

## OHIO STATE RECEIVES \$2.5 MILLION TO IMPROVE NUTRITION AND PHYSICAL ACTIVITY

The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES) has received a \$2.5 million award from the Centers for Disease Control and Prevention (CDC) to fund a project that will focus on improving nutrition and physical activity, and will address health disparities related to poor nutrition, physical activity, and obesity. This 5-year project leverages partnerships and proven resources among Extension, Public Health, Produce Perks and other community-based organizations and coalitions to implement the following obesity prevention strategies:

1. Increase access to healthier food by promoting Ohio's [Good Food Here](#) food service and nutrition guidelines,
2. Expand access to and redemption of [Produce Perks](#) fruit and vegetable voucher incentives *and* Produce Prescriptions,
3. Increase access to physical activity by *developing* policies and plans that support safe and accessible opportunities for active transportation (walking, biking, etc.),
4. Increase the number of Early Care and Education (ECE) programs that are impacted by Farm to ECE improvements by *implementing* local level policies and activities to support purchasing, serving, and teaching about local foods in ECE settings.

The HOP project will focus on two pilot counties. Lawrence County, located in southeast Ohio, ranks 81 out of 88 counties for health outcomes according to the County Health Rankings. The rankings consider life expectancy, quality of life, health behaviors, social and economic factors, and the physical environment. The county also has an adult obesity rate of 40.6%, an adult physical inactivity rate of 35%, an adult diabetes rate of 12%, and a food insecurity rate of 17%.

The HOP project will also focus on Fayette County which, according to the County Health Rankings, ranks 74 out of 88 for health outcomes, has an adult obesity rate of 44.8%, an adult physical inactivity rate of 35%, an adult diabetes rate of 11%, and a food insecurity rate of 16%. Washington Courthouse is the largest city in Fayette County.

The HOP grant provides ongoing support to the Farm to ECE Coalition to advance farm to ECE across the state. Over the next 5 years the coalition will work in partnership with Fayette and Lawrence counties to provide technical assistance to local ECE sites on local food procurement, maximizing CACFP/reimbursement dollars for local food and on-site gardening in anticipation of replication across the state. The current timeline of the HOP grant includes:

**Year 1:** Local assessments and landscape of ECE sites in the two counties, promotion of Farm to ECE training, design, publication, and dissemination of the procurement guides, and review and edit Racial Equity Roadmap, adjusting short-, mid-, and long-term milestones to reach years 2-5.

**Years 2-5:** goal setting, planning, and implementation.