Strategic Plan 2016-2020 Community Goals Overview

Healthy Beginnings

So children born in our community get off to a healthy and safe start

A mother's health before and during pregnancy, infancy, and early childhood are critical points in a child's development. Early childhood experiences impact later development and health outcomes in adulthood.

Strategies center on these critical time periods that contribute to a child's well-being: the mothers' health before, during, and in between pregnancy, and the environments encountered during infancy and early childhood.

Healthy Eating and Active Living

So the people of our community are more physically able to enjoy long, fulfilling lives

Eating healthy and being physically active is widely recognized as protective against disease and premature death. There are also health benefits that include improved mental health and ability to complete physical and mental daily activities.

Strategies are focused on the general components of the goal, and youth and early childhood, in which improvements in, and access to, healthy eating and active living have the highest returns for long-term health benefits.

Healthy Minds, Healthy Bodies

So the people in our community are free from injury, trauma, and disease

Physical and mental health should be addressed in tandem for the greatest impact on overall health.

Strategies in this goal aim to prevent and reduce the severity of injury, trauma, and disease and provide mechanisms to improve access to comprehensive health care.

Healthy Places to Live, Learn, Work, and Play

So the physical environments in our community are healthy and safe

Our environment has distinct impacts on health; either as a cause of poor health or as a contributor to positive health-related behaviors.

Two strategies take aim at the places in which we live and work; a third reflects the importance of working together to plan for healthy places; and the fourth addresses the essential molecule of life, water, and its effect on the physical environments we encounter.