



Centralina Council of Governments

GROWING Jobs and Our Economy | CONTROLLING Cost of Government | IMPROVING Quality of Life

Creating Healthy, Lifelong Communities

The Challenge

Today's health challenges stem from a variety of factors in our changing world. The population base is growing older, health care costs continue to increase, and chronic disease - including heart disease, diabetes, and respiratory disease - greatly outnumber deaths by communicable disease. In NC, chronic disease and injury are responsible for 2/3 of all deaths. The design of our communities impacts public health and well-being and often creates barriers to physical activity. In addition, community policies and ordinances can lead to unintended consequences and limit opportunities for seniors to live independent, active, engaged lives.

Helping Communities Become Healthy and Inclusive

The great news is that many of the actions that create a "healthy, lifelong community" also lead to vibrant downtowns, transportation choice, economic vitality, access to amenities, and a variety of housing choices for all ages and incomes. Healthy, lifelong communities go hand in hand with a healthy economy. In addition, market forces are in support of healthy community initiatives. Mixed-use developments that are walkable and have access to parks and open space are in demand with Millennials and Baby Boomers searching for active lifestyles. Education through evidence-based health programs can improve self-management of chronic disease, save healthcare dollars, reduce falls, and improve quality of life.



Centralina Health Solutions helps communities through:

Training

- Provide training on a variety of issues related to health and life-long communities, active living, local food systems, aging sensitivity, and evidence-based health programs such as chronic disease self-management and falls prevention.

Policy Analysis and Planning

- Analysis of current policies and ordinances, determine barriers to health, and recommend strategies
- Bicycle and pedestrian planning, greenways, senior friendly policies, healthy in all policy recommendations

Engagement

- Engagement planning and implementation for thorough, equitable outreach and intake

Mapping

- Built environment inventories, disparity mapping, visual representations

"The Healthy Communities initiatives sponsored by Centralina are helping us develop strategies that will incorporate health considerations into land and transportation planning, increasing opportunities for physical activity and healthy living. That means increased quality of life for our residents."

- **M. Darrell Hinnant, Mayor
City of Kannapolis Mayor**

For more information contact:

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