



NACDD Communities ACHIEVEing Success

Making Healthy Choices the Easy Choices Where
People Live, Learn, Work, Play, and Pray.

National Association of Chronic Disease Directors' (NACDD) ACHIEVE community coalitions and partnerships nationwide are creating healthier communities. Here we highlight their success in pursuing healthy eating, physical activity, and tobacco strategies.



September 2012

Healthy Communities Are Critical

Dear Colleagues:

“Place” often affects health, and not all “places” have equal access to environments where healthy choices are available. Significant public health research indicates that people who live in healthy communities live healthier and longer lives, with reduced incidence of obesity or other chronic conditions. Conversely, people who live in communities that are not designed to promote physical activity, healthy eating, and tobacco-free areas do not typically enjoy disease-free status and have a reduced quality of life.

ACHIEVE (Action Communities for Health, Innovation, and EnVironmental changE) seeks to create healthier “places” to live, learn, work, play, and pray by embracing a new way of thinking so that healthy choices become the *easy choices* for residents. The concept is to make health easy, practical, and available by changing the environment within the communities we live. In order to do this, public health practitioners and key community leaders collaborate to effectively improve and create new policies, systems, and environmental (PSE) improvements that enable communities to be proactive towards achieving and maintaining healthy lifestyles.

ACHIEVE is a collaborative approach supported by the Centers for Disease Control and Prevention’s (CDC) Healthy Communities Program, and works to develop and implement solutions that prevent chronic diseases and related risk factors. ACHIEVE is a partnership between local communities and state and national organizations that join together to create healthier “places” to live. With funding from the CDC, five national organizations are involved in this movement: the National Association of County and City Health Officials (NACCHO), National Association of Chronic Disease Directors (NACDD), National Recreation and Park Association (NRPA), YMCA of the USA (Y-USA), and the Society for Public Health Education (SOPHE). Together, these groups are able to leverage each other’s assets and expertise in providing support, strategies, and solutions to **149** selected communities nationwide.

I am pleased to share this summary with you showcasing NACDD’s ACHIEVE successes. For more information on ACHIEVE please visit www.chronicdisease.org and choose ACHIEVE from the right-hand sidebar or visit www.achievecommunities.org.

Sincerely,

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NACDD ACHIEVE Communities

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Executive Summary and Introduction

The **NACDD Communities ACHIEVEing Success** document is a compendium of information that showcases healthy community changes of NACDD funded ACHIEVE communities in the areas of increasing physical activity and healthy eating, reducing or preventing tobacco use, chronic disease management, and leadership. As such, the document is a collection of successes that can be used to inform and plan efforts of local communities and states that wish to employ similar strategies. This collection is a reference tool for viewing the accomplishments in specific states and communities. The information presented in this document is intended for local and state public health professionals; school administrators; physical and health education experts; business/industry leaders; healthcare professionals; community-based institutions; city and county planning departments; local governments; elected officials; community coalitions; as well as other organizations and community members that possess an interest in improving community health. It is important that these successes be recognized, considered, and built upon in future community health planning and management efforts within cities and communities of U.S. States and Territories.

NACDD is grateful for the hard work and dedication of the 48 community coalitions, the Coaches and CHART members and other community partners whose successes have transformed health visions into realities, and NACDD appreciates the opportunity to share their successes with others.

NACDD ACHIEVE Communities

NACDD provided funding for **48** of the 149 ACHIEVE communities, inclusive of frontier, rural, suburban, urban, and metropolitan sizes, as well as a variety of socio-demographic profiles. These NACDD ACHIEVE communities remain influential in improving the health for over **5,000,000** people within **31** NACDD funded states and **one** U.S. Territory, enabling community residents to lead healthier lifestyles. ACHIEVE communities collectively established a combined **328** policy strategies, **1,245** environmental changes, **61** systems improvements, **16** events of formal recognition, and **211** additional successes for a total of **1,861** successful outcomes. Approximately **50%** of these outcomes focused on physical activity strategies, **30%** on nutrition approaches, **11%** on tobacco tactics, and **6%** and **3%** on leadership and chronic disease management, respectively. NACDDs ACHIEVE communities are highly committed to expanding this important work, as evidenced by the additional **\$54,746,800** garnered to advance healthy opportunities since receiving ACHIEVE funds.

The Chronic Disease Problem

Chronic diseases are largely preventable; people who make healthy choices related to physical activity, diet and tobacco are less likely to develop chronic conditions or are better able to lessen the consequences of those conditions.⁵⁶ Chronic diseases are the leading causes of death and disability for Americans and affect people of all ages. For example²:

- Chronic diseases cause 70% of deaths every year in the U.S.
- About 50% of adults live with at least one chronic illness.
- Over 75% of the nation's healthcare costs are due to chronic conditions.
- Nearly a fourth of the people living with a chronic condition experience significant limitations in daily activities.
- The percentage of U.S. children living with a chronic health condition increased to more than 7% in 2004 from less than 2% in the 1960's.

Community Solutions to the Chronic Disease Problem

Chronic disease prevention activities that touch many sectors and impact the entire life span can be very effective in encouraging healthy living and limiting the onset and progression of chronic diseases. Some important facts about prevention:

- Winnable battles that can impact the nation's health were identified by the Centers for Disease Control and Prevention (CDC) and include obesity prevention, healthy nutrition strategies, and increased physical activity and tobacco prevention².
- Increasing access to healthy foods and to opportunities for physical activity is a fundamental component of vibrant communities and a core strategy for reversing type II diabetes and many other health problems, including heart disease, high blood pressure, stroke, and cancer, according to the Prevention Institute.⁵¹
- Economic benefits to communities with longstanding public health prevention initiatives include new jobs created and kept, local business retention, promotion of local farming, increased access to and utilization of local businesses and services, and community reinvestment and revitalization.⁵¹
- An investment of \$10 per person per year in community-based programs tackling physical inactivity, poor nutrition, and smoking could yield more than \$16 billion in medical cost savings annually within 5 years, according to Trust For America's Health estimates.⁴ Strategies that facilitate and support healthy behaviors include the implementation of urban design and land-use strategies that lead to increased physical

activity, such as executing zoning regulations and applying continuity and connectivity to streets, sidewalks, and structures; transportation policies and infrastructure strategies that reduce dependence on motorized vehicles and supports increased physical activity by pedestrians, such as shared use paths, bicycle boulevards, and complete streets and safe routes to schools interventions; healthier food options in restaurants, schools, and employee cafeterias; increased daily physical activity in schools; and smoke-free workplaces, restaurants, schools, parks and other public places.^{4, 13, 14, 18, 19}

The National Prevention Strategy, which is aligned with the prevention and wellness goals set out in the *Healthy People 2020* initiative, recommends the launch of healthy and safe community environments by⁵²:

- Supporting comprehensive tobacco-free and other evidence-based tobacco control policies;
- Increasing access to healthy and affordable foods in communities;
- Implementation of organizational and programmatic nutrition standards and policies;
- Encouraging community design and development that supports physical activity;
- Facilitating access to safe, accessible, and affordable places for physical activity;
- Supporting programs that promote breastfeeding and workplace policies and programs that increase physical activity and healthy eating.

The Problem of Insufficient Physical Activity

Lack of physical activity is a major public health concern, and is presumed to lead to unnecessary illness and premature death for many Americans. People who are not physically active are at increased risk for such chronic conditions as overweight/obesity, heart disease, hypertension, stroke, type 2 diabetes, and colon cancer. Additionally, the lack of physical activity can indirectly lead to feelings of depression, anxiety, and reduced self-esteem. Regular and consistent physical activity is imperative for the building and maintenance of healthy bones, muscles, and joints.^{2, 17, 18}

- Over 1/3 of U.S. adults fail to meet the minimum recommendations for aerobic physical activity.²
- Only 35% of U.S. adults engage in regular leisure-time physical activity.²
- Nearly 2/3 of U.S. adults do not participate in regular physical activity.²
- 25% of U.S. adults engage in no leisure-time physical activity at all.²
- Only 1 in 3 high school students participate in daily physical education classes.²

- Only 18% of high school students participate in at least 60-minutes of daily physical activity.²
- Nearly 50% of young people ages 12-21 are not vigorously active on a regular basis.²
- Physical activity participation declines as young people age.²

Recommended Solutions for Improving Physical Activity in Communities

It is recommended to institute changes in the community setting that will allow for individuals to easily participate in physical activities through an environment that promotes an active lifestyle. Changes like these will involve modification across all levels of infrastructure, and should target each aspect of policy, system, and environmental change. Potential benefits that a community could yield from the establishment of such improvements include, but are not limited to the following:

- Improved workforce through increased job retention, increased performance, decreased absenteeism, and decreased health insurance costs.
- Local business retention through increased pedestrian accessibility, connectivity, utilization of local businesses/services, and consumer spending near recreational locations.
- Community reinvestment and revitalization through residential use, visual appeal, and built environment modifications.

The Problem of Unhealthy Eating

Unhealthy eating is an added public health concern, and likewise contributes to unnecessary illness and premature death for many Americans. People who do not participate in healthy eating behaviors are at increased risk for such chronic conditions as overweight/obesity, heart disease, atherosclerosis, high cholesterol, hypertension, stroke, type II diabetes, several types of cancer, and osteoporosis.¹² Adequate nutrition has declined among the nation's youth over the last two decades, leading to onset of chronic conditions at earlier ages.¹⁵ Proper nutrition is essential for healthy development of bones, skin, and energy levels, for protection against dental caries, as well as for prevention of micronutrient deficiencies.

- Less than 25% of U.S. adults and 20% of U.S. high school students eat the recommended amount of daily fruits and vegetables.¹²
- Americans who are at least 20% overweight have an increased chance for developing chronic conditions like type 2 diabetes, obesity, heart disease, and hypertension.¹²

- Less than 1/3 of Americans are cooking meals, and nearly 50% of all meals come from fast food restaurants.¹²
- Over 60% of U.S. children and adolescents exceed the recommended amounts of saturated fat.¹⁵
- Only 39% of U.S. children and adolescents meet the recommended fiber intakes.¹⁵
- Overweight/obese children are more likely to become overweight/obese adults.²

Recommended Solutions for Healthy Eating in Communities

The enhancement of new nutrition strategies in the community setting will construct an environment that promotes access to healthier foods for residents. Changes like these will involve modification across all levels of infrastructure, and should target each aspect of policy, system, and environmental change. Examples of nutrition modification tactics at the community level include improvements in food retail, nutritional services in worksites and schools, and gains in food system support. Potential benefits that a community could yield from the establishment of improved food retail, nutritional services, and food systems include, but are not limited to the following:

- Stimulation of local food economy by adding healthier restaurants or other food retailers within the community, particularly in areas of the community with limited access of purchase or consumption of healthy foods.¹⁴
- Improved performance, retention, and energy levels among employees and students as a result of enhanced nutritional services in worksites and schools, respectively.
- Promotion of local food merchants (farmers) through food system advancements such as %-designation of cropland for harvest of fresh produce, establishment of mobile farmer's markets within a specified radius of census tracts, as well as Farm-to-Fork and Farm-to-School initiatives with restaurants and schools, respectively.¹⁴

The Problem of Tobacco Use

The use of tobacco is the most preventable cause of disease, disability, and death in the U.S., killing over 440,000 people prematurely each year.¹⁶ Whether smoked or smokeless, tobacco leads to chronic diseases such as heart disease, stroke, chronic obstructive pulmonary disease, and cancers of the lung, larynx, esophagus, and mouth.¹⁶ Equally disturbing are the negative chronic implications caused by exposure to secondhand smoke by people who abstain from use of tobacco products. Secondhand smoke exposure correspondingly leads to heart disease and death in nonsmoking adults, and asthma, ear infections, acute respiratory conditions, and

sudden infant death syndrome in children.¹⁶ Reducing tobacco use in communities and in certain ethnic populations is essential in order to reduce these associated chronic diseases.

- Currently, 46.6 million Americans smoke cigarettes.¹⁶
- An estimated 443,000 people die each year from a tobacco-related cause; another 8.6 million people live impacted with a serious illness caused by smoking.¹⁶
- 54% of children ages 3-11 are exposed to secondhand smoke.¹⁶
- 3,000 nonsmoking adults die of lung cancer, and 46,000 die of heart disease each year as a result of secondhand smoke.¹⁶
- Estimated 150,000-300,000 children suffer from lower respiratory tract infections each year, resulting from secondhand smoke exposure.¹⁶
- The economic burden of tobacco use includes more than \$96 billion each year in medical costs and an additional \$97 billion each year from lost productivity.¹⁶

Recommended Solutions for Reducing/Preventing Tobacco Use in Communities

Policy, system, and environmental changes in communities concerning the use of all tobacco products are vital to the success of any longstanding prevention and reduction approaches. Coordinated, comprehensive, and collaborative efforts are needed to create multi-level smoke-free policies, reduce tobacco social acceptability, promote and assist users with cessation, and prevent initiation of tobacco products.⁵⁵ These efforts must combine educational, regulatory, clinical, economic, and social strategies. The World Health Organization claims that efforts towards policy and environmental regulation are chief methods for making the use of tobacco products increasingly difficult, in addition to reshaping the social norm of acceptance of tobacco use in everyday life.⁵⁵ Examples of recommended solutions involve: increasing the price of tobacco products; implementing smoke-free ordinances, policies, regulations, and laws on the local, state, and national levels of infrastructure; providing insurance coverage for tobacco cessation and treatment options; and reducing minors' access to product purchase. Potential benefits to communities and its members include some of the following^{3, 55}:

- Improved indoor and outdoor air quality through formation of smoke-free policies in places of community interest, including restaurants, bars, healthcare facilities, schools, worksites, and recreational parks.
- Promotion of job growth in the community through increased community attractiveness for employers, reduced health insurance costs, improved work productivity, and decreased cost of overall labor.
- Reduction of tobacco litter to improve visual appeal in the community environment.

Methods of Creating Healthy Community Changes

Through successful participation in the ACHIEVE Five-Phase Model, NACDD ACHIEVE communities and their coalitions joined forces with NACDD and their respective state health department Expert Advisor to implement PSE strategy improvements where people live, learn, work, play, and pray in efforts to promote health, reduce the risk factors to chronic diseases, and improve the community's overall health culture.

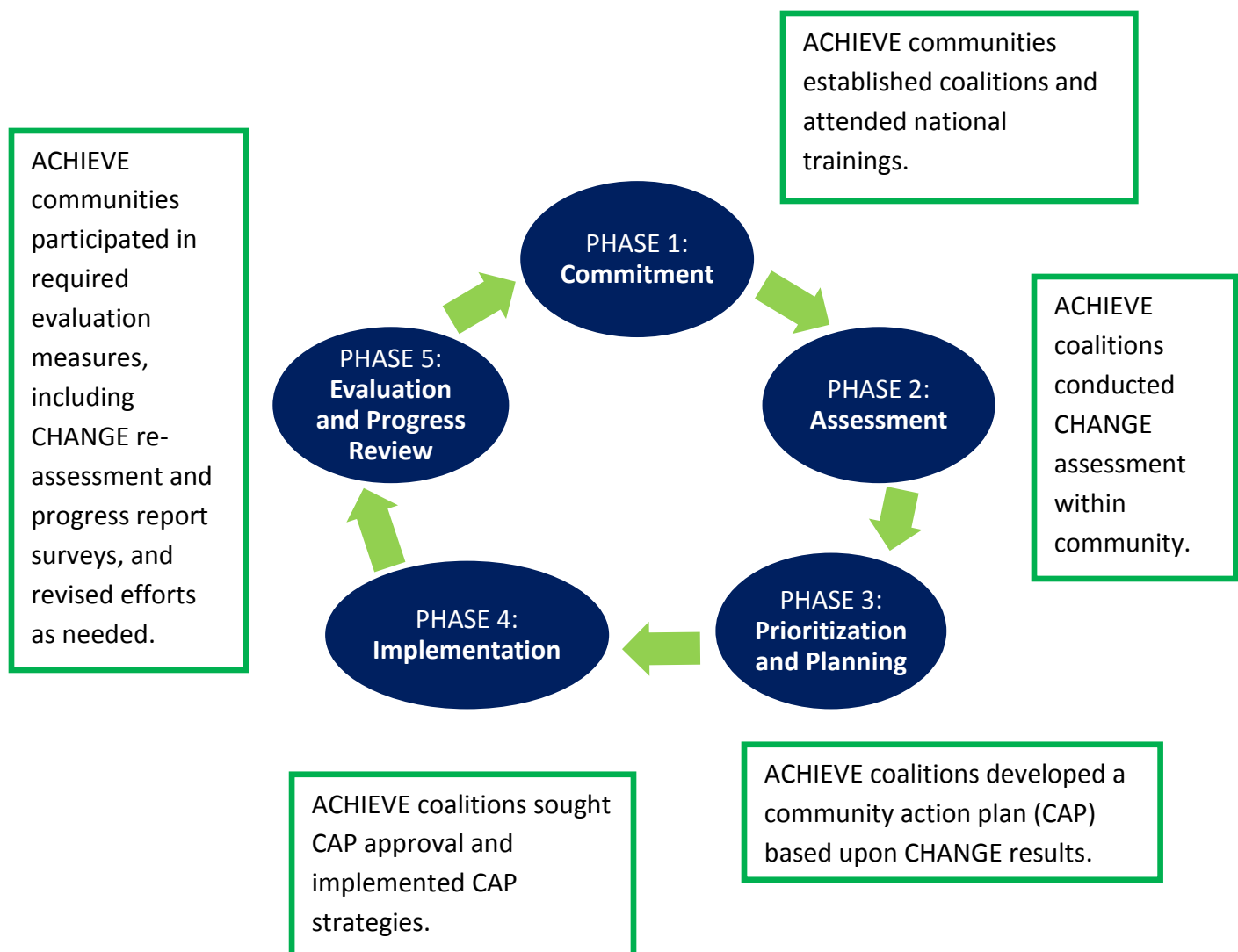
- Each ACHIEVE community developed and/or maintained local coalitions and partnerships, also referred to as Community Health Action Response Teams (*CHART*), and attended national trainings to learn how to use a facilitated leadership approach to create sustainable and healthy community changes [*Phase 1: Commitment*]. A total of **48** community coalitions were developed and sustained, with an estimated **720** community leaders who received training on PSE approaches to improving community health.
- Communities then implemented the Community Health Assessment aNd Group Evaluation (*CHANGE*) tool to identify existing policy and environmental assets and deficits within the five major community sectors of community-at-large, worksites, healthcare, schools, and community-based institutions and organizations [*Phase 2: Assessment*].
- Once the assessment process was completed, coalitions then engaged in prioritization and planning processes to develop a local community action plan (*CAP*) to address areas of identified need for healthy community changes [*Phase 3: Prioritization and Planning*]. Additionally, many NACDD communities developed a corresponding sustainability plan, inclusive of planning for major categories such as maintenance of community coalitions and partnerships; ongoing development and implementation of policy, system, and environmental change plans; use of social marketing and social media communication as methods of promoting and sustaining ACHIEVE messages; and integration of sharing and mentoring systems to foster the sharing of successes and new ideas.
- Following national partner approval of the submitted action plan, NACDD funded communities implemented the *CAP* to collectively establish over **1,850** PSE improvements that lead to a healthier community, including leveraging additional

"No one has 'quit' the CHART; we continue to work well together, and have a strong commitment of CHART members." -- Ande Bloom,
2009 Eastern Highlands, CT

resources to promote ACHIEVE sustainability in excess of **\$54,746,800**. [***Phase 4: Implementation***].

- All NACDD funded communities participated in semi-annual progress reports, CHANGE re-assessment, and other evaluation measures as needed for purposes of documenting successful changes, revisiting the community's needs, and modifying implementation approaches as appropriate [***Phase 5: Evaluation and Progress Review***]. The 2010, 2011, and 2012 cohorts of communities additionally participated in quarterly Peer Learning Network calls and narrative invoice surveys as indirect methods of gathering impact data.

The below model illustrates the ACHIEVE Five-Phase Model:



Methods of Data Collection from NACDD ACHIEVE Communities

Data on the successful PSE strategies and other successful outcomes that are presently being implemented by NACDD funded ACHIEVE communities was collected from ACHIEVE coaches' participation in semi-annual progress reports, narrative invoice surveys, and quarterly Peer Learning Network (PLN) calls, in addition to individual email and telephone correspondence, progress submitted on CAP goals and objectives, community site visits, and any relevant information provided as narrative comments on the CHANGE summary sheets. The data gathered consists of any new PSE changes that were established by a funded community as a result of engaging in the work of ACHIEVE. Other information also obtained involves an estimation of reach when applicable, strategy specific measures, and amounts of additional funding acquired to continue and sustain ACHIEVE efforts. Finally, these facts and figures were then reviewed, edited, and verified by each community coach to ensure that all data was substantiated and current.



...Safer routes to school in Clinton County, Indiana (top)....Improved infrastructure through the addition of bike lanes in Mendocino County, California (right)...



