

Annual Report



March, 2014

DGHD on the Menu Helps Restaurants, Customers with Healthier Choices

First-ever Program to Extend to Sunbury, Lewis Center Areas

The Delaware General Health District last summer partnered with some local food establishments in a first-ever program aimed to help customers make healthier choices when ordering menu items. The Health District ended the six-month pilot project in October and the response was overwhelmingly positive.

Patrons appreciated the healthier options and restaurants appreciated the free menu analysis conducted by Health District dietitians. In January, the Board of Health decided to extend this program to other areas of the county because of the type of feedback received.

The project mirrored the criteria on the healthy dining finder website due to their achievable guidelines. Using nutrition-based software, DGHD dietitians analyzed each restaurant's menu items, specifically focusing on calories, total fat and saturated fat. For a menu item to qualify, it had to be under 750 calories, 30 grams of fat and 15 grams of saturated fat. The qualifying menu items were among the best choices for the majority of individuals looking to improve their diets.

Amato's Woodfired Pizza co-owner and project participant Craig Johnson was first in line to accept the Health District's offer to analyze his menu items.

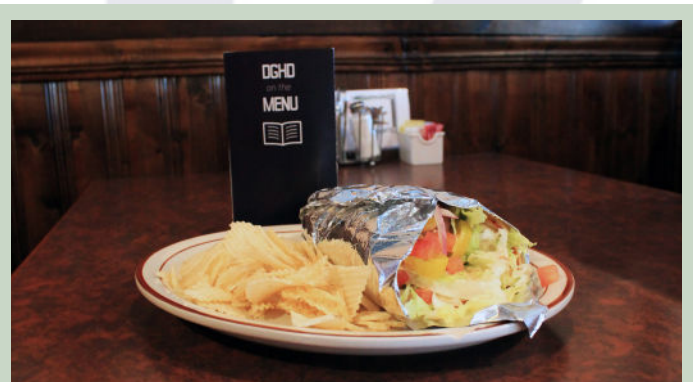
"This was a great, beneficial service from the health department. Nothing was cost-prohibitive – which is something a small business owner appreciates because having your food analyzed is valuable, but very costly."

Johnson added that after the Health District analyzed and selected which dishes met the criteria – which included 11 different pizzas – he saw a difference in his regular customers' menu choices.

"A lot of our usual customers started ordering from the list of healthier options because of the information available to them," Johnson said.

In addition to Amato's, other participating restaurants included Opa Grill & Tavern, Delaware County Community Market, Horsey Hall in Ostrander and Local Roots located in downtown Powell.

This project comes in the wake of a new federal requirement that will require establishments with 20 or more locations to list calorie content information for menu items on restaurant menus and menu boards, including drive-through menu boards. The FDA also issued a notice that explains how establishments with fewer than 20 locations can voluntarily register to become subject to new federal menu labeling requirements – something many smaller businesses may jump on board due to possible customer demand. For more information on DGHD on the Menu, please visit DelawareHealth.org, keyword menu project.



The falafel gyro is just one of the "DGHD on the Menu" items customers can taste at OPA Grill & Tavern.

Message From Health Commissioner

Shelia Hiddleson, RN, MS



What a year it has been for the Delaware General Health District! The staff and I are very excited for you to see what we have been up to this past year. Within the pages of this newsletter, you will gain an understanding for our commitment in protecting and strengthening our community's health.

