



**Fulton County Partners
for Health
Community Resource
Assessment
2015**

Strategy #1: Decrease adult and youth obesity Resource Assessment

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Lifestyle Management Session/Training	Fulton County Health Center	All	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Diabetes and Healthy Eating	Fulton County Health Center	Those with diabetes	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Healthy Cooking 101	Fulton County Health Center	All	Prevention, education	Individuals convey learning healthy information that they can utilize
Salt Sense	Fulton County Health Center	All	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Eat For Life	Fulton County Health Center	All	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Low Cholesterol Living	Fulton County Health Center	All	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Balancing Life with Diabetes	Fulton County Health Center	Those with diabetes	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Let's Eat	Fulton County Health Center	Those with diabetes	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Healthy Holiday Eating	Fulton County Health Center	All	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Lunch and Learn Fulton County Health Center Staff	Fulton County Health Center	Employees of Fulton County Health Center	Prevention, education	Individuals convey learning healthy information that they can utilize
Lunch and Learn Corporate	Fulton County Health Center	Corporate Employees	Prevention, education	Individuals convey learning healthy information that they can utilize
Youth Running Club		Delta	Prevention/early intervention	Best practice
Dave's Running Club	Dave's Running Shop	Teens/Adults	Prevention/early intervention	Best practice

Strategy #1: Decrease adult and youth obesity Resource Assessment, continued

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Lifestyle for Lower Cholesterol	Fulton County Health Center	All	Prevention, education	Individuals convey learning healthy information that they can utilize
15 and 15	Fulton County Health Center	All	Prevention, early intervention, support, education	Individuals convey learning healthy information that they can utilize
Learn to be: Debt and Diet Free	Fulton County Health Center	All	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Nutrition Coaching	Fulton County Health Center	Corporate Employees	Prevention, early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Nutrition Counseling	Fulton County Health Center	All	Early intervention, treatment, education	Individuals convey learning healthy information that they can utilize
Speaker's Bureau on weight management/nutrition topics	Fulton County Health Center	All	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Speaker's Bureau on various diabetes topics	Fulton County Health Center	All	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Dinner with the Docs	Fulton County Health Center	Community	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Land Based Fitness Classes	Fulton County Health Center	Teenagers - Seniors	Prevention, education	Improved Range of Motion, Strength, Cardiovascular, Flexibility, and etc...
Water Based Fitness Classes	Fulton County Health Center	Teenagers - Seniors	Prevention, education	Improved Range of Motion, Strength, Cardiovascular, Flexibility, and etc...
Kids Sport Conditioning	Fulton County Health Center	Children 9 yrs. - 15 yrs.	Prevention, education	Improved Range of Motion, Strength, Cardiovascular, Flexibility, and etc...
Corporate Weight Loss/Body Fat % Challenges	Fulton County Health Center	Adults - Seniors	Prevention, education	Individuals have lost pounds/body fat %
Fitness and Nutrition Presentations	Fulton County Health Center	Children 6 yrs. - Seniors	Prevention, education	Individuals convey learning healthy info that they can utilize

Strategy #1: Decrease adult and youth obesity Resource Assessment, continued

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Personal Training	Fulton County Health Center	Teenagers - Seniors	Prevention, education	Improved Range of Motion, Strength, Cardiovascular, Flexibility, and etc...
Parent and Child Water Wonders Classes	Fulton County Health Center	Children 6 months – 5 yrs. of age	Prevention, education	Children are more comfortable in water and learn basic swim movements
General Fitness Center Memberships	Fulton County Health Center	Children - Seniors	Prevention, education	Improved Range of Motion, Strength, Cardiovascular, Flexibility and etc...
Corporate Wellness Coaching	Fulton County Health Center	Adults - Seniors	Prevention, education	Individuals convey learning health information that they can utilize
Healthy Weight Project	Fulton County Health Department/ Reproductive Health & Wellness	Reproductive Health & Wellness Clients	Prevention	
Exercise	Curves, Body Shop, Fusion & Marshall Fitness	Teens/Adults	Prevention, early intervention & treatment	Best practice
Healthy Living/Lifestyles	OSU Extension	Kindergarten through 2 nd grade (Wauseon)	Prevention	None
Healthy Snacks/Yoga	21 st Century Grant	3-5 years of age (Wauseon)	Prevention	Best practice
Summer Feeding Program	Northwest Ohio Community Action Coalition (NOCAC)	Elm Street Apartments & St. Caspers	Prevention and Early Intervention	Participation numbers
Employee Assistance Program	Sauder Woodworking Co.	Sauder Employees & Families	Employee Assistance Program	Participation numbers
Sauder Health Quest	Sauder Woodworking Co. (Clinic)	Sauder Employees & Families	Prevention/early intervention	Year over year biometrics
Sauder Wellness Education	Sauder Woodworking Co. (Clinic and Asset Health)	Sauder Employees & Families	Prevention/early intervention	Participation numbers
Sauder Lifestyle Management	Asset Health	Sauder Employees & Families	Prevention/early intervention	Number who reduce their risk factors
Sauder Clinic	Sauder Woodworking Co. (Clinic)	Sauder Employees & Families	Prevention/early intervention/treatment	Utilization and health care costs
Breastfeeding	Child & Family Health Services/Health Department	Pregnant Mom & Nursing Women	Prevention	Evidence based