ACHIEVE Impact in NACDD Funded Communities

All successes, outcomes, and data captured from NACDD ACHIEVE communities are represented in the following tables in accordance with the cohort year in which the communities were funded. *(Data is current through September 21, 2012).*

2008 NACDD ACHIEVE Community Cohort

ACHIEVE Community/ Risk Factor	Community Outcomes	Type of Community Change	Actual/Estimated Reach (if applicable)
ALBUQUERQUE, NM	The initiative has leveraged the following additional resources for implementation:	Funding Resources/ Trail Development	13 miles of urban trail network
Physical Activity	<ul style="list-style-type: none"> \$50,000 grant from NACDD to implement Prevention Institute's Action Guide on facilitating development of community trails and promoting their use to increase physical activity. From this, the International District Community Trail project was developed. 		
Physical Activity	<ul style="list-style-type: none"> \$6,000 grant from the University of New Mexico Center for Injury Prevention to create a pedestrian safety guide and map of the International District Community Trail. 8,000 map guides were developed and distributed throughout the district. 	Tools/Products Developed	8,000 maps developed & distributed
Physical Activity	<ul style="list-style-type: none"> \$175,000 Capital Improvement Bond from the City of Albuquerque to develop an engineering report for Complete Streets redesign for the Zuni Road portion of the International Community Trail, a length of 2.9 miles that includes 11 neighborhoods and 50,000 residents. 	Infrastructure Improvements	4 blocks, 1,000 residents
Physical Activity	<ul style="list-style-type: none"> \$20,000 contract with Bernalillo County to develop a Scoping Report of the International Trail, which included trail renderings, trail design, and public opinions summarized from community input. 	Tools/Products Developed	Engineering Report developed for 2.9 miles/11 neighborhoods/1,000 residents
Nutrition	<ul style="list-style-type: none"> \$8,000 to launch the Rethinking School Lunch NM Initiative, which included community collaboration and assessment in the development of a strategic plan for establishing healthier 	Tools/Products Developed	Scoping Report completed by Bernalillo County

	school meals.		
Nutrition	<ul style="list-style-type: none"> • \$180,000 USDA Community Food Project grant to implement the Youth Food Action Project connecting K-12 youth to gardens and farming in three areas of Albuquerque, where a total of 500 youth participated in the creation of 9 school gardens. 	School Gardens	9 school gardens, 500 youth
ALLENTOWN, PA			
Physical Activity	<p>Active time in school PE classes is increasing for 5,000 students in 3 pilot schools through the use of the evidence-based SPARK (Sports Play and Active Recreation for Kids) curriculum.</p> <ul style="list-style-type: none"> • As a result of this success, SPARK is now instituted in 22 Allentown schools reaching 17,743 students. 	Active Curriculum Integration	22 schools, 17,743 students
Physical Activity	A comprehensive bicycle and pedestrian plan called “ <i>Connecting our Community</i> ” is now formally adopted in 2010 by Allentown City Council (www.greenways.com/-allentown). This plan contains a blueprint for establishing an interconnected network of on-road and off-road trails throughout the city and will pave the way for Complete Streets policies.	Land Use/ Planning Regulation	118,000 Allentown residents
Physical Activity	Eight signs displaying chronic disease prevention messages now align the outdoor fitness trail, LifeTrail, where individuals using the trail will become more educated on the benefits of physical activity as they exercise.	Supporting Signage	1,000 trail users; 8 signs
Physical Activity	Two additional signs are placed at entrance points to the City proclaiming Allentown a “Playful City USA” (designated in 2010 by KaBOOM).	Supporting Signage	2 signs
Physical Activity	A world-class 110-acre multi-generational Destination Playground is now open, featuring the integration of handicap-accessible, technology-based, and age-segregated playground equipment for local youth of all ages. On days with favorable weather conditions, an estimated 500-1,000 youth enjoy Destination Playground.	Physical Activity Facility	500-1,000 youth/day on nice days
Physical Activity	Allentown is one of 5 US cities to win KaBOOM’s Imagination-Playground-in-a-Box that features a system of loose parts that children can play with in limited combinations. This portable system is a component of the Allentown Summer Playground program and is shared with the Allentown School District throughout the school year at multiple elementary school	Active Curriculum Integration	2,000 youth/year

	sites, reaching 2,000 youth each year.		
Physical Activity	Safe Routes to School walkability audits were conducted at 9 Allentown schools.	Community Assessment	6,854 students
Physical Activity/ Nutrition	<i>Start Your Day Right</i> is a before-school program implemented in 9 Allentown elementary schools that provides a healthy breakfast and physical activity to 300 local children of working parents.	Program Integration	300 youth
Nutrition	<i>Fruit and Vegetables On the Move</i> won the US Conference of Mayors award for its mobile market success in delivering fresh produce to an estimated 1,800 youth on 21 of Allentown's playground sites.	Mobile Markets; Formal Recognition	1,800 youth; 21 sites for Mobile Market
Nutrition	Local ACHIEVE collaboration and funds have contributed to the formation of 5 community gardens located throughout Allentown, producing approximately 600 plants each year.	Community Gardens	600 fruit & vegetable plants grown/year; 5 community gardens
Nutrition	Local ACHIEVE efforts have leveraged the following additional financial resources: <ul style="list-style-type: none"> • \$9,500 from the Community Development Block Grant to assist in the purchase of vehicle decorations for the Fruit and Veggies On the Move vehicle, non-perishable supplies, and seasonal staffing. 	Funding Resources/ Mobile Markets	None provided
	<ul style="list-style-type: none"> • \$6,000 from the Pennsylvania Department of Health's Safe and Healthy Community funds to support implementation of Fruit and Veggies On the Move. 	Mobile Markets	None provided
	<ul style="list-style-type: none"> • \$2,500 from the Greater Lehigh Valley Independent Practice Association for purchase of fresh fruits and vegetables for Fruit and Vegetables On the Move operation efforts. 	Mobile Markets	None provided
Chronic Disease Management/ Physical Activity/ Nutrition	Local ACHIEVE efforts additionally leveraged \$120,000 from the U.S. Conference of Mayors' (USCM) Childhood Obesity Prevention Awards to work towards the goal of supporting and/or enhancing mayors' ongoing childhood obesity prevention programs locally.	Childhood Obesity Prevention	118,000 residents
Tobacco	A resolution in support of tobacco-free city-operated playgrounds, pools, and spray parks now exists, as well as 24 "Young Lungs at Play" signage in 17 local playgrounds, 4 public pools, and 3 spray parks.	100% TF 24/7 Policy Supporting Signage	24 signs in 17 playgrounds, 4 pools, 3 spray parks
BLACK HAWK COUNTY, IA	A new Board of Health agreement exists with the City of Cedar Falls in support of	Community Collaboration	None provided

Leadership/ Chronic Disease Management	healthy initiatives, including ongoing CHANGE assessment, related to the City's 2020 Vision Plan.		
Leadership	Initiated the first <i>Healthy Communities NOW: Prepare to Build a More Vibrant Cedar Valley</i> conference, which is influencing food- and physical activity-related policies in work settings by reaching local business and community leaders.	New Community Event	None provided
Nutrition	Three years of community gardening growth: <ul style="list-style-type: none"> Garden clubs in 4 area retirement communities and new interest in food preservation. 	Garden Clubs	4 garden clubs in retirement communities
	<ul style="list-style-type: none"> 30% increase in garden participation including local leadership through the <i>Healthy Cedar Valley Coalition</i>. 	Community Gardens	None provided
	<ul style="list-style-type: none"> Improved community cohesiveness, access to fresh foods, and sponsorship of special events such as <i>Salsa Saturday at Cedar River Neighborhood garden</i>. 	New Community Event	None provided
	<ul style="list-style-type: none"> Ten-fold growth from 2 to 20 plots at MAPLES Neighborhood garden. 	Community Garden	1 community garden
	<ul style="list-style-type: none"> New neighborhood garden facilitated by Lamp Post Theatre. 	Community Garden	1 community garden
	<ul style="list-style-type: none"> New <i>Public Garden</i> facilitated by the Board of Supervisors who made public land available for Latino urban farmers desiring small scale commercial production. 	Community Garden	1 community garden
	<ul style="list-style-type: none"> Youth-oriented gardens, including: <ul style="list-style-type: none"> <i>Jesse Cosby Center</i> garden, reaching the YWCA, Boys/Girls Club and at-risk programs. <i>Young Greenhouse</i>, at the new <i>Carver Academy</i>, Waterloo Community School District. 	Community Gardens; Greenhouses	1 community garden; 1 greenhouse
CLEVELAND COUNTY, NC Leadership	Local ACHIEVE established the Cleveland County Eat Smart Move More Coalition that will permanently be in place to tackle ACHIEVE-related policy, system, and environmental changes.	ACHIEVE Sustainability	None provided
Physical Activity	Access to physical activity is increased for local residents through the establishment of 3 outdoor walking routes each in 2 county municipalities with accompanying signage using existing sidewalks that cover distances of one, two, and three miles in	Walking Routes Supporting Signage	6 routes total (2-1 mile, 2-2 mile, and 2-3 mile), 70,000 residential reach

	length. <ul style="list-style-type: none"> The walking trails within the City of Shelby were featured in the 2010 North Carolina Main Street Conference. 	Formal Recognition	
Physical Activity	Recurring Walk-to-School days continue to exist at 3 schools within the City of Shelby to promote walking to school.	SRTS (walk-to-school day)	200 students
Physical Activity	Two stairwells within the Cleveland County Health Department now promote increased physical activity among patients and employees.	Stairwell	150 employees 25,000 patients/year
Physical Activity/ Nutrition	Due to collaboration between the coalition and Communities in Schools, healthy eating and physical activity policies now exist in each afterschool program in 3 elementary schools, 1 intermediate school, and 3 middle schools throughout the county, affecting 300 children.	Healthy Snack Policy; Physical Activity Policy	300 children; 7 schools
Physical Activity/ Nutrition	18 local childcare facilities or homes now implement physical activity and/or nutrition policies for 600 children participating in after school programs, thanks to collaborative efforts between the coalition and Child Care Connections.	Healthy Snack Policy; Physical Activity Policy	600 children; 18 child care facilities
Physical Activity/ Nutrition	Communities in Schools currently implement a healthy meetings policy, allowing for the integration of physical activity and the service of healthy food and beverages at meetings.	Physical Activity Policy; Healthy Food and Beverage Policy	16 employees
Nutrition	Increased access to local fresh produce through the establishment of mobile farmer's markets within the City of Shelby and the Town of Boiling Springs now allows residents and underserved populations to gain access to affordable, low-cost fruits and vegetables that are locally grown.	Mobile Markets	5,000 consumers
Nutrition	Project NEMB (Nutrition Education and Menu Boards) is now implemented within all 4 high schools and all 4 middle schools in the Cleveland County School System. <ul style="list-style-type: none"> Project NEMB incorporated a supplemental nutrition curriculum that is now implemented in grades 6-9 by health and physical education teachers. 	Nutrition Curriculum Integration	10,000 students; 8 schools
	<ul style="list-style-type: none"> Additionally, Project NEMB includes digital menu labeling of school cafeteria menu items and digital display of healthy eating messages in student sections of all 8 school cafeterias through the use of 46" flat 	Menu Labeling	10,000 students; 8 schools

	screens.		
Physical Activity/Nutrition	Leveraged additional resources for implementation of future physical activity and nutrition policy and environmental strategies through the following: <ul style="list-style-type: none"> City of Kings Mountain received the Fit Community designation (in 2010), and PSE activities in the areas of physical activity and nutrition are included in the ACHIEVE action plan. 	Funding Resources	
		Formal Recognition	10,296 residents
	<ul style="list-style-type: none"> \$21,446 from the North Carolina Physical Activity and Nutrition Branch for continued implementation of physical activity and nutrition policy, systems, and environmental changes. 	ACHIEVE Sustainability	97,489 residents
HARRIS COUNTY/ ALDINE, TX	Commissioner El Franco Lee's backing for a partnership between ACHIEVE and Harris County's Bill Crowley Park resulted in creation of an outdoor gym - the <i>ACHIEVE Fitness Zone</i> – giving community residents more opportunities to be active through use of the 15 exercise stations that provide range of motion, aerobic, and upper and lower body strength options.	Fitness/Exercise Stations	15 exercise stations
	<ul style="list-style-type: none"> Harris County modified their Parks Master Plan based upon the success of the ACHIEVE Fitness Zone to reflect the expressed needs of the residents for better physical activity options. 	Modification of Existing Plan	None provided
	<ul style="list-style-type: none"> Bill Crowley Park obtained funds to provide a canopy shade over the ACHIEVE Fitness Zone exercise equipment. 	Safety Improvements	None provided
	<ul style="list-style-type: none"> The local ACHIEVE group trained 61 adults on proper use of the equipment through a volunteer Fitness Zone Ambassador Program, where these participants who are frequent users of the park will train other park visitors on proper use of the equipment, be able to answer basic questions, and be a role model for the park. 	Program Integration	None provided
Nutrition	Four community gardens are now established, with one each being established at the Northeast Community Center, Aldine Y.O.U.T.H. site, Habitat for Humanity, and the North Houston Heights Civic Organization, Precinct 1.	Community Gardens	4 community gardens
Nutrition	A school garden additionally exists at both Johnson Elementary School and Orange Grove Elementary School.	School Gardens	2 school gardens

Tobacco	ACHIEVE Implemented the evidence-based CDC Action Guide: <i>Working with Healthcare Provider delivery system to improve the delivery of tobacco-use treatment to patients</i> (HCPHES clinics), where 30 clinic staff successfully completed the online tobacco cessation training.	Tobacco Cessation	30 clinic staff trained
Physical Activity/ Nutrition/ Tobacco/ Leadership/ Chronic Disease Management	Local ACHIEVE leveraged the following additional funding: <ul style="list-style-type: none"> The Harris County Public Health and Environmental Service (HCPHES) alliance, in collaboration with the City of Houston Department of Health and Human Services, received \$500,000 of CTG funding. 	Funding Resources/ ACHIEVE Sustainability	None provided
	<ul style="list-style-type: none"> Receipt of \$2,500,000 from the local Foundation on Childhood Obesity for a two year period. 	ACHIEVE Sustainability	None provided
MOUNT DESERT ISLAND, ME Leadership	Mt. Desert Island ACHIEVE leveraged the following funds: <ul style="list-style-type: none"> Securing additional \$15,000 in financial resources. 	Funding Resources	None provided
Physical Activity	Small amounts of funding are already enabling significant environmental changes to enhance access to physical activity and healthy food, including: <ul style="list-style-type: none"> A technology-enhanced active recreation program for adults and children with developmental disabilities. 	Program Integration	None provided
Nutrition	<ul style="list-style-type: none"> A new school 'salad garden'. 	School Garden	1 school garden
	<ul style="list-style-type: none"> A new school salad bar project. 	Program Integration	1 salad bar
	<ul style="list-style-type: none"> A community garden and compost project for residents near a one-room schoolhouse. 	Community Garden	1 community garden; 1 compost
	<ul style="list-style-type: none"> A raised-bed garden and greenhouse that will produce food for low-income seniors. 	Community Garden; Greenhouse	1 community garden; 1 greenhouse
SALAMANCA, NY Tobacco	The Salamanca community's commitment to action led it to accomplish multiple tobacco policy, system, or environmental changes throughout the project period and beyond, despite the fact that the use of tobacco is a contentious local issue and approval from both tribal and city councils was needed: <ul style="list-style-type: none"> A new city ordinance permits authorities to confiscate tobacco products from underage tobacco-users, providing a teachable moment to accompany this preventive step. 	Underage Tobacco Policy	6,000 Salamanca residents

	Salamanca's police chief says he <i>"doesn't mind working harder to enforce this law,"</i> since city officers <i>"want to do right."</i>		
Tobacco	<ul style="list-style-type: none"> Local parks, including the ice pond, are now tobacco-free with self-enforcement by the public and youth, thanks to an ordinance adopted by the Salamanca City Council. 	100% TF 24/7 Policy	6,000 Salamanca residents
	<ul style="list-style-type: none"> Additionally, 13 <i>"Young Lungs at Play"</i> signs are now installed at the local parks to encourage community support and compliance. 	Supporting Signage	13 signs
	<ul style="list-style-type: none"> Due to past and continued influential efforts of the local ACHIEVE coalition; a new county law now prohibits smoking of e-cigarettes, herbal cigarettes, and like products in public places where traditional forms of smoking are already disallowed. This same law further bans the sale of such products to persons under the age of 18. 	"Other" Tobacco Policy	80,317 county residents
	<ul style="list-style-type: none"> The campuses of the health center and the administration building on the reservation of the Seneca Nation tribe are now 100% smoke-free. 	100% S-F tobacco Policy	350 employees
Physical Activity	<p>The Pennsy Trail, not used in a decade, underwent an enormous reclamation, reunited a community after 10 years, and is now used by walkers, runners, cyclists, and men and women of all ages.</p> <ul style="list-style-type: none"> The trail now includes new park benches, garbage cans, and GPS coordinates placed with emergency responders so that individuals can be easily found by tracing GPS on cell phones. 	Safety Improvements	None Provided
	<ul style="list-style-type: none"> The Garden Club annually plants indigenous plants and installs birdhouses along the trail. 	Program Integration (garden club)	None provided
	<ul style="list-style-type: none"> Additionally, a mapping brochure of the trail was developed and distributed to multiple locations throughout the city. 	Tools/Products Developed	300 distributed
Physical Activity	6 pieces of outdoor fitness equipment are now installed on the grounds of the Salamanca youth Bureau, courtesy of the local YMCA.	Fitness/ Exercise Stations	9,550 youth at Youth Bureau; 6 pieces of equipment
Physical Activity	The City of Salamanca's Department of Public Works recently committed to replacing 150 sidewalk blocks as part of the	Sidewalk Repairs	6,000 Salamanca residents

	new built environment infrastructure plan for the Salamanca community.		
Physical Activity	The local ACHIEVE coalition donated 1 bike rack to the Seneca Nation of Indians' Lionel R. John Health Care Center for use by patrons.	Bike Rack	Bike rack
Physical Activity/ Nutrition	The City of Salamanca Youth Bureau has been awarded a \$5,000 grant to participate in the Rural Health Initiative " <i>Catch Kids Club</i> ," which provides 30-minutes of physical activity per day and 30-minutes of nutrition education per week for participating youth. Additionally, pre- and post-surveys will be completed, along with the monitoring of blood pressure, BMI index, and weight of children who attend the youth center.	Physical Activity Integration/ Nutrition Education Integration; Assessment	60 youth
Nutrition	Salamanca ACHIEVE was instrumental in assuring that fresh fruits and vegetables are now included in the free meals that are given to community members at the local Soup Kitchen. <ul style="list-style-type: none"> The fruits and vegetables come from the farmer's markets, gleaned produce from farmers' fields, and local community gardens. Meals are served 5 days per week to an average 200 individuals each day. 	Healthy Foods Policy	200 people/day; Meals 5 days/week
Nutrition	The Summer Lunch Program now includes servings of fresh fruits and vegetables in two lunches each week. The Summer Lunch Program provides lunches to 700 local children each day, 5 days per week for 6 weeks.	Healthy Foods Policy	700/day for 6 week period
Chronic Disease Management/ Leadership/ Physical Activity/ Nutrition	Salamanca ACHIEVE received \$40,000 from NACDD to provide mentorship to the 2012 Colby, Kansas community, as well as to continue to implement ACHIEVE-related policy, systems, and environmental changes.	ACHIEVE Mentorship/ Sustainability	None provided
STARK COUNTY, OH Chronic Disease Management	Stark County ACHIEVE leveraged additional resources through the following: <ul style="list-style-type: none"> Receipt of \$75,000 Ohio Obesity Prevention grant. 	Funding resources/ ACHIEVE Sustainability	None provided
Leadership/ Physical Activity	Over 70 workplaces have inside and/or outside mapped walking routes to encourage physical activity, regularly assess worksite wellness using the initiative's scorecard, and are implementing the wellness kit and establishing wellness	Walking Routes	70+ walking routes

	committees.		
Nutrition	<ul style="list-style-type: none"> One worksite provides work release time and a healthy lunch for employees to enable attendance at educational sessions on healthy lifestyle provided by Live Well Stark County. 	Health Education Wellness Policy	None provided
Leadership Physical Activity/ Nutrition	<ul style="list-style-type: none"> 47 worksites have established wellness teams. 	Wellness Teams	47 worksite wellness teams
Nutrition	26 restaurants in the county now label menu items with calorie counts, helping patrons make healthy choices. A local dining guide promotes this community benefit.	Restaurant Recognition Healthy Options	26 participating restaurants
TACOMA/PIERCE COUNTY, WA Leadership	The local ACHIEVE team has leveraged the following additional financial resources: <ul style="list-style-type: none"> Receipt of \$40,000 in financial contributions. 	Funding Resources; ACHIEVE Sustainability	None provided
Leadership	ACHIEVE strategies now have formal backing of the Pierce County Council with passage of a resolution proclaiming county support for ACHIEVE initiative strategies and official recognition of the shared responsibility across agencies that will make it happen.	ACHIEVE Dissemination	None provided
Nutrition	A new policy adopted by the council permits use of county MetroParks property for community gardens; development of a non-profit group to oversee these actions is in place. <ul style="list-style-type: none"> Eight new community gardens are now established. 	Community gardens; Land Use/Planning Regulation	8 community gardens
	<ul style="list-style-type: none"> Tacoma Pierce County now employs a full-time Community Gardens Coordinator. 	Community Gardens; Staffing Secured	8 community gardens
Nutrition	The ACHIEVE school nutrition committee partners with two school districts to develop and implement healthier menu options for their students.	Healthier Menu Options	2 school districts
Physical Activity	A joint use agreement now exists with Peninsula School District, enabling new student physical activity programs to be sustained in conjunction with YMCA funds:	Joint Use Agreement	None provided
	<ul style="list-style-type: none"> A free, afterschool program is supported by school district bus transportation to YMCA facilities, enabling provision of an extra 3,600 minutes of physical activity a semester for sixth grade students and filling a gap caused by cuts in school 	Physical Activity Integration	None Provided

	extracurricular activities.		
	<ul style="list-style-type: none"> A weekly, no-cost before-school program in all eight elementary schools where 850 participating students took part in an additional 1440 minutes of physical activity last year under a joint-use agreement between the school district and the YMCA. 	Physical Activity Integration	850 students
	<ul style="list-style-type: none"> After school programming is now expanded through the addition a physical activity component in every elementary school in the district. 	Physical Activity Integration	None Provided
WICHITA, KS	The Wichita City Council endorsed all twelve streetscape improvement concepts recommended in a Streetscape Improvement Plan for East Douglas Avenue.	Land Use/Planning Regulation	12 improvement concepts adopted
Physical Activity	Two five-mile paths now connect downtown and northeast Wichita.	Infrastructure Improvements (connectivity)	2 new paths, 5 miles long each
Physical Activity	Over 130 new bike racks are installed all over Wichita including several connecting neighborhoods that have high density employment.	Bike Racks	130 bike racks
Physical Activity	The transportation department now has bike racks on buses, where an average of 800 uses of the bus bike racks occur each month.	Bike Racks	800 uses/month
Physical Activity	The Wichita Metropolitan Planning Organization is now emphasizing infrastructure to support multi-modal transportation. Several new community planning documents have incorporated language for Complete Streets concepts and practices.	Land Use/Planning Regulation	20 members
Physical Activity	The Regional Pathways Plan was updated as a result of local ACHIEVE efforts.	Land use/ Planning Regulation; Modification of Existing Plan	None provided

“ACHIEVE has brought community wide health to the fore front in one of the poorest Cities in New York state. People are now able to walk and bike more safely in Salamanca, with improved infrastructure. Additionally, ACHIEVE has allowed Salamanca key stakeholders to draw down additional funding to sustain the forward movement that ACHIEVE began.”

