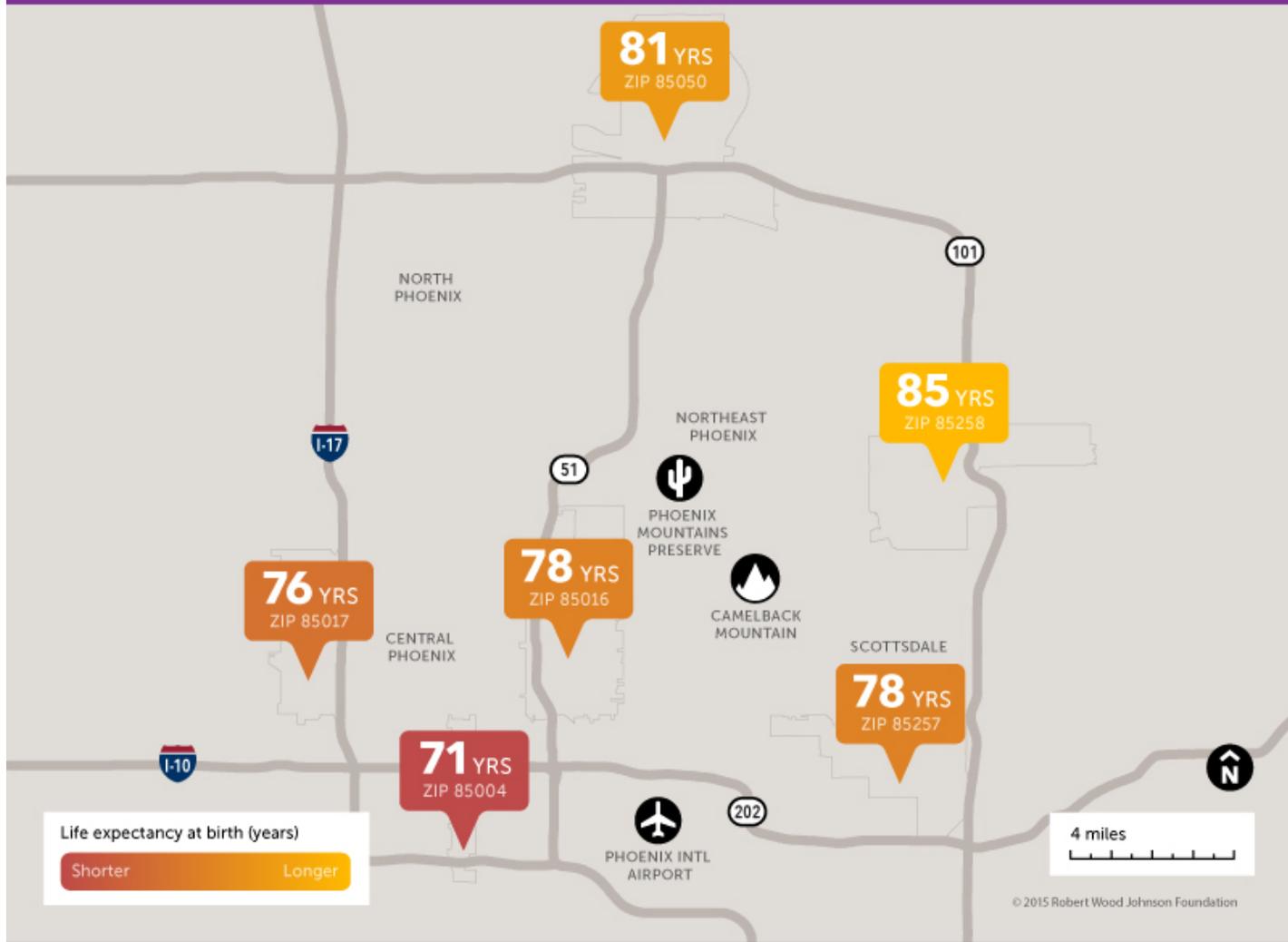


Year of Healthy Communities



The First 90 Days

Short Distances to Large Gaps in Health



