

## **Healthy Living and Chronic Disease Prevention**

The overarching goal was to improve nutritional status and physical activity levels and reduce chronic disease burden in the SLUHN service area by creating a culture that supports healthy living. We are approaching these goals with prevention strategies in mind, through initiatives to promote availability and consumption of fresh fruit and vegetables for employees and community members by supporting CSA and farmer's market initiatives at each campus entity in addition to increasing physical activity for employees and community members. We are also working towards supporting initiatives that reduce chronic disease levels in the SLUHN service area through Diabetes Prevention Initiatives in support of national goals at each hospital campus, the Healthy Business Initiative to promote healthier lifestyles through worksite programs in the Lehigh Valley, and by developing a coordinated network-wide employee wellness initiative with programs at each campus entity.

