

Health & Wellness – DRAFT Goals and Objectives (4-17-12)

Vision Statement: Creating a community where neighbors support each other and everything you need to live a healthy and full life is readily available where you live, learn, work, play and pray.

- 1) Advocate for a sustainable built environment that supports health promotion in the planning, assessment and intervention processes. Examples include, but are not limited to:
 - a. Accessible and affordable transportation
 - b. High air and water quality
 - c. Access to physical activity
 - d. Healthy housing and work environments
- 2) Increase individual and community resilience through the integration of community, holistic and medical resources. Examples include, but are not limited to:
 - a. Bring community resources to the forefront – making these the first choice to optimize health (e.g. gym class in schools, recreation, community gardens, and physical activity programs)
 - b. Education about lifestyle choices
 - c. Create awareness of community and integrated health resources within the medical community
 - d. Cultivate awareness of an integrated and holistic approach to wellness
- 3) Maintain a unified focus on and investment in prevention that:
 - a. Improves quality of life
 - b. Reduces health care expenses
- 4) Advocate for improved access to community, holistic and medical health care options for all regardless of ethnicity, age, state of disease or financial resources