–Sandi Brundage, Salamanca, NY

The communities of the 2008 NACDD ACHIEVE cohort collectively experienced a total of **537** positive outcomes as a result of participation in the ACHIEVE Initiative, including the establishment of **45** new

policies, **435** environmental changes, and **11** systems changes. Of these changes, **54%** were attributed to physical activity focus areas, **25%** to nutrition, **5%** to tobacco, **2%** to chronic disease management, and **14%** to leadership. Additionally, these communities leveraged a total of **\$3,878,446** in additional financial resources.

2009 NACDD ACHIEVE Community Cohort

ACHIEVE Community/ Risk Factor	Community Outcomes	Type of Community Change	Actual/Estimated Reach (if applicable)
EASTERN HIGHLANDS, CT	The following policy changes now exist in Eastern Highlands: <ul style="list-style-type: none"> MANSFIELD: The Mansfield Board of Education established a pre-kindergarten healthy snack policy that now prohibits the use of sugar-sweetened milks from use for the school system. 	Healthy Snack Policy	None provided
Nutrition			
Nutrition	<ul style="list-style-type: none"> MANSFIELD: The school superintendent collaborated with the food service staff to support healthy nutrition in the schools by launching Great Plate Tuesdays, which encourages students to fulfill at least half of their plates with fruits and vegetables. 	Healthy Snack Policy	None provided
Physical Activity	<ul style="list-style-type: none"> MANSFIELD: A new land use regulation increases opportunities for active living by residents. 	Land Use/Planning Regulation	None provided
Physical Activity	<ul style="list-style-type: none"> MANSFIELD: A new referendum is in place to fund the regional school system's outdoor track and field facilities. 	Funding Referendum	None provided
Physical Activity	<ul style="list-style-type: none"> MANSFIELD: The Parks and Recreation Department now offer and promote active living for youth, outside of normal sports offered. 	Expansion of Physical Activity Services	None provided
Nutrition	<ul style="list-style-type: none"> TOLLAND: The school system has a new lactation protocol to accommodate lactating women during the workday. 	Lactation Policy/Protocol	None provided
Nutrition	<ul style="list-style-type: none"> TOLLAND: 2 Boy Scout troops now enact healthy eating policies for meetings, events, and outings. 	Healthy Food and Beverage Policy	2 Boy Scout troops
Nutrition	<ul style="list-style-type: none"> TOLLAND: A new policy exists that encourages the establishment of a community garden in parks as a method of supporting healthy eating. 	Community Garden	None provided

Nutrition	<ul style="list-style-type: none"> COVENTRY: The Parks and Recreation Department now implement a new healthy snack policy. 	Healthy Snack Policy	None provided
Physical Activity	<ul style="list-style-type: none"> COVENTRY: The Parks and Recreation Department now has an established policy protocol for enhanced opportunities for active living among residents. 	Expansion of Physical Activity Services	None provided
Nutrition	<ul style="list-style-type: none"> EASTERN HIGHLANDS HEALTH DISTRICT: The local health district now implements a policy that alters the verbiage of all new temporary food permits issued, in that all new permits will encourage 50% healthy food and beverage choices to be offered at events in EHHD towns. 	Healthy Food and Beverage Policy	None provided
Physical Activity	<ul style="list-style-type: none"> EASTERN HIGHLANDS HEALTH DISTRICT: Three of the largest member towns now review planning regulations related to open space, paths, and sidewalks to improve opportunities for active living. 	Land Use/ Planning Regulation	3 towns
Nutrition	<p>The following environmental changes have occurred in Eastern Highlands:</p> <ul style="list-style-type: none"> MANSFIELD: The Parks and Recreation Department removed vending machines to eliminate access to unhealthy foods by youth and families. 	Healthy Vending	None provided
Physical Activity	<ul style="list-style-type: none"> MANSFIELD: Improved tennis courts are now in place at the Parks and Recreation Department, thanks to USTA funding. 	Infrastructure Improvements	None provided
Physical Activity	<ul style="list-style-type: none"> COVENTRY: The Town of Coventry was awarded \$500,000 from the Connecticut Department of Transportation for infrastructure support for creating Safe Routes to School for 900 middle and high school students. Additionally, the new infrastructure will also create connectivity amongst multiple neighborhoods, the downtown area, and nearby schools. 	Funding Resource/ SRTS infrastructure Improvements (new sidewalks)	900 students
Physical Activity	Local ACHIEVE facilitated a visit by Mark Fenton to assess walkability and bike-ability issues within the Eastern Highlands community.	Community Assessment	None provided
	Collaborated with the Connecticut State Department of Health to conduct an	ACHIEVE Dissemination	None provided

Physical Activity, Nutrition, Tobacco, Leadership, Chronic Disease Management	ACHIEVE Action Institute for other Connecticut communities in efforts to spread and sustain the ACHIEVE Initiative state-wide, and to move forward with a unified approach to reduce chronic disease through policy, systems, and environmental changes.		
FORREST/LAMAR COUNTIES, MS Physical Activity	Bike racks were secured for placement at inner-city schools.	Bike Racks	None provided
Physical Activity	Signage was secured for physical activity opportunities at local parks and equestrian trails.	Supporting Signage	None provided
JEFFERSON COUNTY, OR Physical Activity	Seven exercise stations now exist along the Willow Creek Trail, thanks to a \$25,000 school wellness grant awarded to the 509-j School District, and in conjunction with ACHIEVE and Community Health Improvement Program funds.	Fitness/Exercise Stations	6,000 residents; 7 exercise stations
Nutrition	Jefferson County Middle School now offers a healthy snack cart to students.	Healthy Snack Cart	645 students
Physical Activity/ Nutrition	The following has been accomplished in the worksite sector through local ACHIEVE efforts: <ul style="list-style-type: none"> Physical activity breaks encouraged twice each day during the workday 	Physical Activity Policy	30 employees
	<ul style="list-style-type: none"> Installation of healthy options in 1 vending machine at 1 worksite 	Healthy Vending Policy	200 employees
Physical Activity	Jefferson County ACHIEVE has leveraged the following financial resources that will increase physical activity among county residents:	Funding Resources	None provided
	<ul style="list-style-type: none"> \$1,100,000 to the City of Madras to increase bike and pedestrian-specific improvements, including the establishment of new sidewalks, bike paths, and trail connectivity. 	Infrastructure Improvements	6,000 residents City of Madras, 22,000 residents Jefferson County 500 residents
	<ul style="list-style-type: none"> \$450,000 to Warm Springs to complete sidewalk installation in West Hills. 	Infrastructure Improvements	None provided
KERSHAW COUNTY, SC	The coalition leveraged additional resources for the following: <ul style="list-style-type: none"> \$6,000 for the purchase bike racks now installed in all 14 Camden locations where a need was identified. 	Funding Resources/ Bike racks	Estimated 8% of Camden population: 547; 14 locations
Physical Activity	<ul style="list-style-type: none"> \$79,000 in total funds from the South Carolina Department of Health & Environmental Control and 	Safety Improvements	Estimated 15% of Camden population: 1,025

	the City of Camden to install lighting and grade the walking trail at a local park, improving access for walkers.		
Physical Activity	50 <i>Share the Road</i> signs were installed along 18 cycling trails throughout the county by the SC Department of Transportation.	Supporting Signage	Estimated 8% of county population:4,935; 50 signs along 18 cycling routes
Physical Activity	A local river is designated as a Blue Trail by the American Rivers Association giving it prominence as a local site for physical activity.	Formal Recognition	Estimated 1% of population: 617
Physical Activity	A Complete Streets policy now exists for Camden, South Carolina, thanks to a unanimous vote by the Camden City Council.	Complete Streets	6,318 population of Camden
Physical Activity/ Nutrition	United Way of Kershaw County now incorporates physical activity and nutrition considerations into its grant expectations for 7 funded partner agencies – a permanent community benefit.	ACHIEVE Dissemination	7 agencies serving 1,900 county residents
Nutrition	Seniors and families have better access to fresh fruits & vegetables as a result of the coalition assuring certification of 5 farmers to accept senior and WIC fruit and vegetable vouchers at the Kershaw County Farmers Market, enabling 400 seniors and over 14,000 WIC recipients to participate.	WIC/EBT Vouchers	400 senior vouchers distributed each year (2010 and 2011); 14,285 vouchers dispersed through Kershaw County; 5 certified farmers
LAKE COUNTY, OH Nutrition	ACHIEVE Lake County has accomplished the following nutrition and physical activity improvements in the school sector through the provision of mini-grants: <ul style="list-style-type: none"> 800 fourth graders in 12 schools are learning better food choices through a hands-on curriculum called <i>Veggie U</i> that also meets federal standards for No Child Left Behind. <i>"I like that you can plant seeds, watch them grow and then pick the vegetables and eat them,"</i> said a fourth grader quoted in the local News Herald newspaper. 	Nutrition Curriculum Integration	800 students in 12 schools (2010/2011) (2011/2012)
Nutrition	<ul style="list-style-type: none"> Small mini-grants of \$1,000 each were awarded to 3 schools to fund a school garden at each school site. Approximately 750 total K-5th grade students participate in the establishment and harvesting of the 	School Gardens	750 K-5 students; 3 gardens

	gardens.		
Physical Activity	<ul style="list-style-type: none"> Longfellow Elementary School currently implements <i>Fit for Fifteen</i>, which adds a daily fifteen-minute walk for 350 students. 	Physical Activity Integration	350 K-5 students
Nutrition	<ul style="list-style-type: none"> Also at Longfellow Elementary School, items such as salad shakers, baked potatoes and yogurt are now provided to improve lunch menus. Principal Ruth Ann Plate was quoted in the News Herald as saying "<i>We are shaping lives for the future.</i>" 	Healthy Food and Beverage Options	350 K-5 students
Nutrition	<ul style="list-style-type: none"> A healthy food tasting program now exists for 100 students in one school. 	Program Integration	100 students in 1 school
Nutrition	<ul style="list-style-type: none"> A healthy cooking lab is now in place for 20 students in grades 6-8 at one school. 	Greenhouses	300 K-5 students in 1 school
Nutrition	<ul style="list-style-type: none"> A new greenhouse exists in one school. 	School Gardens	700 K-5 students in 2 schools; 2 school gardens
Nutrition	<ul style="list-style-type: none"> A school garden now exists at 2 schools. 	Walking Routes	600 students; 20 teachers; 2 schools
Physical Activity	<ul style="list-style-type: none"> A one-mile indoor/outdoor walking path now exists at two local schools. 	Walking Routes	600 students; 20 teachers; 2 schools
Physical Activity	<ul style="list-style-type: none"> Bike-to-School days are now in effect at 3 local schools, where estimated 1,500-2,000 students participate when each Bike-to-School day is conducted. 	SRTS (bike to school)	1,500-2,000 students in 3 schools
Physical Activity	<ul style="list-style-type: none"> Physical activity, such as "<i>dancing classrooms</i>" and virtual "<i>hike across the U.S.</i>" is now being integrated into classrooms at 2 elementary schools so that 150 students participate in fun types of physical activity. 	Physical Activity Integration	150 students
Physical Activity	<ul style="list-style-type: none"> Physical activity for students, parents, and grandparents in the form of Zumba, Pilates, yoga, and the marathon club for walking or running is now established in local after school programs. 	Physical Activity Integration	None provided
Nutrition/ Physical Activity	<p>ACHIEVE Lake County has works with worksites on policy and environmental strategies to improve employee health through the following:</p> <ul style="list-style-type: none"> Lake County General Health District now has healthier items in 2 	Healthy Vending; Bike racks	130 employees; 2 healthy vending machines; 1 bike rack

	employee vending machines and installed 1 bike rack for employees.		
Nutrition/ Chronic Disease Management	<ul style="list-style-type: none"> Annual health screenings are now instituted at 6 local worksites, weekly fresh produce orders at 4 local worksites, onsite fitness classes and walking initiatives at 2 local worksites, and implementation of lunch-and-learn sessions at 5 local worksites. 	Worksite Wellness, Physical Activity Integration, Health Education	500 employees
Chronic Disease Management/ Physical Activity/ Nutrition	<p>The ACHIEVE team has leveraged additional resources through collaboration with community partners:</p> <ul style="list-style-type: none"> \$10,000 leveraged by an ACHIEVE Lake County partner for diabetes self-management classes which promote physical activity and healthy eating – a proven practice for control of diabetes. 	<p>Funding Resources</p> <p>Chronic Disease Management</p>	90 participants
Physical Activity	<ul style="list-style-type: none"> \$2,000 from an ACHIEVE partner to sponsor a local Bike Day. 	Physical Activity Event	7 communities are hosting a bike day
Physical Activity/ Leadership	<ul style="list-style-type: none"> \$4,000 from the Ohio Department of Transportation to the Riverside School District to develop a school travel plan for 4 local schools. The ACHIEVE team serves on a committee that will assist in the development of the plan. 	Transportation Planning; Tools/Products Developed	None provided
Nutrition	<ul style="list-style-type: none"> \$22,000 to install 2 large community gardens in the county, a project that has brought much excitement to the CHART team! 	Community Gardens	60 garden plots in 2 community gardens
Leadership	<ul style="list-style-type: none"> \$6,000 donation to launch a donation campaign for sustaining and expanding the ACHIEVE efforts, thanks to the collaborative efforts of the Lake County General Health District and the Lake Health District Fund. 	ACHIEVE Sustainability	None provided
Chronic Disease Management/ Physical Activity/ Nutrition	<ul style="list-style-type: none"> \$45,000 from the Lake Geauga Fund of the Cleveland Foundation to expand childhood and family-based obesity prevention efforts through the Healthy Lifestyle Initiative, which focuses on weight management and provision of needed healthy eating and physical activity resources for targeted children and families. 	Chronic Disease Management/ Physical Activity/ Nutrition	None provided
MECKLENBURG	The CHART Team has obtained the following additional resources as a result	Funding Resources	None provided

COUNTY, NC	of ACHIEVE implementation:		
Tobacco	<ul style="list-style-type: none"> • \$2,000 from the Tobacco Control Program to administer a community workplace assessment. 	Community Assessment (workplace)	
Leadership/Physical Activity/Nutrition	<ul style="list-style-type: none"> • \$1,000 from Project ASSIST to provide a breakfast for Worksite Wellness Administrators, of which 28 representatives from the area's largest employers attended, representing over 200,000 employees. 	Recurring Event Initiative	28 participants representing largest employers (200,000 estimated employees)
Tobacco	<p>The following tobacco policy improvements have occurred in local worksites:</p> <ul style="list-style-type: none"> • Mecklenburg County Health Department now implements an improved 100% tobacco-free policy for both health department campuses from a previous policy that allowed smoking in designated areas. 	100% TF 24/7 Policy	550 employees, 86,000 patients/visitors
	<ul style="list-style-type: none"> • The Community Blood Center of the Carolinas is now a 100% tobacco-free campus. 	100% TF 24/7 Policy	85 employees
	<ul style="list-style-type: none"> • The Town of Cornelius unanimously banned the use of smoking and other tobacco products at all park and recreation sites within the town, becoming the first town in Mecklenburg County to go 100% tobacco-free in public parks. By March 1, 2012, the town will install 40-50 tobacco-free signs to promote this new regulation. 	100% TF 24/7 Policy; Supporting Signage	40-50 signs, 24,738 residents
Nutrition	<p>The following nutrition environmental improvements have occurred in local worksites:</p> <ul style="list-style-type: none"> • A lactation room now exists at TJ Maxx for employees who are nursing mothers to engage in breast pumping activities. 	Lactation Room	750 employees, 6 participating employees to date
	<ul style="list-style-type: none"> • Healthy vending machines are now installed at Knauff Insurance in the employee break room. 	Healthy Vending	55 employees, 300 employees and visitors from other companies in the same building
	<ul style="list-style-type: none"> • The Mecklenburg County Courthouse offers healthy vending, advertises healthy foods, implements a Community Supported Agriculture Program, and 	Healthy Vending, Advertising/Marketing; CSA Program Initiation; Health Education	500 employees, Thousands of visitors annually

	conducts healthy living classes for employees.		
Nutrition	Local ACHIEVE efforts have influenced improved nutrition policies in the worksite sector through the following: <ul style="list-style-type: none"> A healthy food policy for food and catering vendors is now in place at Knauff Insurance. 	Healthy Food and Beverage Policy	55 employees
	<ul style="list-style-type: none"> The Carolinas Healthcare System revised a vending policy and cafeteria food service recommendations to now include stronger requirements for serving size, sodium consumption, and pricing strategies. 	Healthy Vending Policy	48,000 employees, over 100,000 patients/year
	<ul style="list-style-type: none"> Mecklenburg County Government now enacts a healthy vending policy that promotes the sell and promotion of healthy foods and beverages for government employees and the public who frequent government buildings for services. 	Healthy Vending Policy	4,906 employees, 100,000 visitors
Nutrition	Grace Covenant Church provided a series of lunch-and-learn sessions on nutrition for church members, instituted healthy vending options, and now offers healthy foods at church sponsored meetings and events.	Health Education, Healthy Vending, Healthy Food and Beverage Policy	110 church staff & day care children
Physical Activity	The following physical activity policy strategies have occurred in local worksites: <ul style="list-style-type: none"> Knauff Insurance now implements a new Flexible Work Schedule policy for employees that includes physical activity at the workplace, including a "Take 5" physical activity break over the loud speaker. 	Physical Activity Policy, Physical Activity Integration	55 employees
Physical Activity	Local ACHIEVE efforts have influenced the physical activity environment in worksites through the following efforts: <ul style="list-style-type: none"> Knauff Insurance designates a physical activity area for employees to participate in Wii activities, Jazzercise sessions, and stretching. 	Physical Activity/Wellness Room	55 employees
	<ul style="list-style-type: none"> TR Lawing renovated an unused space to create an employee wellness room, which now houses fitness bands and yoga classes for employees. 	Physical Activity/Wellness Room	46 employees
	<ul style="list-style-type: none"> Carolina Pad has a new fitness room, 	Physical Activity/Wellness Room	70 employees

	complete with fitness bands, stability balls, and stretching mats.		
Leadership	The CHART's Executive Team has been recognized by the Charlotte business community and has received additional promotional support from the Charlotte Chamber of Commerce for efforts to achieve physical activity, nutrition, and tobacco PSE changes within worksites in Mecklenburg County.	Formal Recognition	None provided
Leadership/ Physical Activity/ Nutrition/ Tobacco	The local ACHIEVE team now implements Working Towards Wellness Networking Breakfasts, which consist of networking and/or training events for the business community that surround topics of workplace wellness and associated policy, systems, and environmental improvement strategies.	Health Education	4 quarterly breakfasts, 127 employee representatives in attendance, representing 200,000 employees
MULTNOMAH, OR Nutrition	The CHART team established the Healthy Retail Initiative, a voluntary certification program for local commercial retailers. <ul style="list-style-type: none"> 22 corner stores, often the only grocery outlet in a neighborhood, are now committed to offering items for sale that meet nutrition guidelines as part of a new Healthy Retail Network. 	Healthy Retail Initiative	One retailer noted that over 63,000 transactions had taken place in the last 7 months
Nutrition	<ul style="list-style-type: none"> Mini-grants in the amount of \$4,200 and technical assistance are provided to 14 retailers to implement store changes, point-of-purchase strategies, increase stock of healthy foods and beverages, and promote healthy food options in neighborhood stores that serve African Americans, Africans, and Hispanic/Latinos. 	Healthy Retail Initiative	Distributed 14 mini-grants of \$4,200 each (\$60,000 total given)
	<ul style="list-style-type: none"> The community organization Janus Youth, which includes members of the ACHIEVE team, is opening a community-designed and operated healthy corner grocery store called the Village Market using free retail space in a low income area donated by the Housing Authority of Portland. 	Healthy Retail Initiative	None provided
	<ul style="list-style-type: none"> Leveraged additional resources of \$180,000 over a 3-year period to continue the Healthy Retail Initiative. 	Funding Resources/ Healthy Retail Initiative	None provided
Chronic Disease Management/	Multnomah ACHIEVE received \$40,000 from NACDD to provide mentorship to	Funding Resources/ ACHIEVE Mentorship/	None provided

