

Healthy Together

CLEVELAND

Your Health Our Future



UPDATES

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>>> WHAT'S HAPPENING

Welcome to the first edition of the Healthy Together Cleveland newsletter. This will be a monthly newsletter to help keep you informed about the coalitions journey to a healthier

Cleveland County. Healthy Together Cleveland is a community coalition selected to participate in the Healthy People, Healthy Carolinas initiative and is funded by The Duke Endowment for five years. The coalition supports efforts towards healthy eating, active living, and chronic disease prevention. No one or two organizations can do this alone so it will take everyone doing their part to improve the health of Cleveland County. Healthy Together Cleveland is fortunate to have over 70 active members representing the community and working hard to establish action plans. The final stages of action planning are happening now, and the final plans will be shared soon.

THE PLANNING PROCESS & TIMELINE

1 March - Develop Result Statements

Nutrition Result Statement:

All people in Cleveland County have equitable access to and awareness of resources encouraging healthy food choices.

Physical Activity Result Statement:

Cleveland County will be a community that creates equitable and safe opportunities for active living for all people.

2 April - Determine Strategies

Nutrition Strategy:

- Promote healthy food choices
- Promote healthy weight

Physical Activity Strategy:

- Increase physical activity
- Promote healthy weight

3 May - Select Actions

4 June - Determine ways to measure

5 July - Finalize Plans

6 August - Implement Plans

➤➤➤ RESULTS-BASED ACCOUNTABILITY (RBA)

Results-Based Accountability is a disciplined way of thinking and taking action that can be used to improve the quality of life in communities, cities, counties, states and nations. RBA starts with ends and works backward, step-by-step, to means. For communities, the ends are conditions of well-being for children, adults, families and the community as a whole. Healthy Together Cleveland will use RBA to establish community action plans.

COALITION WEBSITE/SOCIAL MEDIA ◀◀◀

Visit the coalition's website at www.healthytogethercleveland.org.

Thank you to Epitome Digital Marketing for designing the site. Take a look to learn more about the work in progress, resources and upcoming events. Healthy Together Cleveland can also be found on social media. The goal for social media is to engage with the community and share information about healthy eating, active living and chronic disease prevention. Help spread the word:



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