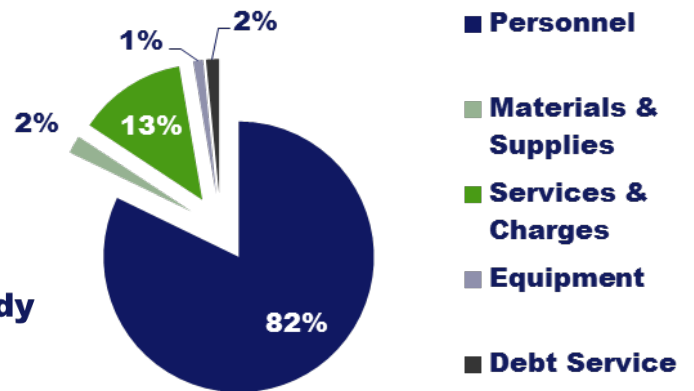
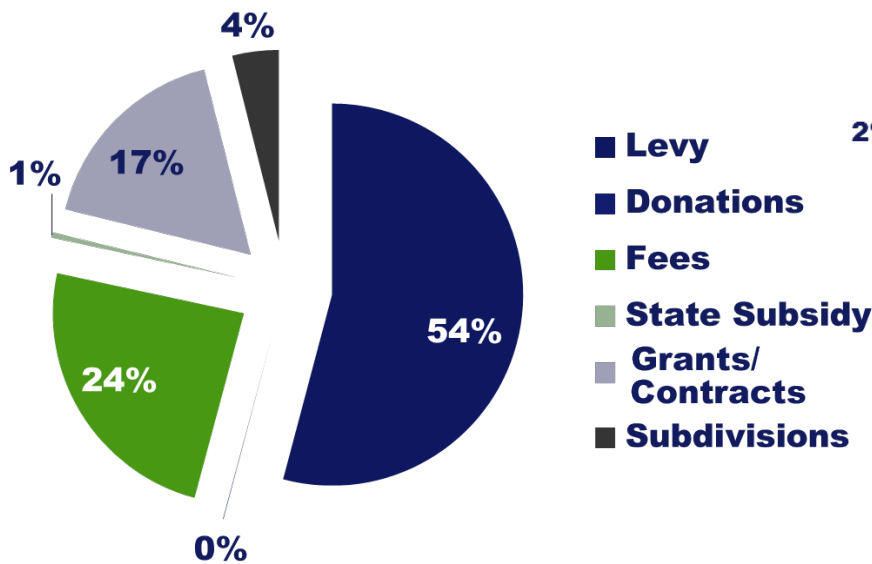
Whether it be through routine inspections, immunizations, health education programs and other important services, we want the community to be aware of how our current revenue sources support these services that help improve the quality of life in Delaware County. I always say that Public Health is a well-kept secret – if we do our job, sometimes residents are not aware of some of the essential services we

provide. If people are not getting sick, they may not be aware that the reason is because of our routine water and food inspections. They may not be aware that because of one of our health education classes, their loved ones now know how to maintain chronic disease or prevent a fall-related injury. It is our goal to keep improving health outcomes such as these so residents can enjoy a better, healthier life.

It is also our goal to be the best health department we can be for the community. To ensure this, we recently went through the process to receive national accreditation through the Public Health Accreditation Board. This means, if accredited, the Health District will ensure the same public health

opportunities across the country for our community, ensure resources are used appropriately and boost the quality of services the public receives. To date, only 22 health departments have been accredited in the country with two being in Ohio. It was a timely and intense process that our staff endured, but in the end it was worth the effort to help guarantee the best service and best life for our residents, because after all we are dedicated to your health!

Revenue Sources YTD 2013



Expenses YTD 2013

Message From Board of Health President

This year marks the end of the 10-year public health levy. The Board of Health is pleased to report that the agency continues to be good stewards of the public's dollars. The existing health levy has been at the same millage (0.7 mills) since 1984. As we all know, the population of the Health District has tripled during that time, which includes close to 170,000 residents that the health department serves. The levy funds represent a little over 50 percent of the income received for public health services each year, with the rest coming from fees and grants. On May 6, the Board of Health will ask voters to continue the health levy for another 10 years at the same millage as it has for the past 30 years.

During the past 10 years,

Board of Health

the Health District staff has provided quality services to our residents. Through the clinic services, prevention programs, environmental health inspections and more, the DGHD staff has shown a dedication that goes above and beyond their core duties. In addition, their efforts to obtain grants crucial to the success of the District's programs, including the Safe Communities and falls prevention programs, demonstrate the passion DGHD employees have for the community as a whole.

For these reasons topped with the community's investment in health, it is easy to understand why Delaware County last year ranked first in health factors and health behaviors. The health of Delaware County is part of what makes this such a great place to



Dr. Walter Threlfall, DVM, MS,
PhD, MACT
Liberty Township
Term Expires 2015

live. We value the partnership with our community and thank residents for their effort to make Delaware County the healthiest it can be for future generations.



