

# HEART & SOLE SNAPSHOT

JUL '19-DEC '19



**GOAL:** Increase Awareness Of and Access To Physical Activity & Nutrition Resources to Reduce Metabolic Syndrome in North Ridgeville



**38%**

OF PEOPLE IN NORTH RIDGEVILLE ARE OBESE



**6%**

HIGHER AGE ADJUSTED HEART DISEASE DEATH RATE THAN LORAIN COUNTY AVERAGE



**\$94,000** INVESTED ANNUALLY

IMPROVE THE OVERALL HEALTH of community members by developing a culture of wellness in the school district and surrounding community

INCREASE ACCESS TO exercise opportunities by extending number of walking paths, walkable community areas, & opening athletic facilities for after-school use

INCREASE CONSUMPTION OF fresh fruits & vegetables by providing access within the school district and surrounding community

**1,092**

INDOOR WALKING ATTENDEES IN THE PAST 6 MONTHS



**400**

THE AVERAGE MONTHLY ATTENDANCE OF PEOPLE WHO PARTICIPATED IN A COLLABORATIVE FUNDED ACTIVITY



**79%**

OF RESIDENTS SELF-REPORTED EXERCISING 3 OR MORE DAYS A WEEK