



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
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NACDD Healthy Communities Still ACHIEVEing Success-

A Two-Year Post-Project Outcomes Update Report

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September 2014

This document was supported by the cooperative agreement U58/CCU324336 from the Centers for Disease Control and Prevention.

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NACDD Healthy Communities Still ACHIEVEing Success-

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Executive Summary

The *NACDD Healthy Communities Still ACHIEVEing Success* update report is a compendium of information that showcases healthy community changes of NACDD funded Action Communities for Healthy, Innovation, and EnVironmental change (ACHIEVE) communities in the areas of increasing physical activity and healthy eating, reducing or preventing tobacco use, chronic disease management, and leadership. As such, the document is a collection of successes that can be used to inform and plan efforts of local communities and states that wish to employ similar strategies. This updated collection represents the sustainability efforts and outcomes data of NACDD's ACHIEVE communities for the last two years since ACHIEVE ended in September 2012.



Community garden at Salamanca Youth Bureau in Salamanca, NY

The information presented in this document is intended for local and state public health professionals; school administrators; physical and health education experts; business/industry leaders; healthcare professionals; community-based institutions; city and county planning departments; local governments; elected officials; community coalitions; as well as other organizations and community members that possess an interest in improving community health.¹

NACDD is grateful for the ongoing hard work and dedication of the 48 community coalitions, lead coordinators, and additional community partners whose successes have transformed health visions into realities. NACDD appreciates the opportunity to continue sharing these successes with others.

NACDD Communities

Interested in the sustainability efforts and two-year post-project outcomes data, NACDD developed and administered a two-year post-project outcomes survey to its network of communities. After this survey was implemented and analyzed, NACDD combined outcomes data from the time period of 2008-2012 with the two-year post-project time period of 2012-2014, displaying up-to-date amazing results of local community accomplishments since receipt of initial funding.

Some two years after the end of the ACHIEVE project, NACDD’s communities remain influential in reaching **more than 6,500,000** people nationwide through the combined

“NACDD has been the most *rewarding partnership* in my career because they’ve provided stellar technical assistance and true partnership to help us build local capacity that has been sustained long after the funding.”
(Rachael Banks, Multnomah County, OR)

establishment of **488** policy strategies, **1,739** environmental changes, **89** systems improvements, **140** community-clinical linkage (CCL) enhancements, **16** events of formal



Trail development in Eastern Highlands, CT as a result of local ACHIEVE efforts

recognition, and **253** additional successes for a total of **2,725 successful and sustainable outcomes** (Appendix A).

Approximately **34.4%** of these outcomes focused on physical activity strategies, **28.2%** on nutrition approaches, **12.3%** on tobacco tactics, **11.3%** on chronic disease management, and **10.3%** on

leadership (Appendix B). Regarding community sector, **31.7%** of the outcomes targeted the community-at-large (CAL), **23.1%** were directed towards community institutions or organizations (CIO), **19.4%** were aimed at schools, **15.1%** were intended for healthcare organizations of all types, and **7.5%** pointed towards worksites (Appendix C). (Community coordinators failed to provide a corresponding focus area or community sector for 3.6% and 3.2% of the total outcomes, respectively).

Also included in this outcomes survey were questions pertaining to the leveraging of additional funds to extend the implementation of local community projects. The results of this survey are highlighted in this report, but are more explicitly outlined in a separate

funding analysis.² NACDD's ACHIEVE communities are highly committed to expanding this important work, as evidenced by the new total of **\$65,976,154** collectively received to advance healthy opportunities since initial receipt of ACHIEVE funds.^{2,3}

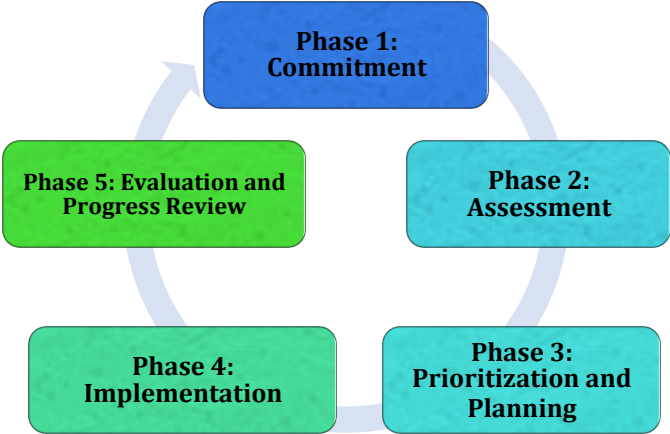
Introduction

NACDD, along with the National Association of County and City Health Officials (NACCHO), National Recreation and Parks Association (NRPA), and YMCA of the USA (Y-USA), received funding from the Centers for Disease Control and Prevention's (CDC) Healthy Communities Program to administer and manage local community projects with the ACHIEVE program. Funded local communities worked to establish sustainable policies, systems, and environments (PSE) that would target the most risky chronic disease behaviors of unhealthy eating, physical inactivity, and use of tobacco products in hopes that healthy choices would become the easy choices where people live, learn, work, play, pray, and receive care.

NACDD funded **48 communities in 31 states and one US territory** for the time period of 2008-2012. Each funding year represented a "cohort" of communities; these cohorts participated in routine NACDD-led trainings and technical assistance (TA), as well as trainings and TA provided by the ACHIEVE national partnership throughout each cohort's three-year project period. Funding for NACDD communities was administered and managed for the first year of the three-year project period, and communities used that funding to implement a five-phased Healthy Community model for the remaining two

years, as well as engage in sustainability planning activities to continue their efforts past the project.

Figure 1: Healthy Community Five-Phased Model



Working through the leadership and guidance of local community coalitions, these funded communities implemented a three-year, five-phased Healthy Community approach within all community sectors that consisted of developing a committed community coalition [Phase 1], performing a community health needs assessment [Phase 2], prioritizing and planning assessment results and developing goals and objectives [Phase 3], implementing a community action plan [Phase 4], and engaging in evaluation, progress review and sustainability planning efforts [Phase 5].

NACDD-led sustainability planning activities included training and TA towards the completion of a coalition sustainability plan, which fostered a process for coalitions to fully engage in sustainability planning surrounding the crucial areas of:

Figure 2: NACDD Sustainability Planning Foci

- (1) Coalition and partnership maintenance;
- (2) Community health improvement strategies (PSE, CCL, other);
- (3) Social marketing and communication techniques;
- (4) Integration;
- (5) Mentoring; and
- (6) Leveraging of additional funding.

Throughout the ACHIEVE project period (2008-2012), the NACDD ACHIEVE team implemented a robust evaluation plan to track process and outcomes data, inclusive of semi-annual progress reports, quarterly peer learning network calls, narrative invoice questionnaires, and post-project sustainability surveys. Evaluation measures not only tracked how each community fared throughout each of the five phases, but also the amount of funds leveraged to sustain efforts, the number of positive outcomes achieved individually and collectively, as well as strengths and suggestions for NACDD-led trainings, TA, and assistance processes. **By the project's end in September 2012**, NACDD ACHIEVE communities had reported accomplishment of 1,861 sustainable and successful outcomes, and the garnering of \$54,846,830 with a projected reach of more than 5,000,000 people nationwide! ¹

Two years later, NACDD was still interested in the success of its communities and administered a two-year post-project outcomes survey to gain insight into the outcomes and sustainability actions carried out since September 2012. Table 1 below highlights the comparison in final figures from the ACHIEVE project period 2008-2012 and the two-year post-project period 2012-2014. To date, **2,725 sustainable *and* successful outcomes** have been achieved and **\$65,976,154 has been acquired**, affecting the lives **more than 6,500,000 people**.

Table 1: NACDD ACHIEVE Outcomes Comparison from 2008-2012 and from 2012-2014^{1, 2, and 3}

| Outcomes Collected | ACHIEVE Project Period 2008-2012 | Two-Year Post-Project 2012-2014 | Total To-Date |
|----------------------|----------------------------------|---------------------------------|---------------------|
| Total funding | \$54,746,800 | \$11,129,324 | \$65,976,154 |

| | | | |
|--------------------------------|--|------------|-------------------|
| leveraged | | | |
| # Policy changes | 328 | 160 | 488 |
| # Environmental changes | 1,245 | 494 | 1,739 |
| # Systems changes | 61 | 28 | 89 |
| # CCL changes | ----- <i>(Data was not collected)</i> | 140 | 140 |
| # “Other” changes | 211 | 42 | 253 |
| # Formal recognition | 16 | 0 | 16 |
| Total sum of outcomes | 1,861 | 864 | 2,725 |
| Total estimated reach | 5,000,000+ | 1,509,413+ | 6,509,413+ |

This report details these survey findings, and supports NACDD’s credible leadership as a national front-runner for the provision of funding and TA for local Healthy Community initiatives.

Outcomes Survey

This final outcomes survey was administered to NACDD ACHIEVE communities with a five-pronged goal of gathering (1) coalition sustainability information; (2) number and type of new outcomes and estimated reach since September 2012; (3) anticipated coalition strategies moving forward; (4) amount of funds leveraged since September 2012; and (5) types of funding desired for future interventions.³ A total of 39 questions were asked—27 of these questions pertained to sustainability and outcomes achieved, and 12 questions pertained to funding leveraged and desired by local communities.³ Additionally embedded in these questions was the likelihood of local communities to partner with NACDD again on future projects where NACDD was the national funding organization and TA lead.

Of NACDD's 48 communities, **19 (40%)** of them completed the survey and **two additional communities** provided data via other methods (email and PowerPoint

“Participation in ACHIEVE, including the partnerships and outcomes, likely influenced our ability to be designated as the Northwest Washington regional lead for the Community Transformation Grant.”

(Nicole Willis, Whatcom County, WA)

presentations) that were also considered in the final figures of this report.² Having sound data and feedback from this survey is beneficial to the association as NACDD continues to seek continued funding and maintain collaboration with its local communities.² The outcomes data described in this report represents the

total figures gathered from 2008-2012, as well as the communities for which NACDD was able to obtain two-year post-project outcomes and funding data.

Sustainability and Outcomes Results

The following sections of this report represent the data gathered from those communities that participated in the two-year post survey and/or who submitted information by email or PowerPoint presentation to NACDD. Although primary intentions of the survey were to gain valuable information about the types of outcomes implemented and the types and amounts of funds collected, the survey asked questions around the additional topics of coalition sustainability, community assessment, and community action plans—all of which are summarized below.

Please note the following considerations regarding the summary charts that are displayed in the corresponding sections:

- Total project outcomes and leveraged funds for NACDD ACHIEVE for the time period of 2008-2014 have been updated and organized in **Appendix A**.

