

THRIVE! SNAPSHOT

JUL '19-DEC '19



POWERED BY



United Way of Greater Lorain County

GOAL: Provide Opportunities for Improved Nutrition, Increased Physical Activity & Informed Behavioral Health



45%

OF ADULTS IN RURAL LORAIN COUNTY ARE OBESE COMPARED TO 38% COUNTY WIDE



24%

SELF-IDENTIFY AS SMOKERS (COMPARE TO 21% IN THE COUNTY'S URBAN AREAS)



\$94,000 INVESTED ANNUALLY

IMPROVE THE OVERALL HEALTH of community members through targeted wellness campaigns & develop a culture of wellness across the southern part of the county

INCREASE ACCESS TO exercise facilities including walking paths, classes for families & seniors, and walkable community areas

IMPROVE EMOTIONAL & BEHAVIORAL well-being through programs offered in the community

76%

OF RESIDENTS SELF-REPORTED BEING ACTIVE 3 OR MORE DAYS A WEEK

150

HOLIDAY BOXES OF FOOD DISTRIBUTED WITH THE ADDITION OF FRESH PRODUCE



8

WELLNESS PROGRAMS PLANNED AND TO BE LAUNCHED EARLY 2020 SUCH AS MEMORY CAFE, WORKSITE WELLNESS, YOGA4CLASSROOMS AND INDOOR WALKING

