

**PHMDC Strategic Planning
Goals & Strategies
8-13-2015**

| HEALTHY EATING & ACTIVE LIVING: so the people of our community are more physically able to enjoy long, productive lives. | HEALTHY PLACES TO LIVE, WORK, LEARN, & PLAY: so the physical environments in our community are healthy and safe. | HEALTHY MINDS, HEALTHY BODIES: so the people in our community are free from injury, trauma, and disease. | HEALTHY BEGINNINGS: so that children born in our community get off to a healthy and safe start. |
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| Encourage community design and development that supports physical activity. | Support community infrastructure and land use policy to promote health | Minimize the impact and incidence of infectious diseases. | Ensure women have optimal health before and in between pregnancy to improve birth outcomes |
| Ensure access to nutritious and affordable food options. | Ensure healthy housing is available to everyone | Promote mental and emotional well-being. | Ensure everyone has the ability to choose if and when to get pregnant |
| Support and encourage healthy eating & active living (HEAL) in youth and early childhood. | Ensure safe and healthy surface and drinking water | Reduce harm caused by alcohol and drug use. | Support evidence-based programs and policies for infants, children, and their caregivers |
| | Support and encourage quality jobs and working conditions that support health. | Improve access to comprehensive health care that is available, affordable, accessible, accommodating and acceptable. | |