Patrick E. Blayney, P.E.,
F.ASCE
Vice President
Genoa Township
Term Expires 2015



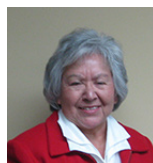
Suzette Hall, RN
Thompson Township
Term Expires 2016



Rebecca Kidd, BA
Brown Township
Term Expires 2015



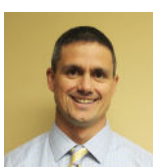
Jill Love, RN, BSN, MS
City of Powell
Term Expires 2016



Dolores Smith, BA
City of Delaware
Term Expires 2015



Joe Clase, BA, MPA
Troy Township
Term Expires 2017



Mark Hickman, MD
City of Delaware
Term Expires 2016

The Delaware General Health District serves all of Delaware County except for the cities of Columbus, Dublin and Westerville. The Board meets on the last Tuesday of each month at 7 p.m. in the basement of 1 W. Winter Street in Delaware.

Liberty, Genoa Township, Sunbury Receive Healthy Community Award

The Health District received big news last fall that three Delaware County communities were awarded the Healthy Ohio Healthy Community award from the Ohio Department of Health's Bureau of Healthy Ohio. Liberty Township, who received the award in 2012, Genoa Township and the village of Sunbury were honored for their effort in making their community a better, healthier place to live and work.

Liberty Township and Genoa Township both received a Silver Award and Sunbury received a Bronze Award. Healthy Ohio Healthy Community awards recognize communities' outstanding achievements in developing and implementing health-related policies and providing healthy community environments. The award also recognizes communities' efforts in enabling employees, residents and visitors to make healthy choices including participating in physical activity, eating nutritious foods and avoiding tobacco.



Genoa Township Administrator Paul Wise, Liberty Township Administrator Dave Anderson and Village of Sunbury Administrator Dave Martin receive their Healthy Ohio Healthy Community awards on behalf of their communities.

Latest Inspection Reports Made Available Online



Through GIS mapping capabilities, the Health District was able to provide the public with a new method of viewing food service reports via the web. The interactive map allows you to zoom in on the location of a particular restaurant. By clicking on the information box, an inspection report opens up in a separate window.

The map contains more than 600 food establishments the Health District's Food Protection and Public Safety unit inspects on a regular basis. In addition to inspecting restaurants, DGHD sanitarians inspect seasonal operations such as mobile food vendors, community pools and campgrounds.

In 2013, the food inspection unit offered trainings for food service workers and managers as a way to help them understand compliance regulations and how to keep their customers safe. Registered sanitarians with the unit also visited food nutrition classes at Delaware Hayes High School and Olentangy High School and taught students about the potential consequences of unsafe food handling practices.

New Community Health Data Now Available

The Partnership for a Healthy Delaware County (PHDC), which is composed of 35 different community agencies and citizens, recently wrapped up the 2013 community health assessment process commissioned by the Delaware General Health District. The results provide an overview of Delaware County's current health status.

The Health District reports that these results are now available based on the 2013 Mobilizing for Action through Planning and Partnerships (MAPP) process, which is a six-phase, community-driven health assessment and action planning method.

After reviewing the data from the four assessments and from other sources, the PHDC determined these five health issues as the top priorities facing Delaware County:

- Mental health
- Alcohol abuse and drug abuse
- Obesity/overweight
- Access to healthcare and medications
- Food insecurity

Two of these health issues also were identified as priorities in the last MAPP process – access to care and obesity/overweight.

The percentage of residents considered obese or overweight increased from 2007 to 2013. In 2013, about 36 percent of Delaware County residents were overweight, or defined as having a body mass index (BMI) of between 25 and 30. In addition, about 25 percent of Delaware County residents were obese, or defined as having a BMI of

30 or higher.

