



1.) What is Live Well Stark County?

Live Well Stark County is a group of leaders working together to make Stark County a healthier community through promoting policy and environmental changes that focus on chronic diseases such as: obesity, diabetes, and heart disease.

Plans include:

- Improving worksite wellness
- Increasing community gardens and farmers markets
- More bike lanes and paths
- Caloric information on menu boards
- Neighborhood walking groups

2.) How are we making Stark County healthier?

We are assisting employers in the cities of Alliance, Canton, and North Canton to help them create a healthier worksite. We are helping them create wellness committees and providing them with wellness kits which include a one-mile walking path diagram of inside or outside their facility.

We are working with restaurants in Stark County to assist them in offering healthier food items, smaller portion sizes, and helping them to calculate caloric information for their menus.

3.) How do I get my worksite or restaurant involved?

Call the Stark County Health Department at 330-493-9914 ext 252 or email to smiths@starkhealth.org. Tell them you are interested in being part of Live Well Stark County.

4.) How can I participate as an individual?

- Improve your health through healthy eating, increased physical activity, and by decreasing your exposure to tobacco.
- Be an advocate for healthy lifestyles.
- Encourage your worksite and/or favorite restaurant to become involved with Live Well Stark County.
- Organize a neighborhood walk.