Gaps in Health Across Neighborhoods Stem from Multiple Factors

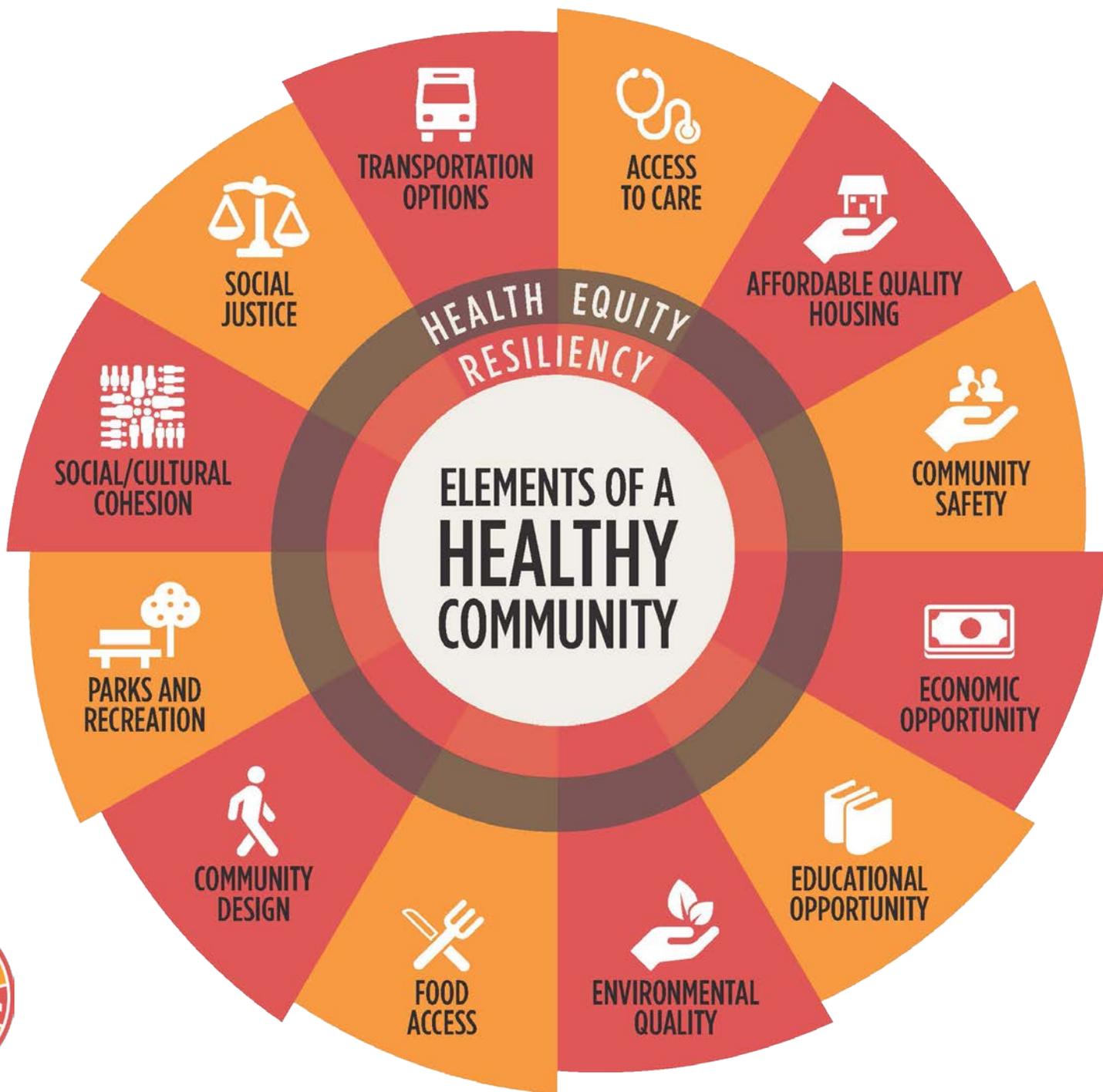
Follow the discussion

[#CloseHealthGaps](#)

