

Keystone Empowers You

Mid-Year Snapshot (Dec '18-Jun '19)



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



34%

OF ADULTS IN THE RURAL LORAIN COUNTY ARE OBESE



17%

OF ADOLESCENTS AGED 2 THROUGH 19 YEARS ARE OBESE NATIONWIDE



\$47,000 INVESTED ANNUALLY (FY '19)

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

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

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



62%

OF RESIDENTS REPORT BEING ACTIVE 3 OR MORE DAYS PER WEEK



24

INDOOR WALKING EVENTS ADDED IN THE PAST 6 MONTHS, DUE TO DEMAND AND THE DOUBLING OF PARTICIPATION INCREASE



47%

REPORT CONSUMPTION OF 3 OR MORE SERVINGS OF FRUITS OR VEGETABLES PER DAY