

BE WELL IN LIVINGSTON



What is Be Well?

The Livingston County Be Well Committee of the Genesee Valley Health Partnership works with the community to **reduce obesity in children and adults by implementing policy, system and environmental changes.**



Eat Better



Move More



Stress Less

Our Mission: Support sustainable healthy lifestyle choices within communities through policy, system and environmental changes utilizing local resources.

Our Vision: Be Well in Livingston will support local communities with opportunities to promote healthy living.

Why is Be Well important?

7 out of 10 deaths in the US each year are due to chronic diseases.



Chronic disease treatment accounts for 86% of our nation's health care costs.



The Greater Mount Morris Area

- About **1 in 5** residents are **living in poverty**
 - **42%** of Mount Morris School District students are **overweight or obese**
- Livingston County has higher rates of **smoking, poor nutrition and sedentary lifestyles** compared to Upstate NY



How can Be Well improve the health of your community?

Implementation of population-based strategies, tailored to individual community needs and resources, across various settings to create greater access to healthier environments.



SCHOOL

- School Health Index Assessment- Policy/Practice Change Nutrition and Physical Activity (ie. Healthy Vending Policy)
- Coordinated Approach to Child Health (CATCH)

WORKSITE

- Worksite CHANGE Assessment- - Policy/Practice Change Nutrition and Physical Activity (ie. Healthy Meeting Policy)
- Tobacco Free Policy

COMMUNITY

BE WELL IN LIVINGSTON



- **Community CHANGE Assessment, focus groups and data review**
- **Promote and Create Parks, Paths and Trails**
- **Tobacco Free Policy**
- **Increase or Enhance Farm to Community/School**

For more information please visit www.gvhp.org!