

HOW YOU CAN BE INVOLVED IN HEALTHY CAROLINIANS OF ORANGE COUNTY

Join the more than 125 other individuals and organizations partnering with Healthy Carolinians to find creative solutions to help all people living in Orange County make **health** a priority. Membership is free and open to the public.

If you have an interest in improving health and wellness in our community, then we need you. Join us!

Complete questionnaire, detach and return to

Healthy Carolinians of Orange County
300 West Tryon Street
Hillsborough, NC 27278

OR

Contact the Office of Healthy Carolinians of Orange County today!

hcoc@orangecountync.gov | (919) 245-2440

Name: _____

Address: _____

Phone: _____

E-mail: _____

_____ I would like to serve on a committee.

List committee: _____

_____ I am interested in volunteering at community events.

_____ I would like to be on the mailing list.

_____ I would like to assist with the next community health assessment.

Comments: _____

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Healthy Carolinians of Orange County
www.co.orange.nc.us/healthycarolinians

Foundation for Healthy Carolinians
www.healthycarolinians.org
www.caresharehealth.org/healthy-carolinians



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Healthy Carolinians of Orange County

Chronic Disease:
Exercise and Nutrition

Injury

Reduce Health Disparities



Mental Health and
Substance Abuse

Access to Health Care and Insurance

Partnering to Improve the Health of All Orange County Residents



Healthy Carolinians of Orange County

WHO WE ARE

Healthy Carolinians of Orange County is a network of agencies and community members partnering to promote health and wellness in Orange County, NC.

OUR MISSION

To advocate, guide and assist Orange County in planning and implementing health care strategies to promote healthy lifestyles, improve health status and prevent premature death.

WHAT WE DO

- Build and promote collaborative partnerships
- Identify critical health needs in the community
- Guide local planning efforts to improve health
- Support innovative health programs
- Advocate for health-promoting policies

A sample of projects completed by Healthy Carolinians of Orange County and our many partners.



OUR IMPACT

- The Orange Partnership for Alcohol and Drug Free Youth and the Pro-Bono Counseling Network are both Healthy Carolinians of Orange County initiatives.
- Produced and distributed a *Directory of Mental Health Services*, also available online.
- With UNC Sports Clubs, established the *Preparing Lifelong Active Youth (PLAY)* after-school program promoting physical activity among Orange County middle school students.
- Produced and distributed the *Orange County Recreation Map* of all public recreation areas in the county.
- Worked with pediatrician offices and school nurses to better prevent and treat childhood obesity.
- Created the *Eat Smart Move More Consistent Messaging Campaign* promoting physical activity and healthy eating.
- Coordinated and lead the 2011 *Orange County Community Health Assessment*.

PRIORITY HEALTH ISSUES

- Access to Health Care, Insurance, and Information
- Chronic Disease/Health Promotion Exercise and Nutrition
- Mental Health and Substance Abuse
- Injury

OVERALL GOAL

To reduce health disparities

TASK GROUPS

Healthy Carolinians Council is the governing body. The Council helps select priority health issues, guides the work of the county partnership and advocates for health issues at the state and local level.

Access to Health Committee works to increase access to health care, insurance, and information for all Orange County residents. This group focuses on the availability, affordability, accessibility, and acceptability of care and services.

Health Promotion Committee focuses on promoting healthy lifestyles, policies, and environmental changes around exercise and healthy eating, to prevent and reduce the burden of chronic disease.

Mental Health and Substance Abuse Committee focuses on preventing the misuse and abuse of prescription drugs; suicide prevention; promoting overall mental health and reducing stress. This group also addresses **Injury**.