



ALLEGHENY COUNTY

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Health Department Announces Five New *Live Well Allegheny* Designations

PITTSBURGH – The Allegheny County Health Department (ACHD) announced five new members to the *Live Well Allegheny* campaign, including one community, two restaurants and two workplaces. Now participating in the campaign are 59 communities, 44 restaurants, 18 workplaces and 14 school districts that are making health a priority in Allegheny County.

“When this program was first introduced, we hoped that it would quickly gather steam and that we would see more and more organizations involved in these efforts,” said County Executive Rich Fitzgerald. “I’m thrilled to see that there are five more entities that are partnering with us to improve the health of our community and am grateful for this shared vision.”

Live Well Allegheny Community

[The Borough of Aspinwall](#) has resolved to promote and encourage involvement with community volunteer activities, including the utilization of web sites and social media to provide information on physical activity, nutrition, stress management, tobacco cessation, and other health and wellness related initiatives.

“I’m very pleased that an additional community in my district, the borough of Aspinwall, has earned the Live Well Allegheny status,” said Anita Prizio, the County Council Member representing District 3. “I look forward to seeing the borough implement its plans and how the community members respond to these great initiatives.”

Live Well Allegheny Restaurants

[Eggs N’at Diner](#) will offer vegetarian fare options, healthy side dishes, and half portions on select menu items. They have also resolved to use plant based oils for cooking and baking.

[Parkhurst Dining](#) on the campus of Chatham University will provide low-calorie salad dressings and healthy side dishes, and will use plant based oils for cooking and baking. Additionally, they will offer vegetarian and vegan fare options, brown rice and other whole grains, and low-fat milk as an alternate to cream for hot beverages.

Live Well Allegheny Workplaces

[Vanadium Woods Village](#) will provide healthy cafeteria and vending options, a private area for employees to breastfeed, and access to water fountains, water dispensers, and water coolers. Vanadium Woods Village will also ensure well-lit, safe stairwells, and access to an on-site space for physical activity. In addition, the workplace will locate safe and accessible outdoor walking or running paths and trails for its employees, provide access to a secure bicycle storage area, provide standing/walking desks, and provide a space for a workplace garden that employees can build and maintain.

[Heritage Valley Health System \(Sewickley\)](#) will provide healthy options in the cafeteria, vending machines, and during work meetings, and will issue health and wellness educational resources to employees. To encourage physical activity, Heritage Valley will promote weight-loss competitions or events, provide access to an on-site area for physical activity, and locate safe and accessible outdoor walking or running paths. Additionally, Heritage Valley will promote tobacco cessation through support groups, resources, and services, and will highlight success stories of employees who have successfully quit smoking, lost weight, or achieved personal health goals.

“It’s exciting to welcome five more members to the *Live Well* family,” said ACHD Director, Dr. Karen Hacker. “This new group is committed to making health a top priority and will implement great plans for its citizens, employees and patrons. If you haven’t yet earned the *Live Well Allegheny* designation, we urge you to apply now.”

Live Well Allegheny was launched in January 2014 by County Executive Rich Fitzgerald as a comprehensive and innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Allegheny County Board of Health and Dr. Hacker.

Participants in the *Live Well Allegheny* campaign work with the Health Department's staff. While monetary resources are not part of the initiative, participating workplaces can receive materials, information and collateral items to promote the campaign and their individual efforts to live well. For more information on the campaign, including details on how to earn the *Live Well* designation, visit www.LiveWellAllegheny.com.

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