



# 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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