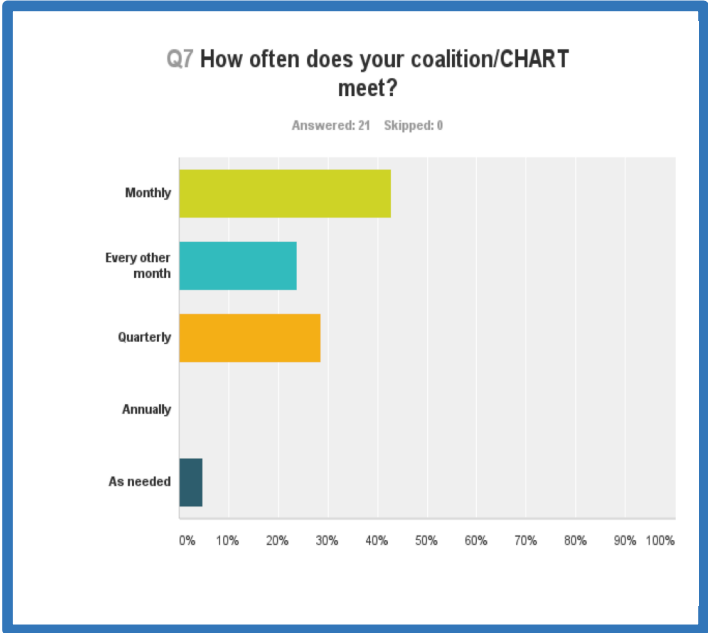
- Focus area and community sector distribution percentages for the outcomes reported to NACDD in the last two years are detailed in **Appendices B and C**, respectively.
- For any PSE, CCL, or “other” positive outcome that involved childcare facilities and/or preschool facilities, these outcomes were counted within the CIO sector (not schools), since this is the sector these entities were originally assigned to by CDC when the initial assessment tool was introduced to communities and national partner organizations in 2008.

“We are and have been most appreciative of the resources that have been afforded to our community thus far. We embrace changes already made and look toward the future for continued opportunities to work with the NACDD Healthy Communities team.”

(Sandi Brundage, Salamanca, NY)

Coalition Sustainability

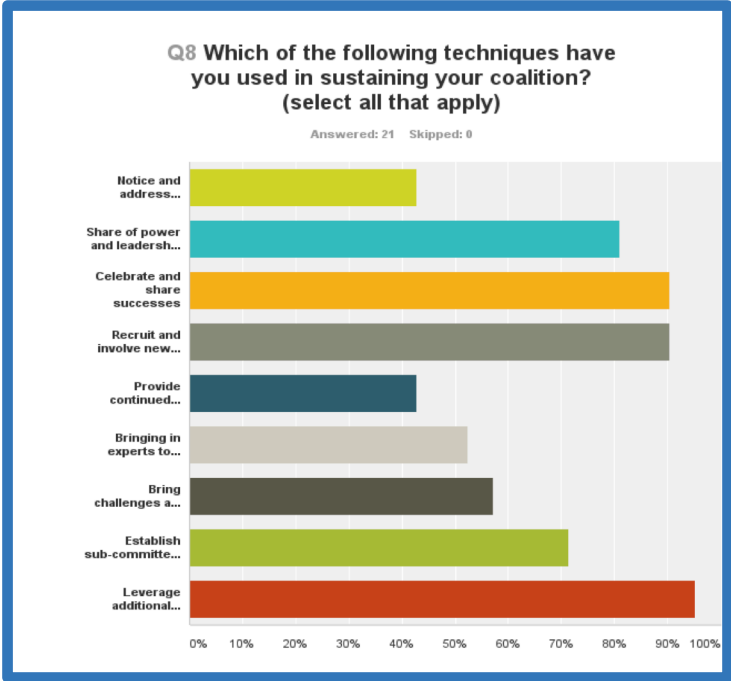
During the first year of funding for each NACDD ACHIEVE community, a Community Health Action Response Team (CHART) was either created anew by communities or became assigned to an existing community coalition to serve as the primary community coalition for the ACHIEVE three-year project period. Of those who responded to the survey, a majority **77%** indicated that the original coalition/CHART team is still meeting even years after the end of the project. Of these who still gather routinely, **45%** meets monthly, **29%** meets bi-monthly, **25%** meets quarterly, and **5%** meets on an as-



needed basis. **Only 23%** of the survey responses indicated that the original coalition/CHART is no longer meeting, however, approximately **two-thirds of these** further elaborated that the original group was **merged into a larger community group** that occurred after, or as a result of, ACHIEVE.

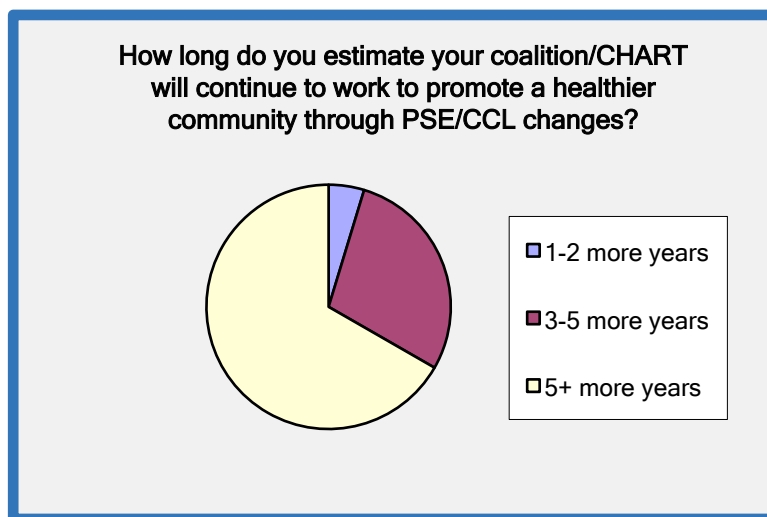
When asked about the different techniques used in sustaining community coalitions, the following information was provided:

- **95%** of respondents **acquired additional funding and grants** to continue similar work;
- **91%** of respondents **routinely celebrated and shared successes**, as well as **recruited and involved new members** when necessary;
- **81%** of respondents **shared power and leadership** among all coalition members and partners;
- **71%** of respondents **established sub-committees** in areas of personal interest and action plan interest;



- **57%** of respondents **brought challenges and exciting new issues** to the group to keep them engaged and interested in continuing the work;
- **52%** of respondents indicated that they **brought in experts to share and mentor** coalition members on various related topics;
- **45%** of respondents provided continued **trainings and enhanced learning** opportunities to members; and
- **43%** of respondents **noticed and addressed any conflictive problems** as they arose.

PSE strategies were incorporated into the missions of the coalition member organizations by incorporating nutrition, physical activity, and tobacco changes into agency operations/strategic plans (75%); designating in-kind staff and resources to PSE efforts within the organization (70%); and sustaining implemented PSE changes within the organization (60%). **All survey respondents** indicated their coalitions would continue to pursue Healthy Community efforts in the future, with 67% estimating **five-plus years** of ongoing work, 29% estimating **three to five years**, and 4% estimating **one to two more years**.



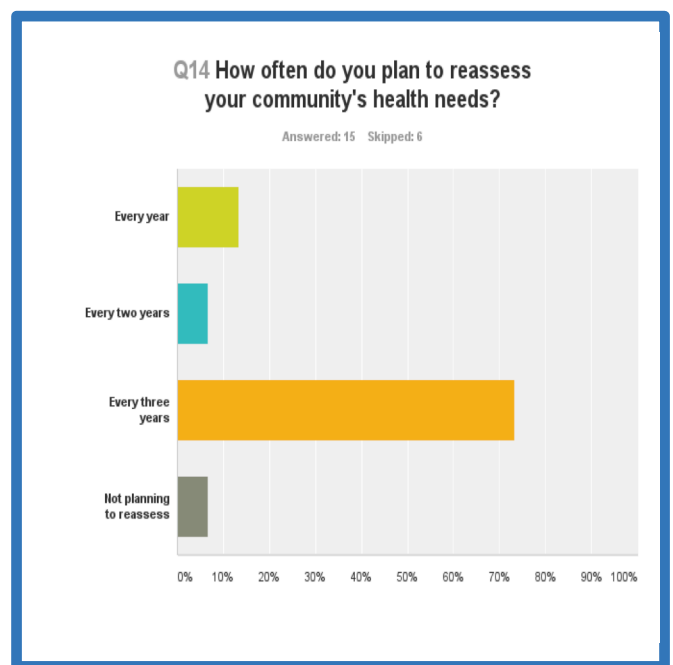
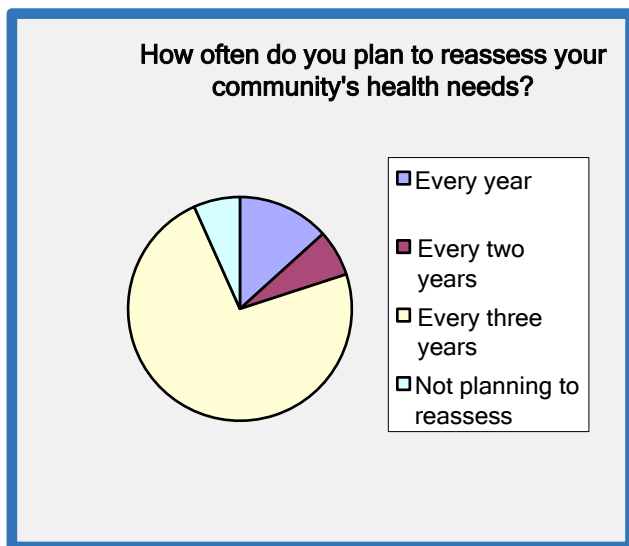
Community Assessment

Per CDC requirements, each funded ACHIEVE community implemented the Community Health Assessment and Group Evaluation (CHANGE) assessment tool upon the first year of funding and then also reassessed the community once each year for the last two years of the project period. NACDD was interested to find out if communities are still

conducting community health assessments and if the CHANGE tool is the assessment of choice by local coalitions:

- Over **78%** of survey respondents indicated that they **have completed a community health assessment** since September 2012, or since their respective cohort project period ended if sooner than September 2012;
- **58%** of those that implemented a community health assessment since the end of ACHIEVE reported implementation of a **local/county/state-specific** community health needs assessment, and **not** CHANGE;
- Only one person (**7%**) indicated **ongoing implementation of the CHANGE tool**; and
- Two respondents (**15.4%**) said they used the **Mobilizing Action through Planning and Partnership (MAPP)** assessment.

When asked about the frequency of assessing the community from this point forward, a majority **73%** claimed that they plan to **reassess every three years**, with an overwhelming **95%** saying they were **not likely** to use the CHANGE tool.



Community Action Plan

Throughout the ACHIEVE project period, NACDD provided each cohort of communities a community action plan (CAP) template which housed coalition membership information, community assessment findings, and annual and project period PSE goals and objectives. When asked if communities presently use some version of a CAP to guide coalition efforts, **74%** of respondents said **yes**. Additionally, almost **36%** of respondents specified that the CAP is now updated **annually**, as compared to **every two years (29%)**, **semi-annually (21%)**, or not at all **(14%)**.

