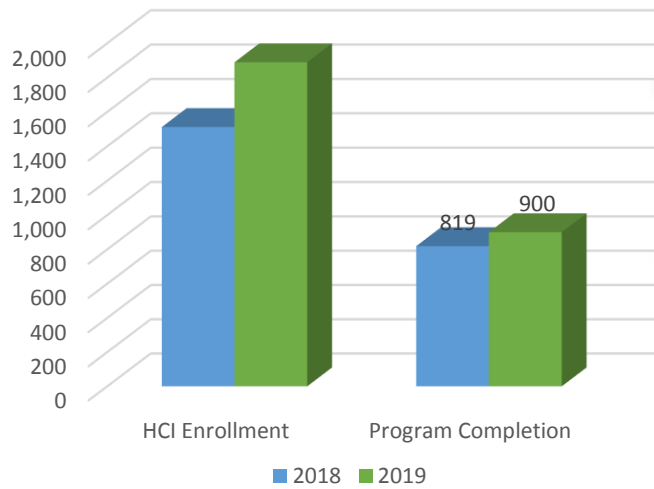


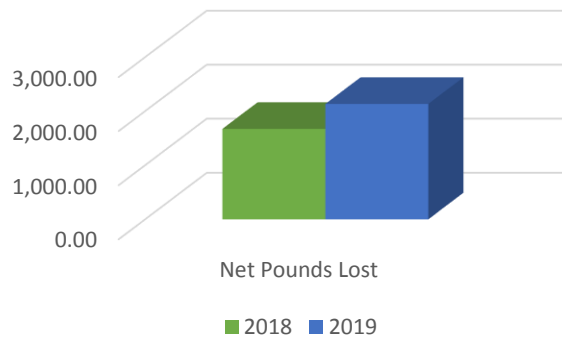


Cleveland Clinic

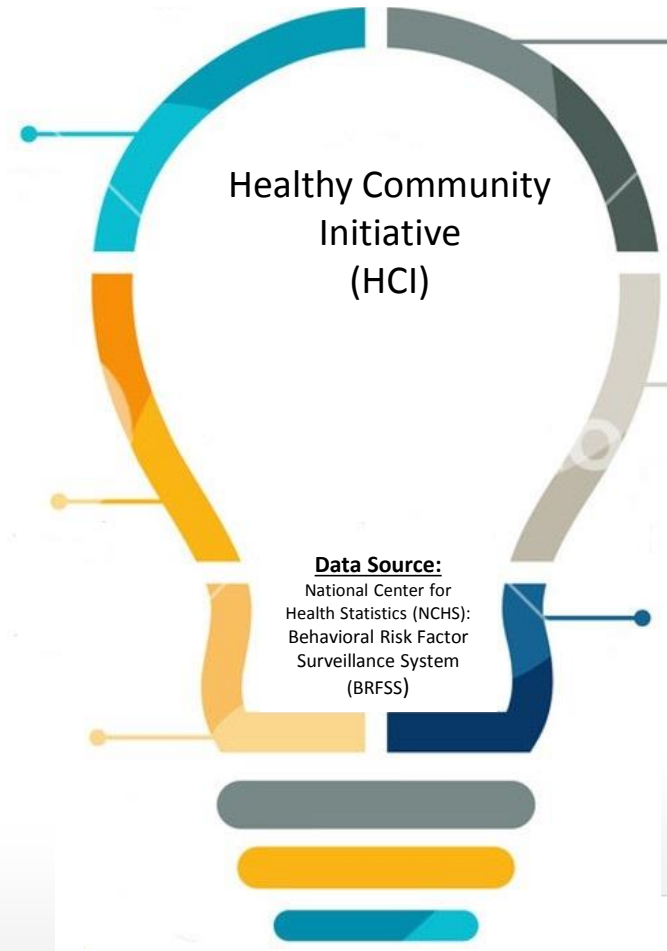
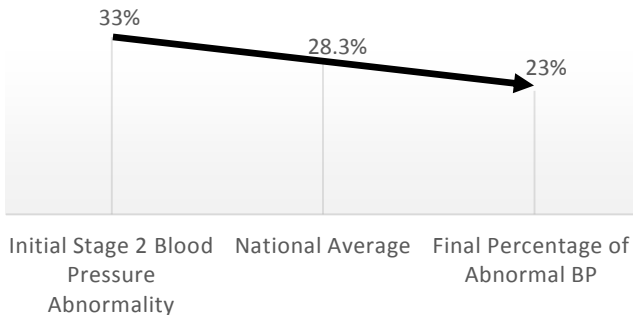
Community Relations 2019



Weight Loss



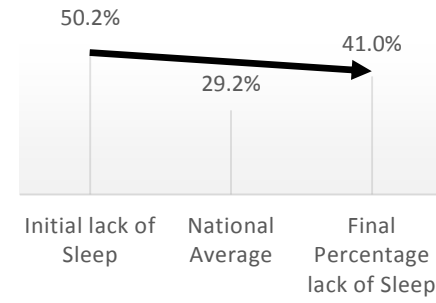
Blood Pressure Abnormality



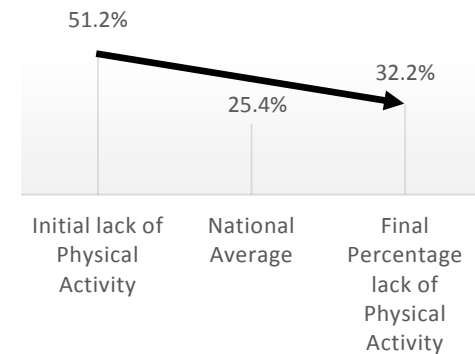
2019 HCI Enrollment



Sleep



Physical Activity



HCI Definition:

Healthy Communities Initiative is a means of directly impacting the health and well-being of the cities and communities served by Cleveland Clinic. The Health Challenge is the signature program of the Cleveland Clinic Healthy Communities Initiative. It is a collaborative effort between Cleveland Clinic and community partners to engage individuals in the community to help manage chronic conditions and promote a healthier lifestyle.

2019 Summary

Number of 8-week Health Challenges: **17**

Completion Percentage: **47.6%**

Impacted Zip Codes in Northeast Ohio: **59**

Average age: **60**

Number of Classes Attended: **7,433 Cleveland Clinic Programs**

Net Pounds Lost: **2,133.7 Total Pounds**

Positive Shift in Unhealthy Behaviors:

- **Blood pressure: 10%**
- **Physical Activity: 19%**
- **Sleep: 9.2%**

From 2018 to 2019:

- ❖ **Enrollment: Increased 24.9%**
- ❖ **Completion: Decreased 6.6%**
- ❖ **Pounds Loss: Increased 27.7%**