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## **DELAWARE GENERAL HEALTH DISTRICT EARNS NATIONAL “ACHIEVE” GRANT** *One of 40 Communities Named Across the U.S.*

**DELAWARE, Ohio, Feb. 10, 2011** – The Delaware General Health District was selected by the National Association of County and City Health Officials (NACCHO) to participate in the national ACHIEVE initiative as one of just 40 U.S. communities to advance the nation’s efforts to prevent chronic diseases and related risk factors through local collaboration. ACHIEVE (Action Communities for Health, Innovation, and EnVironmental changeE), supported by the Centers for Disease Control and Prevention (CDC) Healthy Communities Program, brings together leaders from all sectors of a community to build healthier communities by promoting policy, systems, and environmental change strategies that focus on physical activity, nutrition, tobacco cessation, obesity, diabetes, and cardiovascular disease.

ACHIEVE combines the expertise of state and local government and public health departments with the experience of community-based organizations that provide community support and outreach. ACHIEVE communities promote health through such improvements as safe locations for physical activity and increased access to healthy food options such as fruits, vegetables and whole grains at schools, worksites, places of worship and in the general community, among others.

The Delaware General Health District applied for ACHIEVE and was selected after a competitive review process. Only 40 of the 194 applicants from across the nation were selected for ACHIEVE grants.

“The team-based approach, in which our local health department plays a key role, allows our community to provide a cohesive response to the lifestyle challenges facing our nation,” said Delaware Health Commissioner Frances M. Veverka R.S. MPH. “By connecting the leaders who can facilitate change, the Delaware General Health District is helping to make healthy behaviors an easier choice, not just the healthier choice. These improved opportunities for active living and healthy eating will serve as models for and lay a foundation to help reduce the risks of chronic diseases that affect so many Americans.”

The Delaware General Health District, like the other 39 ACHIEVE communities, will engage and mobilize leaders in the local community to respond to the public health challenges of obesity, physical inactivity and poor nutrition choices and support individuals and families in their efforts to become and stay healthier.

“Prevention activities like those supported through ACHIEVE are the key to creating and improving the health of all Americans,” said Robert M. Pestronk, NACCHO’s executive director. “These partnerships create intentional momentum in the right direction, based on successful strategies at work, home, and play to reduce our nation’s burden of chronic disease.”

NACCHO, National Association of Chronic Disease Directors, National Recreation and Park Association, and YMCA of the USA are the national partners that fund 40 ACHIEVE communities in 24 states. The Society for Public Health Education provides technical assistance.

For a complete listing of all funded communities, please visit the ACHIEVE Web site at [www.achievecommunities.org](http://www.achievecommunities.org) or CDC’s Healthy Communities Program’s Web site at: [www.cdc.gov/healthycommunitiesprogram](http://www.cdc.gov/healthycommunitiesprogram).

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