Physical Activity/ Nutrition/ Tobacco/ Leadership	the 2012 Brown County, Wisconsin community, as well as to continue to implement ACHIEVE-related policy, systems, and environmental changes.	Sustainability	
Leadership/ Nutrition/ Physical Activity/ Tobacco	The ACHIEVE funding and its Action Plan was a strong part of an application that leveraged over \$7,500,000 in funding for community health promotion in Multnomah County, including Robert Wood Johnson and state mini-grants as funding resources.	ACHIEVE Sustainability	710,000 residents
Nutrition	Changes in healthy food access are benefitting 100,000 people in three very large churches, in these ways: <ul style="list-style-type: none"> • 3 churches now implement nutrition policies, such as limiting sugar-sweetened beverages. 	Healthy Food and Beverage Policy	3 churches
	<ul style="list-style-type: none"> • One church removed a deep-fryer from their kitchen which eliminated fried food calories and potentially reduced their fire insurance rate. 	Healthy Food and Beverage Policy	1 church
	<ul style="list-style-type: none"> • Multnomah County faith leaders encourage the implementation of a new food and beverage policy that will promote healthy eating, water consumption, and eliminate sugar sweetened beverages when possible at faith functions where food is involved. 	Healthy Food and Beverage Policy	None provided
	<ul style="list-style-type: none"> • Two churches now organize a farm stand to be available to congregational members after Sunday services. 	Farm Stands	2 churches
	<ul style="list-style-type: none"> • A buying club, consisting of 52 participant families, now exists where members combine purchasing power to get wholesale prices for produce. 	Access to Healthy Foods	52 families
	<ul style="list-style-type: none"> • A community garden is now in place at 4 local churches. 	Church Garden	4 Church gardens
Nutrition/ Physical Activity/ Tobacco	<ul style="list-style-type: none"> • An interfaith coalition which includes ACHIEVE team members created a Congregational Health Index tool that now helps congregations develop action steps for promoting health. 	Assessment Product Developed	None provided
Nutrition	Additional community gardens are now established at 3 other community locations.	Community Garden	3 community gardens
Nutrition	Multnomah County Board of Commissioners now implement a worksite resolution to include policy development supporting healthy	Worksite Wellness; Healthy Food and Beverage Policy	4,500 employees

	nutrition standards, procurement, healthy meetings, and water promotion for its 4,500 employees.		
Nutrition/Physical Activity	Thanks to the work of the CHART, improved school wellness policies for after-school programs are now implemented in 64 schools across 6 school districts to include healthy eating standards, physical activity requirements, and reduced screen time.	School Wellness Policy	100,000 students
Nutrition	Multnomah County Board of Commissioners now enact a policy restricting the sale of all reusable beverage containers used by infants, children, and adults that contain the chemical Biphenyl A. This policy applies to the entire county, encompassing 710,000 residents.	Healthy Food and Beverage Policy	710,000 residents
Nutrition/Tobacco	Multnomah County Health Department's Maternal and Child Health (MCH) Division plans to use past ACHIEVE policy, systems, and environmental change successes to expand MCH services throughout Multnomah County to address upstream factors such as nutrition, father involvement, tobacco, and systems changes.	ACHIEVE Dissemination	45,000 children ages 0-5; 4,480 low-income births/year; 2,270 case-management families; 21,840 WIC
Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management/ Leadership	Local ACHIEVE developed an assessment and implementation tool kit to be used in faith-based settings to examine current and potential policy, system, and environmental assets for improving congregational health.	Tools/Products Developed; Assessment	10 new churches in 2012
NACOGDOCHES, TX Chronic Disease Management	The Healthy Nacogdoches Coalition has obtained the following additional resources as a result of ACHIEVE implementation: <ul style="list-style-type: none"> • \$300,000 from the Texas Department State Health for obesity prevention initiatives. 	ACHIEVE Sustainability	None provided
Physical Activity	<ul style="list-style-type: none"> • \$65,000 from the Texas Department State Health for the Mayor's Fitness Council. 	ACHIEVE Sustainability	None provided
Physical Activity	<ul style="list-style-type: none"> • \$65,000 from the Texas Department State Health for the Mayor's Fitness Council. 	ACHIEVE Sustainability	None provided
Physical Activity	<ul style="list-style-type: none"> • \$167,101 to the City of Nacogdoches from the Texas Parks and Wildlife Commission to build a new 1.6 mile stabilized soil extension of Lanana Creek Trail, 	Infrastructure Improvements	1.6 mile trail extension

	with additional placement of added benches and construction of a new trail head.		
Nutrition	<ul style="list-style-type: none"> • \$100,000 from the Department of State Health Services Preventable Hospitalizations grant to address the reduction of hospitalizations for Urinary Tract Infections and dehydration related to lack of water consumption by residents. 	Water Consumption	None provided
Chronic Disease Management/ Leadership/ Physical Activity/ Nutrition/ Tobacco	<ul style="list-style-type: none"> • \$40,000 from NACDD to provide mentorship to the 2012 Randolph County, Indiana community, as well as to continue to implement ACHIEVE-related policy, systems, and environmental changes. 	ACHIEVE Mentorship/ Sustainability	None provided
Physical Activity; Nutrition	<ul style="list-style-type: none"> • \$31,000 to the Nacogdoches Senior Community Center from the Deep East Texas Council of Governments to create a healthy environment for seniors through the establishment of a walking trail, exercise room, and a community garden. 	Trail Development; Fitness/Exercise Room; Community Garden	None provided
Physical Activity	The following infrastructure improvements have been accomplished to enhance and expand existing trails and connectivity within Nacogdoches:	Fitness/Exercise Stations	20 exercise stations
	<ul style="list-style-type: none"> • 20 outdoor exercise stations are installed at a local soccer complex. 		
	<ul style="list-style-type: none"> • 1 emergency phone is installed at a local softball complex. 	Safety Improvements	1 emergency phone
	<ul style="list-style-type: none"> • 2 trail underpasses are newly constructed to connect existing trail to trail extensions at the south of Main St. and with a future trail at Austin St. 	Infrastructure Improvements (underpasses)	2 trail underpasses
	<ul style="list-style-type: none"> • A paved .3 mile distance to an existing trail at Demonstration Garden is now in place. 	Trail Connectivity	.3 mile trail extension
	<ul style="list-style-type: none"> • A new sidewalk extension of .4 miles now connects a neighboring elementary school with Lanana Creek Trail. 	Trail Connectivity	.4 miles sidewalk extension
	<ul style="list-style-type: none"> • Trail crossing signage and graphics now exist in 2 trail locations 	Infrastructure Improvements	2 signs
	<ul style="list-style-type: none"> • 25 direction signs are now installed on the Main St. trail to connect pedestrians with the Stephen F. Austin State University Tucker Trails. 	Supporting Signage	25 signs
	<ul style="list-style-type: none"> • A broken trail kiosk at the Liberty Hall trail is repaired, with the new 	Supporting Signage	Repaired 1 kiosk

	<p>addition of a trail map now installed on the kiosk.</p> <ul style="list-style-type: none"> 3 new water fountains are now installed along the Lanana Creek trail, with plans to install additional water fountains at 3 other trail locations in the near future. 	Infrastructure Improvements	3 water fountains
Physical Activity	The Healthy Nacogdoches Coalition sponsored a Kids Expo, where over 600 children and 200 parents performed physical activities and exercises in exchange for needed school supplies at no cost.	Physical Activity Event Integration	600 children, 200 parents
Physical Activity	<p>The Healthy Nacogdoches Coalition successfully conducted area 5K races for the community and one 5K Challenge:</p> <ul style="list-style-type: none"> The Blueberry 5K Run/Walk course features the Lanana Creek Trail, the new underpass on the Main St. Trail, and the new sidewalk on Park St. This inaugural event was held in conjunction with the Blueberry Festival, where 175. The coalition hosted a Healthy Nacogdoches 5K Challenge, where participation grew from 68 participants in 2011 to 110 participants in 2012! 	Physical Activity Event Integration	175 runners, 25 dogs
Tobacco	The Healthy Nacogdoches ACHIEVE tobacco reduction efforts reached 631 employees from 11 local major employers through smoking cessation presentations in the worksite setting.	Smoking Cessation; Health Education	11 work sites; 631 total employees
Nutrition	A restaurant recognition program now awards local restaurants for offering healthy alternatives on their menu by placing a Healthy Nacogdoches decal on the entrance door of the restaurant. To date, 14 restaurants have received recognition for supporting healthier options for customers.	Restaurant Recognition Healthy Options	14 restaurants
Nutrition	<p>The coalition encourages local businesses to promote and implement breastfeeding through PSE improvements by advocating for <i>Mother Friendly</i> worksites.</p> <ul style="list-style-type: none"> 1 worksite achieved <i>Mother Friendly</i> status. 	Lactation Protocol/Policy	1 worksite
	The coalition developed the Healthy Nacogdoches Guide for local residents and visitors that includes the following components:	Tools/Products Developed	None provided

Physical Activity/Nutrition	<ul style="list-style-type: none"> A physical activity location directory The Healthy Nacogdoches Approved Restaurant Program guide that features 14 local restaurants who now serve healthier options. Healthy living information. 		
Physical Activity/Nutrition/Tobacco	Overall physical activity, nutrition, and tobacco health education efforts have reached 2,568 residents during the project period.	Health Education	2,568 residents
Chronic Disease Management	Healthy Nacogdoches received the Heart and Stroke Healthy City recognition from the Texas Council for Cardiovascular Disease and Stroke.	Formal Recognition	None provided
Physical Activity/Nutrition/Tobacco/Chronic Disease Management/Leadership	The <i>Work Well Initiative</i> is newly developed by the coalition in efforts to assist local worksites in achieving criteria and working towards receipt of “ <i>Work Well</i> ” recognition as a potential reward for establishing healthier changes to improve employee health.	Worksite Wellness	Pilot 2 worksites in Fall, 2012
NORTHEAST DISTRICT, CT	Northeast District/ HealthQuest ACHIEVE has leveraged the following financial resources: <ul style="list-style-type: none"> Northeast District is one of five Connecticut communities that will receive additional funds to continue community policy, systems, and environmental change efforts through sharing in the state’s Community Transformation Grant, where district will receive \$419,500 over the next five years. 	Funding Resources ACHIEVE Sustainability	County wide impact 118,145 residents
Chronic Disease Management/Physical Activity/Nutrition/Tobacco	<ul style="list-style-type: none"> Northeast District/HealthQuest is one of six national communities to receive funding from the Foundation for the National Institutes of Health to promote the Heart Truth Community Action Program to help women identify risk factors for heart disease. The application was based on ACHIEVE principles of coalition-building, PSE change, and mentorship, and was the only award recipient to receive full funding of \$100,000. 	Program Integration	41,000 households; 85,856 residents; 12 towns within health district
Chronic Disease Management/Physical Activity/Nutrition/Tobacco	<ul style="list-style-type: none"> \$15,000 from the Foundation for the National Institutes of Health to supplement activities for the Heart Truth. 	Program Integration	41,000 households
Chronic Disease	<ul style="list-style-type: none"> \$2,800 from the Connecticut Offices 	Health Education	177 participants

Management	of Rural Health to train 177 Heart Truth participants on the use and certification of CPR/AEDs.	(training & certification)	
Chronic Disease Management/ Physical Activity/ Nutrition/ Tobacco/ Leadership	<ul style="list-style-type: none"> • \$40,000 from NACDD to provide mentorship to the 2012 Norwalk, Connecticut community, as well as to continue to implement ACHIEVE-related policy, systems, and environmental changes. 	ACHIEVE Mentorship/ Sustainability	None provided
Physical Activity	<p>Over 4,400 elementary school children in 9 schools are getting an extra 50 minutes of physical activity each week through the <i>WriteSteps</i> curriculum, a no-cost school policy option which also improves school compliance with national physical activity standards.</p> <ul style="list-style-type: none"> • Plainfield School data suggest that disciplinary referrals have decreased, writing scores have improved and the percentage of students passing the physical fitness component of the Connecticut Mastery Tests has increased dramatically. Says one student about the daily walk, “I think <i>I think</i> better....” 	Active Curriculum Integration	4,400 students
Physical Activity	The Farmer’s Market pavilion is now being used as an open-air exercise space in the evenings.	Shared Use	None provided
Physical Activity	HealthQuest will soon implement the StoryWalk™ project along the river trail, which will combine the placement of laminated pages of children’s stories onto wooden posts along a popular walking trail as an innovative effort to encourage families to participate in physical activity while reading and learning.	Trail Development; Infrastructure Improvements; Health Education	None provided
Physical Activity/ Nutrition/ Tobacco	HealthQuest partner Northeastern Connecticut Chamber of Commerce Board of Directors now offers an online worksite wellness toolkit to chamber membership and general public.	Worksite Wellness	Over 575 businesses Chamber website business ads receive over 250,000 views annually.
Nutrition	HealthQuest partner Day Kimball Healthcare is achieving Baby Friendly Hospital Designation from the World Health Organization and UNICEF.	Lactation Protocol/Policy	Over 550 births annually
	Forged alliance with The Last Green Valley Inc. that works to achieve rural prosperity and sustainability of the last	Tools/Products Developed	1,000 hardcopies and e-copies distributed;

Nutrition	large tract of predominantly undeveloped land in the coastal sprawl of the eastern seaboard. This alliance created the publication <i>“Green & Growing—A Call to Action---A Comprehensive Regional Plan to Sustain and Expand Food, Fiber, Forest Production, and Related Agricultural Economies in the Last Green Valley.”</i> The report contains 147 joint efforts of PSE change required to achieve the vision of economic viability and sustainability.		promoted with 625 member farms; Listed on a website that receives 20,000 hits/month
Nutrition	A Food Policy Council now exists, thanks to increased representation of interested agencies from the food sector.	Food Policy Council	None provided
Nutrition	HealthQuest food policy council continues work with a UCONN Master Gardner’s program intern to develop a community garden in Putnam, CT. At total of 15 planting areas have been made available to families, organizations, and businesses.	Community Gardens	15 planting areas in 1 community garden
Nutrition	The local food policy council and HealthQuest Partner Day Kimball Healthcare partnered with Wholesome Wave to implement a double-value coupon program redeemable at a local farmer’s market, were 1,064 coupon vouchers were redeemed at the farmer’s market in the six-week period. As a result of this success, Day Kimball Healthcare has been invited to apply for a Wholesome Wave grant to bring fruit and vegetable prescription programs to local physicians and families.	Food Policy Council; EBT/Vouchers	1,064 coupon vouchers redeemed at local market in 6-week period
Nutrition	The Town of Putnam now has its own community garden, thanks to an inspiring community story about <i>“Hamelton the Cabbage.”</i>	Community Garden	1 community garden
Tobacco	All 22 Day Kimball Healthcare facilities are now 100% smoke-free.	100% SF 24/7 Policy	1 main campus, 5 healthcare centers, 15 physicians’ offices; 1,500 employees & volunteers; potential impact is 250,000 residents annually
Tobacco	All 7 sites of HealthQuest partner Generations Family Health Center are now 100% smoke-free.	100% SF 24/7 policy	4 office buildings & 3 mobile locations; 170 employees; 103,000 residents

			annually
Chronic Disease Management	The Follow the Fifty Models of Heart Health Community Action Program has a new website and social media initiative to promote the year-long event activities and to document the transformative journey of the participants.	Website Developed/ Social Media Initiative	177 Heart Truth participants
PALM BEACH COUNTY, FL Physical Activity	The CHART has obtained the following additional resources as a result of ACHIEVE implementation: <ul style="list-style-type: none"> Procurement of \$25,000 of local and matching funds to install a Fitness Zone on vacant land that was rezoned as a park. 	Funding Resources Fitness/ Exercise Stations Land Use/Planning Regulation	6,841 residents
Physical Activity	Multiple policies have been adopted in the Bicycle Master Plan through collaboration with the MPO, including the following: <ul style="list-style-type: none"> Designated increase of future bicycle lane mileage by 10% and identification of 596 miles of roadway in need of safety and infrastructure improvements in order to satisfy the Level of Service Threshold set forth in the county's Bicycle Master Plan. 	Land Use/ Planning Regulation	1,300,00 residents
	<ul style="list-style-type: none"> Development of a bicycle suitability map and accompanying interactive computer-based bicycle routing program that will assist in creating more safe bicycle routes. 	Tools/Products Developed	None provided
	<ul style="list-style-type: none"> Provision of bicycle safety education to the public on a quarterly basis. 	Health Education	None provided
Nutrition	Palm Beach County ACHIEVE implemented school gardens and instituted written cooperative agreements at 2 elementary schools: <ul style="list-style-type: none"> A new school garden now exists at Manatee Elementary School. 	School Gardens; Healthy Food and Beverage Policy	1 school garden
	<ul style="list-style-type: none"> Palmetto Elementary School initiated its garden start with 4 rain barrels and 200 potted plants. Presently, the school has 10 raised garden beds, and has expanded the school garden initiative through development of an after school club for students. 	School Gardens	1 school garden
Nutrition	Due to a new cooperative agreement with the local Soup Kitchen to incorporate fresh vegetables into meals using the food grown in the Manatee Elementary School garden, 360 people	Healthy Food and Beverage Policy	None provided

	have access to healthier foods.		
Chronic Disease Management	Palm Beach County ACHIEVE was instrumental in launching an inaugural diabetes outreach education event in Belle Glade, where 70 participants learned of early detection and prevention of diabetes.	Health Education Event	70 event participants
ROCKLAND COUNTY, NY	One Yeshiva now has improved nutritional policies and environments through the following: <ul style="list-style-type: none"> The sale of soda and sugar-sweetened beverages as a school fundraiser is now prohibited, and replaced with the selling of popcorn. 	Healthy Food and Beverage Policy	300 students
Nutrition	<ul style="list-style-type: none"> The high sugar content of the breakfast cereals offered is now reduced by now offering low- or non-sugared cereals as a healthy alternative for students. 	Healthy Food and Beverage Policy	200 students
	<ul style="list-style-type: none"> Healthier foods are now incorporated into the school lunch menu. 	Healthy Menu Options	150 students
	<ul style="list-style-type: none"> A healthy snack policy is now in place for the lower grades. 	Healthy Food and Beverage Policy	100 students
Nutrition	A Healthier Dining Program now exists among 10 local kosher eating establishments to promote menu-labeling and healthy menu alternatives.	Restaurant Recognition/Healthy Menu Options	10,000-15,000 customers
Physical Activity	The same Yeshiva now implements recess before lunch time in efforts to activate metabolism.	Physical Activity Integration (scheduling)	280 students
Leadership	A new health coalition comprised of 72 stakeholders is now established as a result of ACHIEVE efforts.	New Coalition	72 members
Nutrition	<p>The coalition leveraged additional grant funds through the following:</p> <ul style="list-style-type: none"> \$90,000 from the Rockland County Health Department through a state grant called <i>Creating Healthy Places</i> to make possible more health-promoting changes in the community environment such as establishing a farmers' market and helping local restaurants offer healthier menu choices. 	Funding Resources/ Farmer's Market, Healthy Menu Options	None provided
Physical Activity	<ul style="list-style-type: none"> Raised \$35,000 to contribute to physical activity and nutrition efforts through a 5K event spearheaded by the participating Yeshiva. 	Physical Activity Event	300 participants
WHATCOM	The Whatcom County Food Network is now established, and continues to work	Food Policy Council	80 community organizations at

COUNTY, WA	consistently to create equitable, sustainable, and healthy food systems for all Whatcom County residents.		forums, reaching 100-120 community leaders
Nutrition			
Nutrition	Local ACHIEVE was highly influential in the following policy, system, and environmental improvements in the area of school nutrition: <ul style="list-style-type: none"> Farm-to-School programming is now in place in all 7 school districts within the county, as each school implements Farm-to-School with at least 1 farm food per month. 	Farm to School	7 school districts, 27,700 students
	<ul style="list-style-type: none"> The Whatcom School Garden Consortium was asked by state partners to further develop the school gardens' partnership model and curriculum standards for the Washington Office of Public Instruction. Thus far, 12 school gardens in 3 school districts have been established! 	School Gardens	3 school districts, 12 gardens, 2,600 students
Leadership	The following additional financial resources have been leveraged through Whatcom ACHIEVE: <ul style="list-style-type: none"> \$25,000 from the National Parks Service's Rivers and Trails Technical Assistance Program to provide regional coalition development with the CTG-Washington Healthy Communities Project for a 7-county region. 	Funding Resources ACHIEVE Dissemination	7 health jurisdictions (7 health directors & 10-12 Chronic Disease Prevention staff)
	<ul style="list-style-type: none"> \$30,000 from the St. Luke's Foundation last year to support community training and capacity-building efforts. Funds provided an editor for the ACHIEVE Community Action Plan document, travel scholarships towards an 18-person delegation to the National Equity Summit, and presenter fees for the National Complete Streets training. 	Capacity-Building of Community Leaders	Complete Streets Training: 65 community planners, engineers, and community leaders
Leadership/ Chronic Disease Management/ Physical Activity/ Nutrition/	<ul style="list-style-type: none"> \$200,000 from the Robert Wood Johnson Foundation to support substantive local work in land use, the built environment, and food access by funding existing Farm to School efforts, long-range land use planning, and working with other funders to better coordinate strategies and priorities. 	Land Use/ Planning Regulation; Farm to School	None provided

Tobacco	<ul style="list-style-type: none"> Received CTG funding in the amount of \$274,000 to serve as the regional hub for Northwest Washington Healthy Communities Project in community transformation efforts. 	ACHIEVE Dissemination	None provided
WILLIAMSON COUNTY, TX	The CHART has obtained the following additional resources as a result of ACHIEVE implementation:	Funding Resources	30 participants
Tobacco	<ul style="list-style-type: none"> \$27,000 from county government to enable provision of smoking cessation classes for employees. 	Smoking Cessation	
Physical Activity	<ul style="list-style-type: none"> \$5,400 from United Way to provide personal training to residents receiving exercise prescriptions as a pilot to encourage adoption of physical activity habits. 	Exercise Prescription	15 participants
Tobacco/ Physical Activity/ Nutrition	<ul style="list-style-type: none"> \$500,000 to WilCo Wellness Alliance from the Department of State Health Services to be renewed annually for five years. The three strategic directions of the grant are aligned with the mission and vision of WilCo Wellness Alliance, and include furthering the efforts in tobacco-free living, healthy eating and active living, and increased use of high impact quality clinical preventive services. 	ACHIEVE Sustainability	None provided
Tobacco	<p>The CHART has demonstrated the following progress with tobacco policy and environmental strategies:</p> <ul style="list-style-type: none"> Smoking on all county government property is now banned. 	100% SF 24/7 policy	1,550 employees
	<ul style="list-style-type: none"> A Tobacco-Free Workplaces Toolkit is now added to existing worksite strategies, which contains sample tobacco policies, surveys and assessment forms, letters, etc. 	Tools/Products Developed	2 pilot employers, 1,800 total employees
Physical Activity	Three clinic entities, including a hospital network, a local health department, and a federally-qualified health center, now provide exercise prescriptions for their patients with diabetes using the <i>Exercise is Medicine</i> model, raising awareness of the need for and adoption of physical activity.	Exercise Prescription	13 sites participating, # RX's unknown
Nutrition	<i>iPor Vida!</i> , a restaurant recognition program, is now implemented in Georgetown restaurants to help adults and children make healthier food choices by highlighting menu items that meet healthy nutrition guidelines.	Restaurant Recognition/Healthy Options	3 total restaurant locations, # consumers unknown

	<ul style="list-style-type: none"> The Monument Café and Carino's Italian became Por Vida/For Life certified, demonstrating continued implementation of menu labeling and the offering of healthy menu items. 		
Physical Activity/ Nutrition/ Tobacco	Two local worksites now allocate budget line items for provision of worksite wellness programming, including the staffing of a wellness coordinator position in one worksite.	Worksite Wellness	None provided
Nutrition	A community garden is now installed at an area faith-based organization through provision of a mini-grant. The funding provided start-up costs for the construction of the garden, education and training on the Expert Gardener course, as well as a nutrition/cooking course to teach interested participants in the surrounding community.	Church Garden	1 church garden
Chronic Disease Management	In efforts to further chronic disease management at the systems level, the Williamson County and Cities Health District now implements free diabetes self-management classes to the public at no cost.	Health Education, Program Integration	Unknown yet
Leadership	The Wilco Wellness Alliance now includes East Williamson County for present and future policy, system, and environmental change efforts; this expansion now serves nine communities!	ACHIEVE Dissemination	9 communities

The 2009 cohort of communities leveraged a sum of **\$12,463,801** in additional funding, and incorporated **143** policy, **289** environmental, and **24** systems-level enhancements to create healthier places to live. The leading focus areas for these strategies were predominantly physical activity (**40%**), followed by nutrition (**37%**), tobacco (**12%**), chronic disease management (**5%**), and leadership (**5%**), respectively.