New Policies

Survey participants listed accomplishment of **160 new policies** in the last two years since the end of the ACHIEVE project period, bringing the NACDD ACHIEVE policy change total to **488** new healthy eating, physical activity, or tobacco reduction policies that have been instituted. Table 2 below details the new policies accomplished in the two-year post project period by the communities who completed the survey.



Active Living Workshops in Clinton County, IN are now made possible by new Complete Streets policies!

Table 2: NACDD ACHIEVE Two-Year Post Project Data--New Policy Changes³

| Community Name | Cohort Year | # New POLICY Outcomes | Focus Area | Community Sector | Estimated Reach |
|-------------------------|-------------|--|------------------------------|------------------|--|
| Allentown, Pennsylvania | 2008 | Healthy Kids Healthy Allentown adopted six healthy eating and activity policies ensuring children have healthy food choices and are physically | Nutrition; Physical Activity | CIO | 250 youth serving organizations; 120,000 residents |

| | | | | | |
|--|------|---|------------------------------|-------------------------|--------------------------------|
| | | active while at day care, school, camp, or programs. | | | |
| | | A tobacco-free parks and playgrounds resolution was adopted to ban smoking in all playgrounds within the city | Tobacco | Community-at-large | 120,000 residents |
| | | A new Complete Streets policy now exists for City of Allentown. | Physical Activity | Community-at-Large | 120,000 residents |
| Clinton County, Indiana | 2011 | A new Frankfort Comprehensive Plan was developed through collaboration with city council. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| Columbus County, North Carolina | 2010 | Eight faith-based organizations implemented joint use agreements allowing community members to participate in exercise classes on church property. | Physical Activity | CIO | 600 participants |
| Green Bay (Brown County), Wisconsin | 2012 | The Wrightstown School District updated its Recreational Use Agreements. | Physical Activity | School | 2,500 students |
| | | The Ashwaubenon Public School District and the Unified School District of De Pere established new Farm-to-School Policies | Nutrition | School | 3,300 students; 4,100 students |
| Lake County, Ohio | 2009 | <i>Provided no new policies</i> | | | |
| Lane County, Oregon | 2011 | Six partner organizations adopted tobacco-free campus policies. | Tobacco | <i>Was not provided</i> | <i>Was not provided</i> |
| Multnomah County, Oregon | 2009 | 60 Schools Uniting Neighborhoods (SUN) schools are more active and have healthier snacks due to new healthy eating and physical activity policies. | Nutrition; Physical Activity | Schools | 17,500 students |
| | | Employees and visitors are now protected from second-hand smoke due to a new tobacco-free campus policy through Multnomah County offices and buildings. | Tobacco | Worksites | 4,500 employees and visitors |
| | | Two local faith organizations continue to implement nutrition policies, strategies, and environmental settings. | Nutrition | CIO | <i>Was not provided</i> |
| | | 15 senior meal providers that redistribute leftover produce | Nutrition | CIO | 5,000 seniors |

| | | | | | |
|-------------------------------|------|--|---------------------------------|--------------------|--------------------------------------|
| | | to seniors adopted new Fresh Produce policies. | | | |
| Nacogdoches, Texas | 2009 | A new tobacco-free policy was established at Nacogdoches Memorial Hospital. | Tobacco | Healthcare | 500 employees and community members |
| Northeast, Connecticut | 2009 | The Towns of Killingly and Putnam adopted self-enforcing smoke-free parks policies. | Tobacco | Community-at-Large | 17,269 residents; 9,491 residents |
| | | The Northeast District Department of Health Board of Directors implemented an agency-wide tobacco-free worksite policy. | Tobacco | Healthcare | 13 employees |
| | | Quinebaug Valley Community College expanded its tobacco-free policy to include all campus areas within 25 feet of the building(s). | Tobacco | School | 5,000 students; 200 staff |
| | | Six additional schools were trained on the WriteSteps School Walking Initiative, which incorporates a 10-minute walk at school each day for students. | Physical Activity | School | 2,163 students and staff |
| Norwalk, Connecticut | 2012 | Norwalk YMCA's After School Health and Wellness Policy was updated to include water-only beverage policy and incorporation of at least one active enrichment program each year for children. | Nutrition; Physical Activity | CIO | 120 students |
| | | Norwalk YMCA's After School Program additionally adopted the evidence-based Fit Kids curriculum for routine implementation. | Nutrition; Physical Activity | CIO | 90 students |
| | | The Norwalk Housing Authority and Family and Children's Agency updated its Health and Wellness Policies for Learning Centers and childcare programs, respectively. | Nutrition; Physical Activity | CIO | 200 children; 50 children |
| Portsmouth, Virginia | 2010 | A new joint use agreement was established allowing local pools to be used for the Swim4Life program | Physical Activity | CIO | 1,200 children |
| Randolph County, | 2012 | The local YMCA instituted a non-smoking policy now effective for inclusion at any | Tobacco | CIO | 1,800 YMCA members plus community |

| | | | | | |
|---|------|---|-------------------------|--------------------|---|
| Indiana | | campus or non-campus events. | | | members |
| | | Union City and the City of Winchester established new policies prohibiting smoking in areas where children are playing. | Tobacco | Community-at-Large | <i>Was not provided</i> |
| | | SNAP benefits are now accepted at the local farmer's market. | Nutrition | Community-at-Large | 50 people during season |
| Salamanca, New York | 2008 | The City of Salamanca updated its Complete Streets policy. | Physical Activity | Community-at-Large | 5,683 residents; 7,000 new sidewalk blocks installed resulting from this policy |
| | | The Salamanca Youth Bureau adopted a new healthy vending policy for youth participants and members. | Nutrition | CIO | 7,248 visits to the youth center to date |
| Spartanburg County, South Carolina | 2011 | <i>Provided no new policies</i> | | | |
| Stark County, Ohio | 2008 | <i>Provided no new policies</i> | | | |
| Tallahassee (Leon County), Florida | 2010 | One Community Garden Policy adopted by the City of Tallahassee | Nutrition | Community-at-Large | <i>Was not provided</i> |
| | | Leon County Schools District updated student wellness nutrition policy. | Nutrition | Schools | 36,000 students |
| | | Springwood Elementary developed a new physical activity policy. | Physical Activity | Schools | 300 students |
| | | Three new worksite wellness policies were developed at Florida Department of Health--Leon | <i>Was not provided</i> | Worksites | <i>Was not provided</i> |
| Valley City, North Dakota | 2010 | A new childcare nutrition policy is in place at one childcare location in Valley City. | Nutrition | CIO | 70 children |
| | | The public health department developed a new nutrition policy that will allow for healthy foods, sharing, and educating of nutrition information for all county | Nutrition | Worksites | 2,000 people |

| | | | | | |
|-----------------------------------|------|---|---------------------------------------|-------------------------|---------------------------|
| | | employees. | | | |
| Whatcom County, Washington | 2009 | The PeaceHealth St. Joseph Medical Center eliminated formula giveaway for newborns. | Nutrition | Healthcare | 2,000 infants per year |
| | | The City of Bellingham adopted Pedestrian Master Plan and Bicycle Master Plan. | Physical Activity | Community-at-Large | 82,631 residents |
| | | The Whatcom County Comprehensive Plan now has added policies to promote bicycling and walking. | Physical Activity | Community-at-Large | 87,000 residents |
| | | The Northwest Washington Fair adopted new policy banning smoking except in a limited number of designated areas. | Tobacco | Community-at-Large; CIO | 202,950 visitors per year |
| | | The Bellingham Public Libraries adopted a new smoke-free campus policy. | Tobacco | CIO | 47,000 cardholders |
| | | The Bellingham Housing Authority adopted smoke-free policies for one building and all new properties. | Tobacco | CIO | 7,000 residents |
| | | One private multi-unit housing facility adopted a new smoke-free policy. | Tobacco | CIO | <i>Was not provided</i> |
| | | The Whatcom Transportation Authority adopted new policy prohibiting use of tobacco on all WTA properties. | Tobacco | CIO | <i>Was not provided</i> |
| Williamson County, Texas | 2009 | Williamson County revised its tobacco-free policy to include e-cigarette language. | Tobacco | Community-at-Large | <i>Was not provided</i> |
| | | The Williamson County and Cities Health District revised its breastfeeding policy to meet Mother-Friendly certification requirements. | Nutrition | Healthcare | <i>Was not provided</i> |
| | | 15 local businesses have developed policies related to healthy eating, physical activity, or tobacco reduction | Nutrition; Physical Activity; Tobacco | Worksites | <i>Was not provided</i> |
| Wrangell, Alaska | 2010 | Three smoke-free bar locations now exist in Wrangell. | Tobacco | CIO | 400 patrons |

New Systems

A total of **29 new system enhancements** were reported by participating survey respondents, now elevating the total systems changes to **89** for NACDD ACHIEVE communities since 2008. Table 3 details these improvements:

Table 3: NACDD ACHIEVE Two-Year Post Project Data--New System Changes³

| Community Name | Cohort Year | # New SYSTEMS Outcomes | Focus Area | Community Sector | Estimated Reach |
|-------------------------------------|-------------|--|----------------------------|---------------------|-------------------------|
| Allentown, Pennsylvania | 2008 | SRTS walkability audits were conducted at four middle schools and 14 elementary schools within the City of Allentown to assess improvements needed in infrastructure and traffic calming. | Physical Activity | Schools | 17,000 students |
| Clinton County, Indiana | 2011 | <i>Provided no new systems changes</i> | | | |
| Columbus County, North Carolina | 2010 | <i>Provided no new systems changes</i> | | | |
| Green Bay (Brown County), Wisconsin | 2012 | All eight school districts in Brown County have implemented a process for tracking local food purchases as a baseline estimate with the goal of increasing local food purchases each year. | Nutrition | Schools | <i>Was not provided</i> |
| | | A network of three local farmer’s markets now accepts EBT/SNAP benefits, allowing low-income residents to purchase healthier foods. | Nutrition | Community -at-Large | 8,000 residents |
| Lake County, Ohio | 2009 | <i>Provided no new systems changes</i> | | | |
| Lane County, Oregon | 2011 | <i>Provided no new systems changes</i> | | | |
| Multnomah County, Oregon | 2009 | The Multnomah County Health Department implemented the use of electronic medical | Chronic Disease Management | Healthcare | 50,000 patients |