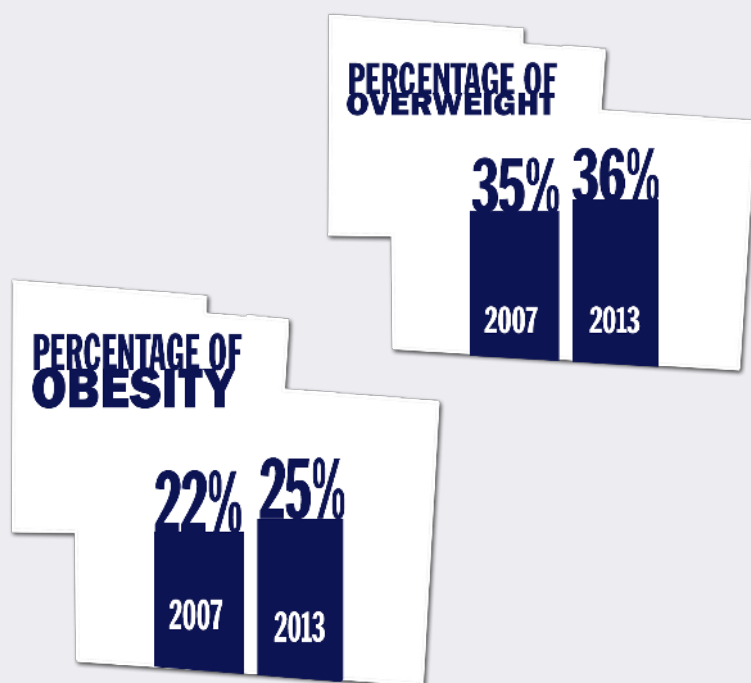
Workgroups consisting of PHDC members and other community partners have been formed to address each of the five priorities and to develop goals, objectives and strategies to address them. The PHDC will then compile those strategies into an action plan called the Community Health Improvement Plan (CHIP).

In addition to the data on the five priorities, data is available on a range of health priorities, such as tobacco use and chronic disease. For example, there was a four percent increase in the number of Delaware County residents with diabetes from 2007 to 2013. Currently, 11 percent

of Delaware County residents live with this chronic disease which is slightly higher than the Ohio average.

These data will not only be used by the Health District and the PHDC to address local health-threatening behaviors, but will assist other agencies needing community data to fulfil grant funding opportunities.

The Health District is committed to making the data available to the entire community. All four assessments, including an executive summary, are posted on the Health District website (DelawareHealth.org) under Featured Links.



Health District Works to Protect Through Clinic Services

Immunizations protect both the person who is immunized and the entire community by preventing the spread of disease. DGHD nursing services provide timely immunizations for all age groups to keep our community as healthy as possible.

Ohio's childhood immunization rate in 2011 (latest data) was 76.4 percent. In 2013, the rate for children up to date on vaccinations through the Health District's clinic was 90 percent.

The Healthy People 2020 national goal is to have 90 percent of all children fully vaccinated with 4 DTP (diphtheria, tetanus, pertussis), 3 Polio, 1 MMR (Measles, Mumps, Rubella), 3 Hib (Haemophilus-b Influenza), 3 Hepatitis B, 1 Varicella (Chicken pox), and 4 PCV (Pneumococcal

Conjugate Vaccine) by 36 months of age.

Some vaccine preventable diseases are still on the rise like Pertussis, also called whooping cough. There were 115 cases of whooping cough reported to the Health District's communicable disease team in 2013. This number is up from 84 in 2012. Whooping cough is preventable through immunization. The Health District highly recommends all pregnant women, and close contacts of infants, fathers, family members and caretakers get a Tdap vaccine to stop the spread of this serious, sometimes deadly disease. Tdap is the DTP vaccine for older children and adults.

Immunity from childhood vaccines lessens over time so it is important for teens and adults to stay up to

date on immunizations as well.

The number of hepatitis C cases increased with 74 cases reported last year, marking 2013 as the highest reported since 2006. Since 2009, the number of hepatitis C cases reported in Delaware County per year was 34, 41, 46, 56 and 74. As a public health service, the Health District is offering hepatitis C testing through the Ohio Department of Health's Viral Hepatitis Prevention Initiative to HIV clinic clients exclusively. For more information about the program call 740-203-2040 and ask to speak with a nurse.