Babies born just a few miles apart can face vastly different chances of living a long and healthy life. This isn't a problem unique to big cities, small towns or rural areas—in fact, it's a pattern across America as a result of the varying conditions in our neighborhoods:

- **Education and income** are directly linked to health: Communities with weak tax bases cannot support high-quality schools and jobs are often scarce in neighborhoods with struggling economies.
- **Unsafe or unhealthy housing** exposes residents to allergens and other hazards like overcrowding.
- **Stores and restaurants selling unhealthy food** may outnumber markets with fresh produce or restaurants with nutritious food.
- **Opportunities for residents to exercise, walk, or cycle** may be limited and some neighborhoods are unsafe for children to play outside.
- **Proximity to highways, factories, or other sources of toxic agents** expose residents to pollutants.
- **Access to primary care doctors and good hospitals** may be limited.
- **Unreliable or expensive public transit** can isolate residents from good jobs, health and child care, and social services.
- **Residential segregation and features that isolate communities** (e.g., highways) can limit social cohesion, stifle economic growth, and perpetuate cycles of poverty.

To build a Culture of Health—where every person, no matter who they are or where they live, has the opportunity to be as healthy as they can be—we must improve people's opportunities to be healthy in the places where they live, learn, work and play.



Goals

- **Identify, lift up and celebrate** efforts to help Arizonans be healthier and live well
- **Facilitate connections** between groups and sectors
- **Shift the “health” paradigm** – health is more than health care.
- **Influence** policies and systems for change



Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.

What is the Year of Healthy Communities?

The 2017 Year of Healthy Communities is a mutually-beneficial collaborative year starting with the notion that building individual and collective momentum can enable everyone involved to reach a ... [Read More...]

Learn More: Replay our January 26 Webinar

Get to know the "Elements of a Health Community" wheel through the eyes and ears of front-line practitioners. This one-hour roundtable provides a brief overview of the year, takes a trip around the ... [Read More...]



Elements of a Healthy Community



January 26 Kickoff Webinar



Marcus Johnson
Vitalyst Health Foundation



Diana Yazzie Devine
Native American Connections



Michael McDonald
Community Food Bank of
Southern Arizona



Emily Yetman
Living Streets Alliance





Arevalos Farm

Arevalos Farms is a 3rd generation Mexican-American family farm in Double Adobe, AZ run by Aaron Cardona. The vegetables are naturally grown using organic methods and irrigated by a combination of drip and dry-land farming techniques, cover cropping and a minimal-till system. The farm offers a wide variety of vegetables varying by season and implores native, desert-adapted seed varieties, as well as traditional Mexican food products.

Fair pay: Garnering a fair wage for the food they grow keeps farmers like Aaron in business and builds the strength of our regional food economy.

Environmental Stewardship: Native crop varieties use less water, eco-farming prevents pollution, and going local reduces fossil fuels.

Nutrition: Fewer food miles and rich, healthy soils lead to higher nutrient density in local fruits and vegetables.



Tohono O'odham Yellow Watermelon

Size: Oval fruit between 20-35 lbs

Color: Yellow to orange

Taste: Sweet and crisp with a rich bouquet

Shelf-life: 14 days

History: The Tohono O'odham people originally cultivated this yellow-meated fruit, also known as "*Gepi*" in the O'odham language. When Father Eusebio Kino arrived among the Piman peoples of Southern Arizona in the late 1680s, he was startled to find watermelons being grown throughout the region.

Watermelons were among the most important crops to the Piman and Hopi peoples, who ate them for six months of the year. This stunningly delicious watermelon has been adopted by many chefs in the Arizona area.