| | | records (EMR) for all primary care clinics. | (EMR) | | |
|---|------|--|---------------------------------------|---|-------------------------|
| Nacogdoches, Texas | 2009 | <i>Provided no new systems changes</i> | | | |
| Northeast, Connecticut | 2009 | <i>Provided no new systems changes</i> | | | |
| Norwalk, Connecticut | 2012 | <i>Provided no new systems changes</i> | | | |
| Portsmouth, Virginia | 2010 | <i>Provided no new systems changes</i> | | | |
| Randolph County, Indiana | 2012 | Joint use agreements established in local school system allowing residents to use property for walking before and after school hours | Physical Activity | Schools | <i>Was not provided</i> |
| Salamanca, New York | 2008 | A Walking School Bus was implemented within the Salamanca City School District. | Physical Activity | Schools | 1,351 students |
| | | All teachers in the school district have been trained and provided tools for incorporating physical activity in the classroom. | Physical Activity | Schools | 1,351 students |
| Spartanburg County, South Carolina | 2011 | “Good for You Spartanburg” was created for improving health in local worksites, faith-based communities, schools, and neighborhoods. | Nutrition; Physical Activity; Tobacco | Worksites, CIO, Community-at-Large, Schools | <i>Was not provided</i> |
| | | A joint use agreement was established with the local school system allowing public use of school playgrounds | Physical Activity | Schools | 40,000 residents |
| | | A new wellness policy was developed for Spartanburg School District 7. | Nutrition; Physical Activity | Schools | 40,000 people |
| | | Alliance for a Healthier Generation framework was implemented in eight local schools. | <i>Was not provided</i> | Schools | <i>Was not provided</i> |
| Stark County, Ohio | 2008 | <i>Provided no new systems changes</i> | | | |
| Tallahassee (Leon County), Florida | 2010 | <i>Provided no new systems changes</i> | | | |
| Valley City, North Dakota | 2010 | The Valley City Public Schools established a new school wellness policy, which now | Nutrition; Physical Activity | Schools | 7,000 |

| | | | | | |
|-----------------------------------|-------------------|---|--|---------------------|--|
| | | regulates fundraising and concessions sales as well as healthy meetings and events. | | | |
| | | Seniors in high school within the Valley City Public School district now all participate in a Personal Wellness Profiles, giving each student a profile of their health status before leaving high school. | <i>Was not provided</i> | Schools | 100 students/year |
| Whatcom County, Washington | 2009 | The Whatcom Food Network was officially launched, consisting of a 55-member organizational network committed to working in the local food system. | Nutrition | Community -at-Large | 55 member organizations; 215 members |
| | | The integration of public health perspectives was formally integrated into three Whatcom plans: Whatcom County Comprehensive Plan, City of Bellingham Pedestrian Plan, and City of Bellingham Bicycle Plan. | Physical Activity | Community -at-Large | 87,000 residents Whatcom County; 82,000 residents City of Bellingham |
| | | The Whatcom Prevention Coalition now has tobacco strategies integrated into its substance abuse prevention work community-wide. | Tobacco | Community -at-Large | <i>Was not provided</i> |
| | | Harvest of the Month expanded to all Whatcom County Elementary Schools, allowing students to try new produce each month. | Nutrition | Schools | 11,000 students |
| | | The Bellingham School District, Whatcom Farm-to-School, and a local food processing facility have partnered to expand local food availability to students and staff. | Nutrition | Schools | 11,000 students; 1,300 staff |
| | | New salad bars were implemented at all Bellingham Public Middle Schools. | Nutrition | Schools | 2,500 students |
| | | Walking loop signage was installed for the Northwest Parks and Recreation District #2 parks serving Blaine and Birch Bay. | Physical Activity | Community -at-Large | 13,100 residents |
| | Williamson | 2009 | <i>Provided no new systems changes</i> | | |

| | | |
|-------------------------|------|--|
| County, Texas | | |
| Wrangell, Alaska | 2010 | <i>Provided no new systems changes</i> |

New Environments

An estimated **494 additional environmental improvements** are now in place within NACDD communities that will assist residents with eating healthier, being more active, and refraining from use of tobacco products. The total number of environmental changes that have been reported to NACDD by its funded communities now stands at 1,739. (See Table 4 below).



Phase one construction of two-mile community walking trail in Colby, KS

Table 4: NACDD ACHIEVE Two-Year Post Project Data—New Environments³

| Community Name | Cohort Year | # New ENVIRONMENT Outcomes | Focus Area | Community Sector | Estimated Reach |
|--------------------------------|--------------------|---|-------------------|-------------------------|------------------------|
| Allentown, Pennsylvania | 2008 | Four new community gardens are in place throughout Allentown. | Nutrition | <i>Was not provided</i> | 1,000 |
| | | One new LifeTrail is in place at one local park equipped with 10 wellness stations. | Physical Activity | CIO | 420 older adults |
| | | A total of 240 sharrows and 8 chevrons have been placed on nine city streets in Allentown. | Physical Activity | Community-at-Large | 120,000 |
| | | 10 new bike racks have been added per year for the last two years at the schools that participated in the SRTS walkability audits. (N=20) | Physical Activity | Schools | 17,000 students |
| | | The mobile Fruits and Veggies on the Move truck now sports permanent decals of colorful produce, uses a loud speaker | Nutrition | Community-at-Large | 2,000 youth |

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|--|------|--|-------------------|--------------------|-------------------------|
| | | system with MP3 capacity so the truck can be heard from miles away as it approaches its destinations, as well as is now equipped with a serving table for fruits and vegetables—all to assist with the delivery of 4,500 nine ounce servings of produce each year. (N=3) | | | |
| Clinton County, Indiana | 2011 | 14 new walking routes have been established in Clinton County. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| Columbus County, North Carolina | 2010 | Eight faith-based organizations have added four pieces of exercise equipment each at their church location to accompany the exercise classes being offered for church and community members. (N=8) | Physical Activity | CIO | 600 participants |
| Green Bay (Brown County), Wisconsin | 2012 | Seven school gardens have been established. | Nutrition | Schools | 3,100 students |
| Lake County, Ohio | 2009 | <i>Provided no new environmental changes</i> | | | |
| Lane County, Oregon | 2011 | <i>Provided no new environmental changes</i> | | | |
| Multnomah County, Oregon | 2009 | Five local retailers have implemented environmental improvements, such as addition of refrigeration units, product placement changes, and marketing strategies to increase produce availability in neighborhoods. | Nutrition | CIO | <i>Was not provided</i> |
| Nacogdoches, Texas | 2009 | A school garden is now in place at one local school. | Nutrition | School | 450 students |
| Northeast, Connecticut | 2009 | 24 mobile raised community garden beds now exist at local senior centers, day cares, and other community organizations, thanks to collaboration with HealthQuest and local high school youth. | Nutrition | CIO | 200 residents |
| | | Three community gardens were established and/or expanded in the last two years. | Nutrition | CIO | 2,500 residents |

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|---------------------------------|------|---|-------------------|--------------------|---|
| | | Placement of two 15-foot benches has been placed at a nearby walking track to assist seniors who frequent the track as they walk. | Physical Activity | CIO | 24 participants |
| Norwalk, Connecticut | 2012 | A new Healthy Restaurant Initiative is now in process for the Greater Norwalk Area, inclusive of nutrition and environmental health criteria. | Nutrition | CIO | 240,000 |
| Portsmouth, Virginia | 2010 | “Breastfeeding Welcome Here” signage is now installed at 13 local sites. | Nutrition | Worksites; CIO | <i>Was not provided</i> |
| | | StairWELL to Health has been implemented at two local sites, including 49 total signage prompts. (N=2) | Physical Activity | Worksites | <i>Was not provided</i> |
| | | Two additional walking routes have been established for Portsmouth Walks. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| Randolph County, Indiana | 2012 | Healthy vending machines are now in place at the local YMCA and the local hospital. | Nutrition | Healthcare; CIO | Several hundred per month (estimated 2,400 people per year) |
| Salamanca, New York | 2008 | Bike racks have been placed throughout the City of Salamanca in common locations (such as grocery stores). (Number of bike racks not provided). | Physical Activity | CIO | 5,683 residents |
| | | Three additional Safe Pedestrian Crosswalk signs have been placed throughout the City of Salamanca, affording safe crossing in crosswalks to residents. | Physical Activity | Community-at-Large | 5,683 residents |
| | | Following the new Complete Streets policy and a recent walkability assessment, 6,300 sidewalk blocks have been replaced throughout the city. (Counted as N=1 instead of N=6,300). | Physical Activity | Community-at-Large | 5,683 residents; 6,300 sidewalk blocks |
| | | Healthy snacks are now made available daily at no cost for youth participants at the local youth center. | Nutrition | CIO | <i>Was not provided</i> |
| Spartanburg | 2011 | Three new bicycle-sharing | Physical | Community- | 15,000 |

| | | | | | |
|---|------|--|-------------------|-----------------------------|---|
| County, South Carolina | | stations have been added to the city's Bike Share program. | Activity | at-Large | |
| | | A road diet has been effectively implemented at West Main Street. | Physical Activity | Community-at-Large | 100,000 |
| | | A new food hub and urban farm, Harvest Park, now exists. | Nutrition | Community-at-Large | 15,000 |
| | | Three cycle tracks and road diets have been formally planned. | Physical Activity | Community-at-Large | 65,000 |
| | | \$650,000 worth of playground improvements is now in place at playgrounds within the City of Spartanburg. | Physical Activity | Community-at-Large | 40,000 |
| Stark County, Ohio | 2008 | 10 community gardens were installed in selected neighborhoods and organizations with small funding that incorporated nutrition education and involvement of children in the gardening. | Nutrition | Community-at-Large; CIO | 400 |
| Tallahassee (Leon County), Florida | 2010 | 22 community gardens are now in place throughout the city and schools. | Nutrition | Community-at-Large; Schools | <i>Was not provided</i> |
| | | A new play display, entitled Get Outdoors, exists at Cascades Park. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| Valley City, North Dakota | 2010 | Mercy Hospital has made available two bicycles for employees who want to use them to run errands throughout the workday. | Physical Activity | Worksite | 150 |
| | | Four bike racks have now been placed throughout Valley City. | Physical Activity | Community-at-Large | 75 |
| | | Funding was successfully leveraged to begin the construction process for two new multi-use paths in Valley City. | Physical Activity | Community-at-Large | Estimated 700 total residents |
| Whatcom County, Washington | 2009 | A mobile food pantry now exists and operates monthly to deliver 5,700 pounds of fresh fruits, vegetables, dairy, and meats. | Nutrition | Community-at-Large | 1,280 households per year; 4,800 individuals per year |
| | | The PeaceHealth St. Joseph Medical Center significantly changed the cafeteria to promote healthy food and beverage choices. | Nutrition | Healthcare | 321,000 patients per year |

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|---------------------------------|------|---|-------------------|-------------------------|--|
| | | School gardens now exist at seven local elementary schools and two local middle schools. | Nutrition | Schools | <i>Was not provided</i> |
| | | 18 worksites now offer workplace Community Supported Agriculture shares and deliveries through collaboration with a local agency Sustainable Connections. (N=18) | Nutrition | Worksites | <i>Was not provided</i> |
| | | New traffic calming and pedestrian infrastructure now exists at one local middle school, complete with one new roundabout, one new pedestrian crossing, and one new pedestrian-activated crossing signal. (N=3) | Physical Activity | School | 650 students |
| | | The Washington State Department of Transportation secured \$2.5 million dollars in federal transportation funding to construct a roundabout, sidewalks, and pedestrian crossings in rural Whatcom County. (N=3) | Physical Activity | Community-at-Large | 4,140 Kendall and Columbia Valley residents. |
| | | SRTS funding was secured for built environment improvements to Carl Cozier Elementary School. | Physical Activity | Schools | 331 students |
| Williamson County, Texas | 2009 | Six gardens at local businesses, schools, and faith-based locations are now tobacco-free and have supporting signage installed. | Tobacco | Worksites, Schools, CIO | <i>Was not provided</i> |
| | | Four trail systems with supporting healthy message signage have been established in city park and business locations. | Physical Activity | Worksites, CIO | <i>Was not provided</i> |
| | | Six community gardens are now in place at local businesses, schools, and faith-based sites. | Nutrition | Worksites, Schools, CIO | <i>Was not provided</i> |
| | | 14 local restaurants now have menu labeling. | Nutrition | CIO | <i>Was not provided</i> |
| | | 15 sites now have signage and other materials to be breastfeeding-friendly for employees | Nutrition | Worksites | <i>Was not provided</i> |

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| Wrangell, Alaska | 2010 | Provided no new environmental changes |
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Improved CCL's

Strategies that focused on linking community-based resources, providers, and clinics together with community members to access preventive services and better treat chronic conditions were not a focus of the ACHIEVE project period spanning the years of 2008-2012. In 2013, NACDD did provide small financial assistance to five communities as a CCL mini-grant pilot project, hoping to acquire future funding with demonstrated CCL outcomes from this project. This means that only five communities out of NACDD's 48 were oriented and trained on CCL strategies at all. Given this, the impressive results of this survey indicated that **two-thirds of respondents (14) were successful at implementing CCL strategies**; 10 of these respondents **did not receive the training or orientation** from the mini-grant project. Altogether, **140 CCL strategies were implemented** in the last two years! (See table 5 below).

