



## **Steps to a Healthier Cleveland – An Overview**

*Steps to a Healthier Cleveland* is a city-wide program designed to engage Clevelanders to live longer, better, and healthier lives. A part of the U.S. Department of Health and Human Service's *Steps to a HealthierUS* (5-year) Cooperative Agreement, the local program is one of 40 funded communities nationwide implementing chronic disease prevention and health promotion efforts. More specifically, the aim of this initiative is to reduce the burden of diabetes, overweight/obesity, and asthma, and to address the three related risk factors of physical inactivity, poor nutrition, and tobacco use.

Under the direction of the Cleveland Department of Public Health, local efforts consist of providing information, resources, support, and services to schools, worksites, healthcare providers, community health workers, and neighborhoods with the assistance of various community partners. Specific activities include worksite wellness programs, neighborhood improvements and mapping of resources, healthcare provider and community health worker trainings, safe walking and biking routes to school, and urban community gardening support and enhancement.

To fulfill evaluation requirements, the Center for Health Promotion Research at Case Western Reserve University is responsible for managing the collection of local adult surveillance data via the Behavioral Risk Factor Surveillance Survey (BRFSS). Additionally, the Center coordinates and manages the monthly reporting of process evaluation data including program reach and fidelity. To track youth outcomes, the Center for Adolescent Health at Case Western Reserve University is responsible for managing the collection of local youth surveillance data via the Youth Risk Behavior Survey (YRBS). Together these efforts assist in informing the direction of programmatic efforts and evaluating their effectiveness.