life.

Prevention is the Answer

- Public health has helped add 25 of the additional 30 years of life we now experience – only five of those additional years are attributed to clinical medicine.

- Obesity and chronic disease are the most common causes of death and disability in Ohio, costing ~ $27 billion per year.

- Seventy-five percent of all healthcare costs in our country are spent on the treatment of chronic diseases, many of which could be easily prevented.

Worth the Investment

The Prevention and Public Health Fund (Prevention Fund), created in 2010, provides critical funding to reduce the escalating burden of chronic disease and its associated health costs. Within the Prevention Fund, Ohio received $6.87 million in FY15 from the Preventive Health and Health Services Block Grant (PHHSBG) to address state public health needs.

For every $1 invested in prevention there is a return on investment of $6.

The Creating Healthy Communities (CHC) program is an example of one of Ohio’s innovative public health programs. Receiving $3.5M of Ohio’s PHHSBG in FY15, the program leveraged $3.8M in additional funding to support local initiatives.

www.odh.ohio.gov/chc
Creating Healthy Communities works to improve the top three causes of chronic disease: lack of physical activity, poor nutrition, and tobacco use.

CHC’s impact in 2015 includes:

495,213 Ohioans have increased access to physical activity opportunities through:
- 34 Bike Racks/Infrastructure Improvements
- 16 New/Repaired Parks and Playgrounds
- 9 Improved Multi-Use Trails
- 7 Safe Routes to School Initiatives
- 3 Bike/Ped Master Transportation Plans

451,479 Ohioans have increased access to healthy foods through:
- 27 Community Gardens
- 18 Healthy Retail Corner Stores
- 10 New/Improved Farmers’ Markets
- 14 New School Gardens

141,467 Ohioans are breathing cleaner air due to:
- 40 Tobacco Policies

Vision: Making the Healthy Choice the Easy Choice

Mission: Creating Healthy Communities (CHC) is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

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