Encanto Pointe

Permanent Supportive Housing for Chronic Homeless



NATIVE AMERICAN CONNECTIONS

March 14 Webinar



Matt Eckhoff

Rio Rico Medical & Fire District



Zach Johnson

Gorman & Company



Kate Radosevic

Local First Arizona



Mark Melnychenko

City of Phoenix



COMMUNITY INTEGRATED PARAMEDICINE



MORE INFORMATION: CALL 520.761.0104 | RIORICOFIRE.ORG/CHIPP



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Specific Products

Search near:

- Select City -

Enter address or zip code

Search in radius 50 miles

Advanced search

www.GoodFoodFinderAZ.com



Ties to City Projects and Initiatives



TIGER



Phoenix Complete Streets



REINVENTPHX

PlanPHX

FIT PHX

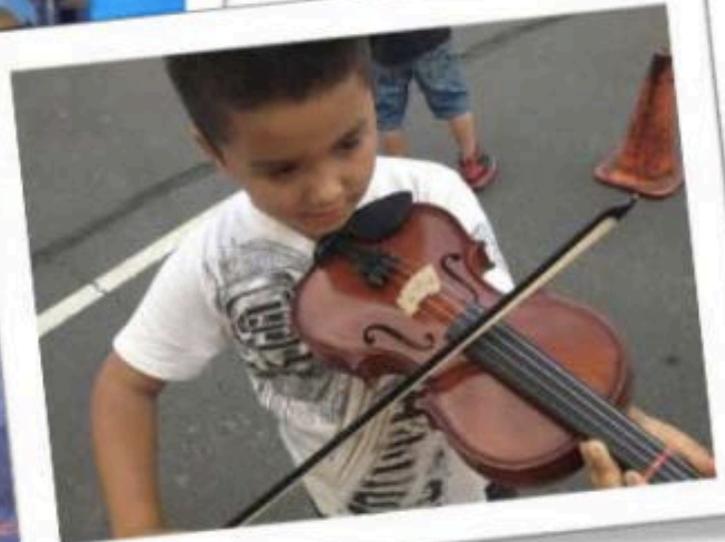
Shade Phoenix

TRANSPORTATION 2050

GR:D
BIKE SHARE

bike PHX

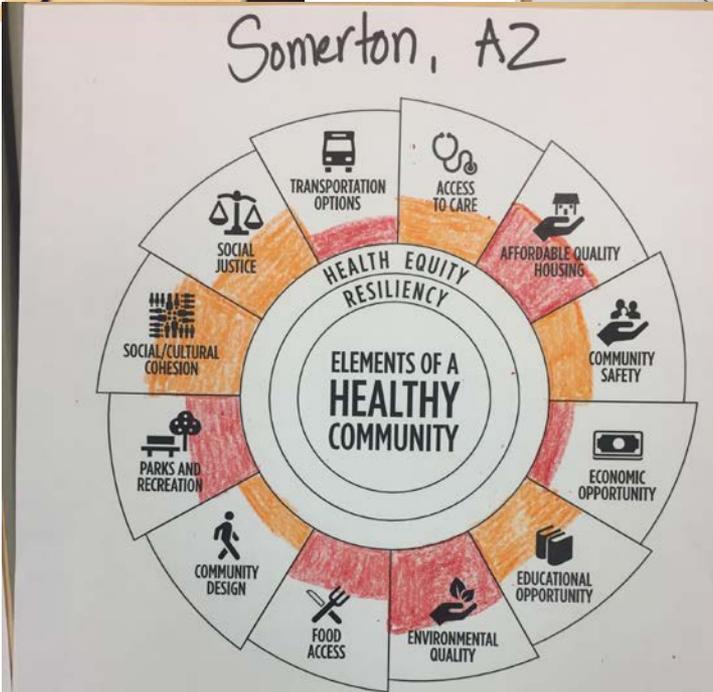
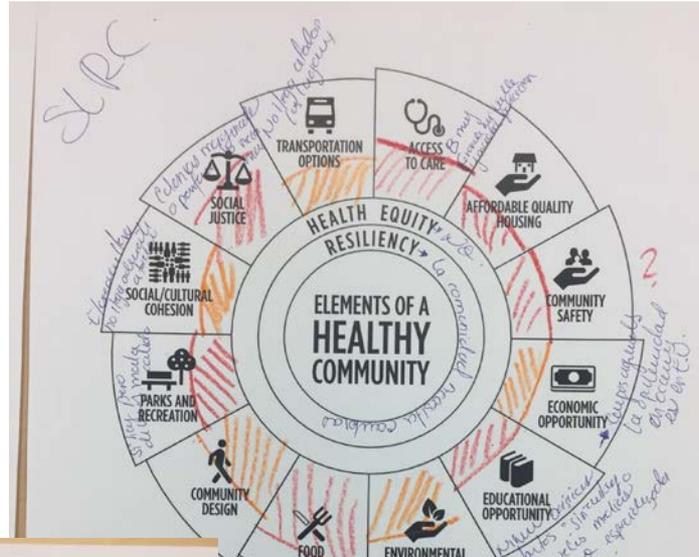
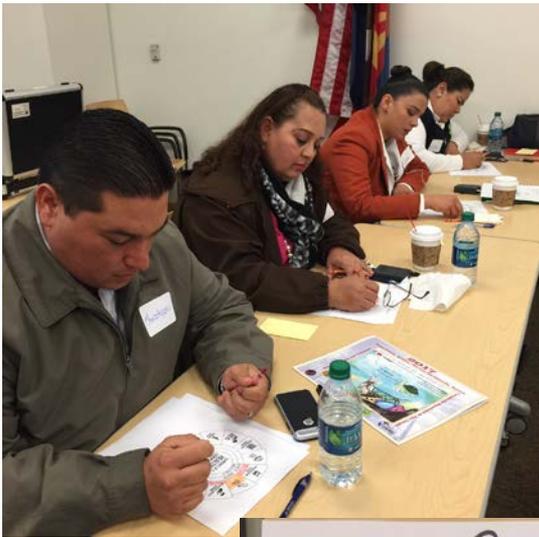
Gorman & Company, Inc.



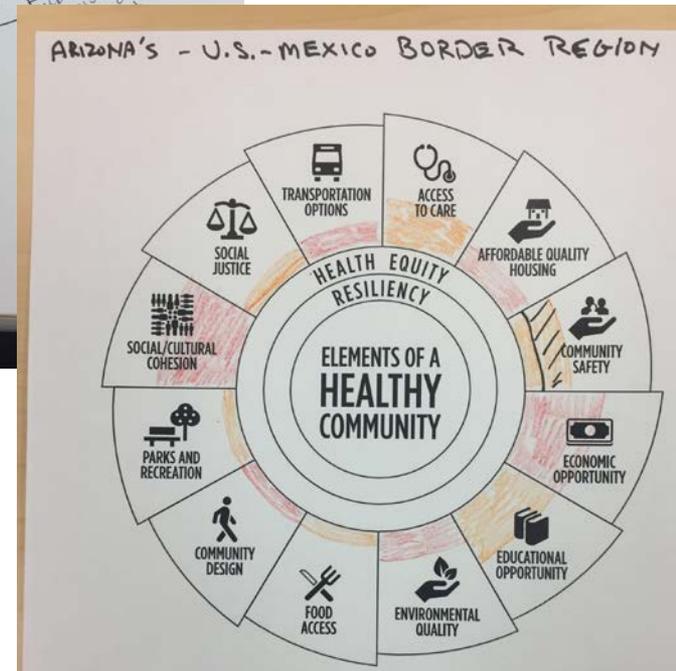
Revitalizing Communities and Building Neighborhoods Since 1984
Zach Johnson, Development Manager

GORMAN
& COMPANY, INC.