Table 5: NACDD ACHIEVE Two-Year Post Data--New CCL Improvements³

| Community Name | Cohort Year | # New CCL Outcomes | Focus Area | Community Sector | Estimated Reach |
|-------------------------|-------------|---|--|---------------------|------------------|
| Allentown, Pennsylvania | 2008 | The St. Luke's University Health Network Van travels to local schools to provide health services to students as a part of a community based intervention that addresses overweight/obesity. | Chronic Disease Management | Healthcare; Schools | Was not provided |
| | | The Allentown Health Bureau partners with Sacred Heart Hospital to provide cholesterol and glucose screenings at no cost to | Chronic Disease Management; (screenings; nutrition | Healthcare | Was not provided |

| | | | | | |
|--|------|--|--|-----------------|-------------------------|
| | | Allentown residents. Additionally, nutrition counseling is provided to those who test out of range. | counseling) | | |
| | | The Allentown Health Bureau additionally provides free nutrition counseling for overweight youth. | Chronic Disease Management (nutrition counseling) | Healthcare | <i>Was not provided</i> |
| | | A core group of medical professionals provides monthly education and information on related chronic disease topics to LifeTrail members. | Chronic Disease Management (Health education) | Healthcare | <i>Was not provided</i> |
| Clinton County, Indiana | 2011 | Healthy Clinton County developed and implemented a prenatal smoking cessation program that yielded 83% success rates! | Tobacco | Healthcare | <i>Was not provided</i> |
| Columbus County, North Carolina | 2010 | Hypertension and glucose screenings have been implemented at eight faith-based organizations. Those with elevated levels were referred to the primary clinic of the local health department or to a provider within their area for follow-up care. | Chronic Disease Management (screenings) | CIO; Healthcare | <i>Was not provided</i> |
| | | The Stanford Chronic Disease Self-Management workshops have been implemented at eight faith-based organizations. | Chronic Disease Management (self-management education) | CIO | <i>Was not provided</i> |
| Green Bay (Brown County), Wisconsin | 2012 | <i>Provided no CCL outcomes</i> | | | |
| Lake County, Ohio | 2009 | <i>Provided no CCL outcomes</i> | | | |
| Lane County, Oregon | 2011 | <i>Provided no CCL outcomes</i> | | | |
| Multnomah County, Oregon | 2009 | 80 community health workers (CHW) were trained in chronic disease self-management and now provide services to patients | Chronic Disease Management (training of CHWs) | Healthcare | 50,000 patients |

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|-------------------------------|------|---|---|--------------------------------|--------------------------|
| | | within Multnomah County's FQHC clinics to promote health and link patients to community resources and services. | | | |
| | | The new EMR system at Multnomah County Health Department allows for 5 A's counseling to be automatically provided by any staff member to a tobacco-using patient. Additionally, if a patient is ready to quit, an electronic populated letter is automatically faxed to the Oregon Quit line. | Tobacco | Healthcare | 50,000 patients |
| | | One ACHIEVE Coach and additional CHART members were trained to become certified self-management trainers, providing additional capacity for future CCL efforts. (<i>Exact number of those trained was not provided</i>). | Chronic Disease Management (training of self-management trainers) | Community-at-Large; Healthcare | <i>Was not provided</i> |
| | | An evidence-based tobacco cessation intervention for pregnant women is now being implemented with in-home patient visits, WIC appointments, inpatient drug treatment facilities, and clinical settings. | Tobacco | Healthcare | <i>Was not provided</i> |
| Nacogdoches, Texas | 2009 | For the last two years, the Healthy Nacogdoches coalition has been involved in establishing a community clinic that will improve access to care and additionally house the implementation of chronic disease/diabetes self-management and education programs for the low-income population. | Chronic Disease Management (self-management education classes; opening of new community clinic) | Healthcare | 10,000 patients per year |
| Northeast, Connecticut | 2009 | Through participation in a small mini-grant project, HealthQuest and the department of health | Chronic Disease Management; Leadership | Community-at-Large; Healthcare | 81 clinicians |

| | | | | | |
|---|------|---|---|--------------------|-------------------------|
| | | launched a CCL initiative, which included presentations to 81 local clinicians and community partners and formation of a CCL Task Force focused on cardiovascular disease. | (new group formation) | | |
| | | Day Kimball Healthcare Medical Staff provided \$2,500 to the CCL Task Force to continue its CCL efforts in the community focusing on cardiovascular disease. | Chronic Disease Management | Community-at-Large | <i>Was not provided</i> |
| Norwalk, Connecticut | 2012 | <i>Provided no CCL outcomes</i> | | | |
| Portsmouth, Virginia | 2010 | <i>Provided no CCL outcomes</i> | | | |
| Randolph County, Indiana | 2012 | <i>Provided no CCL outcomes</i> | | | |
| Salamanca, New York | 2008 | The Healthy Livable Cattaraugus Consortium established a Community Resource Database for Cattaraugus County, complete with health related referral, contact, and social networking information maintained on a website by consortium members. | Chronic Disease Management (community resource directory/ database) | Community-at-Large | <i>Was not provided</i> |
| Spartanburg County, South Carolina | 2011 | The local ACHIEVE coalition is a member of the Road to Better Health, a community based effort that focuses on improving access to care and all health-based efforts. | Leadership | Community-at-Large | <i>Was not provided</i> |
| Stark County, Ohio | 2008 | Access Health Stark County is currently working on a patient navigation plan to increase navigation efforts among patients, providers, and community clinics. | Chronic Disease Management (patient navigation) | Healthcare | <i>Was not provided</i> |
| | | A volunteer physician delivers diabetes education classes to low-income, uninsured, and/or Medicaid clients through Access Health Stark County. | Chronic Disease Management (diabetes education) | Healthcare | <i>Was not provided</i> |

| | | | | | |
|---|------|---|---|--------------------------------|-------------------------|
| Tallahassee (Leon County), Florida | 2010 | 25 physicians are now promoting 95210 in the clinic setting and starting the conversation on healthy weight for parents of children. | Nutrition; Physical Activity; Chronic Disease Management | Healthcare | <i>Was not provided</i> |
| Valley City, North Dakota | 2010 | Hypertension screenings were implemented on three different occasions at various businesses and employees with elevated readings were referred to a provider. | Chronic Disease Management (screenings) | Worksites | <i>Was not provided</i> |
| | | A new chronic disease management plan is in place at the local health department, complete with nurse clinical or home-visit follow-up, in efforts to assure adherence to physician prescribed treatment and protocol. | Chronic Disease Management (treatment and protocol follow-up) | Healthcare | 11,000 |
| Whatcom County, Washington | 2009 | The Health Department is now collaborating with the Whatcom Alliance for Health Advancement to improve CCLs. | Chronic Disease Management; Leadership (new collaboration) | Community-at-Large; Healthcare | <i>Was not provided</i> |
| Williamson County, Texas | 2009 | The local coalition has formed a Systems of Care work group comprised of community, clinical, behavioral, and public health representatives, and is launching efforts that improve access to care, clinical, and preventive services. | Chronic Disease Management; Leadership (new group formation) | Community-at-Large; Healthcare | <i>Was not provided</i> |
| Wrangell, Alaska | 2010 | <i>Provided no CCL outcomes</i> | | | |

“Other” Positive Outcomes

Any successful and sustainable positive outcome that cannot be categorized as a new PSE or CCL change is termed as an “other” positive outcome. Although these outcomes may not fit within PSE or CCL classifications, the outcomes deserve to be recorded and

mentioned since the changes could not be accomplished without the initial ACHIEVE funding or the coalition’s involvement in the ACHIEVE process. Over the last two years, 42 new “other” positive outcomes have been achieved by survey respondents, now totaling 253 since ACHIEVE began in 2008. These additional outcomes are detailed in Table 6.

Table 6: NACDD ACHIEVE Two-Year Post Data—“Other” Positive Outcomes³

| Community Name | Cohort Year | # New “OTHER POSITIVE” Outcomes | Focus Area | Community Sector | Estimated Reach |
|--|--------------------|---|----------------------------|-------------------------|-------------------------|
| Allentown Pennsylvania | 2008 | The local coalition is now partnering with the Lehigh Valley Health Network on the “Well on Their Way,” a community based obesity prevention you initiative. | Chronic Disease Management | Healthcare | <i>Was not provided</i> |
| | | Youth from local middle schools who are interested in pursuing careers in health fields receive orientation on PSE change strategies used in public health through the Health Careers Club. | Leadership | Schools | <i>Was not provided</i> |
| Clinton County, Indiana | 2011 | A full time office location for Healthy Clinton County has been provided by the local hospital. | Leadership | <i>Was not provided</i> | <i>Was not provided</i> |
| | | Additionally, all seven of the office staff are now paid and no longer have to volunteer their efforts without pay. | Leadership | Community-at-Large | 7 staff |
| | | Clinton County, Indiana improved 20 spots in the county health rankings from 51 st to 31 st ! | <i>Was not provided</i> | <i>Was not provided</i> | <i>Was not provided</i> |
| Columbus County, North Carolina | 2010 | <i>Did not provide “other” positive outcomes</i> | | | |
| Green Bay (Brown County), Wisconsin | 2012 | 54218 has grown from a volunteer driven staff to now a paid staff of six people! | Leadership | CIO | <i>Was not provided</i> |
| | | 54218 increased communication efforts to include 111 earned media hits, 1,302 Facebook “likes,” | <i>Was not provided</i> | Community-at-Large | <i>Was not provided</i> |

