

**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.
<p>Encourage community design and development that supports physical activity.</p> <p>Ensure access to nutritious and affordable food options.</p> <p>Support and encourage healthy eating & active living (HEAL) in youth and early childhood.</p>	<p>Support community infrastructure and land use policy to promote health</p> <p>Ensure healthy housing is available to everyone</p> <p>Ensure safe and healthy surface and drinking water</p> <p>Support and encourage quality jobs and working conditions that support health.</p>	<p>Minimize the impact and incidence of infectious diseases.</p> <p>Promote mental and emotional well-being.</p> <p>Reduce harm caused by alcohol and drug use.</p> <p>Improve access to comprehensive health care that is available, affordable, accessible, accommodating and acceptable.</p>	<p>Ensure women have optimal health before and in between pregnancy to improve birth outcomes</p> <p>Ensure everyone has the ability to choose if and when to get pregnant</p> <p>Support evidence-based programs and policies for infants, children, and their caregivers</p>