Coloring the Wheel

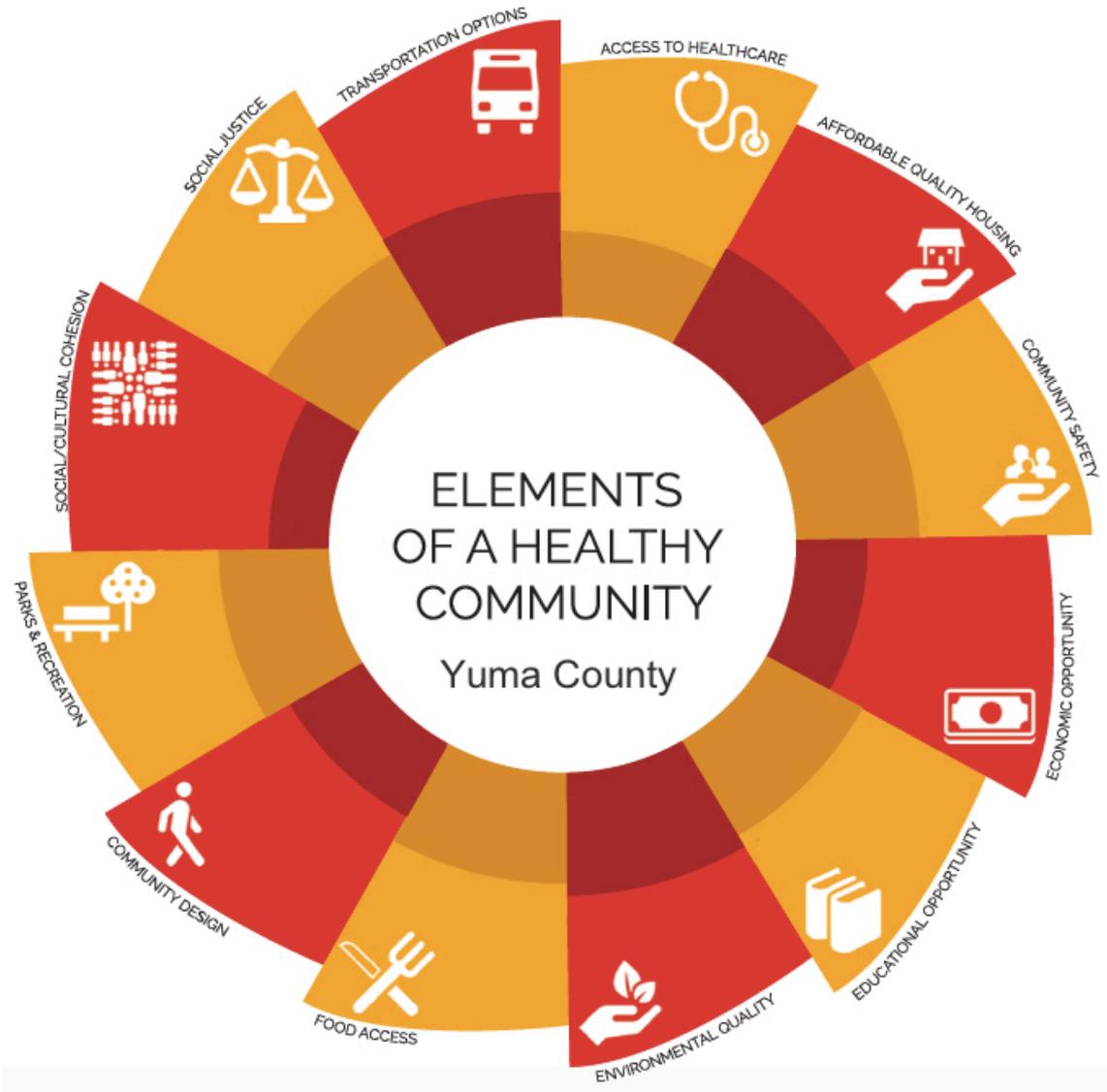


Es un indicador de la oportunidad económica y de la cultura que resulta en rechazo a la ciudadanía vulnerable



