



**Public Health**  
Prevent. Promote. Protect.  
Dayton & Montgomery County



A **community-wide** healthy **lifestyles**  
initiative for **kids** and families

**GetUp, Montgomery County is about helping our kids make healthier lifestyle choices, especially when it comes to eating better and being more physically active.**





It's about driving a **culture change** in Montgomery County where community partners make it easier for kids and families to lead healthier lives.



## Primary Target

### □ *GetUp is focused on:*

- Kids age 2 - 12
- Parents & caregivers of kids age 2-12
- Teachers – particularly pre-school, after-school and summer camp programs

### □ *GetUp must involve:*

- Everyone who influences children's choices
- A community-wide, grassroots effort
- Collaborative, inspired partners



# Intended Long-term Outcomes

- ❑ Community-wide recognition and awareness of the relationship between unhealthy lifestyles and obesity-related diseases such as heart disease and diabetes
- ❑ Improved opportunities for physical activity for children and families
- ❑ Improved access to healthy foods/beverages, and reduced access to unhealthy foods and beverages
- ❑ Improved coordination of policies and resources aimed at obesity prevention
- ❑ Reduction in inappropriate Body Mass Index (BMI) levels in the Montgomery County population
- ❑ Decreased occurrence of overweight and obese Montgomery County children, and a reduction in obesity-related disease and overall healthcare costs



# Healthy Lifestyles Rx

- 5 Fruits & vegetables a day
- 2 Hours or less of screen time
- 1 Hour of active play each day
- Almost None sugary beverages





# You're in Good Company!

Kettering Health Network  
Premier Health Partners  
Children's Medical Center  
WPAFB Hospital  
WPAFB Command  
WPAFB Family & Youth Services  
CompuNet Labs  
Five Rivers MetroParks  
YMCA of Greater Dayton  
CareSource Foundation  
Centerville Schools  
Neighborhood School Centers (Dayton)  
City of Dayton  
Boonshoft Museum of Discovery  
East End Community Services  
Crayons to Classrooms  
Unified Health Solutions (UHS)  
The Dayton Urban League

Montgomery County Commission  
Junior League of Dayton  
United Way of Greater Dayton  
Miami Valley Grown  
Ready, Set, Soar  
Diabetes Assoc of Dayton Area  
American Heart Association  
City of Kettering Recreation  
Wellness Matters  
Black Man's Think Tank  
Children's Hunger Alliance  
Ohio Action for Healthy Kids  
Family and Children First Council  
McGohan Brabender  
Project Impact  
Mini University  
Shekinah Ranch  
University of Dayton Fitz Center

Dayton Foundation  
Wright State Center for Healthy Communities  
Washington Twp Recreation Center  
UD School of Physical Education  
ThinkTV  
Atomic Interactive  
Dayton Dialogue on Race Relations  
South Community Inc.  
Huesman Heart Foundation  
Miles that Matter  
City of Kettering Recreation Services  
WSU Boonshoft School of Medicine  
Girls on the Run  
Dayton Dragons  
Inter-Ministerial Alliance  
OSU Extension/4H  
Flavors Eatery

**More every day .....**



## 3 Star Partner Program

- Green Star Partner
  - GetUp messenger advocate
  - Visible posters and signage
  - Distributes 521AN information
  - Promotes GetUp on website
  - Completes 'handshake' doc
  - Participates in GetUp Partner rally or events





## 3 Star Partner Program

- Blue Star Partner
  - Program delivery partner
  - Identifies & promotes a program as 521AN-related
  - Working to establish a Wellness policy & Wellness committee
  - Improves program measurability
  - Meets all components of Green Star Partner level





## 3 Star Partner Program

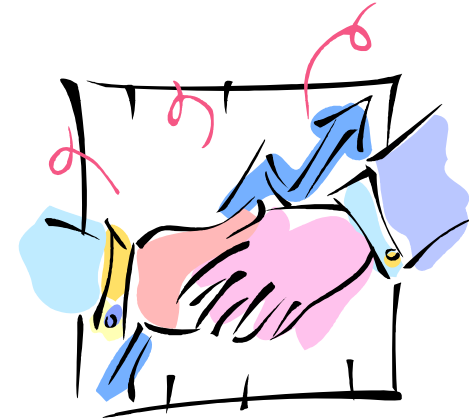
- Gold Star Partner
  - Systemic, role-model partner
  - Institutes a 521AN-related program or new idea
  - Incorporates best practice measurability
  - Helps drive culture change
  - Engages other GetUp partners
  - Advocates for healthy living
  - First option to participate in public success stories, if available
  - Actively promotes GetUp and 521AN
  - Meets all components of Green and Blue Star Partner levels





## Partner-2-Partner

- **Mutual 'handshakes'**
  - Non legal, friendly document
  - Defines what partner will do; what GetUp will do
  - Helps to establish levels (types) of partnerships
  - Helps partner determine measurability
  - Goal is to have 70 to 100 signed 'handshakes' by early November





# Rollout Visibility

- Interactive website
  - Geared to parents, teachers, partners & kids
  - Live end of October
- Partner Rally
  - Nov. 10 @ 7:30 a.m. Sinclair Ponitz Center
- Public Awareness
  - Begin campaign in Dec.
  - Family-based New Year's Resolutions

