

HOW YOU CAN BE INVOLVED IN HEALTHY CAROLINIANS OF ORANGE COUNTY

Join the more than 80 other individuals and organizations partnering with Healthy Carolinians to find creative solutions to help all Orange County residents make **health** a priority. Membership is free and open to the public.

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

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@co.orange.nc.us | (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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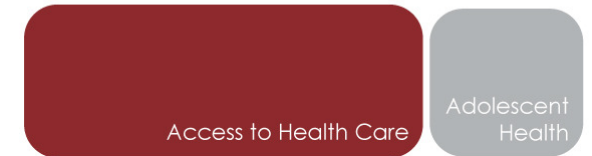
Healthy Carolinians of Orange County
www.co.orange.nc.us/health/

State Office of Healthy Carolinians
www.healthycarolinians.org



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Healthy Carolinians of Orange County



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 citizens partnering to promote health and wellness in Orange County.

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 journey of a thousand miles,
begins with a single step...*



OUR IMPACT

- Hold annual *Real Men Rock* event to raise awareness about Shaken Baby Syndrome
- Produced and distributed a *Directory of Mental Health Services*, also available online as a searchable database
- Organized a community mental health awareness campaign
- 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 an *Eat Smart Move More Consistent Messaging Campaign* promoting physical activity and healthy eating
- Organized a community awareness event around preventing underage drinking and drug use among youth

PRIORITY HEALTH ISSUES

- Access to Health Care
- Adolescent Health
- Health Promotion
- Mental Health and Substance Abuse
- Transportation

OVERALL GOAL

To reduce health disparities

COMMITTEES

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.

Advocates for Adolescents Committee focuses on improving health for all adolescents and reducing risky teen behaviors.

Advocates for Children Committee focuses on the prevention of child abuse, child health issues and community education about these topics.

Health Promotion Committee focuses on promoting healthy lifestyles to prevent and reduce the burden of chronic disease.

Mental Health and Substance Abuse Committee focuses on reducing stigma around mental health and substance abuse, and improving access to needed services.

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