| | | | | | |
|----------------------------|------|--|------------------------------|--------------------|------------------------------------|
| | | and 1,208 e-Newsletter subscriptions. | | | |
| | | 54218 has now hosted 22 interns. | Leadership | CIO | 22 |
| | | Five local after-school sites have implemented Active Schools programming. (N=5) | Physical Activity | CIO | 300 school aged children |
| | | Active Schools programming has also been implemented at one local intermediate school. | Physical Activity | School | 600 fifth and sixth grade students |
| Lake County, Ohio | 2009 | The Lake County Health District was awarded a three-year Carol M. White Physical Education Program grant in the spring of 2014 that will provide for the following within all schools in seven school districts: activity-based Sports, Play, and Active Recreation for Kids (SPARK) curriculum; curriculum-matched physical education equipment; Healthy Kids Challenge nutrition curriculum; training for food service directors and cafeteria staff on the Healthier US School Challenge; baseline health and fitness assessments for students; and independent evaluation. | Nutrition; Physical Activity | Schools | <i>Was not provided</i> |
| | | The local health district has partnered with five communities and three community agencies to develop a transportation network plan to develop an integrated recreational network of bike lanes, multipurpose paths, walking trails, water trails, and transit access through portions of the five communities. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| Lane County, Oregon | 2011 | <i>Did not provide "other" positive outcomes</i> | | | |
| Multnomah | 2009 | The original CHART team | Leadership | Community- | <i>Was not</i> |

| | | | | | |
|---------------------------------|------|--|-------------------------|-------------------------|---|
| County, Oregon | | continues to frequently submit for grants, including the unique opportunity to partner with the 2012 mentor-mentee community partner Green Bay, WI in funding opportunities. | | at-Large | <i>provided</i> |
| Nacogdoches, Texas | 2009 | The Healthy Nacogdoches coalition is collaborating with Angelina County on a five-year state tobacco grant project that includes the implementation of media campaigns and policy and environmental changes. | Tobacco | Community-at-Large | 135,000 people |
| Northeast, Connecticut | 2009 | A local agency for people with intellectual and developmental disabilities adopted a daily walking program. | Physical Activity | CIO | 75 clients and staff |
| Norwalk, Connecticut | 2012 | The CHART has evolved and expanded to include the Greater Norwalk area and its six surrounding towns of Darien, New Canaan, Wilton, Westport, Weston, and Fairfield. | Leadership | Community-at-Large | <i>Was not provided</i> |
| Portsmouth, Virginia | 2010 | The Healthy Portsmouth coalition has now trained 300 people regionally on the ACHIEVE model; the new region efforts have been titled "Healthy Hampton Roads". | Leadership | Community-at-Large | 300 trained |
| | | Eight people were trained on Jump4Life and Jump4Life was implemented at five local sites. (N=1) | Physical Activity | <i>Was not provided</i> | 8 people trained; <i>was not provided</i> |
| | | The Healthy Portsmouth coalition incorporated and formed 501c3 status. | Leadership | <i>Was not provided</i> | <i>Was not provided</i> |
| | | The City of Portsmouth provided a web interface for the Healthy Portsmouth coalition. | <i>Was not provided</i> | Community-at-Large | 1,000 people |
| Randolph County, Indiana | 2012 | A leadership development seminar for young professionals in the Randolph County community was developed | Leadership | Community-at-Large | <i>Was not provided</i> |

| | | | | | |
|---|------|---|-------------------------------|--------------------|----------------------------|
| | | based upon the work of one of the coalition's sub-committees; from this workshop, the formation of a local young leaders group occurred and will now continue into future years. | | | |
| | | School walking programs were implemented within several local schools. | Physical Activity | Schools | <i>Was not provided</i> |
| Salamanca, New York | 2008 | The City of Salamanca maintains strong collaboration with the Seneca Nation of Indians on the Allegany River Development Commission, an effort intended to bring collective focus on quality of life, economic development, and health and wellness issues for both city and reservation residents. | Leadership | Community-at-Large | <i>Was not provided</i> |
| | | The Salamanca Youth Bureau now participates in the CATCH Kids Club Nutrition Education Program, where local youth receive education on nutrition and also receive healthy snacks. | Nutrition | CIO | 7,248 youth visits |
| Spartanburg County, South Carolina | 2011 | The local coalition received dedicated infrastructure funding for trail development for the both the City of Spartanburg and Spartanburg County. (N=2) | Physical Activity | Community-at-Large | 100,000 |
| | | The City Bicycle and Pedestrian Committee was formally created. | Physical Activity; Leadership | Community-at-Large | 40,000 |
| | | Local preschools were trained on, and now implement, the Grow Healthy Toolkit for preschool youth. | Nutrition; Physical Activity | CIO | 800 preschool age children |
| | | Some area after-school sites were provided training and now implement healthy eating and physical activity programming for youth. | Nutrition; Physical Activity | CIO | 2,500 school aged children |

| | | | | | |
|---|------|---|--|--------------------|-------------------------|
| | | <i>(Exact number of after-school sites trained was not provided).</i> | | | |
| | | A Healthy Schools Summit was established for key leaders and decision-makers from the school sector. | Nutrition; Physical Activity | School | 150 participants |
| Stark County, Ohio | 2008 | Live Well Stark County was selected as a recipient for County Health Rankings and Roadmaps Health Coaching Program through the University of Wisconsin, and receives technical assistance in the selection of evidence based goals and objectives for the newly reformed group. | <i>Was not provided</i> | Community-at-Large | <i>Was not provided</i> |
| | | A local foundation provided enough funding to fund a part-time Director position for Live Well Stark County for at least a three-year period. | Leadership | Community-at-Large | <i>Was not provided</i> |
| Tallahassee (Leon County), Florida | 2010 | Whole Child Leon 95210 and partners were awarded a Childhood Obesity Prevention Education (COPE) Blue Cross Blue Shield grant to continue work on promoting 95210 throughout the community, and support PSE changes focused on nutrition, physical activity, and chronic diseases with its 37 grantees. | Nutrition; Physical Activity; Chronic Disease Management | Community-at-Large | <i>Was not provided</i> |
| Valley City, North Dakota | 2010 | The coalition's work through both programming and PSE efforts has brought about a change in culture and altering how people do their day-to-day business. | Leadership | Community-at-Large | <i>Was not provided</i> |
| Whatcom County, Washington | 2009 | Road safety and walkability audits were completed in Deming. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| | | A new community-led committee in the Kendall and Columbia Valley area was initiated to formally | Physical Activity; Leadership | Community-at-Large | 4,140 residents |

| | | | | | |
|---------------------------------|------|---|-----------------------|--------------------|-------------------------------------|
| | | plan and develop for the eventual establishment of a bike/pedestrian facility. | | | |
| | | A mini health impact assessment was conducted for the Birch Bay Drive and Pedestrian Facility Project. | Physical Activity | Community-at-Large | <i>Was not provided</i> |
| | | Funding and commitment has been secured to complete the construction of a new pedestrian pathway and bike lanes for the Birch Bay drive and Pedestrian Facility Project. | Physical Activity | Community-at-Large | 8,000 residents |
| | | A local roundtable consisting of local healthcare organizations was developed to improve maternity care practices in the county. This roundtable group now meets quarterly. | Nutrition; Leadership | Healthcare | <i>Was not provided</i> |
| Williamson County, Texas | 2009 | Continued sustainability of original coalition is the most celebrated positive outcome and can be attributed to all of the group's successes. In 2013 alone, 71 meetings were held, representing 289 total participants from 110 organizations! | Leadership | Community-at-Large | 289 participants; 110 organizations |
| Wrangell, Alaska | 2010 | <i>Did not provide "other" positive outcomes</i> | | | |

Funds Leveraged

When the national ACHIEVE project ended in September 2012, NACDD's ACHIEVE communities had collectively and successfully leveraged a total of \$54,846,830 to continue local Healthy Community efforts—evidence of sustainability planning! As a component of the outcomes survey, NACDD incorporated 12 additional questions to gain valuable insight as to the additional funding acquired *and* desired by its network of local communities in the two years following ACHIEVE. From these questions, NACDD learned from its respondents

that an additional **\$11,129,324** in continuation funds had been obtained during this two-year span, yielding a **new collective total of \$65,976,154 in sustainability funds for NACDD’s communities.**

“The YMCA has leveraged additional funds for their physical activity programs because our county was an ACHIEVE Community.”

(Louise Hart, PhD, Randolph County, IN)

Appendix D illustrates the total amount of funding secured by each survey respondent in the last two years; Appendix E displays the total funds leveraged by NACDD communities since 2008.

The funding amount per cohort year that NACDD awarded to sub-recipient communities varied in accordance with what was received yearly by CDC during the ACHIEVE project period. The range of funding distributed to the 48 sub-recipient communities varied from \$40,000-\$88,000 per community per year. Using the figures displayed in Table 7, NACDD was able to calculate its estimated return on investment (ROI) for the project as a whole by dividing the total continuation funds leveraged by communities by the total funds invested by NACDD throughout the project period. Following this concept, an **estimated ROI of 19.61:1** was calculated for NACDDs ACHIEVE project.

Table 7: Calculated ROI for NACDD ACHIEVE Efforts

| NACDD ACHIEVE Funding Cohort | Amount of \$ Awarded to Each Sub-Recipient Communities | Number of Communities Per Cohort | Total Amount of \$ Given to NACDD ACHIEVE Sub-Recipient Communities |
|------------------------------|--|----------------------------------|---|
| 2008 Cohort | \$40,000 | 10 | \$400,000 |
| 2009 Cohort | \$75,000 | 13 | \$975,000 |
| 2010 Cohort | \$75,000 | 10 | \$750,000 |
| 2011 Cohort | \$60,000 | 10 | \$600,000 |

| | | | |
|---|---|--|--|
| 2012 Cohort (New Communities) | \$88,000 | 5 | \$440,000 |
| 2012 Cohort (Mentor Communities) | \$40,000 | 5 | \$200,000 |
| Totals | | | |
| | <i>Range of \$40,000- \$88,000 awarded per community per year</i> | 48 <i>(Mentor communities not counted twice)</i> | \$3,365,000 (Total amount invested by NACDD into communities) |
| Total Estimated Funds Leveraged by NACDD ACHIEVE Communities to Sustain Local Efforts (Table 2 above) = \$65,976,154 | | | |
| NACDD Calculated ROI: $\frac{\$65,976,154}{\$3,365,000} = 19.61$ ROI | | | |

Please see the following regarding acquired and desired sustainability funds by survey respondents:

- **Eighty-seven percent** of these funds came in the form of grants; **48%** came in the form of fundraising efforts or donations received.
- Leveraged funds were used to primarily support ongoing implementation of community PSE interventions (**90%**); CCL strategies (**37%**); and health disparities efforts (**32%**).
- The future funding interests of communities included ongoing pursuit of **PSE** interventions, a heightened pursuit of **CCL** strategies, and an continued focus on **health disparities**:
 - Specific to PSE, respondents indicated a desire to pursue ongoing built environment strategies (**84%**), improve access and opportunities for healthy foods and beverages (**79%**), and establish more tobacco-free environments (**50%**).
 - Specific to CCL, respondents were equally interested in establishing patient navigators and community health workers to improve access to preventive services, implementing self-management and education programs, and improving chronic disease screening opportunities (**61%**); developing chronic disease resource directories or databases (**50%**); implementing the chronic care model (**44%**); and implementing tobacco cessation programs, education, or pharmacologic therapies (**39%**).