"So many successes are coming out of ACHIEVE and will continue to be coming out as a result of this initiative.... The Coordinator and everyone with the WilCo Wellness Alliance appreciates the opportunity to work with everyone in the ACHIEVE team! Thanks!" --Melissa Cammack, Williamson County, TX

2010 NACDD ACHIEVE Community Cohort

ACHIEVE Community/ Risk Factor	Community Outcomes	Type of Community Change	Actual/Estimated Reach (if applicable)
ASHLAND, KY	The coalition leveraged additional funds through the following:	Funding Resources/ Physical Activity Integration	3,000 K-6 students
Physical Activity	<ul style="list-style-type: none"> \$10,000 from a combined grant funded by two foundations to promote Active Recess and reward schools that enact strong policies with \$1,000 worth of active play equipment and an indoor classroom recess activity kit to ensure student physical activity. 		
Physical Activity	<ul style="list-style-type: none"> \$30,000 Healthy Communities grant will enable the health department, with help from the county jail's community service program, to create a walking trail, as well as to install 100% 24/7 tobacco-free signage in 3 school districts in Greenup County. 	Infrastructure Improvements (trail construction); Supporting Signage	2,300 residents, local health department employees, and residents
Physical Activity	<ul style="list-style-type: none"> \$35,000 in combined grant funds was awarded to Ashland ACHIEVE for strategic planning and education concerning future adoption of Complete Streets by community leaders in both counties. 	Strategic Planning (for Complete Streets)	2,500 residents (98.1% of residents in favor); ¼ mile length; 40 signs at 14 schools reaching 5,600 students
Physical Activity	<ul style="list-style-type: none"> \$231,990 from Safe Routes to School for construction of sidewalks in a neighborhood that is in close proximity to 2 elementary schools in Ashland, KY, affecting over 500 students who attend the 2 schools. 	Infrastructure Improvements (new sidewalks)	500 students
Physical Activity	<ul style="list-style-type: none"> \$5,000 from the Foundation for a Healthy Kentucky and the Foundation for the Tri-State Community in efforts to establish new physical activity policies in licensed child care facilities and after school programs. 	Physical Activity Integration/ Policy	2,000 children and adults
Physical Activity	<ul style="list-style-type: none"> \$16,000 from the Appalachian Community Fund to assist with physical activity policy changes in local child care facilities. 	Physical Activity Integration/ Policy	2,000 children and adults
Chronic Disease Management; Leadership Physical Activity; Nutrition; Tobacco	<ul style="list-style-type: none"> \$40,000 from NACDD to provide mentorship to the 2012 Covington, Kentucky community, as well as to continue to implement ACHIEVE-related policy, systems, and environmental changes. 	ACHIEVE Mentorship/ Sustainability	None provided
Physical Activity	19 child care facilities and 5 afterschool programs successfully implement new physical activity policies that mandate at least 30-minutes of physical activity for every 3 hours a child is in attendance.	Physical Activity Integration/ Policy	1,279 children to date
Physical Activity	Twelve schools now enforce Active Recess policies to increase physical activity among students, allowing	Physical Activity Integration/ Policy	3,237 K-6 th -grade students

	over 3,000 students in grades K-6 to be more active during recess, as well as ensuring that recess will not be withheld as punishment for behavioral or academic issues.	Policy	
Physical Activity	A 1-mile walking path now exists around the local hospital, with direction signage for .50, .75, and 1-mile distances for path users. Additionally, the grounds of the hospital are tobacco-free and the path is further supported with approximately 9 100% 24/7 signs. Employees and visitors are encouraged to use the walking path.	Walking Routes	4,000 employees; 3,000 visitors/day; 14 directional markers; 9 100% T-F signs; 3 routes
Physical Activity/ Nutrition	Worksites have adopted the following policy improvements to improve the health of employees: <ul style="list-style-type: none"> One worksite implements a physical activity policy that allows employees the opportunity to engage in physical activity for breaks and during lunch, as well as to engage in physical activity breaks for events/conferences lasting more than two hours. 	Physical Activity Policy	7 employees; 2,000 people attending events by sponsored agency
	<ul style="list-style-type: none"> 2 worksites implement healthy meetings nutrition policy to ensure that healthy foods are served to those attending meetings sponsored by the organization, with several additional worksites pending policy development. 	Healthy Meetings Policy	3,000 people attending meetings sponsored by agencies; 50 employees
Nutrition	Two school districts enact strong nutrition policies that now require improved vending, healthy fundraising, and healthy food and beverage ale carte options during school lunches.	Healthy Food and Beverage Policy; Healthy Vending; Healthy Fundraising	None provided
Physical Activity	These same two school districts now include language in their wellness policies for active recess for children to be active during recess periods and prohibiting recess to be used as punishment.	Physical Activity Policy	None provided
Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management/ Leadership	The recent launch of the <i>WORKing on Wellness Challenge</i> includes 10 local worksites that are teaming up to participate in a pedometer challenge, weight loss programming, and healthy policy passage.	Worksite Wellness; New Program Integration	10 local worksites; 29 teams; 242 individuals
Leadership	Local ACHIEVE was featured as the Kentucky section of a RWJF article " <i>F as in Fat</i> ", and has conducted numerous state-wide presentations on the local ACHIEVE efforts.	Formal Recognition	None provided
CHELSEA, MA Leadership	The CHART team continues to engage and maintain the interest and commitment of key leaders within the community, and has additionally collaborates with Healthy Chelsea to develop goals that can be mutually beneficial to the community through the unity of Healthy Chelsea and ACHIEVE.	Community Collaboration	None provided

Physical Activity	<p>The coalition leveraged the following additional funding resources:</p> <ul style="list-style-type: none"> • \$18,000 from Olivia's Organics Foundation to train teachers at 4 schools on a physical activity curriculum for grades K-4 in hopes of increasing physical activity of students during the school day. 	Funding Resources/ Physical Activity Curriculum Integration; Capacity-Building for Teacher	None provided
Physical Activity/ Nutrition/ Chronic Disease Management	<ul style="list-style-type: none"> • \$240,000 from Partners HealthCare/Mass in Motion to support community wide initiatives designed to promote healthy eating and exercise as a way to combat obesity in Chelsea and continue ACHIEVE activities. 	Funding Resources/ Chronic Disease Prevention; ACHIEVE Sustainability	None provided
Physical Activity/ Nutrition/ Tobacco	<ul style="list-style-type: none"> • \$35,000 from the Trefler Family Foundation for education and promotion of healthy lifestyles for youth in the greater Boston area. 	Funding Resources	None provided
Nutrition	The Chelsea Board of Health passed a trans-fat regulation that now prohibits the use of trans-fat-free foods by restaurants.	Trans-Fat Policy	32,200 residents/ consumers
Physical Activity	Two schools are now incorporating physical activity into at least 75% of classrooms for a minimum of 15-minutes during each school day.	Physical Activity Curriculum Integration	None provided
COAMO, PR Leadership	The mayor possesses a strong vision for establishing a healthy community, and includes health policy and environmental strategies into his revitalization plans in efforts to work together to maximize resources.	Planning Regulation	None provided
Nutrition	The CHART implements a healthy menu policy for the Coamo Saludable city worksite that mandates the use of healthy menus at any event. This includes the elimination of fried foods, smaller portion sizes, offering more than one serving of fruits and vegetables, as well as provision of water and low-sugar desserts. The new policy has been well-received by employees and family members.	Healthy Menu Policy	3,500 event participants and employees
Nutrition	Additionally, Coamo Saludable implements a healthy vending policy for all employees and in all municipal facilities.	Healthy Vending Policy	500 visitors/week; 3,500 employees
Nutrition	Nutrition assessments are completed quarterly by employees as part of a worksite wellness program. Employees who demonstrate positive changes in weight, BMI, and blood pressure are awarded incentive prizes.	Worksite Wellness Assessment	3,500 employees
Nutrition	One local school system implements the Student Health Promoters program, a pilot program where high school students are trained as health promoters to educate elementary school students on healthy eating behaviors. This program allows high school students to satisfy graduation requirements of completing volunteer community work.	Nutrition Education Program Integration	22 high school students trained; 17 high school students completed; 6 elementary schools;

			300 elementary school students
Physical Activity	A one-mile walking route, entitled the Green Mile, is now established in an urban area, thanks to collaboration by ACHIEVE and CPPW. Approximately 20 signs are installed with educational and motivational messages for residents. Five outdoor exercise stations exist alongside the walking route.	Walking Route; Supporting Signage; Fitness/Exercise Stations	1-mile length; 20 signs; 5 exercise stations
Physical Activity	A new walking trail is currently under construction, and estimated to impact 100 people weekly.	Trail Development	5,200 residents
Physical Activity	A new physical activity policy now allows those employees who participate in the Muevete con Coamo Saludable worksite wellness program to engage in physical activity group sessions for 30-minutes twice per week.	Physical Activity Policy	3,500 employees
Chronic Disease Management	The CHART uses media to educate the community on ACHIEVE priorities through the airing of a 15-minute program on a local radio station that communicates information concerning topics of healthy lifestyles and chronic disease prevention.	Program Integration	50,000 residents/day
COLUMBUS COUNTY, NC Leadership; Chronic Disease Management	The CHART held a Faith and Health Summit where 15 faith-based organizations from multiple counties attended and committed to learn how the establishment of policy and environmental strategies in the faith-based setting can improve the health of church members.	Faith-Based Event	15 participating churches
Physical Activity/ Nutrition/ Tobacco	Throughout the ACHIEVE project period, 17 local faith-based organizations now have established policy and/or environmental improvements in efforts to reduce and prevent chronic diseases among church members.	None provided	17 churches; 3,000 church members impacted
Physical Activity/ Nutrition/ Tobacco	Local ACHIEVE received \$300,000 combined in CTG, diabetes prevention, and minority health funding to continue policy, systems, and environmental improvements in the faith-based setting.	Funding Resources	None provided
MARQUETTE COUNTY, MI Physical Activity	Complete Streets policies are enacted in two of the largest cities and in one of the largest townships in Marquette County.	Complete Streets	3 total policies; City of Marquette 20,000; Marquette Township 8,000; City of Ishpeming 7,000
Physical Activity	Birchview School now has a 5-mile pedestrian trail between the north and south side of the city which is currently separated by a four-lane highway, thanks to Safe Routes to School efforts.	Infrastructure Improvements (trail construction)	5-mile trail, 320 students
Physical Activity	Safe Routes to School efforts are successfully integrated into 7 school districts throughout Marquette County. <ul style="list-style-type: none"> All 7 school districts participate in at least one walk-to-school event day. 	SRTS; Walk to School Day	2,100 students
	Over 440 participants engaged in the 8-week	Wellness Event	440 participants

Physical Activity/ Nutrition	Community Wellness Challenge and successfully implemented fitness and healthy eating habits. This event now occurs annually and pairs participants with media and individual coaching towards healthy lifestyle changes.	Integration	
Physical Activity/ Nutrition	During the Community Wellness Challenge, local ACHIEVE successfully acquired media coverage and promotion throughout the event, enabling 10,000 homes in the rural area to receive information and messaging about healthy lifestyles.	Media Event Coverage	10,000 homes
Nutrition	3 school hoop houses are now in place, with each school having a team of students that actively construct and work in the hoop houses. This allows for an extended growing season and increased time in which students can have access to fresh produce.	School gardens	450 students
Nutrition	The CHART is currently supporting community partners in the establishment of a local Food Policy Council.	Food Policy Council	300,000 residents (whole Upper Peninsula Region)
Nutrition	Four community gardens have been established in Ishpeming and Marquette.	Community Gardens	1 Ishpeming 3 Marquette
Nutrition	Local ACHIEVE now collaborates with the East Side Restaurant Association in efforts to encourage local restaurants to serve appropriately- portioned menu options. Two local restaurants have now incorporates healthy portion sizes into their menus.	Restaurant Recognition Healthy Menu Options	15,000 customers; 2 restaurants
Nutrition	Local ACHIEVE efforts have leveraged the following funds: <ul style="list-style-type: none"> • \$7,500 for provision of Hoop Houses at 3 local schools. 	Funding Resources/ School Gardens	450 students
Physical Activity	<ul style="list-style-type: none"> • \$13,000 for Complete Streets funding throughout the county. 	Complete Streets	City of Marquette 20,000; Marquette Township 8,000; City of Ishpeming 7,000
Physical Activity	3 schools dually received infrastructure improvement funding from SRTS and a Building a Healthier Community Grant from the Michigan Department of Community Health: <ul style="list-style-type: none"> • Bothwell Middle School In Marquette: \$174,000; • Birchview Elementary School in Ishpeming: \$169,000; and • Lakeview Elementary School in Negaunee: \$63,000. 	SRTS Infrastructure Improvements	2,100 students
Nutrition/ Physical Activity	According to a recent <i>Upper Peninsula Eco Map</i> distributed by local ACHIEVE members, Marquette County ACHIEVE has additionally established 16 more community gardens, 24 farmer's market and/or fresh produce locations, connectivity to 13 trail systems, and 15 safer routes to school.	Community Gardens; Farmer's Markets; Trail Systems; SRTS	16 Community Gardens; 24 Farmer's Markets; 13 Trail Systems; 15 SRTS
PORTSMOUTH, VA	The CHART leveraged the following resources for improving physical activity and nutrition in	Funding Resources	None provided

Physical Activity/ Leadership	<p>Portsmouth:</p> <ul style="list-style-type: none"> • \$49,555 from the Virginia Foundation for Healthy Youth grant to create a website, hold a leadership summit and implement a recommended strategy for increasing physical activity by enhancing walkability and pedestrian safety for Portsmouth Walks. 	Website; Leadership Event; Infrastructure/ Safety Improvements	
Nutrition	<ul style="list-style-type: none"> • \$54,000 from the Virginia Department of Health CHAMPIONS Initiative to promote infant breastfeeding, a recommended obesity prevention strategy. 	Lactation Protocol/ Policy	None provided
Physical Activity	<ul style="list-style-type: none"> • \$26,000 continued funding for the Portsmouth Walks project. 	Walkability	None provided
Physical Activity	<ul style="list-style-type: none"> • \$10,000 from the Public Broadcasting <i>Blueprint</i> grant to produce a video highlighting Portsmouth's walkability assessments and air it locally to raise awareness and garner support. 	Walkability; Tools/ Products Developed	1 video produced
Tobacco	<ul style="list-style-type: none"> • \$14,500 from the Tobacco Use Control Project to support education, community mobilization and access, and relationship building while implementing evidence-based tobacco control strategies. 	Tobacco Control and Prevention	99,000 residents (Portsmouth); 1,022 public housing units; 489 project-based vouchers; 1,596 tenants
Physical Activity/ Leadership	<ul style="list-style-type: none"> • \$74,498 from the Virginia Foundation for Healthy Youth to establish a city-wide joint use agreement so that the city pool can host the YMCA swim program. The funds will also be used to conduct an additional regional Healthy Communities training and dissemination leadership summit. 	Joint-Use Agreement; Leadership Healthy Communities Summit	None provided
Nutrition/ Physical Activity	<ul style="list-style-type: none"> • \$49,994 from the Virginia Department of Health's Prevention Health and Health Services block grant to continue to implement the Business Case for Breastfeeding in three new locations, increase "Breastfeeding Welcome Here" signage, establish a new stairwell promotion campaign at the health department, and implement a competitive jump rope program as a method of increasing safe and affordable physical activity. 	Business Case for Breastfeeding; Stairwell Promotion; Physical Activity Program Integration	3 locations: 2 city halls & 1 hospital for BCBF; 2 health department locations for stairwell; 3,000 kids (jump rope)
	<p>Healthy Portsmouth collaborated with 4 local worksites and 15 regional worksites to implement the Business Case for Breastfeeding, inclusive of supporting policies and environmental changes that support breastfeeding in the workplace:</p> <ul style="list-style-type: none"> • Lactation rooms to support breastfeeding for employees and visitors now exist within the city's Children's Museum of Virginia and in the Portsmouth Health Department, an environmental change example for others. 	Lactation Protocol; Lactation Rooms	141,946 residents and tourists; 3 lactation rooms

Nutrition	<ul style="list-style-type: none"> The Portsmouth Health Department additionally enforces a new lactation policy for employees, and became the first local health department in the state to implement a breast feeding policy. 	Lactation Policy	None provided
	<ul style="list-style-type: none"> Among the 15 regional worksites, a total of 33 lactation rooms and 8 lactation policies are now in place. 	Lactation Rooms/ Lactation Policies	6,000 women of childbearing ages
	<ul style="list-style-type: none"> The YMCA of South Hampton Roads has signage reading “<i>Breastfeeding Welcomed Here</i>” in all 16 YMCA sites. 	Supporting Signage	16 signs (1 per site)
Nutrition	One community garden is now located at the Bon Secours/Willet Hall location for employees.	Community Garden	1 garden
Tobacco	Healthy Portsmouth is largely responsible for the establishment of smoke-free indoor environment policies in multi-unit housing facilities which implement a Department of Housing & Urban Development recommendation. As a result of this, additional housing authorities in neighboring cities are also considering implementation of smoke-free housing policies.	100% SF 24/7 Policy	1,596 tenants; 1,022 housing units
Tobacco	Following the above success, a tobacco-free policy is now implemented in two sites for the Portsmouth Redevelopment and Housing Authority.	100% TF 24/7 Policy	None provided
Tobacco	A new indoor/outdoor tobacco-free policy exists in a local hospital.	100% TF 24/7 Policy	None provided
Tobacco	“ <i>Voluntary compliance</i> ” smoke-free signage is now in place for city building entrances and parks/playgrounds.	Supporting Signage	25 minimum (at least 1 sign placed at the 25 parks/Playgrounds owned by city)
Tobacco	Beginning with the 2012 fiscal year, employees at Eastern Virginia Medical School will receive a \$15 discount on the monthly medical premium if they do not use tobacco products.	Worksite Wellness/ Health Insurance Policy	1,500 employees
Tobacco	Additionally, employee health insurance plans of Eastern Virginia Medical School will offer tobacco cessation products for any employee who desires to become tobacco-free.	Worksite Wellness/ Health Insurance Policy	1,500 employees
	Healthy Portsmouth demonstrates the following commitment to increase physical activity opportunities for residents: <ul style="list-style-type: none"> Complete Streets and a master transportation plan are now adopted, inclusive of the following changes that have occurred throughout the ACHIEVE project period: 	Complete Streets	99,000 residents
	<ul style="list-style-type: none"> Installation of two bike facilities at a local park. 	Bike Facilities	2 bike facilities
	<ul style="list-style-type: none"> Installation of bike sharrows on a major avenue within the city. 	Bike Facilities	None provided

Physical Activity	<ul style="list-style-type: none"> Establishment of three new bike lanes. 	Bike Lanes	3 new bike lanes; 2.35 ⁺ miles total length
	<ul style="list-style-type: none"> Installation of 168 ADA ramps to improve pedestrian access at 55 non-signalized intersections. 	Infrastructure/ Safety Improvements	168 curb cuts
	<ul style="list-style-type: none"> Striped crosswalks at 30 signalized intersections. 	Crosswalks	30 crosswalks
	<ul style="list-style-type: none"> Completed five sidewalk infill projects to repair existing gaps in sidewalk network. 	Infrastructure/ Safety Improvements	5 sidewalk repairs
	<ul style="list-style-type: none"> Enhanced pedestrian improvements at 9 signalized intersections to increase pedestrian safety, and provide connectivity and multimodal transportation options. 	Infrastructure/ Safety Improvements	9 separate improvements
	<ul style="list-style-type: none"> 33 new bike racks placed at various locations within the city. 	Bike Racks	33 bike racks
	A new 1.58 mile Portsmouth Walks Destination Oriented Urban Walking Trail now exists, complete with the following accompanying changes:	Trail Development	1.58 miles in length; 99,000 residents
	<ul style="list-style-type: none"> Eight Portsmouth Walk Route directional signs are installed. 	Supporting Signage	8 signs
	<ul style="list-style-type: none"> Two ADA sidewalk ramps are in place. 	Infrastructure/ Safety Improvements	2 ADA curb cuts
	<ul style="list-style-type: none"> 14 crosswalks are now striped along the route. 	Crosswalks	14 crosswalks
	<ul style="list-style-type: none"> A new stairwell initiative now exists in Bon Secours hospital system in Portsmouth, which is now being implemented at additional Bon Secours facilities outside of Portsmouth and across Virginia. 	Stairwell	None provided
Physical Activity/ Nutrition	Healthy Portsmouth conducted BMI assessments in one school system with students in grades K, 3, 5, 7, and 10. These results have been presented to the superintendent and will likely be formally presented to the school board in the Fall of 2012.	Assessment (BMI)	17,800 students
Leadership/ Chronic Disease Management/ Physical Activity/ Nutrition/ Tobacco	A Healthy Message Campaign disseminates information on specific health topics each month to Portsmouth residents using a Constant Contact format that is distributed widely through a listserv, reaching an estimated 3,000 people each month.	Media and Messaging	36,000 per year
	The Healthy Portsmouth Twitter and Facebook pages continue to be effective methods of engaging people and disseminating ACHIEVE-related messages and information.	Media and Messages	10,000 people
	The Healthy Portsmouth website was created earlier in the project period still serves as the central hub of information on Healthy Portsmouth projects, meetings, and community resources that promote healthy living in or near Portsmouth.	Media and Messages	1,200 visits to website per year
	Healthy Portsmouth continues to demonstrate effective leadership in motivating healthy	Leadership Summit	500 leaders/residents

