

Health & Wellness Team's Purpose

To work with health and wellness leaders in the PBC community to educate, inform, and ensure that everyone from Birth to Age 22 has access to:

- health care
- healthy food
- physical activities

that promotes healthy choices for a lifetime.

HOW DO WE MAKE IT HAPPEN?



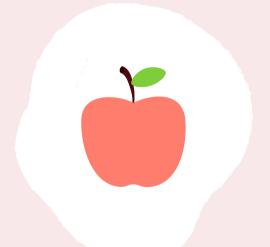
Access to Physical/ Eye/ Hearing Exams



Access to Health Insurance



Access to Care for Pregnant Moms



Access to Healthy Foods



Access to Safe and Clean Parks & Recreation options

RECENT GOAL #1

Spread the word about <a href="https://open.com/

Radio, newsletters, community groups

Open enrollment is the period of time each year when you can sign up for health insurance or change your plan





RECENT GOAL #2

Spread the word about feeding sites

Youth Services' Summer Food Service Program
United Way's Hunger Relief Team

Locations where families can pick up free food in the community

RECENT GOAL #3

Spread the word about safe parks & activities

Parks & Recreation Guide





THE FUTURE OF THE HEALTH & WELLNESS TEAM

Collaboration with PBC CHIP (Community Health Improvement Plan)

CHIP is working on a detailed plan to identify the community's health priorities.

Then creating goals to improve the health and quality of life in Palm Beach County around those priorities.



WHAT DOES THAT MEAN FOR US?

- Health and Wellness Action Team members are attending CHIP Meetings
- Bring your voice and concerns to the CHIP meetings and Birth to 22 teams
- Combine efforts to address similar goals
- Be part of a County-wide plan

We asked 2022 Community Conversation participants

WHAT'S YOUR TOP CONCERN RELATED TO HEALTH & WELLNESS?

convenient access to food lowering sugar intake depression sports 4 adults nutritional value of food insurance losing weight spreading the word diet program mental well being costs insurance food etc rest for your body nutrition education burnout alleviation staying active with kids quality care र्ट्स affordable food adult sports vaccinations food deserts weight control food nutrition availability and access nutrition fitness obesity caretaker health cultural relevance being healthy cost adult sport accessibility walkable communities disease cultural cooking shift free recreation expensive healthy food affordable sports food desserts psychological stress sports for adults exercise plan local recreation space safe spaces for exercise education on healthy habi technology health aids drowning prevention