



Healthy Living Action Team

Jackson County

Healthy Communities Coalition

Strategies

Increase fruit and vegetable consumption by:

- Promoting healthy eating through school, worksite and community programming.

Increase the number of people who are exercising by:

- Promoting physical activity through school, worksite and community programming.
- Advocating for increased bicycle and pedestrian opportunities.

Reduce non-smokers exposure to environmental tobacco smoke by:

- Increasing the number of smoke-free environments.

Reduce the number of smokers by:

- Increasing cessation attempts.

Increase the number of people who are aware of their cardiovascular risk factors by hosting screening events.

Increase the number of people who are able to manage chronic disease by:

- Conducting self-management classes.
- Increasing patient referrals from healthcare providers for services.

Overall Goal

Reduce cardiovascular disease morbidity and mortality by expanding cardiovascular disease prevention programs in Jackson County.

Contact Information

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