The Health District is also encouraging residents who have not yet received their flu shot to get vaccinated after 20 influenza-associated hospitalizations have occurred this flu season.

Starting this month, the Health District will extend its clinic hours in an effort to better serve the needs of the community.

- Last Tuesday of each month 4:00 – 6:30 p.m. (child and adult clinic)
- Wednesday 7:30 – 11:00 a.m. (adult clinic)
- Thursday 9:00 – 11:00 a.m. (child clinic)
- Thursday 1:00 – 4:00 p.m. (child clinic)

Health District Assists City of Powell Employees with Wellness Program



Courtesy of City of Powell

City of Powell Assistant Finance Director, Jessica Rosengarten, works out on the treadmill in the employee fitness room.

The Ohio Bureau of Workers Compensation (BWC) last year awarded the City of Powell a four-year workplace wellness grant to help reduce health-risk factors specific to their employees. The goal of the program is to limit the number and cost of worker's compensation claims through preventing workplace accidents that could be related to less than healthy employees. In addition, the City of Powell saw it as a win-win situation for their employees, since there is much evidence to show that healthy employees are more productive on the job, miss less work due to illness and lead happier, more productive lives.

Now in year two of the program, Powell employees have participated in a variety of health promotion

activities aimed at increasing health knowledge and promoting healthy behavior change. BWC requires grant recipients to select a vendor to administer both biometric health screenings (blood pressure, cholesterol, triglycerides, height, weight and glucose) as well as educational campaigns that target any identified health factors from those screenings. The city chose to work with the Health District to deliver the employee health screenings and nationwide wellness leader WellSteps for the educational campaigns. Kelsey Kuhlman, the Health District's Workplace Wellness Coordinator, worked with the city on this endeavor.

"Workplace wellness programs are not new to businesses, however, there are a lot of inaccurate assumptions made such as employers have to have a lot of money to implement these types of programs," Kuhlman said. "Working with employers, such as the City of Powell, to deliver health screenings allows the Health District to identify chronic disease while showing businesses that there are outlets available such as this grant to make wellness programming happen."

Planned campaigns such as a walking challenge, farmers' market promotion and a team weight loss competition have allowed employees to promote a healthy work environment while they individually work to reduce their identified health-risk factors.

Since the grant is a four-year cycle, employee biometric health screenings must be measured each year to show progress in major health-risk categories. The Health District has worked with the city for the last two years to provide this data through its WorkWell

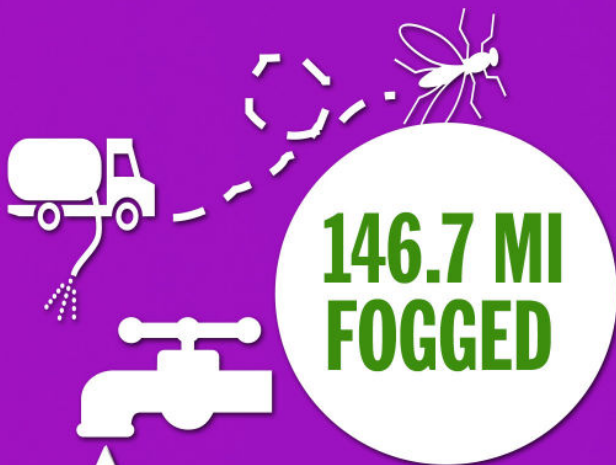


DGHD Workplace Wellness coordinator Kelsey Kuhlman conducts a BMI screening similar to the screenings conducted at the City of Powell.

of Delaware County program. WorkWell, as it is commonly called, provides a variety of health screenings and immunizations aimed at preventing illness and identifying conditions early in the worksite setting. In 2013, Health District public health nurses and educators conducted screenings for Preservation Parks of Delaware County, Jegs, Delaware County and City of Delaware employees.