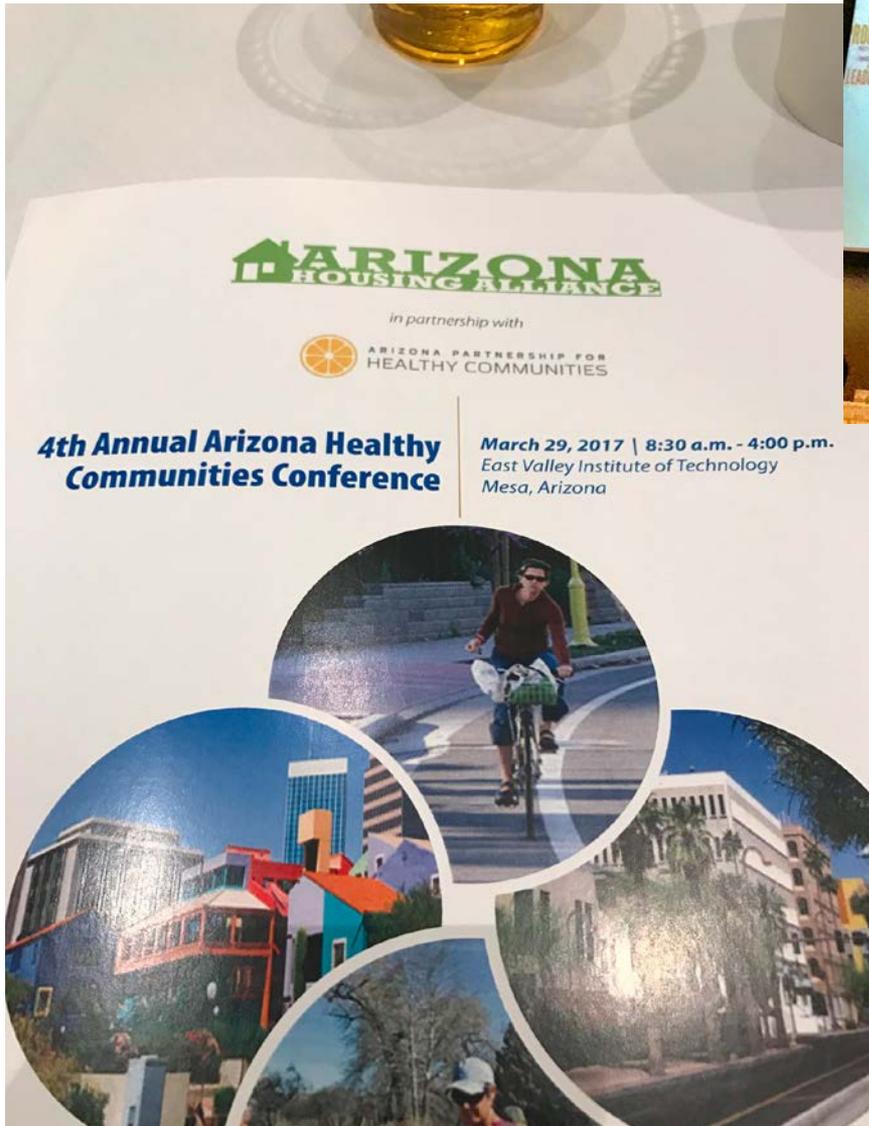
County Data/Baselines

- Produce wheels for each county to inform workshop exercise, discussion.
- Coming to livewellaz.org.
- Ongoing data discussion.





Yesterday...



Year of Healthy Communities



The First Month