THRIVE! Southern Lorain County
Mid-Year Snapshot (Dec ‘18-Jun ‘19)

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

- **34%** of adults in rural Lorain County are obese
- **24%** self-identify as smokers (compare to 21% in the county's urban areas)
- $82,300 invested annually (FY '19)

**OBJECTIVES:**

- 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
- Improve the overall health of community members through targeted wellness campaigns & develop a culture of wellness across the southern part of the county

**DATA:**

- **66%** of residents self-reported being active 3 or more days a week
- **8%** drop in self-reported consumption of sugary drinks
- **68** the average monthly attendance at chair and mat yoga at Herrick Library
- **150** participants in the National Honor Society run
- **28** elevated garden boxes given to members of the community

Data representative of THRIVE! Southern Lorain County Community Collaborative Efforts.