Leadership/ Chronic Disease Management	<p>communities change through the following:</p> <ul style="list-style-type: none"> Conduction of a leadership summit on 10/21/11, entitled “<i>Combating Obesity: The Healthy Hampton Roads Leadership Summit</i>” for community members, organizations, and professionals with a particular focus on how to collaborate to build healthy communities and expand the PSE model regionally. 	ACHIEVE Dissemination	
Leadership	<ul style="list-style-type: none"> Co-branding of all materials with the Healthy Portsmouth logo for any community organization to use as they work to establish policy, system, and environmental changes to shape a healthier community. 	ACHIEVE Dissemination	None provided
Leadership/ Chronic Disease Management/ Physical Activity/ Nutrition/ Tobacco	<ul style="list-style-type: none"> Healthy Portsmouth has sparked similar initiatives in Suffolk and Norfolk, neighboring cities, and has given way to a regional community movement entitled <i>Healthy Hampton Roads</i>. 	ACHIEVE Dissemination	None provided
ST. GEORGE, UT Nutrition	The CHART leveraged \$2,500 for the establishment and sustainment of 4 area community gardens in hopes to advance connectivity amongst community, schools, and gardening.	Funding Resources/ Community Gardens	4 community gardens
Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management	Dixie Regional Medical Center implements the following four worksite wellness policies to benefit patients and staff in the areas of physical activity and nutrition:	Worksite Wellness; Worksite Benefits Policy	27,000 Employees in the Inter- Mountain Healthcare Network
	<ul style="list-style-type: none"> Employees who complete the HRA will receive an added benefit of \$100. 		
	<ul style="list-style-type: none"> Employees who adopt a healthy behavior will receive additional benefits to their employee package. 	Worksite Benefits Policy	2,500 employees
	<ul style="list-style-type: none"> Employees who use tobacco products will pay an additional \$10 per pay period if they are not enrolled in tobacco cessation. 	Worksite Benefits Policy	None provided
TALLAHASSEE, FL Tobacco	<ul style="list-style-type: none"> Additionally, Dixie Regional Medical Center adopted a 100% 24/7 tobacco-free campus policy for all associated facilities. 	100% TF 24/7 Policy	6,500 employees; 189,450 residents
	“No smoking” signage is now installed on the grounds of two parks within the city.	Supporting Signage	10 signs; 200,000 residents who attend park events
	The CHART is collaborating with the Early Learning Coalition, the Childhood Obesity and Prevention Education (COPE), and the Mayor’s Health Initiative “ <i>Health By Numbers</i> ” to implement “95210” and	Program Integration; Community Gardens	4,000 families; 5 preschools; 24 classrooms; 18 elementary

Physical Activity/ Nutrition	<p>advocate for increased policy and environmental changes that facilitate healthy eating and increased physical activity.</p> <ul style="list-style-type: none"> Currently 95210 is being pilot implemented in 5 early learning centers and 24 Leon County School Pre-K classrooms located at various elementary schools within the school district. A total of 20 community gardens have been established at 4 preschools and at 18 elementary schools as a result. 		schools; 20 community gardens
Nutrition	<p>The City of Tallahassee's Community Garden Program aims to foster a more sustainable, local, organic food community. Civic and neighborhood groups will now have the opportunity to develop their own community gardens on city property.</p> <ul style="list-style-type: none"> To date, one community garden has been established in a food desert area. 	Program Integration; Community Gardens	1 community garden
Chronic Disease Management/ Physical Activity/ Nutrition	Whole Child Leon received \$98,472 from the Blue Cross and Blue Shield of Florida Foundation to improve childhood obesity among Tallahassee's lower-income children and families.	Funding Resources/ Childhood Obesity	65,000 children and families residing in Leon County
VALLEY CITY, ND Nutrition	<p>The CHART team partnered with the local school system to establish the following system changes:</p> <ul style="list-style-type: none"> Almost 100 high school students who normally wouldn't eat breakfast at school are now consuming a nutrient-rich smoothie, as indicated by monitoring of cafeteria and classroom breakfast numbers. Adolescents who eat a healthy breakfast perform better in the classroom. Students are gaining real-life marketing, production and sales experience through the smoothie bar effort, using it to fulfill a requirement for a state and national DECA project. 	Healthy Food and Beverage Options	100 high school students; 1 high school
Nutrition	<ul style="list-style-type: none"> <i>Athletic Meals-To-Go</i> is helping 188 athletes at 2 schools to eat healthier/save time by offering a nutritionally balanced meal for pre-game energy or post-game re-hydration and quick muscle recovery. 	Healthy Food and Beverage Options	2 Schools; 188 Student-Athletes
Nutrition	<ul style="list-style-type: none"> The local school system implements the Fresh Fruit and Vegetable Program through the USDA for students in grades K-8 at 3 local schools, which involves the serving of fresh fruits and vegetables to 700 students 3 days/week. 	Nutrition Program Integration	700 Students; 3 Schools
Nutrition	<ul style="list-style-type: none"> Valley City Public Schools' Nutrition Services program was recognized by the United States Department of Agriculture's Healthier US School Challenge as one of the healthiest, nutrition-minded programs in the country. 	Formal Recognition	None provided

Nutrition	Local ACHIEVE continues to improve community access and education of healthy eating through the following:	Farmer's Market; Media	None provided
	<ul style="list-style-type: none"> Supporting the local farmer's market through media promotion. 		
	<ul style="list-style-type: none"> Conducting healthy cooking classes at the local farmer's market with fresh produce. 	Healthy Cooking Classes	None provided
	<ul style="list-style-type: none"> Organizing and implementing Supermarket Tours to educate interested individuals in how to shop for healthy foods and beverages. 	Supermarket Tours	24 Participants
Nutrition	A local breastfeeding coalition is now established that will be sustainable in future years and is dually a component of a state-wide breastfeeding committee.	New Breastfeeding Coalition	3 Members
Nutrition	Ten work places are now designated as 'infant-friendly,' a voluntary state designation signifying that workplaces adopted breastfeeding support policies.	Lactation Policy	441 employees
Nutrition/ Physical Activity/ Tobacco	Valley City Public Schools will implement a new school wellness policy for students and staff during the 2012 school year.	School Wellness Policy	None provided
Tobacco	The local rehabilitation facility is now 100% tobacco-free for all facility sites.	100% TF 24/7 Policy	10 sites; 100 employees; 200 residents
Physical Activity	ACHIEVE team members started <i>On The Move</i> , an exercise incentive program of which 500 community residents participate. The local Parks and Recreation Department contributed a free month's membership for the month of February as a method of encouraging participants to utilize the fitness center.	Program Integration	500 participants
Physical Activity	The local fitness center, owned and operated by the community's Parks and Recreation Department, is now open 24/7 where members can access the fitness center anytime by using their membership key card to gain entrance. These new hours of operation were implemented as a result of the Parks and Recreation Department's support of local ACHIEVE efforts in creating a community where access to active lifestyles among local residents is available.	Hours of Operation Policy	None provided
Physical Activity	The ACHIEVE CHART held its first annual Walk-to-School event, where community partners came together so that 600 students from 5 schools could walk to school.	SRTS/Physical Activity Event Integration	5 schools; 600 students
Physical Activity	Groundbreaking for a new recreational trail is now underway.	Trail Development	6,000 residents
Nutrition	The local ACHIEVE group has successfully leveraged the following in additional resources:	Funding Resources/	None provided
	<ul style="list-style-type: none"> \$5,500 from the Midwest Dairy Council to promote chocolate milk as an optimal post-exercise drink, develop the Athletic Meals-to-Go program, and implement the Smoothie Bar. 	Healthy Foods and Beverages Access	
Nutrition	<ul style="list-style-type: none"> \$4,000 from Fuel Up to Play 60 to purchase promotion materials and smoothie blenders for 	Healthy Foods and Beverages	None provided

	the Smoothie Bar, as well as to develop a student led wellness team.	Access	
Nutrition	<ul style="list-style-type: none"> • \$510 from MMES to promote the infant friendly designation at participating worksites. 	Lactation Protocol/ Policy	None provided
Physical Activity	<ul style="list-style-type: none"> • \$115,810 in combined funds from community and state partners to complete a recreational loop that will connect a local park to a new, arterial recreational trail, as well as to create curb cut-outs on surrounding sidewalks to improve pedestrian functionality. 	Infrastructure Improvements (trail connectivity and sidewalk repairs)	None provided
WRANGELL, AK	Local ACHIEVE has successfully leveraged the following funding resources:	Funding Resources/ Greenhouse	2,300 residents; 1 greenhouse
Nutrition	<ul style="list-style-type: none"> • \$100,000 grant to build a greenhouse for local vegetable production, which is dually aiding the local economy, supporting good health and helping to overcome challenging climate issues for local food production. 		
Nutrition	<ul style="list-style-type: none"> • \$70,000 USDA grant will fund grow lights and a renewable energy source, powering the greenhouse to supply produce for a newly established, local farmer's market. 	Greenhouse	2,300 residents
Nutrition	Facilitated in part by ACHIEVE, the " <i>Communities Take Root</i> " initiative makes it possible for Wrangell to now have a fruit orchard, including approximately 40 fruit trees and estimated at a \$1200-\$2400 value.	Fruit Orchard	2,300 residents
Nutrition	Two local food harvest guides, through ' <i>Hike & Harvest</i> ,' are trained by the Southeast Alaska Regional Health Consortium and are actively promoting collection of native berries, greens and shoots to increase local fruit and vegetable consumption.	Program Integration; Capacity-Building	2,300 residents
Nutrition	A community garden is now established, where residents manage the harvest of fruits and vegetables by owning or co-owning a garden bed. This serves as the initial step in growing local fruits and vegetables within the community, since the food market on this island consists solely of hunting and fishing industries.	Community Gardens	20 families; 1 community garden
Nutrition	As part of an effort to improve availability of locally-grown foods, a new community smoke-house is now in place that will now allow locals to smoke and preserve their salmon catch.	Increase Access Locally Grown Foods	2,300 residents
Tobacco	A one day 'smoke-out' campaign led the local bars to go smoke-free for an evening. The bowling alley and American Legion bingo games are now entirely smoke-free in the last year following this, a step toward comprehensive clean air initiatives.	Tobacco Event Integration; 100% SF 24/7 Policy	1,800 adult residents; 200 Bingo/ Bowling participants
	The CHART has assisted the local Parks and Recreation Center with establishing residential opportunities for increases in physical activity	Physical Activity Membership Provision	175 employees in community

Physical Activity	through the following: <ul style="list-style-type: none"> Workplaces are providing free membership to the borough-owned Parks and Recreational facility for employees. Recent usage figures show an increase of over 6,000 (a 13% increase) visits to the gym since the start of this practice. 		
Leadership/ Physical Activity/ Nutrition/ Tobacco	<ul style="list-style-type: none"> Local employers are also participating in a year-long certification program on workplace wellness. 	Worksite Wellness Program Integration	None provided
Physical Activity	Local ACHIEVE was instrumental in increasing the number of local afterschool programs who now encourage daily physical activity for participating students.	Physical Activity Integration	312 students

The NACDD ACHIEVE teams funded in 2010 have collectively secured an additional **\$2,062,829** in financial resources acquired, as well as **106** notable policy strategies, **383** environmental changes, and **15** systems enhancements achieved towards creating healthier communities. The 2010 cohort placed a topmost focus on physical activity strategies (**58%**), followed by nutrition (**23%**), tobacco (**10%**), leadership (**2%**), and chronic disease management (**2%**), respectively.

“Having the opportunity to be an ACHIEVE community has been a challenge and a very rewarding experience for the CHART. We are committed to continue working with and for our community to promote healthier lifestyles and prevent chronic diseases. Because of the opportunity given to our community CHART members were exposed to health promotion and chronic disease prevention strategies and are now aware of the impact policies and system changes have in our community, developed teamwork, community assessment and planning skills and believe in the strength and power of collaboration within a community. Unexpected situations limited our accomplishments but we learned the lesson. Thank you very much for sharing ACHIEVE resources with a small town in Puerto Rico.” –Madeline Reyes, Coamo, PR

2011 NACDD ACHIEVE Community Cohort

ACHIEVE Community/ Risk Factor	Community Outcomes	Type of Community Change	Actual/Estimated Reach (if applicable)
CLARK COUNTY, MO	Local ACHIEVE leveraged the following additional financial resources to increase access to physical activity for local residents:	Funding Resources/ Infrastructure Improvements (sidewalks)	2,405 residents
Physical Activity	<ul style="list-style-type: none"> • \$242,000 from the Missouri Department of Transportation Safe Routes to School for sidewalk infrastructure improvements to improve access to schools. 		
Physical Activity	<ul style="list-style-type: none"> • \$265,576 from the Missouri Foundation for Health for additional sidewalk infrastructure improvements, prospective Complete Streets policy changes, as well as programs and media campaigns that encourage walking or bicycling to schools, places of work, and local businesses. 	Infrastructure Improvements (sidewalks); Complete Streets; Media/Marketing Campaign	7,300 residents
Physical Activity	<ul style="list-style-type: none"> • \$55,100 for renovation and infrastructure improvements at a community softball/baseball complex that is used by the CCR-1 School District, Kahoka Ball Association's summer community league, and other local tournaments. 	Infrastructure Improvements (ball park renovations)	350 players; 1,400 spectators
Nutrition	One local grocery store deli now has "Lite Lunch" choices to the menu.	Healthy Menu Options	150 customers
CLAY COUNTY, KY	A new crosswalk now exists at the entrance of the only park in the county so pedestrians can safely enter the park and walking track from the parking lot, as a result of Healthy Clay's collaborative efforts with the district Kentucky Department of Transportation.	Safety Improvements	300 regular park users
Physical Activity	A total of 6 pedestrian yield signs are now located at area downtown crosswalk locations within the City of Manchester, thanks to a collaborative effort between Healthy Clay and the regional Department of Transportation.	Safety Improvements	13,000 residents
Physical Activity	Additional crosswalks and signage are now installed within the City of Manchester.	Safety Improvements	4,000 residents; # of signs/crosswalks not provided
Physical Activity	Five outdoor exercise stations are now in place at the local park.	Fitness/Exercise Stations	500 regular park users; 5 exercise stations
Physical Activity	Two bike racks are installed at a local university branch.	Bike racks	150 students
	Healthy Clay collaborated with community partners to	Physical Activity	150 participants

Physical Activity	host a 5k to raise awareness about healthy lifestyles.	Event Integration	
Nutrition	Four local worksites now implement healthy meetings policies so that employees have increased access to healthy food and beverage options at the work place.	Healthy Meetings Policy	100 employees
Nutrition	Four worksites now have increased support for breastfeeding mothers within the work place.	Lactation Protocol	20 employees
Chronic Disease Management/ Physical Activity/ Nutrition/ Tobacco	Two worksites now provide office-based incentives for employees to participate in chronic disease prevention activities.	Worksite Wellness	120 employees
Tobacco	As a result of the health department's indoor air quality assessment and the CHART's ensuing discussion, the city council in Manchester, Kentucky now enacts a smoke-free ordinance that prohibits smoking in all public spaces throughout the City of Manchester.	100% SF 24/7 Policy	13,000 residents
Leadership	Healthy Clay has successfully leveraged additional resources through the following: <ul style="list-style-type: none"> • \$10,000 from the Appalachian Regional Commission Flex E Grant for leadership and strategic planning assistance. 	Funding Resources/ Tools/ Products Developed	1 strategic plan; 21,000 estimated reach
Leadership/ Physical Activity/ Nutrition/ Tobacco	<ul style="list-style-type: none"> • Clay County was one of a tri-county region selected for a 5-year Promise Neighborhood implementation grant, where it is estimated that Clay County will receive \$10,000,000 over the next 5 years to provide the resources and support young people need to succeed while transforming distressed neighborhoods into communities of opportunity. Healthy Clay is collaborating with the new initiative to integrate healthy community planning and PSE strategies. 	Infrastructure Improvements	None provided
Physical Activity	<ul style="list-style-type: none"> • \$5,145 from Healthy Clay partners to complete the purchase of the outdoor exercise stations. 	Fitness/ Exercise Stations	5 exercise stations purchased
Leadership/ Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management	<ul style="list-style-type: none"> • \$16,500 grant for implementation of Healthy Clay strategies. 	ACHIEVE Sustainability	None provided
Leadership/ Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management	<ul style="list-style-type: none"> • \$1,500 given to Healthy Clay by community partners from the 5k event for implementation of Healthy Clay efforts. 	ACHIEVE Sustainability	None provided

CLINTON COUNTY, IN	Frankfort ACHIEVE leveraged the following additional grant resources:	Funding Resources/ SRTS Infrastructure Improvements	6,000 students
Physical Activity	<ul style="list-style-type: none"> • \$77,000 from the Safe Routes to School National Partnership for non-infrastructure efforts to increase physical activity opportunities for students. 		
Physical Activity	<ul style="list-style-type: none"> • \$1,000 mini-grant from SRTS 	SRTS	1,200 students
Physical Activity	<ul style="list-style-type: none"> • \$2,000 from Fuel Up to Play 60 to increase physical activity and nutrition education for 1,200 students and their parents at monthly Family Fun nights. 	Physical Activity and Nutrition Education Integration	1,200 students and parents
Physical Activity	<ul style="list-style-type: none"> • \$1,500 from SPARK to provide resources so that students participate in structured physical activity in the school or afterschool setting. 	Physical Activity Curriculum Integration	600 students
Physical Activity	<ul style="list-style-type: none"> • \$1,309,883 from the Indiana Department of Transportation to reconstruct a city street with new sidewalks and bike lanes, which will connect 4 neighborhoods, 2 churches, the YMCA and 1 high school together. 	Infrastructure Improvements (new sidewalks; bike lanes)	10,000 residents
Physical Activity	<ul style="list-style-type: none"> • \$29,000 from local economic development funds was pledged by the mayor to construct a new sidewalk to increase connectivity to one elementary school. 	Infrastructure Improvements (new sidewalks)	8,250 residents; 3,200 students
Chronic Disease Management	<ul style="list-style-type: none"> • \$20,000 from the Cancer Consortium to create a promotora for chronic disease prevention among the local Hispanic/Latino population. 	Community Health Worker	6 new promotoras; 1,872 educational encounters with Hispanic/Latino families per week
Physical Activity	<ul style="list-style-type: none"> • \$2,262,517 from the Federal Highway Administration to reconstruct South Maish Road in accordance with Complete Streets concepts, such that the new road will have adequate sidewalks, bike lanes, travel lanes, and a grass strip. 	Infrastructure Improvements (new sidewalks; bike lanes; travel lanes)	17,000 residents
Tobacco	<ul style="list-style-type: none"> • \$8,100 from the Clinton County Health Department to fund a teen tobacco cessation program for students who are caught violating the underage tobacco laws in lieu of undergoing school suspension or paying court fines. 	Tobacco Cessation (alternative to suspension)	808 6 th -12 th -grade students (21% of 3,500 smoke; 10% of 3,500 use smokeless)
Physical Activity	<ul style="list-style-type: none"> • \$6,000 from Rotary of Frankfort for installation of directional signage for the mapped walkways and for printing of new informational brochures that highlight the 23 walking routes. 	Supporting Signage; Tools/Products Developed	65 directional signs; 2,000 brochures distributed
Physical Activity	<ul style="list-style-type: none"> • \$4,500 to establish a .5-.75 mile walking route and outdoor fitness stations around the perimeter of Frankfort Middle School. This community service project is a multi-generational collaboration featuring the 21st Century after school program students and the residents of the Wesley Manor Retirement Community. Once completed, this 	Walking Routes; Fitness/Exercise Stations	.5-.75 mile walking path; 10 exercise stations

	recreational route will also be featured on the community's printed brochure of mapped walkways.		
Physical Activity	<ul style="list-style-type: none"> • \$80,000 from Clinton County to hard-surface a road that connects to existing walking trails at the State Nature Preserve. 	Infrastructure Improvements; Trail Connectivity	33,000 residents
Physical Activity/ Nutrition	A local bank maintains a focus on worksite wellness by incorporating monthly education on healthy eating, physical activity, and mental health for its 200 employees.	Worksite Wellness	200 employees
Physical Activity/ Nutrition/ Tobacco	Three local businesses (City of Frankfort, LEP Fasteners, and Neo-Resins) now implement worksite wellness policies that advocate for physical activity and healthy eating opportunities, as well as tobacco prevention strategies for respective employees.	Worksite Wellness Policies	500 total employees
Nutrition	WIC vouchers are now accepted at the local Farmer's Market, so that young mothers can have access to fresh fruits and vegetables.	WIC/EBT Vouchers	320 young mothers
Nutrition	Beginning with the 2012 school year, the Frankfort School Corporation and the Clinton Central School Corporation will participate in the USDA Fruit and Vegetable Program, which will provide 3,600 students with one extra fruit or vegetable each day at no cost. Additionally, the Community Schools of Frankfort will begin participation in the same program in August, 2013, benefitting 2,600 students.	Nutrition Program Integration	3,600 students (2012); 2,600 students (2013)
Physical Activity	The Frankfort City Council now implements a Complete Streets policy.	Complete Streets	17,000 residents
Physical Activity	Local moms of children between the ages of 2 and 13 regularly participate in the National Institute of Health's <i>We Can</i> program to assist with the creation of new messaging to increase parental desire for children of these ages to be at a healthy weight. The coalition will receive either the SPARK or CATCH curriculum to distribute locally as a result of participation.	Program Participation	20 participants
Physical Activity	Frankfort ACHIEVE was influential in the establishment of a "Walking School Bus," which currently involves 1,700 K-5 th grade students participating in walk-to-school events on a regular basis. Beginning in Fall, 2012, an additional 750 6 th -graders will begin participating in the same program.	SRTS (walking school bus)	2,450 K-6 th -grade students
Physical Activity	Safe Routes to School interventions are now being implemented in one additional town within Clinton County, giving approximately 5,000 students more opportunities to walk or bike to school.	SRTS	5,000 students
Physical Activity	Six new walking trails have been mapped as a component of the Clinton County Walkways Program, bringing the total number of existing trails to 20.	Walking Routes	33,000 residents; 6 routes
Tobacco	This same local bank now provides health insurance coverage for tobacco cessation services, so that employees can participate in such services at no cost.	Tobacco Cessation	200 employees