Strategy #1: Decrease adult and youth obesity

Resource Assessment Resource Assessment, continued

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
One-on-one Support	Women, Infants & Children (WIC)/Health Department	Nursing Moms	Prevention	Evidence based
Nutrition Counseling	Health Department	0-5 years of age	Prevention	Best practice
Rails to Trails		All ages	Prevention/early intervention	Best practice
Various Races (Runs & Walks, Relay for Life)	Various	All ages	Prevention/early intervention	Best practice
Body Mass Index & Education	Family Planning Clinic Health Department	Teen/Adults	Prevention	Best practice
Patient Education	Free Clinic	Adults	Prevention/early intervention	
Grow It, Try It, Like It	Health Department	Preschools		Evidence based
School Wellness Committee	Health Department (sits on committees)	Students & Staff (Wauseon, Evergreen, Fayette & Pettisville)	Prevention	None
Weight Watchers	Weights Watchers	Teens/Adults	Prevention/treatment	Evidence based
Fulton County Employee Wellness Program	Insurance Company Corporate Wellness (Hospital)	Employees	Prevention/Early Intervention	Best practice
Rehabilitation Center	Fulton County Health Center	6 months and up	Prevention, early intervention, & treatment	Best practice
Worksite Wellness Programs	American Cancer Society	Adults	Prevention, early intervention & treatment	Evidence based
Playlands	Churches	Archbold & Wauseon	Prevention/early intervention	Best practice
Parks & Recreation Sports Programs	Parks & Recreation	Youth	Prevention/early intervention	Best practice
New Heights (gymnastics, karate)	New Heights		Prevention/early intervention	Best practice
Other Sports (wrestling, baseball, football, swimming & soccer)	Various	Youth	Prevention/early intervention	Best practice
Church Sports Leagues (basketball & softball)	Churches	Adults & Youth	Prevention/early intervention	Best practice
Golf for kids	Golf Courses	Youth	Prevention/early intervention	Best practice
4-H Camp	4-H/Ext Office	8 – 14 years old	Prevention/early intervention	Best practice
**Also See Cardiovascular Resources for programs that overlap w/ Wt Control Resources				

Strategy #2: Increase adult cardiovascular health Resource Assessment

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Marijuana / E-Cig Toolkits	HC3	Middle /High School Health Classes	Prevention	None
Heart Radiothon	Fulton County Health Center	Adults	Prevention	None
TEG (Tobacco Education Group)	Fulton County Health Department (FCHD)	Referrals – alternative to punishment for youth	Early intervention & treatment	Evidence based
Employer Program Screenings	Numerous	Employees	Prevention	Best practice
Blood Pressure Screenings	Hospital/Health Department	Adults	Prevention	Best practice
HC ₃ Prevent Smoking and Signage (Tobacco-Free Campus)	HC ₃	Schools & Parks	Prevention	Best practice
Screenings	Home Health Agencies	Senior Centers/Churches	Prevention	Best practice
Road to Wellness Program	Aging Consortium	30-40 Vendors	Prevention	None
Jump Rope for Heart	American Heart Association	Youth (Fayette)	Prevention	None
Farm Screening Various health screenings and educational displays offered to area farmers and their families with help from the Fulton County Farm Bureau	Fulton County Health Center	Farm Community	Testing, prevention, early intervention, education Tests include: blood pressure, fasting comprehensive metabolic profile, vascular screening, body mass index, waist measurement & body composition testing	Individuals convey learning healthy information that they can utilize
Biennial Health Fair Various health screenings offered to the community	Fulton County Health Center	Community	Testing, prevention, early intervention Tests include: blood pressure, fasting comprehensive metabolic profile, body mass index, waist measurement & body composition	Individuals convey learning healthy information that they can utilize
Heart Matters Program Two Cardiologists and one Vascular Surgeon answered questions from the audience on Heart related subjects – blood pressure checks were provided	Fulton County Health Center	Community	Blood pressure screening, prevention, early intervention, education	Individuals convey learning healthy information that they can utilize

