

# North Ridgeville Heart & Sole Mid-Year Snapshot



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



**23%**

OF DEATHS IN LORAIN COUNTY ARE RELATED TO HEART DISEASE



**67%**

OF RESIDENTS IN SUBURBAN LORAIN COUNTY ARE OBESE OR OVERWEIGHT



**\$47,000** INVESTED

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



**376**

COLLABORATIVE-SUPPORTED PHYSICAL ACTIVITY SESSIONS, JULY THROUGH PRESENT

**17%**

OF SCHOOL DISTRICT CONCESSION STAND SALES ARE OF HEALTHY OPTIONS



**3%**

INCREASE FROM LAST SEASON

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

**21%**

SELF-REPORT CONSUMPTION OF 3 OR MORE SUGARY BEVERAGES PER WEEK



**9%**

DECREASE OVER THE PAST 18 MONTHS