



---

# Policy, Systems, and Environmental Change Assessment (PSE)

---

**April 2023**



# PRESENTATION OVERVIEW

- Purpose of the Assessment
- Why Russells Point?
- Healthy Eating Results
- Active Living Results
- Picking an Activity
- Where do we go from here

---

# PURPOSE OF THE ASSESSMENT

---

## **PURPOSE OF THE ASSESSMENT**

The primary purpose of this tool is to help local health departments and/or other community organizations to assess current policy, systems, and environmental (PSE) strategies for healthy eating and active living (HEAL) in their communities and use results to inform future work.

---

# Why Russells Point?

---

# WHY RUSSELLS POINT?

2020 Median Income: 32,764 (10% increase from 2019)

2020 Poverty Rate: 35.2% (23.4% increase from 2019)

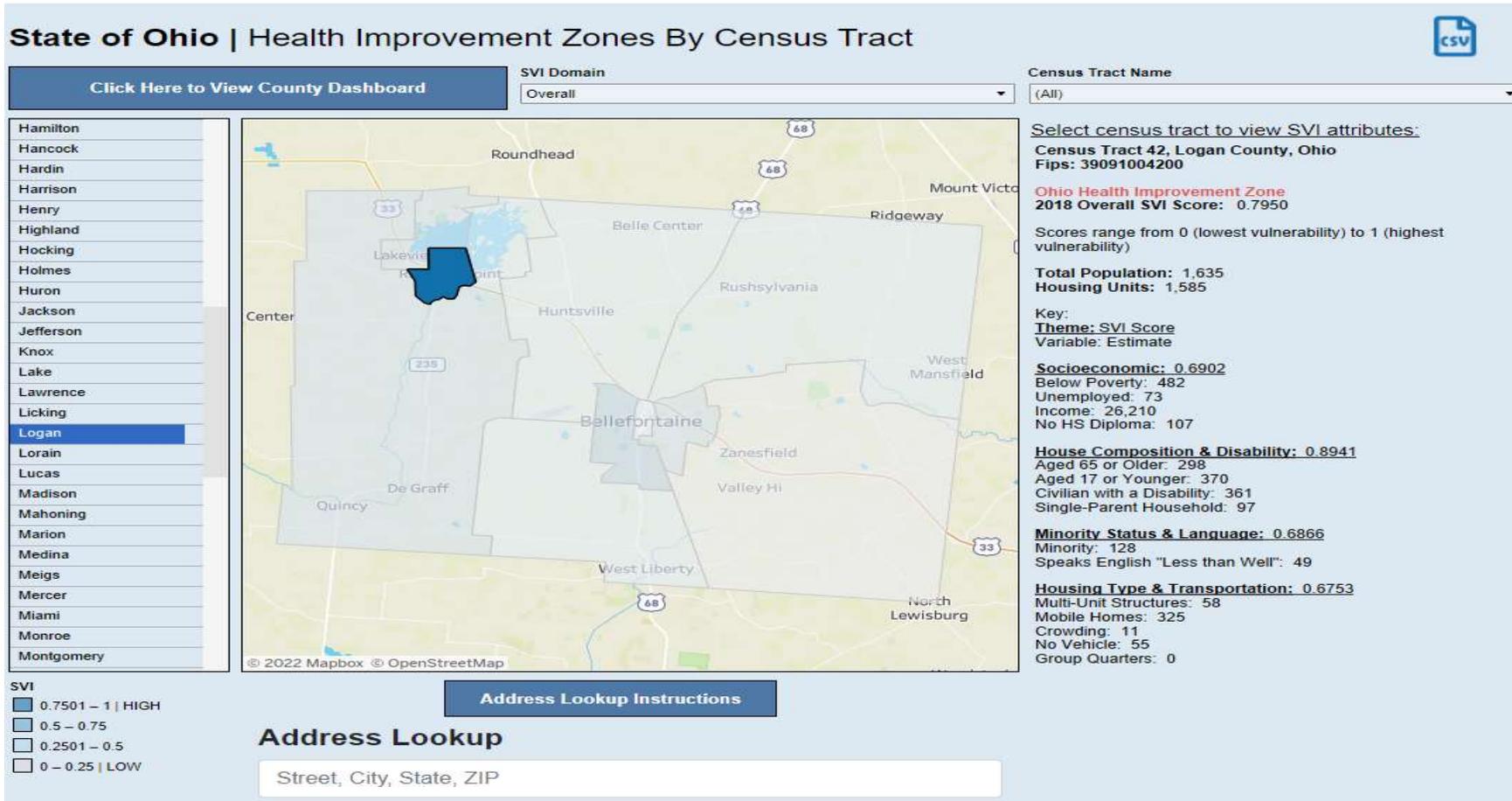
- Largest share of households had an income of 10k to 15k
- Largest demographic in poverty is females ages 6-11