Strategy #2: Increase adult cardiovascular health Resource Assessment, continued

Program/Strategy/ Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
School cholesterol screenings- non-fasting total cholesterol, HDL cholesterol and glucose finger stick tests	Fulton County Health Center & Fulton County Heart Radiothon	Freshman & seniors at all Fulton County Schools plus teachers and other school employees	Screenings, prevention, early intervention, education	Best practice
Fulton County Fair cholesterol screenings- - non-fasting total cholesterol, HDL cholesterol, blood pressure and glucose finger stick tests	Fulton County Health Center	Community	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
Speakers Bureau on cardiovascular disease risk factors, prevention strategies.	Fulton County Health Center	Community & Corporations	Prevention, education	Individuals convey learning healthy information that they can utilize
Cardiopulmonary Resuscitation	FCHC / FCHD	Community, health care professionals, high school students & area businesses and corporations	Prevention, early intervention, education	American Heart Certification given
Automated External Defibrillator (AED) training	Fulton County Health Center/ Fulton County Heart Radiothon	Churches, libraries, schools, parks/pools, corporations	Treatment, education	Individuals convey learning healthy information that they can utilize
Local Festivals - blood pressure & blood sugar screenings	Fulton County Health Center	Community	Prevention, early intervention, education	Individuals convey learning healthy information that they can utilize
American Cancer Society (ACS) Fresh Start Smoking Cessation Program	Fulton County Health Center	Community	Tobacco cessation, education	Individuals convey learning healthy information that they can utilize
Hypnosis for weight loss & for smoking cessation	Fulton County Health Center (FCHC)	Community	Treatment	Individuals convey learning healthy information that they can utilize
Cholesterol/BP Screenings (at all county libraries)	Fulton County Health Center & Fulton County Heart Radiothon	Community	Prevention, early intervention	Best practice
All Day Heart Radiothon Day in February	Fulton County Health Center	Community	Prevention, early intervention	Best practice
**Also See Weight Control Resources for programs that overlap with CV Resources				

Strategy #3: Decrease adult and youth depression and suicide Resource Assessment

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Signs of Suicide program (SOS)	Four County Family Center (FCFC)	Offered to high and middle school students Fayette, Swanton, Archbold, Wauseon, Evergreen, Delta Middle Schools	Prevention	Evidence based
Kognito (on-line training)	Four County Family Center	Has been offered to Fulton School Districts for staff members. Aviator simulation on-line on dealing with mental health issues in students. About 1 hour training Delta	Early intervention	Evidence based
Yellow Ribbon Campaign	Four County Family Center	Offered to all school districts. Evergreen, Archbold, Fayette, Pettisville & Wauseon for next school year	Prevention	None
Four County Suicide Prevention Coalition	Lead agency: Four County Family Center	Four County population, both youth and adult	Prevention/early intervention	None
Support Group	ADAMhs Board	Suicide Survivors	Post Intervention	
Outpatient Counseling Services	FCFC/ Recovery Services of Northwest Ohio & Maumee Valley Guidance Center (MVGC) / FCHC / Comprehensive Crisis Care (CCC)	Serves clients in Four County area	Treatment	Best Practice
Suicide Prevention Awareness	Four County Family Center	Offered to all districts	Prevention	None
Incredible Years (Pre-K through 1 st grade child social skills training for conduct problems and drug abuse)	Four County Family Center	Preschools and grades K-1 Wauseon, Fayette, Pettisville, Archbold	Prevention	Best practice
FAST (Families and Schools Together)	Four County Family Center	Available to all school districts Archbold Middle School	Prevention	Evidence based
Patient Health Questionnaire (PHQ9) Screening at PCP offices	Four County Suicide Prevention Coalition	Older adolescents and adults	Prevention	Evidence based
Community Psychiatric Supportive Treatment Services	Four County Family Center/ Recovery Services of Northwest Ohio/ MVGC	Serves clients in Four County area	Treatment	Best practice
Psychiatric Services	FCFC/FCHC Recovery Services of Northwest Ohio/ MVGC / CCC	Serves clients in Four County area	Treatment	Best practice

Strategy #3: Decrease adult and youth depression and suicide Resource Assessment, continued

