

Healthy Lifestyle

BACKGROUND

Physical inactivity, poor dietary choices, and associated overweight and obesity affect all people regardless of age, gender, or race. Together, they increase a person's risk of developing chronic diseases and ultimately affect their quality and length of life. Data obtained from the St. Luke's CHNA illustrate that Quakertown service area residents have poor status for physical activity and nutrition and have high rates of obesity and diabetes. Research confirms that avoiding sedentary behaviors and promoting healthy eating habits, known as the primary contributors to obesity, can prevent many chronic health conditions including cardiovascular diseases, diabetes, some cancers, arthritis, and disability. As a result, Healthy People 2020 indicate nutrition, physical activity, and healthy body weight as leading health indicators that affect a person's overall health and well-being and set goals and objectives to improve healthy lifestyles.

OBJECTIVES

- Increase awareness and understanding among community members of the major public health threat that being overweight and obese poses.
- Collaborate with community partners to build a network that provides evidence-based interventions and programs to promote healthy lifestyles for those at high risk of developing type 2 diabetes.
- Increase access and availability of affordable, healthy food choices.
- Promote school-based approaches to promote healthy behaviors. Promote lifelong physical activity and decrease exposure to sedentary behavior.
- Seek funding opportunities for healthy lifestyle/obesity initiatives.