SEWAGE SYSTEMS INSPECTED | **850**



146.7 MI FOGGED

3428

TOTAL PLUMBING INSPECTIONS



FOOD SERVICE | 608 LICENSES | 1702 INSPECTIONS



SCHOOLS
155 INSPECTIONS



POOL | 117 LICENSES | 1336 INSPECTIONS



TATTOO PARLOR | 6 PERMITS | 12 INSPECTIONS



NUTRITION EDUCATION

5 CHILD CARE CENTERS

500+ CHILDREN



2046 BIRTH CERTIFICATES

2413 DEATH CERTIFICATES

381 BIRTH EVENTS
542 DEATH EVENTS



5370

LICENSES
INSPECTIONS



1842 CHILD
IMMUNIZATIONS



S
NS

519 ADULT
IMMUNIZATIONS

2268 FLU
IMMUNIZATIONS

120
ZOMBIE
EXERCISE PARTICIPANTS



NS
CTIONS

530+
CLIENTS

ASSISTED THROUGH THE CHILDREN WITH
MEDICAL HANDICAPS PROGRAM (BCMh)



18 WIC
MOMS

ENJOYED A FRIENDS FOR LIFE
BABY SHOWER WITH GIFTS



154

ADULTS 65+
USED A FALLS
PREVENTION SERVICE



N

3,726,008 LBS
RECYCLED
KEEP DELAWARE
COUNTY BEAUTIFUL



5342 CLIENTS ASSISTED

734
NEW

WIC

503 CHILD SEATS INSPECTED
88% ERROR RATE



Record Number of Illegal Dumpings Reported at Recycling Locations

Eight illegal dumping reports were made to the Delaware General Health District's Keep Delaware County Beautiful (KDCB) program last year – almost double the number of reports in 2012.

A range of illegal items were discovered at several of Delaware County's 15 drop-off locations, including a stove, a garage door, a hay ring, four tires, a computer monitor, a dehumidifier, a motor, a television set and a mattress. Most of the illegal activity occurred at the Olentangy Liberty High School, Scioto Township and the Sunbury location.

Most recently, the Sunbury drop-off, located at PJ's restaurant, has been experiencing illegal dumping in their own trash dumpster.

KDCB appreciates the service PJ's has provided to Sunbury residents after new owners allowed the bins to remain in place. KDCB respectively asks community members in Sunbury and around Delaware County to only drop off materials that are listed on the recycling bins and not to put personal

trash in business trash dumpsters – an act that is against the law.

“The efforts of people who did the dumping were misguided,” said Jenifer Way-Young, recycling and litter prevention program coordinator for the Keep Delaware County Beautiful program. “Their attempt to conserve resources ended up costing more than they saved.”

In an effort to help deter this type of activity, KDCB is seeking cooperation from the community by asking anyone who witnesses an illegal dumping to contact their local law enforcement agency.

The Keep Delaware County Beautiful program provides education and assistance to Delaware County residents by providing them with the information they need to properly dispose of solid waste. DGHD asks residents if they are unsure if a certain type of material is acceptable to please call the Health District for direction on proper disposal.

Wanted! Community groups, businesses, organizations and neighbors to participate in a one-time roadway clean up this spring. Your help is needed to Keep Delaware County Beautiful! 740-203-2076



Row of recycle bins located behind PJ's restaurant in Sunbury.

Health District Helps Daycares, Schools Improve Menu Choices



DGHD Dietitian Mary Jane Earnest, RD researches healthy food options to recommend to Delaware County preschool and daycare teachers.

The Delaware General Health District's Healthy Children, Healthy Weights program (HCHW) saw an increase in daycare and preschool enrollment last year with five schools graduating from the program.

Since starting in 2007, a total of 30 Delaware County childcare centers have completed the program, which is a reach of almost 2,900 children.

HCHW promotes healthy weights in children from birth to five years of age. Daycare and preschool staff

are taught about child obesity and the impact it has on families. Health District dietitians assist daycare staff improve the nutritional value of their menus and help daycare staff teach parents how they can promote healthy weights at home. In addition, teachers learn to lead their classrooms in additional physical activities.

