

Healthy Communities Workgroup Notes from August 5 Kick Off Event

A healthy community is a place with equitable access for all people to live, work, play, learn and raise a family in a healthy safe environment.

Define Healthy community?

- What will it look like?
- What opportunities can we build on?
- What are some of the barriers?

Definition of Healthy communities

- Regardless of where you live in our 13 county region, all residents documented or undocumented have the opportunity to live in a safe and healthy environment with easy and affordable access to equitable and culturally specific, adequately funded and community supported:
- Physical healthcare services from wellness, prevention, to primary and specialty care, to urgent and emergency care to rehab and long-term care,
- Mental health and substance abuse services (preventive, treatment and ongoing care)
- Safe housing, water, air, parks, trails
- Nutritious food
- Good educational system
- Durable goods
- Diverse transportation options
- Employment
- Diverse cultures
- Child care and other employment supports and elder care

What is a Healthy Community?

- Meets 2020 healthy community standards
- Safe healthy environment and access to health care regardless of location
- Equitable social services identifiable and accessible across the region
- Food security, access to real healthy food at a reasonable price (within 1 mile)
- Eliminate food deserts
- Education of community on health issues that have a stigma attached to them
- Address homelessness (population) in healthy communities concept
- Sufficient opportunities for wellness inside and outside person- environment and optimal wellness and learning
- Awareness and opportunities- communities aware of own health

Regional Plan for Sustainable Development

Healthy Communities Workgroup Notes from August 5 Kick Off Event

- Relationship between natural and built environment
- Integrate with other topics-Economic Development, transportation etc.
- Women access to healthcare, specifically women of color and things that impact their health such as access to food
- Reduce infant and maternal mortality and morbidity specifically to women of color
- Access to affordable and quality dependent care
- Family planning
- Welcoming to newcomers
- Legalization, decriminalization of drugs
- Unique sense of place
- Create a culture of wellness for all- physical and mental
- Adequate resources to meet needs
- Community input and voice to influence/guide political process
- Engaged, educated population
- Access to quality, affordable safe housing
- Access to greenspace, grocery stores, daily services library (diverse services) and access to transportation system (fwy)
- Access to natural environment
- Transportation access to schools

Challenges

- Lack of action on past efforts
- Competition
- Institutional racism
- Fragmentation of resources
- Policy implementation/follow through
- Accountability
- Large complex process
- Existing disparities
- Poor relationship with federal government
- Representation of entire region
- Political
- Economy
- Lack of understanding
- Broken promises
- Varying perspectives on means
- Illiteracy
- language

Opportunities

- Collaboration

Regional Plan for Sustainable Development
 Healthy Communities Workgroup Notes from August 5 Kick Off Event

- Ongoing efforts
- Communication
- Education
- Prevention
- Can do attitude
- Supportive community
- Federal push/support
- Input from community/engagement
- Develop power/capacity to impact change
- Advocacy for sustainability
- Philanthropy / faith based
- Knowledge base institutional
- Dedicated resources

Regional Plan for Sustainable Development
Healthy Communities Workgroup Notes from August 5 Kick Off Event