2020: Primary Care Provider to Patient Ratio in Logan County: 2160:1

2020: Food Insecurity Rate: 11.8% (Feeding America)

[Russells Point, OH | Data USA](#)

# SOCIAL VULNERABILITY



---

# Active Living Results

---

# COMMUNITY WIDE PLANNING DOCUMENTS

## List of Community Wide Planning Documents

- Zoning Code, Development Requirements or other Land Use Policy (1959) that includes...
  - Plan supports inclusion of people with disabilities and older adults
  - Plan supports pedestrian infrastructure
- Parks and Recreation Plan (Annual Plan for Improvements) that includes...
  - Plan supports inclusion of people with disabilities and older adults
  - New/repared parks and playgrounds
  - Public transit improvements

# DECISION MAKING BODIES, INFRASTRUCTURE AND ENVIRONMENT, and POLICIES, PLANS AND ACTIVE COMMUTE SUPPORT

- Decision-Making Bodies
  - Planning and Zoning Commission
  - Parks and Recreation Board
- Infrastructure and Environment
  - Inclusive playgrounds with adapted equipment available in this community
  - Recreational or mixed-use trails
  - The trails are accessible to all community members including those with disabilities and older adults
  - There is public transportation available in this community (RTC Services)
- Policies, Plans, and Active Commute Support
  - This community has active commute supports that allow residents to easily and safely walk, bike, or take transit to reach everyday destinations
  - Free or subsidized transit options

---

# Healthy Eating Results

---

# COMMUNITY WIDE PLANNING DOCUMENTS AND HEALTHY EATING STRATEGIES

## Parks and Recreation Plan

- Community Gardens

## Local Food Action Plan

- Food Bank/Pantries

# INFRASTRUCTURE AND ENVIRONMENT

This community does not have a farmers market specifically for Russells Point residents, however, Logan County has a farmers market and Indian Lake has a farmers market that is accessible to residents.

This community uses tax incentives to encourage supermarkets and full-service grocery stores to open stores. These policies do not explicitly prioritize low-income or economically depressed areas.

This community does not provide programs to help convenience or corner stores sell healthier foods.

This community has food pantries that support the procurement of healthier foods and they provide healthy options through a client-choice model.

This community has community gardens that are accessible to people with disabilities and older adults, but no farm-to-institution or community-supported agriculture.

# INFRASTRUCTURE AND ENVIRONMENT

This community has dedicated accessible transportation to supermarkets, full-service grocery stores, or farmers markets for residents.

The transit agency considers accessibility to supermarkets or other full-service grocery stores in their assessment of public transportation routes.

This community does not have healthcare institutions that offer produce prescriptions to their patients.

# POLICIES AND PRACTICES

This community does not have a local or regional food policy council, food security coalition, or similar entity.

## Local Government Facilities

- no written nutrition standards for foods sold or served, including a la carte items and vending machines
- No pricing incentives to promote the purchase of healthier foods and beverages sold including in cafeterias or vending machines.

## Large Worksite

- no written nutrition standards for foods sold or served, including a la carte items and vending machines
- No pricing incentives to promote the purchase of healthier foods and beverages sold including in cafeterias or vending machines.

## Community Settings

- no written nutrition standards for foods sold or served, including a la carte items and vending machines
- No pricing incentives to promote the purchase of healthier foods and beverages sold including in cafeterias or vending machines.

---

**TAKING ACTION**

---

# REFLECTIONS ON ASSESSMENT FINDINGS

- Assessment results revealed that few documents exist for healthy eating and active living
- Russells Point does not have its own farmer's market, however, Indian Lake and Logan County both have farmers' markets
- There are no incentives to get grocery stores to sell healthier foods
- There are opportunities to incorporate nutrition standards in the community
- There are potential opportunities to expand community gardens
- There are opportunities to incorporate produce prescriptions and or promote a statewide campaign aimed at healthy eating habits

---

**WHERE DO WE GO FROM HERE?**

---

## **Selected Healthy Eating Activity**

**Logan County Health District will create a community cookbook made by the residents, for the residents to get copies of at the Indian Lake Farmers Market and the Logan County Farmers Market.**

# Purpose of the Selected Activity

**To empower the residents of Russell's Point to make decisions on healthy eating using their own resources, as well as evidence-based information from the Ohio Department of Health.**

# How will we leverage community input?

- LCHD will create a survey
- LCHD will share the survey with community leaders
- LCHD will ask community leaders to share the survey with the community
- LCHD will take the results of the survey (i.e. recipes submitted by the community) and create a cookbook to be distributed at the farmer's markets

---

# THANK YOU!

---



## Logan County Health District

*Nationally Accredited*



**(937) 592.9040**



**[LCHD@loganhealthohio.gov](mailto:LCHD@loganhealthohio.gov)**



**[www.loganhealthohio.gov](http://www.loganhealthohio.gov)**



**@loganchd**