- **All respondents** indicated their ongoing intention to continue improvement of health disparities within their Healthy Community efforts, with particular focus to income/poverty disparities (**100%**), place-based disparities (**78%**), racial/ethnic disparities (**72%**), and sub-population-specific disparities (**55%**).

A complete funding report details these findings, as well as makes recommendations for future funding considerations that extend the goals of NACDD Healthy Communities.

Impact on People Living in NACDD Funded Communities

Together, NACDD and its ACHIEVE Healthy Communities have provided an opportunity for **6,500,000+** people throughout the country to make healthier choices through the implementation of **2,725 sustainable PSE, CCL, and additional strategies**.

Now residents can be healthy where they live, learn, work, pray, and receive care...

Where they live and play...

- Over **292,700** residents now live in communities with Complete Streets policies in place, making streets safe for pedestrians and bicyclists.
- Bike racks have been added to communities, allowing in excess of **138,750** community members to choose biking over driving.
- Nearly **624,120** residents have increased access to safe physical activity through establishment of new or improved trail systems and walking routes.
- More than **51,000** people live in communities that now have outdoor fitness stations as an option for accessible and no-cost physical activity.



New trail development and connectivity enhance physical activity opportunities in Spartanburg County, SC

- **Twenty** communities collectively developed **140** community gardens and **2** greenhouses, providing access to fresh fruits and vegetables to over **71,100** people.
- Over **24,300** people have better access to fresh fruits and vegetables because their local farmers markets accept senior, SNAP, and WIC vouchers or reduced-price coupons.



New farmer's markets and "health bucks" are now in place in Covington, KY, allowing all residents access to fresh fruits and vegetables regardless of income

- More than **517,000** consumers can easily select healthy choices on restaurant menus.
- More than **32,200** people live in a community where unhealthy trans-fats are now banned.
- Over **86,800** consumers regularly access fresh fruits and vegetables due to the establishment of new farmer's markets or mobile markets within communities.
- Virtually **1,500,000** residents are protected by secondhand tobacco smoke due to the passage of tobacco-free policies.

Where they learn...

- Nearly **39,000** students can safely walk to school because their communities implemented Safe Routes to School.
- An excess of **7,850** students are participating in daily physical activity during their school day.
- Over **4,600** students now attend schools that have an "active recess" policy, ensuring that they have opportunities to be physically active during recess.



WriteSteps school walking initiative allows students the chance to be active each day at school in Northeast, CT

- More than **5,700** students participate in daily physical activity and healthy eating in after-school programs.
- **60,800** students are more active and have healthier snacks due to new policies surrounding healthy eating and physical activity policies.
- More than **4,550** students have healthy lunch options due to improved school lunch menus.
- Digital menu labeling at **18** schools now allows **20,600** students to make healthier a la carte and meal choices during lunch.
- Over **10,000** students are learning how to grow and harvest fresh fruits and vegetables through establishing school gardens, greenhouses, or hoop houses.
- In **12** school districts, **69,600** students will be instituting Farm-to-School practices.
- More than **33,000** students at approximately **52** schools learn about the importance of physical activity and healthy eating through the integration of age-appropriate curricula.



Students are learning about fresh produce through development of school gardens in Ashland, KY

Where they work...

- In excess of **721,000** employees have increased access to healthy foods and beverages at their place of work due to changes in company policies.
- **57,700+** employees have healthier items to choose from in the vending machines at work.



Randolph County YMCA in Randolph County, IN now implements healthy vending options for Y staff and members

- **18** worksites now make available to employees workplace Community Supported Agriculture shares and deliveries.

- An estimated **73** worksites have established lactation policies and spaces in efforts to create a breast-feeding friendly atmosphere for nursing mothers.

- **4,000+** workers have physical activity policy provisions at their workplace.

- Nearly **4,650** employees have physical activity amenities at their workplace where they can safely be physically active, including fitness rooms and indoor/outdoor walking paths.

- Approximately **18,300** employees are protected from second-hand smoke by a tobacco- or smoke-free workplace policy; and an estimated **3,300** employees have access to tobacco cessation resources provided by their employer.

- **30,620** workers now participate routinely in worksite wellness screenings and assessments.

Where they pray...

- **100,000+** faith-based congregante members now have healthy food and beverage options at their place of worship, and can access fresh fruits and vegetables through church farm stands, gardens, and wholesale buying clubs.

- **Twenty** faith based organizations developed healthy policies and



Clergy members from various denominations and faith organizations in Multnomah County, OR sign new nutrition policies to provide opportunities for healthy foods and beverages for church members

environments for their places of worship.

- **Eight** faith-based organizations have implemented joint use agreements that now allow community members to participate in physical activity on church property.

“Our work within faith communities has increased our visibility, our community standing, and our rapport among communities of color. We have been tracking our data, and this has and will allow us to prove our successes.”

(Sarah Gray, Columbus County, NC)

- Chronic disease screenings and self-management education programs have been implemented at **eight** faith-based sites, allowing an estimated **600** people increased access to preventive services.

Where they receive care...

- **12,000+** patients each year now have access to tobacco cessation resources, thanks to a policy making it standard practice.
- An estimated **44** healthcare facilities have instituted 100% tobacco- or smoke-free policies, allowing **638,000** patients each year to be protected from second-hand smoke.
- Healthcare facilities have adopted breastfeeding-friendly policies, ensuring that over **9,000** patients will receive the support they need to adopt this healthy practice.
- Healthy food and beverage guidelines have been established so that **817,000** patients can eat healthily while they receive needed care.
- **25** physicians are promoting healthy eating and exercise behaviors in clinic settings for children.
- Nearly **100** public health and lay advisors have been trained as Community Health Workers or self-management trainers to promote and link patients to community based resources and preventive and treatment services.

Final Thoughts

The **near 20:1 ROI** and collective leveraging of **\$65,976,154** in continuation funds clearly demonstrates the ability of NACDD's communities to sustain these funding initiatives, while the cumulative total of **2,725 sustainable community health improvements** also makes very evident NACDD's caliber of fiscal and project management, training, and TA processes. Equally impressive is that almost **95%** of community survey respondents indicated the desire to work with NACDD again on similar projects. In preparation for moving forward, this updated outcomes compendium clearly illustrates NACDD's ability to produce sustainable and fiscally responsible results by exercising its nationwide Healthy Communities reach.

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Appendix A

NACDD ACHIEVE Project Period *and* Two-Year Post Project Statistics:

**Total funds leveraged, PSE improvements, CCL improvements, “Other” successful outcomes,
and events of Formal Recognition**

(Organized per cohort year)

| 2008 Communities | Cohort Year | Total Funding Leveraged | # Policy Changes | # Environ-mental Changes | # Systems Changes | # CCL Changes | # “Other” Changes | Formal Recognition | Total Sum of Changes |
|---|--------------------|--------------------------------|-------------------------|---------------------------------|--------------------------|----------------------|--------------------------|---------------------------|-----------------------------|
| Albuquerque, New Mexico | 2008 | \$544,000 | 0 | 11 | 0 | 0 | 4 | 0 | 15 |
| Allentown Pennsylvania | 2008 | \$679,000 | 10 | 337 | 3 | 4 | 24 | 1 | 379 |
| Black Hawk County, Iowa | 2008 | \$0 | 1 | 9 | 0 | 0 | 4 | 0 | 14 |
| Cleveland County, North Carolina | 2008 | \$21,446 | 29 | 18 | 1 | 0 | 2 | 2 | 52 |
| Harris County/Aldine, Texas | 2008 | \$3,000,000 | 1 | 8 | 1 | 0 | 3 | 0 | 13 |
| Mount Desert Island, Maine | 2008 | \$15,000 | 0 | 6 | 0 | 0 | 2 | 0 | 8 |
| Salamanca, New York | 2008 | \$1,180,600 | 9 | 23 | 2 | 1 | 6 | 0 | 41 |
| Stark County, Ohio | 2008 | \$175,000 | 1 | 173 | 0 | 2 | 2 | 0 | 178 |
| Tacoma/Pierce County, Washington | 2008 | \$40,000 | 2 | 8 | 6 | 0 | 1 | 0 | 17 |
| Wichita, Kansas | 2008 | \$0 | 2 | 134 | 1 | 0 | 1 | 0 | 138 |
| SUBTOTAL 2008 Cohort | 2008 | \$5,655,046 | 55 | 727 | 14 | 7 | 49 | 3 | 855 |
| 2009 Communities | Cohort Year | Total Funding | # Policy Changes | # Environ-mental | # Systems | # CCL Changes | # “Other” | Formal Recog- | Total Sum of |

| | | Leveraged | Changes | Changes | Changes | Changes | Changes | Changes | Changes |
|--|--------------------|--------------------------------|-------------------------|--------------------------------|--------------------------|----------------------|--------------------------|---------------------------|-----------------------------|
| Eastern Highlands, Connecticut | 2009 | \$500,000 | 11 | 3 | 2 | 0 | 4 | 0 | 20 |
| Forrest & Lamar Counties, Mississippi | 2009 | \$0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Jefferson County, Oregon | 2009 | \$1,575,000 | 1 | 6 | 0 | 0 | 0 | 0 | 7 |
| Kershaw County, South Carolina | 2009 | \$85,000 | 2 | 66 | 0 | 0 | 1 | 1 | 70 |
| Lake County, Ohio | 2009 | \$109,580 | 1 | 20 | 7 | 0 | 18 | 0 | 46 |
| Mecklenburg County, North Carolina | 2009 | \$3,000 | 8 | 57 | 0 | 0 | 5 | 1 | 71 |
| Multnomah, Oregon | 2009 | \$8,020,000 | 148 | 52 | 7 | 83 | 1 | 6 | 297 |
| Nacogdoches, Texas | 2009 | \$983,101 | 2 | 53 | 0 | 1 | 12 | 1 | 69 |
| Northeast District, Connecticut | 2009 | \$782,797 | 50 | 33 | 0 | 2 | 11 | 0 | 96 |
| Palm Beach County, Florida | 2009 | \$25,000 | 2 | 3 | 0 | 0 | 3 | 0 | 8 |
| Rockland County, New York | 2009 | \$125,000 | 3 | 13 | 0 | 0 | 3 | 0 | 19 |
| Whatcom County, Washington | 2009 | \$1,129,000 | 8 | 46 | 15 | 1 | 10 | 0 | 80 |
| Williamson County, Texas | 2009 | \$2,032,400 | 21 | 49 | 2 | 1 | 7 | 0 | 80 |
| SUBTOTAL 2009 Cohort | 2009 | \$15,369,878 | 257 | 403 | 33 | 88 | 75 | 9 | 865 |
| 2010 Communities | Cohort Year | Total Funding Leveraged | # Policy Changes | # Environmental Changes | # Systems Changes | # CCL Changes | # "Other" Changes | Formal Recognition | Total Sum of Changes |
| Ashland, Kentucky | 2010 | \$367,990 | 39 | 29 | 4 | 0 | 3 | 1 | 76 |

