

Greater Greenwich Priority Areas



2022-2025 CHNA

Priority Area: Healthy Living: Healthy Bodies			
Goal: Achieve equitable life expectancy for all residents by promoting healthy lifestyles to enhance and to maintain their health.			
Our Approach →	Achievable and Measurable	Promote Equity	Leverage Assets
Key areas to address: ↓	Objectives <i>(What we must do to achieve this goal)</i>	Strategies <i>(How we will meet our objectives; reflect goal)</i>	Action Steps/Tactics/Initiatives <i>Specific activities or initiatives)</i>
Prevention and Awareness	<ul style="list-style-type: none"> Reduce disparities in chronic disease prevalence and death rates Increase understanding of the benefits healthy, nutritious, and culturally centered foods 	<ul style="list-style-type: none"> Reduce risk factors for disease by addressing Social Determinants of Health (SDOH) Promote availability and use of community-based recreation opportunities Increase social and community activities and connections among residents (e.g.: to reduce feelings of isolation) Increase the number of preventive health screenings programs available to at-risk and underserved populations Reduce disparities through health screening programs and events. 	<ul style="list-style-type: none"> Collaborate with community partners in underserved communities to conduct & promote health and wellness programs and screening events Provide education and promote awareness of the connection between SDOH and health outcomes by utilizing evidence based tools (e.g.: AHA Essential Eight) Provide education & awareness on the benefits of consumption of fresh fruits /vegetables/plant-based diets Provide information about resources and nutrition programs. Identify and promote existing programs and resources that are no cost, low-cost options for exercise and physical activity
Build Capacity	<ul style="list-style-type: none"> Increase the number of safe places for connecting residents to available community resources Increase the awareness of access points where community members can obtain affordable, healthy, and nutritious food. Promote participation of residents in healthy nutrition and/or food programs 	<ul style="list-style-type: none"> Expand use of technology and social media Collaborate with community partners in areas such as Housing, Food insecurity , SDOH Identify healthy nutrition access points, vendors, supplemental /supplemental food /nutrition programs 	<ul style="list-style-type: none"> Work with food pantries to have increased implementation of the Supporting Wellness at Pantries (SWAP) Program Support food pantries and food distribution programs Identify and share information about other sources of “affordable, healthy, nutritious food” Identify eligibility and participation/challenges to participation in nutrition programs Promote safe places for recreation in underserved communities
Effective Intervention	<ul style="list-style-type: none"> Promote a culture of health within communities 	<ul style="list-style-type: none"> Promote participation of underserved populations in chronic disease programs through outreach to the underlying population 	<ul style="list-style-type: none"> Implement health management programs to reduce chronic disease and decrease complications Improve medication compliance through health education programs Promote awareness of pharmacy /prescription plan options