**Prevention Implementation Project: ACHIEVE**

**Project Description:** The CT Department of Public Health in collaboration with the CT Cancer Partnership funded four communities from 2011 to 2013 to implement the Action Communities for Health, Innovation, and Environmental Change (ACHIEVE) initiative. The emphasis of the ACHIEVE initiative is to develop and implement policy, systems, or environmental changes (PSE) at the population level to prevent or manage health risk factors for cancer by addressing physical inactivity and obesity.

The ACHIEVE process includes assembling a Community Health Action Response Team (CHART) comprised of diverse members of a community who are able to commit to completing a community needs assessment and developing and implementing an action plan using the results from the needs assessment. The development of the community action plan is facilitated by the completion of the Community Health Assessment and Group Evaluation (CHANGE) tool.

Technical assistance was provided by Eastern Highlands Health District (EHHD) who has experience implementing the ACHIEVE process.

**Results:**

<table>
<thead>
<tr>
<th>GRANTEE</th>
<th>POPULATION</th>
<th>PHYSICAL ACTIVITY</th>
<th>NUTRITION</th>
<th>TOBACCO</th>
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</thead>
<tbody>
<tr>
<td>1. Central CT Health District</td>
<td>95,000 residents in Berlin, Newington, Rocky Hill, and Wethersfield</td>
<td>• Trails Day promoted trails in the area</td>
<td>• Flyers promoted the donation of fruits and vegetables to local food pantries</td>
<td>• Housing Authorities in Newington and Wethersfield went smoke free</td>
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<tr>
<td>2. Community Health Center, Inc. (ACHIEVE New Britain)</td>
<td>71,538 residents in New Britain</td>
<td>• Walk and Bike to School Initiative was implemented at an elementary and middle school</td>
<td>• Body Mass Index (BMI) measurements are now taken for all Pre-K, 3rd, 6th, and 9th graders (new school policy)</td>
<td>• Created a smoking cessation brochure for patients and a smoking cessation booklet for providers at community health centers</td>
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<tr>
<td>3. Pomperaug District Department of Health (Southbury ACHIEVE)</td>
<td>19,842 residents in Southbury</td>
<td>• Created a Get Out and Get Healthy Guide to Outdoor Activities in Southbury</td>
<td>• Two community gardens created</td>
<td>• Town of Rocky Hill went smoke free at parks and trails</td>
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<tr>
<td>4. Witness Project of Connecticut (ACHIEVE Bridgeport)</td>
<td>146,425 residents in Bridgeport</td>
<td>• Partnered with a local high school to produce eight YouTube videos demonstrating how to use and access resources listed in the Get Out and Get Healthy Guide</td>
<td>• Passed an ordinance to create the Bridgeport Food Policy Council to improve the availability of healthy fresh foods for all Bridgeport residents, improve food distribution channels, into and within the city of Bridgeport; and to generate growth and employment in the food sector and to support regional farmers, strengthen regional linkages and increase urban food production; and to seize opportunities to reduce and recapture waste in the food stream</td>
<td>• Created a community garden predominantly run by volunteers and maintained by Parks and Recreation</td>
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</table>

For more information:
- Bridgeport ACHIEVE: Marilyn Moore, marilynmoores@aol.com
- Central CT Health District ACHIEVE: Hilary Norcia, HNorcia@newingtonct.gov
- New Britain ACHIEVE: Anna Rogers, RogersA@chc1.com
- Southbury ACHIEVE: Robin Lucas, RobinLucas@pomperaughealthdistrict.org

2009-2013 Connecticut Cancer Plan Prevention Goal: Reduce cancer risk, incidence, and mortality through the development and adoption of policies and interventions that support healthy lifestyles and risk reduction practices among children and adults.
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**Prevention Implementation Project:**
Body and Soul Health and Wellness Training Program

**Grantee:** Witness Project of Connecticut

**Project Goal:** To reduce risk, incidence, and mortality of chronic disease bearing common risk factors in African Americans through faith-based promotion and adoption of healthy eating practices, policies, and activities at three African American churches in Bridgeport CT.

**Number Affected/Reach:** The membership size across the three churches is approximately 1,000 members.

**Project Description**
Pastors from three faith-based institutions participated in a wellness-training program called Body and Soul. The goal of the program was to secure a commitment from each pastor to support and implement activities that will inspire church leaders and congregation members to adopt nutritious food practices and increase their regular physical activity. All of the churches are located in Bridgeport CT with 100% African American membership.

**Example Church Activities:**

- Pastors included health scriptures in sermons
- Health Education Talks were offered (Heart Health, Diabetes, Prostate Health, Breast Health)
- Eating for Wellness talks and demonstrations were provided
- A Biggest Loser weight loss competition was started at one church
- Weight loss support groups were formed
- Exercise classes such as Zumba and Line Dancing were offered at one church

**Body and Soul Policy and Practice Accomplishments:**

<table>
<thead>
<tr>
<th>CHURCH 1</th>
<th>CHURCH 2</th>
<th>CHURCH 3</th>
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<tbody>
<tr>
<td>• Water cooler installed</td>
<td>• Pastor includes scriptures about health in sermons</td>
<td>• Water must be offered at every church-sponsored event</td>
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<tr>
<td>• Food served at church-sponsored events must be approved by health ministry</td>
<td>• Water must be offered at every church-sponsored event</td>
<td>• Sweet tea is no longer served at church-sponsored events</td>
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<tr>
<td>• Church now sponsors annual health screenings</td>
<td>• Healthy foods are offered at all church-sponsored events</td>
<td>• Healthy foods are offered at all church-sponsored events</td>
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<tr>
<td>• Health fair will be held annually</td>
<td>• Deserts at church-sponsored events are served in smaller portions</td>
<td>• A walking group was formed and is offered before Bible Study</td>
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<tr>
<td>• Church garden planted and is maintained by Men's ministry</td>
<td>• Children are not allowed to bring junk food to Sunday School</td>
<td>• A healthy eating/living resource guide has been created</td>
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<tr>
<td>• Exercise programs are ongoing</td>
<td>• Sunday School Leader includes health discussion in lesson plan</td>
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For more information: Marilyn Moore, marilynvmoore@aol.com
**Prevention Implementation Project:**

**Sun Safety and Skin Cancer Project**

**Grantee:** Community Health Center, Inc.

**Project Goal:**
- Increase the percentage of persons who use sunscreen and practice sun/ultraviolet protection behaviors
- Increase the proportion of Connecticut residents who know the early signs and symptoms of skin cancer

**Project Description**

On Saturday, July 7, 2012 the “*Keep the Sun Fun*” event was held at Hammonasset State Park in Madison Connecticut from 10AM to 2PM. The event included skin cancer screenings and the distribution of cancer prevention information as well as promotional items.

- Developed and disseminated educational materials in English and Spanish about the risks of sun exposure and sun-safe practices
- Developed and disseminated promotional materials to promote sun safety (sunscreen, Frisbees, beach balls, sand pails)
- Conducted screenings for sun damage
- Collected baseline data from Connecticut residents about sun safety knowledge and behaviors

**Sun Safety and Skin Cancer Project Accomplishments:**
- A total of 127 people were screened by a clinician
- 19 individuals were identified for further medical care/screening
- 158 people completed an anonymous survey about their sun exposure and sun safety behaviors

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**For more information:** Hope Brigham, brighah@chc1.com