Cobb2020

VISION:
Cobb2020 Community Voices Improving Healthy Choices

MISSION:
Innovative and integrated partnerships that promote wellness, prevention and sustain quality of life.
THE PROBLEM
CHILDHOOD OBESITY IN COBB COUNTY: A BIG DEAL

• Childhood obesity is an epidemic that has doubled in children and quadrupled in adolescents over the past 30 years.

• 36.3% of children in Cobb county are outside of the Healthy Fitness Zone. ¹

CHILDHOOD OBESITY IN COBB

Because of obesity, our youth are more likely to:

– Develop risk factors for cardiovascular disease, such as high cholesterol or high blood pressure
– Increase their risk of certain cancers, pre-diabetes, bone and joint problems, sleep apnea, and social and psychological problems that come from poor self-esteem.
What Can We Do Together to Improve the Health of Our Children?

Sharing Spaces for Health
Forming a Solution

• Because of its established health risks and substantial increases in prevalence, obesity has become a major national and global health challenge.

• Reducing obesity requires successful implementation of evidence-based practices demonstrated to improve health outcomes, including interventions to increase physical activity.

• The CDC suggests one active living strategy is to increase the number of joint use agreements (JUAs) to promote community access to places for physical activity.

Source: CDC, Challenges in Promoting Joint Use Agreements. April 16, 2015
Sharing Spaces for Health: The Concept is Simple

Sharing Spaces for Health is a part of The Childhood Obesity Initiative, funded by the Healthcare Georgia Foundation and supported by Cobb2020, that invites schools, faith-based organizations, local businesses, agencies and nonprofits to offer public access to their facilities so that kids, teens and their families can get more physically active.

Dedicated to Reducing Childhood Obesity in Cobb County
Joint Use Agreement or Open Declaration

Organizations commit to sharing their spaces by signing one of two types of documents:

- A **Joint Use Agreement (JUA)** refers to two or more entities — usually a school, government facility, church or private organization — sharing indoor and outdoor spaces like gymnasiums, athletic fields and playgrounds.

- An **Open Declaration** or **Shared Use Agreement** is a declaration that the organization is opening its space for public use.
According to the *Alliance for a Healthier Generation*, well designed playgrounds, open spaces, and available facilities and equipment encourage youth and their families to be more physically active.

By working together and forging joint solutions, physical activity, parks and recreation, transportation, business, and education advocates can **transform neighborhoods** and **improve physical activity environments for children and adults**.
Examples of Spaces Needed

Walking Paths  |  Tracks  |  Athletic or other fields  |  Playgrounds
Weight rooms  |  Courts (Basketball, Tennis, etc.)  |  Pools
It is Working in Georgia

• Strong Hold Christian Church (Dekalb County) has a JUA
  – They have extended their facility hours to allow the community to come in
  – Offer: Health classes on healthy eating, exercise classes, yoga, exercise sessions and Cross Fit
# Strong Hold Church Fitness Schedule

**February 2016 - SCC Couples Valentine Fitness DAY & FIT4LIFE 45 Min. ABS & Strength Training Classes**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>5:00pm-9:30PM Indoor Track &amp; Weight RM &lt;br&gt;Coming Next Month 7-8 PM: FIT4Life PM CARDIO BLAST</td>
<td>2 5:00pm-9:30PM Indoor Run/Walk Track &amp; Weight rm./</td>
<td>3 5:00pm-9:30PM Indoor Track &amp; Weight RM 45 Mins. ABS &amp; Weight Class 6:30 PM – 7:15 PM</td>
<td>4 5:00pm-9:30PM Indoor Run/Walk Track &amp; Weight rm./</td>
<td>5 GYM CLOSED</td>
<td>6 9:00 AM-12:00 PM Indoor Track &amp; Weight RM FIT4Life ZUMBA 10:00-11:00 AM</td>
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<td>7 “FREE” BLOOD PRESSURE Assessment After Church GYM CLOSED</td>
<td>8 5:00pm-9:30PM Indoor Track &amp; Weight RM &lt;br&gt;Coming Next Month 7-8 PM: FIT4Life PM CARDIO BLAST</td>
<td>9 5:00pm-9:30PM Indoor Run/Walk Track &amp; Weight rm./</td>
<td>10 5:00pm-9:30PM Indoor Track &amp; Weight RM 45 Mins. ABS &amp; Weight Class 6:30 PM – 7:15 PM</td>
<td>11 5:00pm-9:30PM Indoor Run/Walk Track &amp; Weight rm./</td>
<td>12 GYM CLOSED</td>
<td>13 9:00 AM-12:00 PM FIT4Life ZUMBA 10:00-11:00 AM COUPLES CHALLENGE Fit Class 9-11 AM</td>
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<td>14 “FREE” BLOOD PRESSURE Assessment After Church GYM CLOSED</td>
<td>15 5:00pm-9:30PM Indoor Track &amp; Weight RM &lt;br&gt;Coming Next Month 7-8 PM: FIT4Life PM CARDIO BLAST</td>
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The Health and Wellness Team will be...
Extremely Flexible Program

You specify the hours and the specific areas available for use, which can be adjusted as needed in the future.
Benefits of Being a Sharing Spaces Community Partner

• Help support the fight against childhood obesity, especially in areas that need it most
• New exposure for your facility to community members
• Build a sense of community ownership
• Mini-grants to support site improvements or costs
How to Become a Sharing Spaces for Health Partner

Meet with a Sharing Spaces team member to:

- Get answers to any questions you may have.
- Discuss which agreement is right for you.
- Receive technical assistance in establishing parameters for the partnership and developing the agreement.
- Determine what spaces are available and when.
As your partner, we will support you by providing:

• Free signage for you to display at your shared space
• A press release announcing your participation in the program; we’ll also send it to the local press!
• Recognition as a Sharing Spaces for Health partner on cobb2020.com, including information on the spaces you share and hours of availability
• Program content you can use on your web site, in newsletters, via email or in print, promoting your participation in the program and dedication to fighting childhood obesity
Will You Become a Partner and Help Fight Childhood Obesity in Cobb?

info@cobb2020.com