



The Pioneering Healthier Communities Ohio (PHC Ohio) initiative is a collaborative of diverse statewide partners promoting policy, systems, and environmental change across the state to create fair opportunities for children to access healthy food and physical activity.

The primary goal of this initiative is to address the childhood obesity epidemic in Ohio through sustainable and systemic change. Our areas of focus are:

1. Improving built environments so that children and families can utilize their communities and neighborhoods for safe physical activity.
2. Improving access to healthy food and physical activity in early childhood and afterschool settings.
3. Helping children make the right decisions about health and nutrition as part of their education.
4. Allowing families to be healthier by encouraging parents to be healthier at work.
5. Giving children and families healthier vending options in public areas.
6. Creating greater public awareness of childhood obesity in Ohio.

For more information, visit our website at [www.phcoho.org](http://www.phcoho.org).

## Ohio's Childhood Obesity Epidemic

- 30-34% of Ohio's children age 10-17 are overweight or obese.
- Children in Appalachian counties and low-income families are more likely to be obese.
- Obesity is more common among children who consume unhealthy food and drink, and who watch three or more hours of television per day.
- Unhealthy food choices, poor eating behaviors, and lack of physical activity are major factors contributing to overweight and obese Ohioans.

From the Ohio Department of Health  
2004-2010 BMI Report



## Our Mission

To help children and families choose a healthier path by improving physical activity and nutrition in communities and schools.