For the past three years, Health District's Improved School Menu Project, funded by United Way, assisted three different Delaware County schools improve their lunch menus while also making sure they stay in line with the new USDA lunch requirements. In 2013, the Health District assisted Big Walnut Local Schools redesign menus using healthier recipes. The project assisted Buckeye Valley Local Schools in 2011 and Delaware City Schools in 2012. Across all three school districts, new menus were created to include more vegetable and fruit options with recipes that included lower saturated fat, lower sodium and more fiber, vitamin A and vitamin C. The project also trained all food service staff on how to talk to students and offer healthier lunch items to them.

West Nile, Encephalitis Cases Confirmed Last Summer

Last summer, the Health District monitored 10 mosquito trap locations throughout the district. During the 15-week testing period, two pools came back positive for West Nile virus, which were located in the village of Sunbury and the city of Delaware. Two human cases of La Crosse Encephalitis, also carried by mosquitoes, were identified in Ostrander and in Orange Township. As a result, DGHD sanitarians fogged over 140 miles throughout those areas.

The Health District also investigated a Lyme Disease hospitalization last summer. The number of Lyme Disease cases has been steadily increasing since 2011 with an average of five cases reported per year. This increase in Lyme Disease is likely related to the emergence of the deer tick in Ohio, which is the main carrier for Lyme Disease. For ways to protect yourself, visit DelawareHealth.org.

Traffic Safety, Falls Prevention Programs Receive State Funding

In November the Ohio Department of Public Safety's (ODPS) Office of Criminal Justice Services (OCJS) awarded \$41,999.62 in federal traffic safety funding to the Delaware General Health District to support its traffic safety education efforts.



Mitchell Briant, DGHD adult injury prevention coordinator, speaks with a resident about falls prevention. Through the ODH grant, Briant can continue to educate Delaware County's older adults about preventing fall-related injuries.

Last year, 11 people died as a result of a traffic-related crash and almost half killed were not wearing their seatbelts. Fatalities in 2012 included 15 fatal motor vehicle crashes, seven of which were caused by a driver impaired

by alcohol. A third of those killed in 2012 were not wearing their seatbelts.

The Health District will use the grant funds to increase awareness about fatalities such as these and supplement the work of the Safe Communities/Safe Kids Coalition, which includes the newly formed Older Adult Driver Safety Task Force and the Seat Belt Task Force.

Another Health District program received funding when the Ohio Department of Health (ODH) awarded a five-year grant for a program aimed at reducing fall-related injuries in adults age 65 and older.

The DGHD adult injury prevention program was one of four programs in Ohio to receive this funding. The \$65,000 per year project will serve over 16,000 older adults that reside in Delaware County who have disparities or risk factors associated with falls. The



Jackie Bain (center) DGHD safety coordinator and Safe Communities/Safe Kids coalition coordinator speaks at a press conference in remembrance of those lost to impaired driving. Thanks to the OCJS traffic grant, Bain and her safety coalitions will continue to provide education services to the county through programs and events such as this one.

program will also allow the Health District's adult injury prevention coordinator to continue to provide falls prevention education through home assessments, A Matter of Balance and Tai Chi classes and lead Delaware County's Stepping Up to Prevent Falls Coalition.

Results from the Delaware County 2013 community health status assessment indicated that 2,973 adults age 65 and older reported that they had experienced a fall in the last six months, and 505 of those adults reported that they had sustained a fall-related injury.

Zombies at the Zoo

The Delaware General Health District on Oct. 12, 2013 assisted local emergency responders with the Delaware County Emergency Management Agency's Zombie Exercise at the Columbus Zoo and Aquarium's Zoombezi Bay.

The exercise kicked off with a costume contest. Health Commissioner Hiddleston was one of the guest judges. Over 120 zombies paraded in front of the judges for best undead costume.

The exercise played out as if a F4 tornado hit the park. The drill consisted of emergency personnel responding to a mass casualty event. Zombies acted as injured waterpark guests as first responders from several Delaware County jurisdictions rushed to the scene. In response, a mock Incident Command was set up to handle the chaotic scene. DGHD preparedness coordinator Kelli Kincaid and public information officer Traci Whittaker both assisted in the



DGHD preparedness coordinator Kelli Kincaid shares some emergency information with zombie exercise participants.

preparation of the exercise and had a role during the event.

