

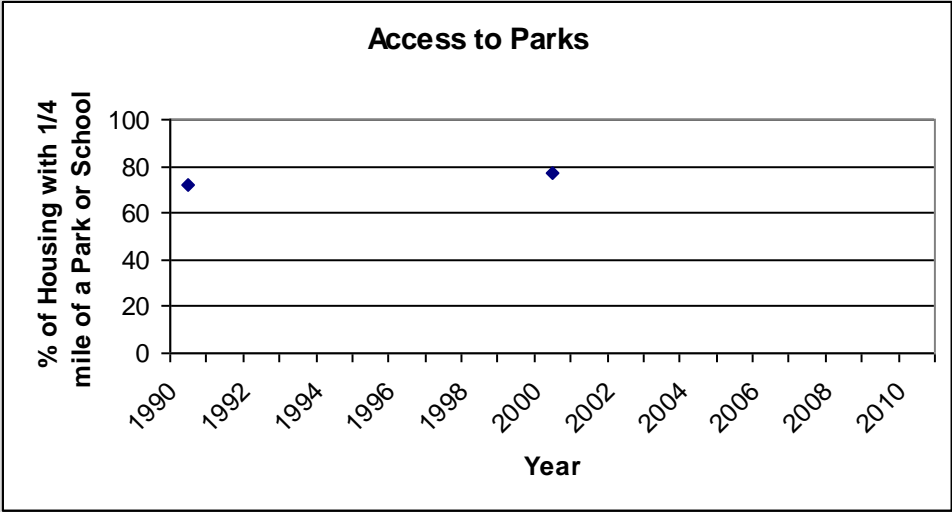
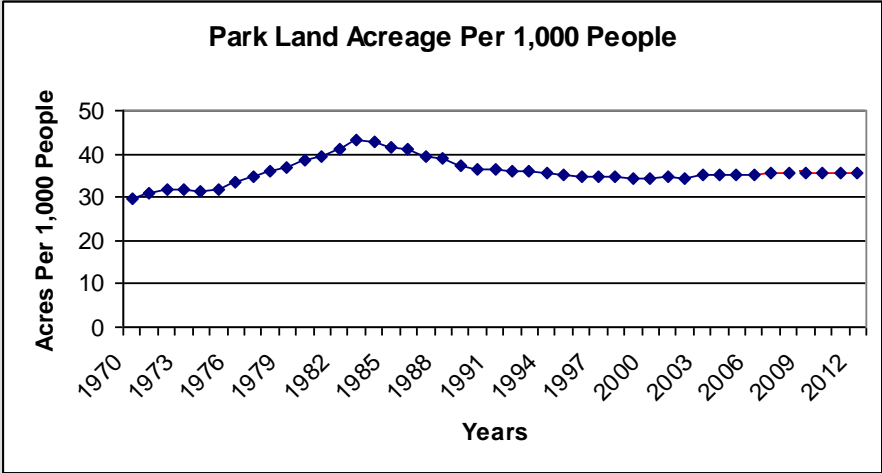
Goal: Healthy People

**Creating an environment that promotes physical
social, and mental health and health equity**

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Indicators



Proposed Indicators

Physical

- % of obesity in schools
- % of park utilization
- % with asthma
- degree of physical activity

Social

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Mental

- % with stress
- Depression rate

Story Behind the Trend lines

Prioritized Factors of an Obesity Indicator

- **Factor #1:** Sedentary lifestyle
- **Factor #2:** Poor nutrition
- **Factor #3:** Community attitudes and/or behavior (Culture)

Key Partners with a Role to Play

- Recreation Department
- Health professionals
- Transportation
- County government
- MCPS School system (education nutrition)
- Churches
- “the media”
- health professionals
- Public health
- Civic Groups
- Residents
- Gyms
- Planning Department



What Will Work to Make a Measurable Difference

Factor #1: Sedentary Lifestyle

Potential Strategies/Actions

- Provide active exercise program in facilities
- Re-introduce people to nature or self-directed activities
- Create facilities that accommodate all ages and abilities

What Will Work to Make a Measurable Difference

Factor #2: Poor Nutrition

Potential Strategies/Actions

- Education and counseling to outcomes
- Modeling of healthy food purchases on a budget
- Exercise

What Will Work to Make a Measurable Difference

Factor #3: Community attitudes and/or behavior (Culture)

Potential Strategies/Actions

- Promoting healthy, livable and walk-able mixed use communities
- Telecommuting to reduce stress
- Creating programs that encourage physical activity
- Access to healthy, nutritious food.