



HEALTHY COMMUNITY ALLIANCE

of Delaware & Blackford Counties

NAME

Healthy Community Alliance of Delaware and Blackford Counties

MISSION

The mission of the Healthy Community Alliance of Delaware and Blackford Counties is to improve the health and well-being of the communities we serve.”

VALUES STATEMENT

We value:

- Community Involvement
- Aligning people and organizations for maximum health impact
- Community assets and resources
- Personal accountability and practical approaches to good health habits
- Measuring and sharing results

OVERAL GOAL STATEMENT

Improve the health of the population in Delaware and Blackford Counties, thereby lessening the impact of chronic disease.

GOAL AREAS

Goal 1: Increase Physical Activity

- Increase the percentage of adults who meet the recommended amounts of physical activity per day.
- Increase the percentage of youth who meet the recommended amounts of physical activity per day.
- Increase the percent of individuals who maintain a healthy body weight
- Increase the proportion of trips made by walking.
- Increase the proportion of trips made by bicycling.
- Increase legislative, administrative and institutional policies for the built environment that enhance access to and availability of physical activity opportunities.

Goal 2: Improve Nutrition

- Increase the percentage of adults who eat the recommended amounts of fruits and vegetables per day.
- Or Increase daily consumption of fruits and vegetables.
- Increase the percentage of youth who eat the recommended amounts of fruits and vegetables per day.
- Increase the percentage of individuals who are at a healthy body weight.
- Decrease the amount of fast food consumption by adults and children.

Goal 3: Decrease Tobacco Use

- Reduce tobacco use by adults.
- Reduce tobacco use by youth.
- Increase the state tax on tobacco products.
- Reduce exposure to secondhand smoke.
- Law enforcement of age requirements.