| | | | | | | | | | |
|--|--------------------|--------------------------------|-------------------------|--------------------------------|--------------------------|----------------------|--------------------------|---------------------------|-----------------------------|
| Chelsea Massachusetts | 2010 | \$293,000 | 1 | 2 | 0 | 0 | 7 | 0 | 10 |
| Coamo, Puerto Rico | 2010 | \$0 | 3 | 23 | 3 | 0 | 1 | 0 | 30 |
| Columbus County, North Carolina | 2010 | \$920,000 | 25 | 8 | 0 | 16 | 1 | 0 | 50 |
| Marquette County, Michigan | 2010 | \$426,500 | 3 | 81 | 7 | 0 | 9 | 1 | 101 |
| Portsmouth, Virginia | 2010 | \$696,945 | 17 | 219 | 0 | 0 | 18 | 0 | 254 |
| St. George, Utah | 2010 | \$2,500 | 4 | 4 | 0 | 0 | 0 | 0 | 8 |
| Tallahassee, Florida | 2010 | \$198,472 | 6 | 54 | 0 | 25 | 3 | 0 | 88 |
| Valley City, North Dakota | 2010 | \$125,820 | 23 | 13 | 3 | 2 | 14 | 1 | 56 |
| Wrangell, Alaska | 2010 | \$320,000 | 5 | 6 | 0 | 0 | 4 | 0 | 15 |
| SUBTOTAL 2010 Cohort | 2010 | \$3,351,227 | 126 | 439 | 17 | 43 | 60 | 3 | 688 |
| 2011 Communities | Cohort Year | Total Funding Leveraged | # Policy Changes | # Environmental Changes | # Systems Changes | # CCL Changes | # "Other" Changes | Formal Recognition | Total Sum of Changes |
| Clark County, Missouri | 2011 | \$562,676 | 0 | 4 | 0 | 0 | 0 | 0 | 4 |
| Clay County, Kentucky | 2011 | \$10,033,145 | 5 | 18 | 0 | 0 | 5 | 0 | 28 |
| Clinton County, Indiana | 2011 | \$4,801,500 | 14 | 94 | 0 | 1 | 11 | 0 | 120 |
| Daytona Beach, Florida | 2011 | \$0 | 0 | 2 | 0 | 0 | 2 | 0 | 4 |
| Lane County, Oregon | 2011 | \$81,500 | 9 | 2 | 3 | 0 | 1 | 0 | 15 |
| Mendocino County, California | 2011 | \$267,000 | 3 | 4 | 1 | 0 | 4 | 0 | 12 |
| Rutland County, | 2011 | \$110,000 | 1 | 1 | 0 | 0 | 2 | 0 | 4 |

| | | | | | | | | | |
|--|--------------------|--------------------------------|-------------------------|---------------------------------|--------------------------|----------------------|--------------------------|---------------------------|-----------------------------|
| Vermont | | | | | | | | | |
| Spartanburg County, South Carolina | 2011 | \$3,395,000 | 0 | 21 | 4 | 1 | 7 | 0 | 33 |
| Sussex County, Delaware | 2011 | \$20,405,000 | 0 | 3 | 0 | 0 | 4 | 0 | 7 |
| Whitfield & Murray Counties, Georgia | 2011 | \$10,000 | 0 | 1 | 2 | 0 | 4 | 1 | 8 |
| SUBTOTAL 2011 Cohort | 2011 | \$39,665,821 | 32 | 150 | 10 | 2 | 40 | 1 | 235 |
| 2012 Communities | Cohort Year | Total Funding Leveraged | # Policy Changes | # Environ-mental Changes | # Systems Changes | # CCL Changes | # "Other" Changes | Formal Recognition | Total Sum of Changes |
| Brown County, Wisconsin | 2012 | \$1,358,249 | 3 | 7 | 13 | 0 | 13 | 0 | 36 |
| Colby, Kansas | 2012 | \$491,433 | 0 | 1 | 0 | 0 | 10 | 0 | 11 |
| Covington, Kentucky | 2012 | \$0 | 5 | 7 | 1 | 0 | 1 | 0 | 14 |
| Norwalk, Connecticut | 2012 | \$60,000 | 5 | 1 | 0 | 0 | 3 | 0 | 9 |
| Randolph County, Indiana | 2012 | \$24,500 | 5 | 4 | 1 | 0 | 2 | 0 | 12 |
| SUBTOTAL 2012 Cohort | 2012 | \$1,934,182 | 18 | 20 | 15 | 0 | 29 | 0 | 82 |
| TOTALS: | 2008-2012 | \$65,976,154 | 488 | 1,739 | 89 | 140 | 253 | 16 | 2,725 |
| NACDD ACHIEVE Project Period (through September 2014) | | | | | | | | | |

**Please Note: The below data chart represents NACDDs funded ACHIEVE communities for the years 2008-2012 and only the communities for which NACDD was able to obtain two-year post outcomes and funding data for the years 2012-2014.*

Appendix B

Focus Area Distribution for Two-Year Post Data Results

| Cohort | Nutrition | Physical Activity | Tobacco | Chronic Disease Management | Leadership | Was Not Provided | Cohort Totals |
|--------------------------|------------------|--------------------------|----------------|-----------------------------------|-------------------|-------------------------|----------------------|
| 2008 | 7 | 12 | 1 | 8 | 3 | 1 | 32 |
| Cohort % | 21.9% | 38% | 3.1% | 25% | 9.4% | 3.1% | |
| 2009 | 23 | 19 | 17 | 8 | 6 | 0 | 73 |
| Cohort % | 31.5% | 26% | 23.3% | 11% | 8.2% | 0% | |
| 2010 | 6 | 10 | 1 | 4 | 2 | 2 | 25 |
| Cohort % | 24% | 40% | 4% | 16% | 8% | 8% | |
| 2011 | 9 | 18 | 3 | 2 | 5 | 3 | 40 |
| Cohort % | 22.5% | 45% | 7.5% | 5% | 12.5% | 7.5% | |
| 2012 | 10 | 8 | 2 | 0 | 4 | 1 | 25 |
| Cohort % | 40% | 32% | 8% | 0% | 16% | 4% | |
| Focus Area Totals | 55 | 67 | 24 | 22 | 20 | 7 | 195 |
| Focus Area % | 28.2% | 34.4% | 12.3% | 11.3% | 10.3% | 3.6% | |

Appendix C

Community Sector Distribution for Two-Year Post Data Results

| Cohort | Community-at-Large | School | Worksite | Healthcare | Community Institution/ Organization | Was Not Provided | Cohort Totals |
|--------------------------|--------------------|--------------|-------------|--------------|-------------------------------------|------------------|---------------|
| 2008 | 7 | 6 | 0 | 7 | 7 | 1 | 28 |
| Cohort % | 25% | 21.4% | 0% | 25% | 25% | 3.6% | |
| 2009 | 24 | 13 | 7 | 16 | 15 | 0 | 75 |
| Cohort % | 32% | 17.3% | 9.3% | 21.3% | 20% | 0% | |
| 2010 | 7 | 3 | 3 | 2 | 8 | 2 | 25 |
| Cohort % | 28% | 12% | 12% | 8% | 32% | 8% | |
| 2011 | 15 | 7 | 4 | 2 | 4 | 3 | 35 |
| Cohort % | 42.9% | 20% | 11.4% | 5.7% | 11.4% | 8.6% | |
| 2012 | 6 | 7 | 0 | 1 | 9 | 0 | 23 |
| Cohort % | 26.1% | 30.4% | 0% | 4.3% | 39.1% | 0% | |
| Focus Area Totals | 59 | 36 | 14 | 28 | 43 | 6 | 186 |
| Focus Area % | 31.7% | 19.4% | 7.5% | 15.1% | 23.1% | 3.2% | |

Appendix D

NACDD ACHIEVE Two-Year Post Funding Data September 2014

| Community Name | Original Cohort Year | Total \$ Leveraged Since September, 2012- (Grants, Fundraising, Donations) | Total \$ Leveraged During ACHIEVE Project Period (Cohort Year-2012) | Total \$ Leveraged Since Originally Funded by NACDD |
|---|----------------------|--|---|---|
| Allentown, Pennsylvania | 2008 | \$541,000 | \$138,000 | \$679,000 |
| Clinton County, Indiana | 2011 | \$1,000,000 | \$3,801,500 | \$4,801,500 |
| Columbus County, North Carolina | 2010 | \$620,000 | \$300,000 | \$920,000 |
| Green Bay (Brown County), Wisconsin | 2012 | \$790,749 | \$567,500 | \$1,358,249 |
| Lake County, Ohio | 2009 | \$20,580 | \$89,000 | \$109,580 |
| Multnomah County, Oregon | 2009 | \$300,000 | \$7,720,000 | \$8,020,000 |
| Nacogdoches, Texas | 2009 | \$280,000 | \$703,101 | \$983,101 |
| Northeast, Connecticut | 2009 | \$205,497 | \$577,300 | \$782,797 |
| Norwalk, Connecticut | 2012 | \$50,000 | \$10,000 | \$60,000 |
| Portsmouth, Virginia | 2010 | \$418,398 | \$278,547 | \$696,945 |
| Randolph County, Indiana | 2012 | \$17,500 | \$7,000 | \$24,500 |
| Salamanca, New York | 2008 | \$1,135,600 | \$45,000 | \$1,180,600 |
| Spartanburg County, South Carolina | 2011 | \$3,300,000 | \$95,000 | \$3,395,000 |
| Stark County, Ohio | 2008 | \$100,000 | \$75,000 | \$175,000 |
| Tallahassee (Leon County), Florida | 2010 | \$100,000 | \$98,472 | \$198,472 |
| Whatcom County, Washington | 2009 | \$600,000 | \$529,000 | \$1,129,000 |
| Williamson County, Texas | 2009 | \$1,500,000 | \$532,400 | \$2,032,400 |
| Wrangell, Alaska | 2010 | \$150,000 | \$170,000 | \$320,000 |
| TOTAL Leveraged by These Communities | 2008-2012 | \$11,129,324 | \$15,736,820 | \$28,866,144 |

Appendix E

Total Funds Leveraged by NACDD ACHIEVE Communities from 2008-2014

| | Total \$ Leveraged During Project Period 2008-2012 | Total \$ Leveraged During Two-Year Post Project 2012-2014 | Total \$ Leveraged Since Originally Funded 2008- 2014 |
|--------------------------------------|--|---|---|
| NACDD ACHIEVE Communities | \$54,846,830 | \$11,129,324 | \$65,976,154 |