Tobacco	One local restaurant/bar became smoke-free; this owner has now become a county advocate for smoke-free restaurants/bars.	Smoke-Free Restaurants/ Bars	3,000-3,500 consumers per week
Tobacco	Frankfort High School implements an alternative to suspension policy that allows all students caught in violation of the school's tobacco-free policy to participate in tobacco education and cessation classes in lieu of being suspended for 3 days.	Tobacco Cessation (alternative to suspension)	950 students
Tobacco	A new policy at the local hospital includes a tobacco use assessment that is now administered to all patients and patient families regarding use of tobacco products, and additionally refers patients and family members to cessation services if they identify themselves as a tobacco user.	Tobacco Cessation (assessment)	12,000 patients per year
Tobacco	As a result of local and state efforts to increase bans on usage of tobacco products, local ACHIEVE was influential in the 100% smoke-free tobacco policies that are now enacted at the Frankfort Moose Lodge and the local United Way office.	100% SF Policy	24,000 individuals per year combined for both locations
DAYTONA BEACH, FL Physical Activity/ Nutrition/ Tobacco	An official worksite wellness plan now exists at Bethune-Cookman University, thanks to the work of the local ACHIEVE coalition.	Worksite Wellness Plan	None provided
Physical Activity/ Nutrition	As a component of the new worksite wellness plan and continued focus on healthy lifestyles, <i>Weight Watchers at Work</i> was implemented at Bethune-Cookman University.	Program Integration	14 participants in Weight Watchers at Work
Nutrition	A new school garden now exists at Campbell Middle School, impacting an estimated 1,000 students and/or residents.	School Garden	1,000 students and/or residents
Nutrition	The local Boys and Girls Club now offers healthy foods and beverages to attending children with the help of additional grant funding.	Healthy Food and Beverage Options	50 attending children
LANE COUNTY, OR Nutrition	The 4-J School District in Lane County, Oregon now eliminates the sell and provision of sugar sweetened/flavored milk in all grade schools throughout the district, affecting 16,000 students across 37 various schools.	Healthy Food and Beverage Policy	16,000 students; 37 schools
Nutrition	The PeaceHealth Oregon Region now implements a healthy vending policy in all four hospitals and all clinics and labs, giving employees, patients, and visitors increased access to healthy food and beverage options.	Healthy Vending Policy	350,000 employees, patients, and visitors per year; 4 hospitals
Nutrition	One produce stand is now in place at a local convenience store as a component of a healthy corner	Healthy Retail Initiative	None provided

	store initiative.		
Nutrition	The Lane County Health Department enacts Healthy Food Procurement Policy for meetings and events so that employees, patients, patients and community members will have healthier options at meetings and events.	Healthy Meetings and Events Policy	50 employees; 100's of patients and community members
Nutrition	A healthy vending machine now exists at the local YMCA, through collaboration with ACHIEVE, to offer healthy food and beverage options to staff and members.	Healthy Vending	14,000 members; 34 part-time and full-time staff
Tobacco	Two local worksites now enact a 100% tobacco-free campus policy, affecting 400 total employees and an estimated 50,000 clients who frequent these sites.	100% TF 24/7 Policy	40 employees; 50,000 clients
Tobacco	Lane County additionally implements a 100% tobacco-free policy for all county places of employment, public parks, and the events center.	100% TF 24/7 Policy	350,000 residents; 1,100 employees; Additional 50,000 visitors per year
Chronic Disease Management/ Leadership/ Physical Activity/ Nutrition/ Tobacco	Local ACHIEVE leveraged \$81,500 from the state of Oregon for implementation of ACHIEVE-related efforts.	ACHIEVE Sustainability	None provided
MENDOCINO COUNTY, CA Physical Activity/ Nutrition/ Tobacco/ Chronic Disease Management	Mendocino ACHIEVE has leveraged the following financial resources:	Funding Resources/ ACHIEVE Sustainability	None provided
	<ul style="list-style-type: none"> • \$30,000 from the California Obesity Prevention Program to implement activities related to ACHIEVE. • \$237,000 in Community Transformation Grant funding to implement ACHIEVE-related strategies. 	ACHIEVE Sustainability	None provided
Nutrition	Willits Unified School District now offers an increased variety and number of fresh fruit and vegetable options available to students, and additionally eliminates all foods that do not meet the state's guidelines for a "nutritious snack" during the school day.	Healthy Food and Beverage Options	1,900 students
Nutrition	Baechtel Grove Middle School now offers a fresh fruit and salad bar to students as a method of increasing students' access to fresh fruits and vegetables, as well as providing healthy menu options during lunch.	Healthy Food and Beverage Options	1,900 students
Nutrition	Laytonville Healthy Start Family Resource Center offers fresh fruits and vegetables during snack time and no longer serves sweetened lemonade for attending children.	Healthy Food and Beverage Options	1,170 children
Nutrition	The Potter Valley School District no longer sells candy, unhealthy baked foods, coffee, and hot chocolate as fundraising opportunities.	Fundraising Policy	250 children
	The Northern Circle Indian Housing Authority now	Healthy	20 employees

Nutrition	offers healthy food and beverage options at bi-monthly staff meetings.	Meetings	
Nutrition	The Ukiah Valley Medical Center institutes a food environment policy that addresses nutrition labeling and pricing strategies to incentivize consumption of healthier food items, as well as prohibits advertising of unhealthy foods.	Food Environment Policy; Menu Labeling: Pricing/ Advertising Strategies	366 individuals per month (4,392 individuals per year)
Physical Activity	Laytonville Healthy Start Family Resource Center implements a screen time policy that prohibits no more than 30-minutes of computer use for attending children.	Reduced Screen Time Policy	1,170 children
Physical Activity	Mendocino Coast District Hospital, through collaboration with the Fort Bragg City Council, developed walking maps and walking support resources for community members. These tools are housed on the hospital's website.	Tools/ Products Developed	1,462 residents
Tobacco	The Mendocino County Working on Wellness Program actively promotes the California Smoker Helpline in all employee orientation packets for new employees.	Tobacco Cessation	1,000 employees
Tobacco/ Physical Activity/ Nutrition	The Fort Bragg City Council enacts a Healthy Cities resolution and appointed an ad hoc committee to draft a tobacco licensing ordinance to enforce restrictions on tobacco sales to minors. The resolution also pledges to establish and implement an employee wellness policy to encourage employees to walk and bike during the work day, and set nutrition standards for food offered at city events and meetings.	Healthy Cities Resolution; Underage Tobacco Policy; Physical Activity Policy; Healthy Food and Beverage Options	1,462 residents
RUTLAND, VT Physical Activity/ Nutrition/ Tobacco	The Rutland Area Prevention Coalition received \$110,000 from the Vermont Department of Health's Community Transformation funds that will be distributed to four community organizations and two colleges in efforts to support prevention and healthy lifestyle programs, including a Healthy Retailers project.	Funding Resources/ ACHIEVE Sustainability	16,742 Rutland City; 2,924 Fair Haven; 4,618 Castleton; 3,866 Brandon; 2,471 college students
Nutrition	One local recreation area piloted a new policy for the concession stand to provide only healthy foods and beverages to patrons. Data is being compiled of the pilot site and currently looks favorable for adoption at future recreation areas in the county in the future.	Healthy Food and Beverage Policy	175 patrons
Physical Activity	Construction for Segment 1 of the Rutland Creek Path is now underway, which will connect Giorgetti Park to State Street.	Trail Development	3,800 feet; 16,742 residents Rutland City; 61,000 residents in region
Physical Activity	Local ACHIEVE created a crosswalk inventory complete with suggested potential traffic calming measures to be implement within the City of Rutland.	Assessment	16,742
SPARTANBURG	The Spartanburg Childhood Obesity Task Force	Community	8,175 students

COUNTY, SC	conducted BMI measurements of 84% of 1 st -, 3 rd -, and 5 th -grade students in 6 different school districts throughout Spartanburg County. Results indicated that more than 1/3 of the students in each of these grades were overweight or obese. The task force plans to use the data to increase awareness and plan for appropriate interventions to implement county-wide.	Assessment (BMI)	assessed
Chronic Disease Management			
Physical Activity/ Nutrition	Partners for Active Living, in partnership with the Hub City Farmer's Market, received \$95,000 from the South Carolina Department of Health and Environmental Control to increase trail connectivity within the City of Spartanburg. The funds will additionally support the dissemination of the Healthy Food Hub in Spartanburg's Northside neighborhood as a method of increasing access to fresh produce for targeted residents.	Funding Resources/ Trail Connectivity; Mobile Markets	180,000 residents (trails); 3,757 residents (Northside neighborhood); 1,977 college students; 1,000 weekly Hub City Farmer's Market consumers
Nutrition	10 local food establishments are participating in a healthy restaurant program entitled <i>Good for You Spartanburg!</i> , where the restaurants are committed to offering healthy menu options for patrons and adopt healthy practices such as serving smaller portion sizes, serving locally grown produce, allow healthy item substitutions with meals, and implement healthier cooking practices.	Healthy Restaurant Program; Healthy Menu Options	10 restaurants
SUSSEX COUNTY, DE	Local ACHIEVE has leveraged the following additional financial resources: <ul style="list-style-type: none"> \$5,000 from an ACHIEVE partner to support and enhance current ACHIEVE efforts. 	Funding Resources/ ACHIEVE Sustainability	None provided
Leadership			
Nutrition/ Physical Activity/ Tobacco	<ul style="list-style-type: none"> \$150,000 from the Department of Public Health Physical Activity and Nutritional Outreach Initiative (\$50,000 per year for three years) to continue efforts with healthy vending in worksites, worksite wellness, and improving food access to low-income families. 	ACHIEVE Sustainability	None provided
Physical Activity	<ul style="list-style-type: none"> \$20,250,000 was successfully procured from the passage of Delaware state legislation to be enacted throughout the state and Sussex County for future trail construction, as well as administer infrastructure improvements to existing trails within the Trails and Pathways Program for increased walk- and bike ability. 	ACHIEVE Sustainability; Trail Development	Delaware population: 907,135; Sussex County Population: 192,000
Nutrition	Through collaboration with the local Community Supported Agriculture, the local ACHIEVE group implements Healthy Community Dinners, where 165 participants learn preparation skills and experience healthy meals.	Nutrition Event Integration; Health Education	165 participants
Nutrition	Two worksites are piloting healthy vending strategies. Funding has been secured to implement these efforts further in the next calendar year.	Healthy Vending	2 worksites

Nutrition	The local Farmer's market now accepts EBT as a method of payment.	EBT	None provided
WHITFIELD/ MURRAY COUNTIES, GA	Adoption of a 100% smoke-free policy by the school board makes all 9 schools in the Dalton Public School System completely smoke-free, including sporting events.	Funding Resources/ ACHIEVE Sustainability	None provided
Tobacco			
Physical Activity	Residents logged approximately 6 million miles of physical activity in the "Community In-Motion" challenge.	Physical Activity Program Integration	None provided
Physical Activity	A Healthy People 2020 grant for \$10,000 leveraged by ACHIEVE will help increase the reach of the "Community In-Motion" challenge.		
Nutrition	<p>"Think About What You Drink", a school-based prototype aimed at reducing sugar-sweetened beverage consumption among students and their families is impacting healthy behaviors based on a mid-prototype evaluation.</p> <ul style="list-style-type: none"> Lt. Governor Casey Cagle's "Healthy Kids Georgia" campaign is promoting the "Think about What You Drink" prototype to additional 20-25 schools across the state. 	Nutrition Program Integration	None provided
Nutrition	The Dalton Public Schools are currently implementing a pricing strategy that now ensures that faculty and staff purchase sweet tea as a beverage rather than receiving it at no cost.	Pricing Strategies	None provided
Nutrition	Healthy vending strategies are being piloted by several local manufacturing plants.	Healthy Vending	None provided
Leadership/ Physical Activity/ Nutrition	The 2011 Educational Patron Award from the Georgia Association of Elementary School Principals was awarded to the Northwest Georgia Healthcare Partnership for their health promotion efforts.	Formal Recognition	None provided

Only two years into the three-year ACHIEVE project period, the 2011 NACDD ACHIEVE communities have already secured a massive **\$35,365,821** in additional financial support to go towards sustainability of ACHIEVE-related efforts. Equally impressive is the cumulative establishment of **25** new policies, **127** environmental improvements, and **6** systems advancements, of which the focus is primarily on physical activity and nutrition strategies (37% each), followed by implementation of tobacco (16%), leadership (10%), and chronic disease management (7%) strategies.

"The ACHIEVE experience is providing us with a spark of hope for real community change. We appreciate the opportunity and all the support and assistance." -

Rhonda Bowling, 2011 Clay County, KY

2012 NACDD ACHIEVE Community Cohort

ACHIEVE Community/ Risk Factor	Community Outcomes	Type of Community Change	Actual/ Estimated Reach (if applicable)
BROWN COUNTY, WI Physical Activity/ Nutrition/ Chronic Disease Management	Live 54218 has obtained \$235,000 from three local healthcare systems and an additional \$12,500 in financial contributions from local companies to implement Live 54218 marketing strategies, educational approaches, and CHART activities.	Funding Resources/ ACHIEVE Sustainability	248,000 residents Brown County
Nutrition/ Physical Activity	Live 54218 additionally secured \$320,000 from Transform Wisconsin to promote healthy eating and physical activity to increase access to locally grown fruits and vegetables and implement open gym policies in schools, respectively.	Funding resources/ ACHIEVE Sustainability	23,500 students; 3 school districts
Nutrition	Live 54218 now has an AmeriCorps volunteer who will work with three school systems in and around Brown County to implement Farm-to-School programs in area elementary and middle schools.	Farm-to-School; Staffing Secured	23,500 students; 3 school districts
Nutrition	A new nutrition policy now exists in one school district that requires nutrition information to be posted at point-of-decision locations in all middle schools and high schools in the district.	Menu Labeling	10,655 students; 1 school district; 10 schools
Nutrition	A Farm-to-School task force is now in place for Brown County in preparation for the upcoming Farm-to-School implementation in three school districts.	New coalition established	None provided
COLBY, KS Physical Activity/ Nutrition/ Tobacco	Local ACHIEVE leveraged the following resources: <ul style="list-style-type: none"> \$25,000 from the Kansas Health Foundation for a leadership development and planning grant, where the funds will go towards policy, systems, and environmental changes that align with ACHIEVE goals and objectives. 	Funding Resources/ ACHIEVE Sustainability	49 community leaders; 5,438 residents; 17 coalition members
Physical Activity	<ul style="list-style-type: none"> \$2,000 from the Kansas Department of Health and Environment to implement Safe Routes to School walkability and bike-ability audits, develop an action plan to target identified needs, and develop walkability and bike-ability toolkits to be used collaboratively by community leaders. 	SRTS Assessment (walkability and bike ability audits); Tools/ Products Developed	57 participants in the SRTS assessment and grant process
Physical Activity	<ul style="list-style-type: none"> \$1,500 from the Kansas Department of Health and Environment to implement walk and bike educational opportunities to students from three local schools, in addition to the implementation of Walk-to-School and Bike-to-School events in the spring of 2012. 	SRTS (health education; Walk-to-School event; Bike-to-School event)	300 students Walk-to-School; 90 students Bike-to-School; 132 students, 3 teachers, and 9

			families walk/bike safety education
Physical Activity/ Nutrition	<ul style="list-style-type: none"> • \$4,000 from the National Initiative for Children's Healthcare Quality to participate in the <i>Collaborate for Healthy Weight Project</i>. 	Clinical Preventive Healthcare Project	None provided
Nutrition	<ul style="list-style-type: none"> • \$173,933 in community donations for ongoing construction and completion of the new community walking trail. 	Trail Development	5,438 residents; 55 organizations/ Businesses; 68 households
Physical Activity	<ul style="list-style-type: none"> • \$250,000 from Safe Routes to School for new infrastructure improvements within the city of Colby to increase access to physical activity as a method of transportation to and from local schools. 	SRTS/ Infrastructure Improvements	None provided
Physical Activity	<ul style="list-style-type: none"> • \$35,000 from Sunflower Trails to complete future phases II and III of the new walking trail. 	Trail Development	5,438 residents
Physical Activity	Local ACHIEVE, in collaboration with the Thomas County Coalition, is influential in starting the construction of a 2 mile walking trail within the Colby community. Phase 1 of three phases has been completed, enabling the first .50 miles to be completed. The trail is adjacent to a new, state-of-the-art aquatic facility and offers connectivity to a school and main community road.	Trail Development	3,500 residents; .50 miles length
Physical Activity/ Nutrition/ Tobacco/ Leadership/ Chronic Disease Management	The Thomas County Coalition, in collaboration with the local hospital, conducted a community health needs assessment. This assessment process resulted in a strengthened partnership with the local hospital, who vowed future support of CAP activities.	Assessment	None provided
COVINGTON, KY Nutrition	WIC vouchers are now accepted at the local farmer's market.	WIC/EBT Vouchers	250 WIC recipients
Nutrition	Additionally, the local farmer's market now matches the first \$4 spent by WIC clients each Saturday, serving to increase redemption by WIC clients, increase revenue for the farmer's market in order to maintain participation, and increase fruits and vegetables purchased by WIC clients.	Pricing strategies	250 WIC recipients
Physical Activity	A new crosswalk now exists at the entrance of the Licking River Greenway Trail, a trail that is currently being constructed by Covington. Future ACHIEVE efforts will work to increase access to the trail through signage, dedicated parking, and traffic calming measures.	Safety improvements; Crosswalks	1 new crosswalk installed
Tobacco	Decision-makers now enact a smoke-free grounds pool policy, which prohibits smoking within 50 feet of the pools' perimeter, due to the influence of local ACHIEVE.	Smoking Restriction	7,344 pool users; 3 public pools

Tobacco	In support of the new smoking restriction at the public pool facilities, two no-smoking signs are now installed at each of the 3 pools.	Supporting Signage	7,344 pool users; 3 public pools; 6 total signs
Tobacco	Local ACHIEVE members conducted air nicotine testing for the Housing Authority Board of Covington, which illustrated the presence of nicotine in 100% of the areas tested.	Assessment	None provided
Tobacco	In response to the air nicotine testing results, the Housing Authority Board will implement a new 100% smoke-free housing resolution that prohibits smoking inside of housing units.	100% SF Housing Policy	800 housing units
NORWALK, CT Nutrition	In partnership with the Norwalk Department of Recreation and Parks, the Norwalk Health Department received \$10,000 from the Elizabeth Raymond Amber Trust to purchase kitchen and cooking appliances for Fodor Farm, a community space that houses many programs and activities, including a popular community garden and the <i>Growing Gardens, Growing Health</i> program.	Community Garden	9 families (low-income mothers and children)
Nutrition	The Norwalk YMCA afterschool program now implements a new water-only policy, where children are now only allowed to drink water as a beverage while attending the afterschool program.	Healthy Food and Beverage Policy	100 students
Nutrition	The Norwalk YMCA formally committed to the adoption of a nutrition evidence-based curriculum to implement as a method of promoting healthy eating to attending children.	Nutrition Curriculum Integration	None provided
RANDOLPH COUNTY, IN Nutrition	The local YMCA now has healthy vending machines in spite of unhealthy foods and beverages at the facility to increase access to healthy vending options for YMCA members.	Healthy Vending	None provided
Nutrition	Thanks to the City of Winchester's donated land, a new community garden exists in Winchester.	Community Gardens; Land Use	None provided
Nutrition	Randolph Eastern High School's football concession now provides some healthier options, prompting one patron to say, " <i>Thanks for having something a little healthier.</i> "	Healthy Food and Beverage Options (Concessions)	None provided
Tobacco	The local YMCA Board of Directors now implement smoke-free events based on its potential impact and local support.	100% Smoke-Free Events Policy	None provided
Tobacco	Union City now has a smoke-free city park posted with " <i>Young Lungs at Play</i> " signs to reinforce the policy and exceeding a new state clean indoor air law requirement. Another nine parks will be posted smoke-free soon.	100% Smoke-Free Policy	None provided
Tobacco	Union City's strengthened version of the new state clean indoor air law, bars smoking within 15 feet of entrances to public places or places of employment.	100% Smoke-Free Public Places/ Employment Policy	3,500 residents

Tobacco	Randolph County ACHIEVE leveraged \$7,000 to enlist primary care providers in assessing patients' smoking status and referring them to smoking cessation support.	Smoking Cessation	None provided
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Although the 2012 NACDD ACHIEVE cohort is new in existence, each of the five selected teams are well-poised to produce similar successes as the preceding cohorts, as evidenced by already receiving **\$1,075,933** in additional funding and demonstrating a collective **43** successful outcomes during the first six months of the two-year project period.

"You heard it a lot about being involved in this project as the top of the mountain experience. This is true of our community. To be able to have access to national leaders and experts in the field of health was amazing. The organization and process of the grant was so helpful. This is one grant experience where I truly felt that the technical support was there for us and had a vested interest in how our community was doing. The staff and mentors were wonderful and we are very sad that we are drawing to an end of the formal grant. However, our plans are to continue on with the effort and build from the foundation that ACHIEVE and NACDD provided for us." –Kasiah Rothchild, Colby, KS



...Phase 1 construction of community walking trail in Colby, Kansas (top)...

Impact on People Living in NACDD Funded Communities

Together, NACDD and ACHIEVE have provided an opportunity for over **5,000,000** people to lead healthy lifestyles through the implementation of **1,861** PSE strategies and successes. Now residents can be healthy where they live, learn, work, worship and receive care . . .

