

LET'S MAKE IT HAPPEN

We invite you to actively support Healthy Community Coalition. The following are some ways to get involved:

- Become an active member of the obesity prevention taskforce or the adolescent health taskforce.
- Become an active member of the Healthy Community Coalition.
- Support funding for health improvement efforts in Washington County.

COMMUNITY COALITION STEERING COMMITTEE

- Annette Shipley, MECCA Services-SAFE
- Bobbie Wulf, Mental Health Disability Services
- Bonnie Kester, Washington Co. Hospital & Clinics
- Chris Armstrong, Highland High School
- Chris Grier, Bright Futures Chiropractic
- Chrystal Woller, Washington Co. Public Health
- Connie Bourassa, Hillcrest
- David Patterson, Washington County Engineer
- Edie Nebel, Washington Co. Public Health
- Eric Turner, JET PT
- Erin Rugg, JET PT
- Gina Johnson, East Central Iowa
- Greg Woller, Washington Community Y
- Holly Gutman, Planned Parenthood
- Jim Rosien, County Supervisor
- Julie Poulson, United Methodist Church
- Karen Arbuckle, Parents as Teachers
- Kay Chia, Pohaku Inc.
- Lea Benson, MECCA Services
- Lynn Fisher, Washington Co. Public Health
- Pam Green, McCreedy Home
- RenElla Crawford, HACAP
- Sarah Smith, MECCA-SAFE
- Tasha Beghtol, Early Childhood Area
- Tom Basten, Iowa DNR State Parks
- Wendy Gady, Pohaku Inc.



To become involved or for more information, Contact:

Edie Nebel
Chrystal Woller
Lynn Fisher

Washington County Public Health
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Washington, Iowa 52353
Phone: (319) 653-7758
Fax: (319) 653-6870



VISION:

Washington County Healthy Communities: Helping individuals reach their highest potential for health



MISSION:
To promote and foster healthy communities through collaboration and shared responsibility

Thank you for your commitment towards a healthier community!



HAVEN'T HEARD OF WCHCC?

Washington County Healthy Community Coalition is a partnership among individuals, agencies, and organizations dedicated to improving the health of Washington County citizens. The Community Health Improvement Plan will be a five-year, community-driven initiative. Two task forces will form and work together to identify goals and strategies focusing on two health priorities:

- Obesity (Nutrition, Physical Activity, & Built Environments)
- Adolescent Health (Teen Pregnancy & Sexually Transmitted Diseases, Bullying and Suicide Prevention)

BENEFITS

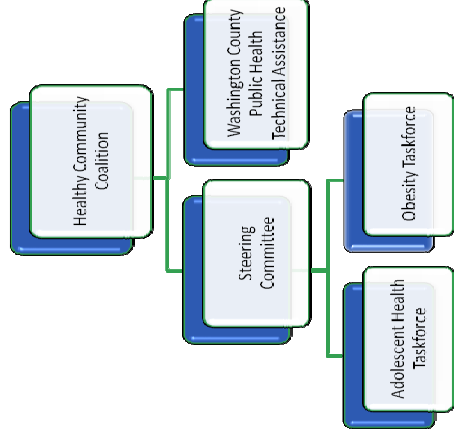
Raises awareness in the community of the health status of its residents

Enhances a sense of shared community responsibility to address unmet health needs.

Develops a coordinated, community-wide effort directed at a few top health priorities.

Creates new, innovative strategies that fit the unique needs and assets of Washington County.

HEALTHY COMMUNITY ORGANIZATIONAL CHART



HEALTH PRIORITY ONE: OBESITY

GOAL: Washington County Residents will achieve and maintain healthy weight.

Suggested Intervention Ideas:

- Develop Partnerships
- Improve Dietary Habits
- Access To Low Cost/Free Options For Physical Activity
- Increase Physical Activity Options
- Increase P.E. Class Hours For All Students
- Increase Access To Dieticians



HEALTH PRIORITY TWO: ADOLESCENT HEALTH

GOAL: Washington County Residents will support and promote healthy behaviors as it relates to Adolescent Health



Suggested Intervention Ideas:

- Parenting Class
- Teen Pregnancy Prevention Activities
- Peer Support Groups
- Increase Bullying Awareness & Prevention
- Increase Suicide Awareness & Prevention
- Increase Access to Planned Parenthood

ALARMING FACTS:

- An alarming 42% of fourth graders in Washington County are either overweight or obese.
- Approximately 70% of Washington County students consume two servings of fruits or less per day and 75% consume two servings of vegetables or less per day.
- Approximately 24% percent of Washington County students report that they exercise each day.
- Washington County had a documented 35.9% increase in Teen Births from 2000 to 2008.



To request a copy of the entire Community Health Improvement Plan, Please call (319)653-7758.