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Intensive Home Based Treatment and Family Systems Therapy home-based model	Four County Family Center	Children ages 5-17	Treatment	Best practice
General Outpatient Mental Health	FCHC / Recovery Services of Northwest Ohio/AJA Behavioral MVGC /FCFC / Shalom / CCC / Lutheran Social Services	Adults & Youth	Treatment	Evidence based
Crisis Stabilization and Inpatient	Fulton County Health Center	Adults 60+	Treatment	Evidence based
Inpatient Unit	Fulton County Health Center	Adults 60+	Treatment	Evidence based
Partial Outpatient	Fulton County Health Center	Adults	Treatment	Evidence based
Intensive Outpatient	Fulton County Health Center	Adults 18+	Treatment	Evidence Based
Emergency Mental Health Services	Comprehensive Crisis Care	All age groups	Early intervention	Best practice
Teen Line	Comprehensive Crisis Care	Youth	Early intervention	Best practice
Asset Building	Family & Children First Council	Youth	Prevention	Evidence based
Crisis Stabilization Unit	Comprehensive Crisis Care	Adults	Treatment	Best Practice
Inpatient Services	Coping Center (Defiance)	Adults	Treatment	Best Practice
Inpatient Rehabilitation	North Coast (Toledo)	Adults	Treatment	Best Practice
Victims Advocacy (on-site and on-line)	Center for Child & Family Advocacy (Wauseon)	Adults	Treatment	Best Practice
Intervention (sliding scale fee)	Shalom Ministries	Family, Youth & Adults	Treatment	Best Practice
Family Help	National Alliance on Mental Illness (NAMI)	Adults	Treatment	Best Practice
Help Group	Fulton County Health Center	Survivors	Treatment	Best Practice
Hope Group (Loss of a child)	Fulton County Health Center	Parents	Treatment	Best Practice
Counseling	School Guidance Counselors	Youth	Early Intervention & treatment	Best Practice
Counseling	Churches	Youth & Adults	Early Intervention & treatment	Best Practice
Screenings & Referrals	Fulton County Health Dept	Teen through Adults	Early Intervention	Best Practice
Caregivers Support Group	Hospice/Area Office of Aging / Hands of Grace	Caregivers	Prevention, early intervention & treatment	Best Practice
Postpartum Depression Screenings	Help Me Grow	Mothers of Newborns / Mothers of 0-3 yo as needed	Prevention	Best Practice

Strategy #3: Decrease adult and youth depression and suicide Resource Assessment, continued

Program/Strategy/Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Drug/Alcohol/Mental Health Residential "Serenity Haven"	Recovery Services of Northwest Ohio	Females	Treatment	Best Practice
Drug/Alcohol/Mental Health Residential "Fresh Start"	Renewed Minds	Males	Treatment	
Butterfly Project	Wauseon, Delta Schools	Teen Girls	Prevention	
Four County L.O.S.S Team	Four County Suicide Prevention Coalition	Any Age	Postvention/Prevention	
Mental Health First Aid	Four County Family Center	Adult	Prevention	Evidence Based
Youth Mental Health First Aid	Four County Family Center	Youth	Prevention	Evidence Based
General Bereavement Group	St Caspars	All Ages		
Employee Assistance Program	FCHC / Shalom	Employees		
ROX	Health Dept. / JFS	Wauseon – 5 th /7 th /8 th Delta 5 th grade	Prevention	Evidence Based

Strategy #4: Decrease youth bullying Resource Assessment

Program/Strategy/ Service	Responsible Agency	Population(s) Served	Continuum of Care (prevention, early intervention, or treatment)	Evidence of Effectiveness
Olweus Bullying Prevention Program	Center for Child and Family Advocacy/Wauseon Schools	Offered to all schools, K-12 (grades K-8 in Wauseon Online bully box)	Prevention	Evidenced based
Incredible Years (Pre-K through 1 st grade child social skills training for conduct problems and drug abuse)	Four County Family Center	Preschools and grades K-1 Wauseon, Fayette, Pettisville, Archbold	Prevention	Best practice
Camp Counselors go over peer pressure and bullying	4-H	8-14 years old	Prevention	None
Presentation on cyber bullying	Health Department	Delta 8 th Grade	Prevention	None
Prevention on drugs & bullying	School Resource Officer (police or sheriff)	All grades Wauseon & Delta	Prevention	None
Videos/YouTube by kids	Youth at Wauseon Schools	Wauseon schools	Prevention	None
Character Education	Evergreen Local Schools	Grades K-5	Prevention	None
Bullying Prevention	Archbold Local Schools	Grades 3&4	Prevention	None
ROX	Health Dept. / JFS	Wauseon – 5 th /7 th /8 th Delta – 5 th grade	Prevention	Evidence Based
Parent Social Media Training	HC3	Fulton Co	Prevention	None

Updated 02/2016