



# ALLEGHENY COUNTY

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## **ACHD Announces New *Live Well Allegheny* Designations**

**PITTSBURGH** – The Allegheny County Health Department (ACHD) announced today that one municipality, one school district, two workplaces and four restaurants have been designated as part of the *Live Well Allegheny* campaign during the past month. This brings the total to 49 communities, 13 school districts, 13 workplaces and 41 restaurants that are making health a priority in Allegheny County.

“In order to reach our goal of making Allegheny County the healthiest county for all residents it takes all of us doing our part to make healthy choices where we live, learn, work and eat,” said Dr. Karen Hacker, Director. “I am so pleased to be able that these organizations are joining with us in our efforts, and thank them for each contributing to *Live Well Allegheny*.”

### ***Live Well Allegheny Community***

[Mount Oliver Borough](#) is committed to sharing information on wellness campaign events with the broader community to encourage the voluntary participation of residents, encourage multi-modal transportation of residents by providing facilities or policies that encourage walking and bike riding with a specific focus on making good connections to municipal parks and promoting and their farmer’s market.

### ***Live Well Allegheny School District***

The [Elizabeth Forward School District’s](#) commitment began with a community garden that is farmed by elementary students at Greenock Elementary School and a summer enrichment class called, "Little Sprouts." The class teaches children about growing and cultivating a garden as well as how to prepare the food that they grow. They also participate in "Cooking Matters" classes with parents sponsored by 412 Food Rescue, conduct several food drives and have a "Food Cupboard" at the school that provide food items for the neediest families. Additionally, the district provides healthy lunches and snacks for students. In the future, the district plans to conduct community surveys and to expand gardens to other schools in the district.

### ***Live Well Allegheny Workplace***

[PITT OHIO](#) has a robust workplace wellness program that includes offering healthy food and snacks for purchase in its cafeteria and in vending machines, and makes those same options available during company meetings and events. Employees have access to comprehensive health insurance including dental and eye care and preventative care without copays. The business has also established a tobacco-free workplace policy which includes cessation services, and is creating and sponsoring employee athletic teams and activities. To underscore PITT OHIO’s focus on health and wellness, a health and wellness coordinator has been in place since October 2015. In addition to providing resources, the workplace also provides annual Health Risk Assessments, a before-work stretching program, weight-loss competitions, group challenges and walking events.

[TCV Community Services](#) offers its employees healthy food options in vending machines, a private area for breastfeeding employees, well-lit and safe stairwells, and access to water fountains dispensers and coolers on site. Moving forward, the workplace will be considering consider a tobacco and smoke-free work campus. The organization is also exploring the integration of health and wellness policies into its organizational structure through the adoption of a healthy food policy, a policy to support

breastfeeding employees, the use of financial incentives to encourage participation in health improvement activities, potential health-club discounts for employees, and will provide or ensure that employees have access to comprehensive health insurance including dental and eye care in addition to preventive care without co-pays. Employees have access to health education information and are encouraged to participate in screenings including those for body mass index, obesity, and blood pressure.

### ***Live Well Allegheny Restaurant***

The leadership of each of these restaurants has committed to providing healthy options for customers, information on which can be found on the *Live Well Allegheny* [website](#).

- [Nine on Nine](#) (Pittsburgh, Downtown neighborhood)
- [Legacy Café LLC](#) (Pittsburgh – Crawford-Roberts neighborhood)
- [Kimberlee Ashlee Catering](#) (Pittsburgh – Squirrel Hill neighborhood)

Participants in the *Live Well Allegheny* campaign work with 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.

*Live Well Allegheny* was launched in January 2014 by County Executive Rich Fitzgerald as a comprehensive, 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 Board of Health and Health Department Director Dr. Karen Hacker.

For more information on the *Live Well Allegheny* campaign, including detail on how you can become a participant, visit [www.LiveWellAllegheny.com](http://www.LiveWellAllegheny.com).

Karen Hacker, MD, MPH, Director

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