

Draft Goals

Health & Wellness

Advocate for a sustainable built environment that supports health promotion in the planning, assessment and intervention processes. Examples include, but are not limited to:

- Accessible and affordable transportation
- High air and water quality
- Access to physical activity
- Healthy housing and work environments

Increase individual and community resilience through the integration of community, holistic and medical resources.

Examples include, but are not limited to:

- 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)
- Education about lifestyle choices
- Create awareness of community and integrated health resources within the medical community
- Cultivate awareness of an integrated and holistic approach to wellness

Maintain a unified focus on and investment in prevention that improves quality of life and reduces health care expenses.

Advocate for improved access to community, holistic and medical health care options for all regardless of ethnicity, age, state of disease or financial resources.