

Our Partners

Just Harvest aims to promote a just system of food access by addressing the root causes of hunger - systemic poverty and inequity - in Allegheny County and beyond.

The Food Trust is a nationally recognized nonprofit dedicated to ensuring that everyone has access to affordable, nutritious food and information to make healthy decisions.

Grow Pittsburgh is a nonprofit that teaches people of all ages how to grow food, and supports backyard gardeners, community gardens and urban agriculture in Allegheny County.

The **American Foundation for Suicide Prevention's** (AFSP) mission is to save lives and bring hope to those affected by suicide. Established in 1987, AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death.

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.

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.



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

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Allegheny County Health Department

Chronic Disease Prevention Program
807 Wallace Avenue • Pittsburgh, PA 15221
<http://www.achd.net/chrond/index.html>



Safe & Healthy Communities

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.

This project was funded by the PA Department of Health's Preventive Health and Health Services Block Grant.

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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. Physical activity is important to reducing obesity rates in Allegheny County. 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**, **The Food Trust** and **Grow Pittsburgh**, to increase access to affordable, healthy foods. These partnerships will increase the use of SNAP (food stamps) benefits at local farmers markets, provide Food Bucks coupons to make fresh fruits and vegetables more affordable for shoppers, and create new community gardens throughout Allegheny County.



The Food Trust



American Foundation for Suicide Prevention (AFSP)

Suicide is the 11th leading cause of death in PA. Talking about our mental health and suicide helps reduce the stigma that surrounds these topics. By reducing the stigma, it helps people open up about what's going on with them, as well as helps those who notice warning signs to reach out to the people they are worried about. Through awareness, we are teaching people that taking care of our mental health is equally as important as taking care of our physical health. The idea is that Talk Saves Lives.



American Foundation for Suicide Prevention

Western Pennsylvania

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)**. This program emphasizes practical strategies to reduce fear of falling and increase activity.

