

# Working to Build Healthy Communities: ACHIEVE

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# CDC's Healthy Communities Program

- CDC and its partners are working together to create healthy, thriving communities across the United States by reducing chronic diseases and attaining health equity through training, mentorship, dissemination of effective models, and investments in communities that jump-start local change.

<http://www.cdc.gov/healthycommunitiesprogram/index.htm>

# Healthy Communities Program

- The Healthy Communities program has multiple efforts:
  - **Strategic Alliance for Health (SAH) Communities**
  - **ACHIEVE Communities** (Action Communities for Health, Innovation, and EnVironmental changE)
  - **Pioneering Healthier Communities (PHC)**
  - **REACH U.S. Communities**
  - **Steps Communities**

# ACHIEVE Communities

- 2008 – NACDD & Y-USA funded 10 pilot projects
- 2009 – NACCHO, NACDD, NRPA & Y-USA funded 43 projects
- 2010 – NACCHO, NACDD, NRPA & Y-USA funded 40 new projects
- 2011-2013 – all plan to fund at least 40 communities per year

# The National Association of Chronic Disease Directors (NACDD)

- A national public health association for chronic disease program directors of each state and U.S. territory.
- Founded in 1988, NACDD links together more than 1,400 members to advocate for preventive policies and programs, encourage knowledge sharing and develop partnerships for health promotion.

[www.chronicdisease.org](http://www.chronicdisease.org)

# YMCA of the USA

- More than 2800 branches in the U.S.
- Serve over 21 million adults and children
- Recognized, historical
- Activate America: YMCA's bold new response to America's health crisis

# YMCA of the USA

## Healthier Communities Initiatives

- Steps to a HealthierUS
- Pioneering Healthier Communities
- Action Communities for Health Innovation, and EnVironmental ChangE (ACHIEVE)

[http://www.ymca.net/activateamerica/  
activate\\_america\\_leadership.html](http://www.ymca.net/activateamerica/activate_america_leadership.html)

# ACHIEVE

- ACHIEVE communities develop and implement policy, systems, and environmental change strategies that can help prevent or manage health risk factors for heart disease, stroke, diabetes, cancer, obesity, and arthritis.



[www.achievecommunities.org](http://www.achievecommunities.org)



# Examples of community-based improvements

- **increased access** to and use of attractive and safe locations for engaging in **physical activity**,
- **revised** school food **contracts** that include more **fruits** and **vegetables** and **whole grain foods**,
- **ordinances** that *protect children and adults* from exposure to secondhand smoke and encourage nonsmoking, and
- **requirements** for sidewalks and crossing signals in neighborhoods to make them more pedestrian-friendly.

# Complete streets policies

- ACHIEVE promotes Complete Streets policies
  - Wichita, KS
  - Allentown, PA
  - Tacoma, WA

