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 EXCERCISING 3 OR MORE DAYS A WEEK

DATA REPRESENTATIVE OF HEART & SOLE COMMUNITY COLLABORATIVE EFFORTS.