

## Our Partners

**Just Harvest** is a nonprofit organization that reduces hunger by using public policy and programs to reduce poverty and improve food access.

**A Matter of Balance** is a community-based group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels in older adults.

The **STEADI Toolkit** is a falls prevention resource for health providers who care for older adults. It includes basic information about falls, conversation starters, assessment tests, and educational handouts.

The **BrainSTEPS** program was created to build a bridge connecting the medical, rehabilitation, education sectors and families following a student's acquired brain injury.

Sport Safety International has partnered with the Pennsylvania Athletic Trainers' Society to offer **ConcussionWise**, a series of educational programs, regarding the prevention and management of concussion.

Parents in the Know (PITK), created by **Pittsburgh Action Against Rape (PAAR)**, is an innovative practice-based child sexual abuse prevention program. PITK helps parents and guardians build skills to prevent child sexual abuse.

**CarFit** is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them, as well as information and materials on community-specific resources that could enhance their safety as drivers.

**Grow Pittsburgh** is a Pittsburgh nonprofit that serves as a resource and guide for community and urban gardeners. They aim to promote the benefits of gardens in Pittsburgh communities and teach people how to grow food.



**To learn how your organization can get involved, please contact:**

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<http://www.achd.net/chrond/index.html>



[www.LiveWellAllegheny.com](http://www.LiveWellAllegheny.com)

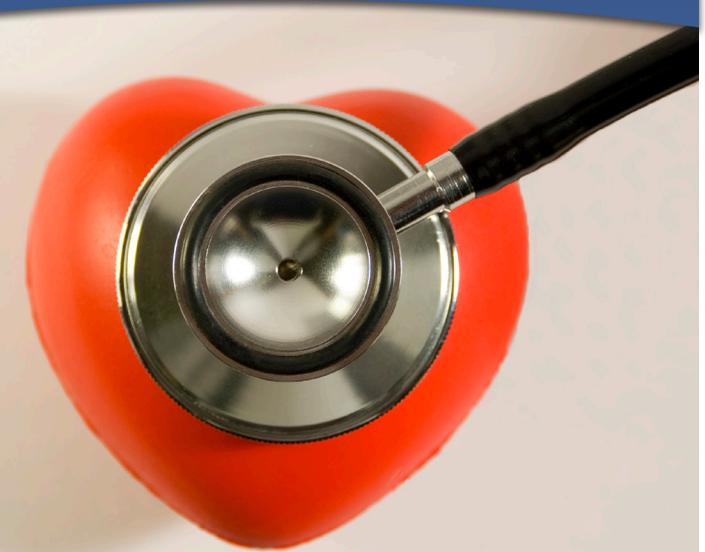
*Live Well Allegheny* is our county's initiative to improve the health and wellness of county residents. The campaign brings together community partners, municipalities, schools, workplaces, and restaurants to improve the physical health, and general well-being of our community.

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# Allegheny County Health Department

## Safe and Healthy Communities



*Promoting the safety  
and wellbeing of  
Allegheny County residents.*

# What is the Safe and Healthy Communities Initiative?

The goal of the Safe and Healthy Communities Initiative is to promote the safety and wellbeing of Allegheny County residents. Allegheny County Health Department (ACHD) is working with community partners on the following:

## Access to Safe Physical Activity & Transportation



In Allegheny County, 31.9% of children in grades Kindergarten to 6th are considered overweight or obese. Twenty-eight percent of adults in the County are obese. To promote safe physical activity, ACHD is

distributing free helmets to low-income youth, and is assisting municipalities to adopt *Complete Streets* policies.

## Access to Healthy Foods

ACHD is partnering with local non-profits, **Just Harvest** and **Grow Pittsburgh**, to increase access to healthy foods in low-income, low-access communities. These partnerships will increase the use of SNAP (food stamps) benefits at local farmers markets, and create new community gardens throughout Allegheny County.



## Traumatic Brain Injury (TBI)

TBI is a leading cause of disability and death in children and adolescents in the United States, with about 75% of annual TBIs being concussions. ACHD is teaming up with **BrainSTEPS** and **ConcussionWise** to help children and teens in Pennsylvania recover from brain injuries, and return to learn and play in the safest and most efficient way possible.



## Abuse Prevention

Child abuse and neglect can have enduring physical, intellectual, and psychological repercussions throughout the life span. *Parents in the Know*, developed by **Pittsburgh Action Against Rape (PAAR)**, is an innovative practice-based child sexual abuse prevention program, which empowers parents to recognize questionable behavior in adults and intervene.



## Motor Vehicle Safety

Drivers over the age of 55 years were a factor in 15% of all crashes. ACHD is developing a county-wide Older Adult Task Force with community partners, and offering **CarFit** to residents. The CarFit program offers older adults the opportunity to enhance safety and mobility, by checking how well their personal vehicles “fit” them.



## Falls Prevention

Falls account for approximately 33.6% of all unintentional injury deaths in Allegheny County. To reduce falls in older adults, ACHD is offering a comprehensive program, **A Matter of Balance (MoB)**, and distributing **STEADI** toolkits. MoB emphasizes practical strategies to reduce fear of falling and increase activity. STEADI is geared to health providers to assess and talk about falls with patients over 65 years old.

