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Health Department Announces Five Additional Live Well Allegheny Partners

PITTSBURGH – The Allegheny County Health Department (ACHD) announced the addition of five partners to the Live Well Allegheny campaign: Baldwin Township, the South Allegheny School District, the Community College of Allegheny County, the Oncology Nursing Society and For Good PGH. Now participating in the initiative are 63 communities, 48 restaurants, 31 workplaces and 17 school districts that are making health a priority in Allegheny County.

“I’m excited each time we add another partner to the Live Well Allegheny program because it means there are more of working collaboratively to improve our collective health in this county,” said County Executive Rich Fitzgerald. “Staying healthy isn’t just about physical health, but emotional and mental health too. Being in good health transfers to many other areas of life too, which strengthens our communities. It’s a win-win for everyone who is involved.”

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

“We all must work together and set health as the top priority if we want to make Allegheny County the healthiest county in the nation,” said Dr. Hacker. “We are very pleased to announce the latest group of Live Well partners and look forward to the work they will do in the community, at its schools and in the workplace. For those that haven’t joined the campaign, we encourage you apply today.”

Following is more information about the newest Live Well Allegheny partners:

Live Well Allegheny Community
Developing walking maps and indoor and outdoor wellness trails that will be accessible to residents of all abilities are just a few of the plans proposed by Baldwin Township. The township will also promote and support farmers’ markets, encourage involvement with community volunteer activities, promote smoke-free buildings and perimeters, and provide health information to its residents via the township’s website and social media channels.

“It’s great to see that another municipality in my district has earned the Live Well Allegheny designation,” said John Palmiere, the County Council Member representing District 6. “I commend Baldwin Township for taking action to improve the health of their residents.”

Live Well Allegheny School District
The South Allegheny School District will sell snacks that meet the Smart Snack requirements, offer a variety of fresh fruit and vegetables at meals, participate in the Fresh Fruit and Vegetable Program, and post menus on the school webpage which offer the nutritional value of meal items. The district has also resolved to improve and expand the physical education curriculum and course offerings, add physical activity opportunities outside of physical education class, and evaluate and continually update the district’s wellness policy.

“I am so pleased that South Allegheny is the newest Live Well Allegheny School District, and I appreciate the leadership the district is taking to improve the health of their students,” said Council Member Robert Macey, who is the County Council Member representing District 9 in which South Allegheny is located.

Live Well Allegheny Workplaces
The Oncology Nursing Society has committed to provide standing desks for its employees, healthy food options during company meetings and functions, a bicycle storage area in a safe and convenient location, flex work hours to allow for opportunities for physical or wellness activity, and access to on-site fitness center or conference room for physical activity. It has also resolved to establish and communicate a tobacco-free workplace policy, and to develop a policy that supports breastfeeding employees and allows them flexibility to pump at work in a designated, private area. Additional plans include conducting fitness classes on site, promoting weight-loss competitions, and reminding employees of the importance of regular check-ups, physical examinations, and health screenings.

For Good PGH will provide space for a workplace garden, supporting stretching and physical activity breaks during work hours, and making health and wellness educational resources available to employees. It will also provide healthy food options and access to water and will remind employees of the importance of regular check-ups and health screenings. For Good PGH will also offer employees flex work hours to allow for opportunities for physical or wellness activity and will develop a policy that supports breastfeeding employees.

The Community College of Allegheny County (CCAC) will create an employee wellness committee that will have leadership participation as well as representatives from various programs or departments. The workplace will also promote weight-loss competitions and other group events, establish and communicate a tobacco-free workplace policy, provide access to an on-site fitness area for physical activity, and locate safe and accessible outdoor walking or running paths.

Participants in the Live Well Allegheny campaign work with the Health Department’s staff. While monetary resources are not part of the initiative, participants can receive materials, information and collateral items to promote the campaign and their individual efforts to live well.

For more information on the campaign, including details on how to become a participant, visit: www.LiveWellAllegheny.com.

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