The Emergency Preparedness unit is responsible for the Delaware General Health District's emergency preparedness activities. This includes developing and updating emergency response plans, maintaining supplies and equipment used during a response, and providing training on the emergency response plan. The division also coordinates with local and state agencies in the planning and response to emergencies.

GoHealthy! Promotes Safe, Healthy Physical Activity

The Health District's GoHealthy! Delaware County coalition this year wanted to make sure the community got the most out of the parks, trails and other environmental infrastructures that allow people to get active.

Whether it be for a lunch break stroll or an after work bike ride, community members can now check out the GoHealthy! website for trails, bike routes and sidewalks that currently exist in Delaware County. By using the map, residents can find those trails closest to where they live, work or play. In addition to the map of trails and sidewalks, GoHealthy! also provides a map of the gyms and fitness centers in Delaware County as well as all the tobacco-free parks.

Adding to the theme of safe activity, GoHealthy! and the Health District along with several other government agencies last year started working on a grant funding

opportunity that would create safer routes to school for four elementary schools in Olentangy Local School District. If awarded, the grant would provide infrastructure improvements at Alum Creek, Glen Oak, Oak Creek and Tyler Run elementary schools along with educational programs and additional law-enforcement services in school zones.

Nancy Shapiro, DGHD assistant health commissioner, has taken the lead role in coordinating the efforts.

"If we are awarded the funding, it will improve the area for all residents within those communities, not just students," Shapiro said. "The more infrastructure improvements you make, the safer the roads become for all methods of transportation including walking and biking. These types of changes result in a more active community leading to healthier residents."

2013 Highlights



The Health District's Women, Infant and Children (WIC) last year hosted two baby showers for clients who were expecting a baby or recently had a baby. Friends for Life – DGHD's nonprofit arm – provided funding for the food and decorations for the showers as they have done for the last several years. In addition, during one of the Strand Theatre's summer movie series last year, theatre attendees were asked to donate baby items in place of movie admission. Additional donors included Kiwanis Evening Club of Delaware, Grace Evangelical Lutheran Church and Liberty Presbyterian M.O.P.S.

The first week of April celebrated Public Health Week. The week kicked off with a Delaware County Board of Commissioners' proclamation, educational displays in the Delaware County Libraries and an Instagram contest. DGHD also offered car seat checks along with classes such as A Matter of Balance, Food Safety for the Home Cook and a bedbug workshop. In addition, DGHD staff took part in a chicken dance as a way to get active during their break. The Health District also hosted an open house during Main Street Delaware's First Friday event.



DGHD staff pose with the Delaware Board of Commissioners after proclaiming the first week of April as Public Health Week.



Staff enjoy some physical activity through the chicken dance.



In addition to providing funding for WIC baby showers, the Friends for Life fund was able to give funding support in 2013 to many of the Health District's education programs, including the car seat and bicycle helmet program, local schools' Fruit and Veggie Challenges, STAND UP Leadership Team, Bedbug Education Workshop, mosquito prevention and Family Resource Project. In addition, Friends For Life provided books and educational materials for Delaware County's Help Me Grow program.





In observance of Employee Health and Fitness Month, Health District staff participated in the Healthy Ohio Fitness Walk on May 15 in downtown Delaware. The goal of the Healthy Ohio Fitness Walk was to promote physical activity while bringing awareness to the benefits of walking.



More community parks go tobacco-free in 2013. In addition to all schools in Delaware County, participating areas now include all the parks in Genoa Township, Orange Township and Sunbury, all the athletic fields and playgrounds in Liberty Township, all the shelters, athletic fields and playgrounds within the city of Powell and all the playground areas of Preservation Parks.



Last summer, DGHD's GoHealthy! Delaware County coalition assisted some area businesses with planting their own garden by providing the resources to get started. PPG Industries, Grace Family Daycare, Village Academy's Griffin Hall and YMCA of Delaware County all participated in the project. Some businesses donated their harvest to area food banks while others gave it to their clients and customers to take home.

RESIDENTIAL CUSTOMER

March, 2014

Annual Report

- DGHD on the Menu
- New Health Data Available
- 2013 Highlights



**Delaware General
Health District**
Dedicated to your health