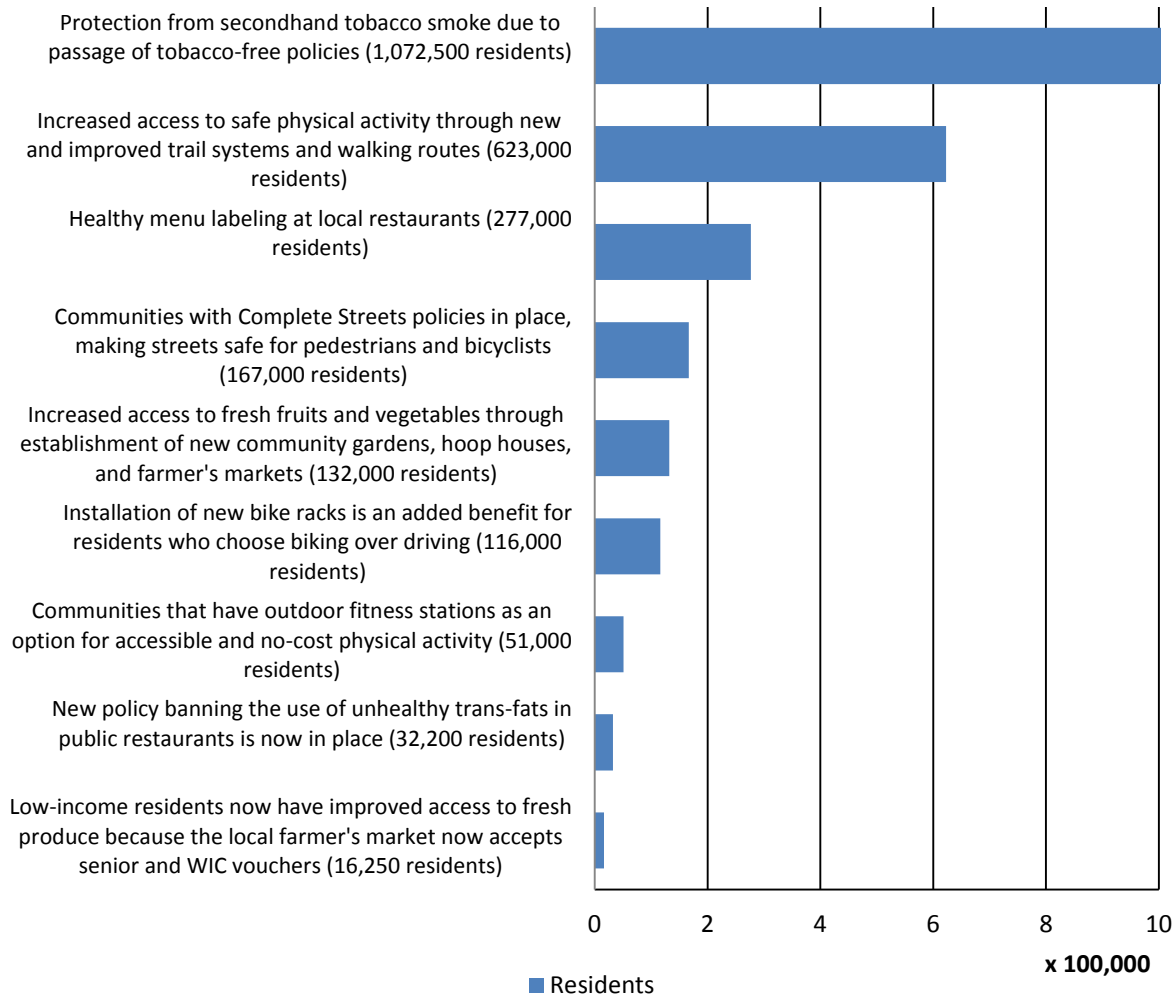
Where they live:

- Over **167,000** residents now live in communities with Complete Streets policies in place, making streets safe for pedestrians and bicyclists.
- Bike racks have been added to communities, allowing in excess of **116,000** community members to choose biking over driving.
- Nearly **623,000** residents have increased access to safe physical activity through establishment of new or improved trail systems and walking routes.
- More than **51,000** people live in communities that now have outdoor fitness stations as an option for accessible and no-cost physical activity.
- **Fourteen** communities collectively developed **70** community gardens and **2** greenhouses, providing access to fresh fruits and vegetables to over **67,000** people.
- Over **16,250** people have better access to fresh fruits and vegetables because their local farmers markets accept senior and WIC vouchers or reduced-price coupons.
- More than **277,000** consumers can easily select healthy choices on restaurant menus.
- More than **32,200** people live in a community where unhealthy trans-fats are now banned.
- Almost **65,000** consumers regularly access fresh fruits and vegetables due to the establishment of new farmer's markets or mobile markets within communities.
- Virtually **1,072,500** residents are protected by secondhand tobacco smoke due to the passage of tobacco-free policies.

..."B-cycle" bicycle rental program in Spartanburg County, South Carolina (right)...



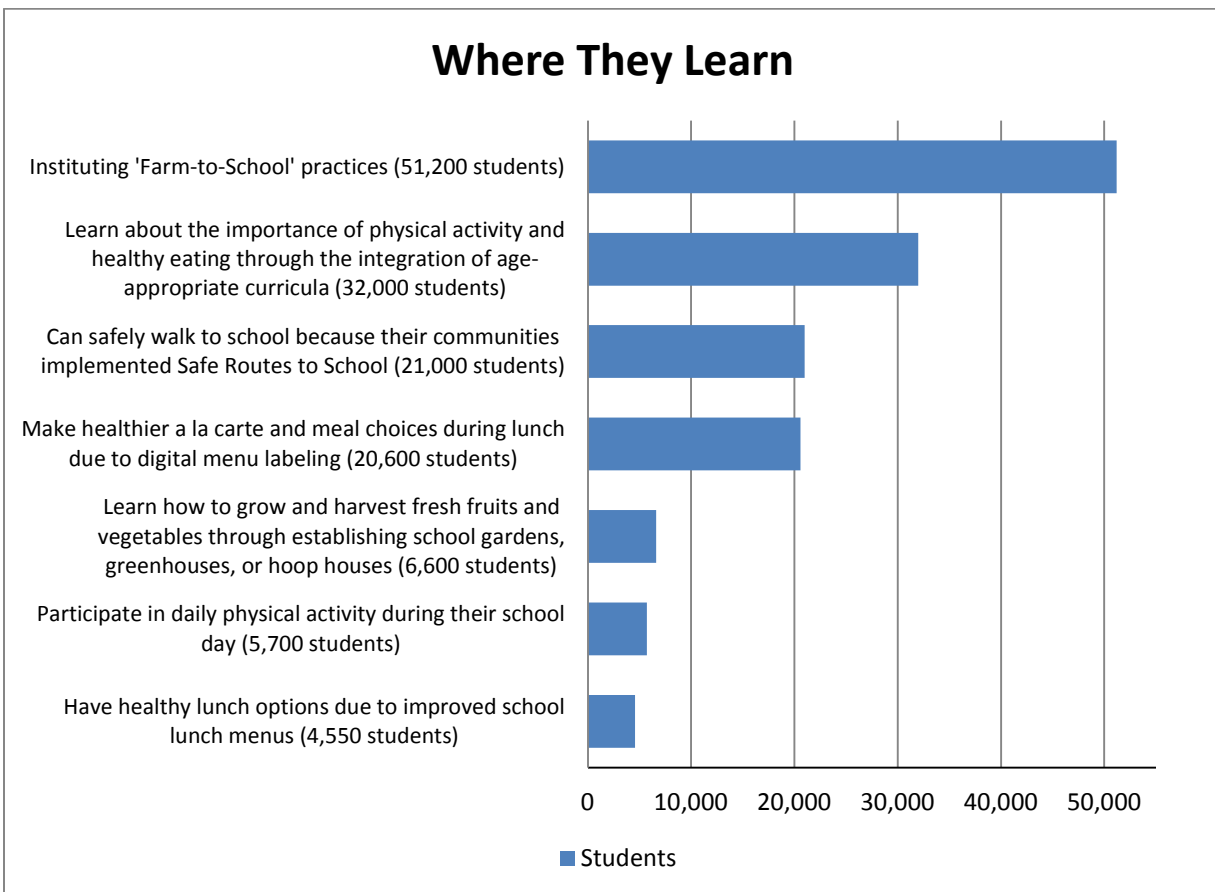
Where They Live



Where they learn:

- Over **21,000** students can safely walk to school because their communities implemented Safe Routes to School.
- An excess of **5,700** students are participating in daily physical activity during their school day.
- Over **4,000** students now attend schools that have an “*active recess*” policy, ensuring that they have opportunities to be physically active during recess.
- More than **3,000** students participate in daily physical activity and healthy eating in after-school programs.

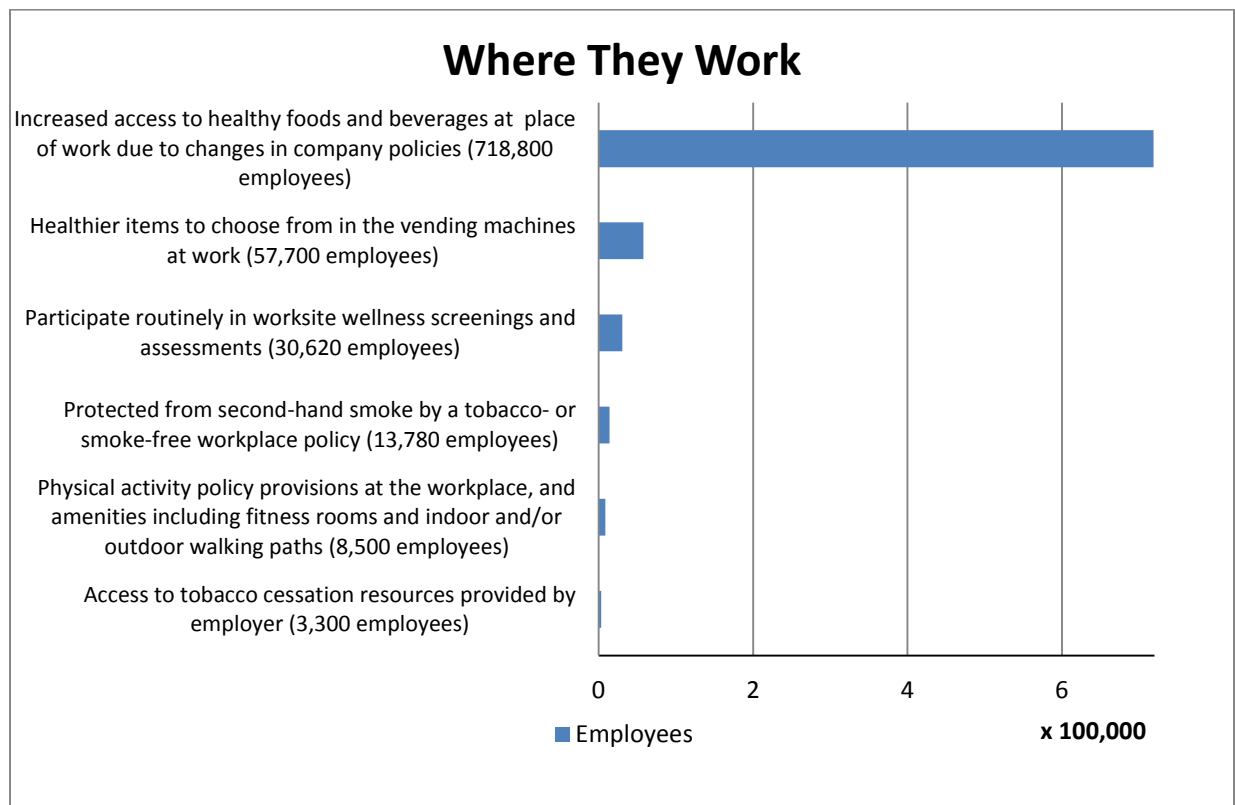
- More than **4,550** students have healthy lunch options due to improved school lunch menus.
- Digital menu labeling at **18** schools now allows **20,600** students to make healthier a la carte and meal choices during lunch.
- Greater than **6,600** students are learning how to grow and harvest fresh fruits and vegetables through establishing school gardens, greenhouses, or hoop houses.
- In **10** school districts, **51,200** students will be instituting Farm-to-School practices.
- More than **32,000** students at approximately **50** schools learn about the importance of physical activity and healthy eating through the integration of age-appropriate curricula.



Where they work:

- In excess of **718,800** employees have increased access to healthy foods and beverages at their place of work due to changes in company policies.
- **57,700⁺** employees have healthier items to choose from in the vending machines at work.

- An estimated **45** worksites have established lactation policies and spaces in efforts to create a breast-feeding friendly atmosphere for nursing mothers.
- **4,000⁺** workers have physical activity policy provisions at their workplace.
- Nearly **4,500** employees have physical activity amenities at their workplace where they can safely be physically active, including fitness rooms and indoor and/or outdoor walking paths.
- Approximately **13,780** employees are protected from second-hand smoke by a tobacco- or smoke-free workplace policy; and an estimated **3,300** employees have access to tobacco cessation resources provided by their employer.
- **30,620** workers now participate routinely in worksite wellness screenings and assessments.



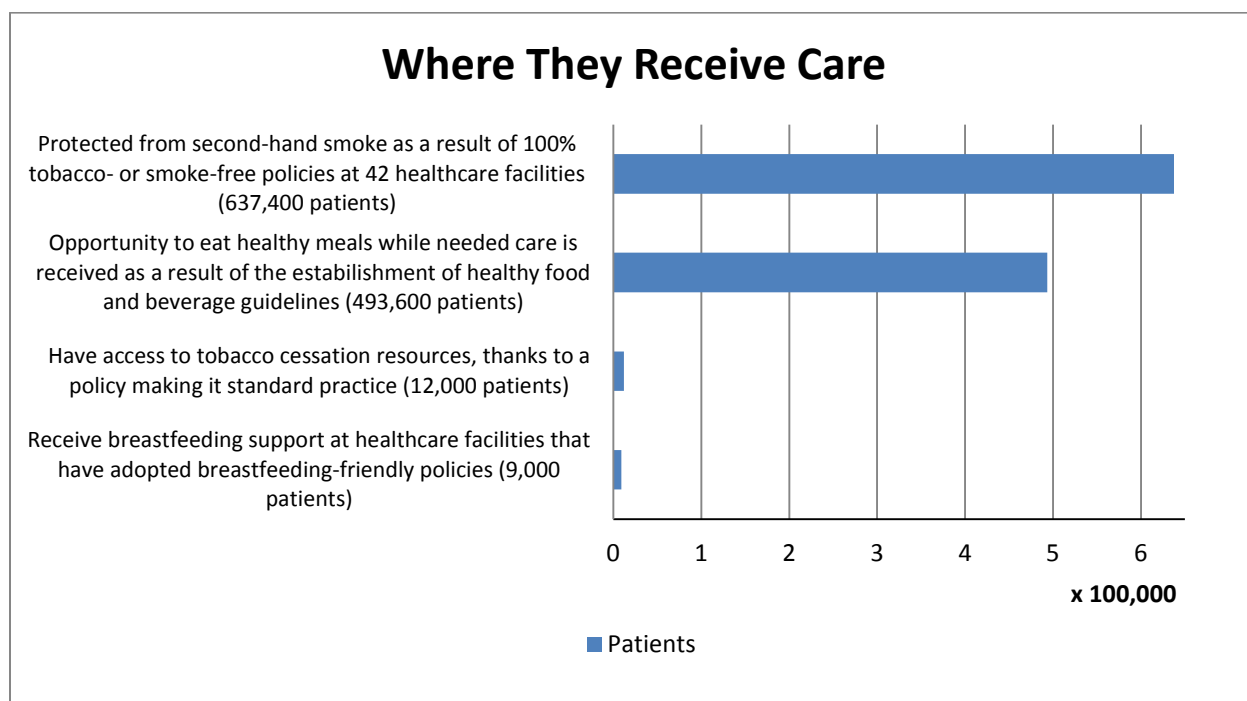
Where they worship:

- **100,000⁺** faith-based congregate members now have healthy food and beverage options at their place of worship, and can access fresh fruits and vegetables through church farm stands, gardens, and wholesale buying clubs.

- **Twenty** faith based organizations developed healthy policies and environments for their places of worship

Where they receive care:

- **12,000⁺** patients each year now have access to tobacco cessation resources, thanks to a policy making it standard practice.
- An estimated **42** healthcare facilities have instituted 100% tobacco- or smoke-free policies, allowing **637,400⁺** patients each year to be protected from second-hand smoke.
- Healthcare facilities have adopted *breastfeeding-friendly policies*, ensuring that over **9,000** patients will receive the support they need to adopt this healthy practice.
- Healthy food and beverage guidelines have been established so that **493,600** patients can eat healthily while they receive needed care.



These and other policies implemented by the NACDD ACHIEVE communities are enabling a total of over **5,000,000** people to lead healthy lifestyles. Communities will continue working to ensure that they have healthy opportunities, as evident in the **\$54,746,800⁺** they have garnered over the last few years to support their ongoing ACHIEVE efforts.



...Trail development in Eastern Highlands, Connecticut (top)...Community gardens in Marquette County, Michigan (bottom left) and Wrangell, Alaska (bottom right)...



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Appendix A: NACDD ACHIEVE Project Period Statistics

NACDD ACHIEVE Project Period Statistics: Total funds leveraged, PSE improvements, “Other” successful outcomes, and events of Formal Recognition

(Organized per cohort year)

Community Name	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# “Other” Changes	Formal Recognition	Total Sum of Changes
2008 COHORT	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# “Other” Changes	Formal Recognition	Total Sum of Changes
Albuquerque, New Mexico	2008	\$544,000	0	11	0	4	0	15
Allentown Pennsylvania	2008	\$138,000	2	61	2	22	1	88
Black Hawk County, Iowa	2008	\$0	1	9	0	4	0	14
Cleveland County, North Carolina	2008	\$21,446	29	18	1	2	2	52
Harris County/Aldine, Texas	2008	\$3,000,000	1	8	1	3	0	13
Mount Desert Island, Maine	2008	\$15,000	0	6	0	2	0	8
Salamanca, New York	2008	\$45,000	7	17	0	4	0	28
Stark County, Ohio	2008	\$75,000	1	163	0	0	0	164
Tacoma/Pierce County, Washington	2008	\$40,000	2	8	6	1	0	17
Wichita, Kansas	2008	\$0	2	134	1	1	0	138
SUBTOTAL 2008 Cohort	2008	\$3,878,446	45	435	11	43	3	537
2009 COHORT	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# “Other” Changes	Formal Recognition	Total Sum of Changes
Eastern Highlands, Connecticut	2009	\$500,000	11	3	2	4	0	20

Forrest & Lamar Counties, Mississippi	2009	\$0	0	2	0	0	0	2
Jefferson County, Oregon	2009	\$1,575,000	1	6	0	0	0	7
Kershaw County, South Carolina	2009	\$85,000	2	66	0	1	1	70
Lake County, Ohio	2009	\$89,000	1	20	7	16	0	44
Mecklenburg County, North Carolina	2009	\$3,000	8	57	0	5	1	71
Multnomah, Oregon	2009	\$7,720,000	70	47	6	1	6	130
Nacogdoches, Texas	2009	\$703,101	1	52	0	11	1	65
Northeast District, Connecticut	2009	\$577,300	40	4	0	10	0	54
Palm Beach County, Florida	2009	\$25,000	2	3	0	3	0	8
Rockland County, New York	2009	\$125,000	3	13	0	3	0	19
Whatcom County, Washington	2009	\$529,000	0	12	7	5	0	24
Williamson County, Texas	2009	\$532,400	4	4	2	6	0	16
SUBTOTAL 2009 Cohort	2009	\$12,463,801	143	289	24	65	9	530
2010 COHORT	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# "Other" Changes	Formal Recognition	Total Sum of Changes
Ashland, Kentucky	2010	\$367,990	39	29	4	3	1	76
Chelsea Massachusetts	2010	\$293,000	1	2	0	7	0	10
Coamo, Puerto Rico	2010	\$0	3	23	3	1	0	30
Columbus	2010	\$300,000	17	0	0	1	0	18

County, North Carolina								
Marquette County, Michigan	2010	\$426,500	3	81	7	9	1	101
Portsmouth, Virginia	2010	\$278,547	16	202	0	14	0	232
St. George, Utah	2010	\$2,500	4	4	0	0	0	8
Tallahassee, Florida	2010	\$98,472	0	31	0	2	0	33
Valley City, North Dakota	2010	\$125,820	21	5	1	13	1	41
Wrangell, Alaska	2010	\$170,000	2	6	0	4	0	12
SUBTOTAL 2010 Cohort	2010	\$2,062,829	106	383	15	54	3	561
2011 COHORT	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# "Other" Changes	Formal Recognition	Total Sum of Changes
Clark County, Missouri	2011	\$562,676	0	4	0	0	0	4
Clay County, Kentucky	2011	\$10,033,145	5	18	0	5	0	28
Clinton County, Indiana	2011	\$3,801,500	13	80	0	8	0	101
Daytona Beach, Florida	2011	\$0	0	2	0	2	0	4
Lane County, Oregon	2011	\$81,500	3	2	3	1	0	9
Mendocino County, California	2011	\$267,000	3	4	1	4	0	12
Rutland County, Vermont	2011	\$110,000	1	1	0	2	0	4
Spartanburg County, South Carolina	2011	\$95,000	0	12	0	1	0	13
Sussex County, Delaware	2011	\$20,405,000	0	3	0	4	0	7
Whitfield & Murray Counties,	2011	\$10,000	0	1	2	4	1	8

Georgia								
SUBTOTAL 2011 Cohort	2011	\$35,365,821	25	127	6	31	1	190
2012 COHORT	Cohort Year	Total \$ Leveraged	# Policy Changes	# Environ. Changes	# Systems Changes	# "Other" Changes	Formal Recognition	Total Sum of Changes
Brown County, Wisconsin	2012	\$567,500	0	0	4	4	0	8
Colby, Kansas	2012	\$491,433	0	1	0	10	0	11
Covington, Kentucky	2012	\$0	5	7	1	1	0	14
Norwalk, Connecticut	2012	\$10,000	1	0	0	2	0	3
Randolph County, Indiana	2012	\$7,000	1	2	0	0	0	3
SUBTOTAL 2012 Cohort	2012	\$1,075,933	9	11	5	18	0	43
TOTALS NACDD ACHIEVE PROJECT PERIOD (through June, 2012)	2008- 2012	\$54,746,800	328	1,245	61	211	16	1,861