

Columbus is an ACHIEVE Community!

WHAT IS ACHIEVE?

- ACHIEVE stands for **A**ction **C**ommunities for **H**ealth, **I**nnovation, and **E**nvironmental **ch**ang**E**.
- Columbus Public Health and Nationwide Children's Hospital are working together to help pregnant women and young children (birth to 5) to be more active and make healthier food choices.
- It is sponsored by the Centers for Disease Control and Prevention (CDC) and administered by the National Association of County and City Health Officials (NACCHO).
- Serving zip codes 43205, 43206 and 43207, it focuses on making the healthy choice the easy choice.



WHY PREGNANT WOMEN AND CHILDREN AGES BIRTH TO 5 YEARS OLD?

- Gaining too much weight during pregnancy can cause health problems for the mother and may increase a child's risk of being overweight later.
- Babies who are breastfed are less likely to be overweight than babies who are fed infant formula.
- In the 2010/2011 school year, almost 30% of the children entering kindergarten in Columbus City Schools were at an unhealthy weight.

WHY 43205, 43206 AND 43207?

These zip codes make up the Nationwide Children's Hospital Healthy Neighborhoods Healthy Families zone. This area is the focus of many resources working to help improve the health of children and their families.

WHAT IS COLUMBUS ACHIEVE GOING TO DO?

Build a team of experts in Columbus: A team of community organizations and residents make up the ACHIEVE CHART Team, the group that guides the Columbus ACHIEVE activities. This group will help other community organizations learn how to make the healthy choice the easy choice.

Engage safety advocates in early childhood obesity prevention strategies: Work with block watches, non-violence coalitions and other community groups to share ideas and information about how safety issues impact childhood obesity.

Promote the healthy choice in City facilities: Encourage the City of Columbus to implement policies to support breastfeeding and to make choosing healthy foods and drinks, and physical activity easier for children and families when visiting City buildings.

Support organizations and businesses in neighborhoods that serve these pregnant women and children: Provide support and resources to help them with policies and practices that make breastfeeding, eating healthy and being active the easiest choice.



To learn more or to get involved.....
visit <http://tinyurl.com/ColumbusAchieve>