

Live Well, San Diego! Initiative

AUGUST 12, 2013

NUMBER 08.12.13 (05)-03

WHEREAS, the mission of Palomar Health is to heal, comfort, and promote health in the communities we serve, the Board of Trustees of Palomar Health established the Community Action Councils ("Councils") to identify, address and advocate for the health-care needs of Palomar Health's communities through collaboration and partnership to promote healthy environments and wellness, and build relationships with key leaders and educate residents about health-related community services in our regions; and

WHEREAS, Palomar Health recognizes the health and wellness programs developed by the Councils and other Palomar Health staff is closely aligned with the County of San Diego *Live Well, San Diego!*: Building Better Health initiative encouraging healthy lifestyles for the communities Palomar Health serves; and

WHEREAS, Palomar Health supports school-based education and opportunities for healthy eating and physical activity to lower the risk of obesity and diabetes among youth, the Councils have formed The TODAY Project (Transforming Obesity & Diabetes Awareness in Youth) providing student body mass index percentile screenings, resources and information to families, including San Diego County 5-2-1-0 (eat 5 fruits and vegetables, 2 hours or less of screen time, 1 hour physical activity, and 0 sugary drinks daily) initiative; and

WHEREAS, Palomar Health's Health Councils promote the de-stigmatization of mental illness, the incidence of suicide prevention, and support caregivers of senior citizens through school-based and community-based collaboration; and

WHEREAS, Palomar Health is committed to saving the lives of youth by educating the community and key decision makers regarding current substance abuse issues and evidence-based strategies to achieve long term solutions, advocating for policy changes that support health and create communities free of problems related to alcohol, tobacco and other drugs; and

WHEREAS, Palomar Health supports community gardens and distribution of surplus fruits and vegetables to promote good nutrition and healthy eating habits among needy families in its region; and

WHEREAS, Palomar Health advocates, refers, and informs the community about health resources to increase access to medical and behavioral health services, especially important for vulnerable populations; and

WHEREAS, Palomar Health's nurses contribute volunteer hours to develop partnerships in the community through health screenings, vaccines and education classes to promote positive choices and prevention of chronic diseases; and

WHEREAS, Palomar Health implemented the Passport to Wellness program designed to raise employee awareness of wellness issues, and encourage healthy lifestyles through participation in various passport visa activities including discounts to fitness clubs, health education classes and health coaching on topics such as smoking cessation, weight loss; and

WHEREAS, Palomar Health, in an effort to reduce employee obesity, has implemented Meatless Mondays, use of local organic produce, reducing sugar sweetened beverages by working with vendors to provide healthier options, eliminating 32-ounce soda cups, and offering farmers markets and community supported agriculture at its hospitals; and

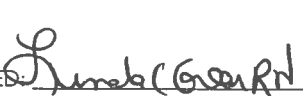
NOW, THEREFORE, be it resolved that through these programs Palomar Health supports the County of San Diego *Live Well, San Diego!* Building Better Health initiative and joins as a partner organization on the path to improve health and wellness in the region.

PASSED AND ADOPTED, this 12th day of August 2013 by the Board of Trustees of Palomar Health by the following vote:

AYES: _____ NOES: 0 ABSENT: 0 ABSTAINING: 0

DATED: August 12, 2013

BY: 
T.E. Kleiter
Chair, Board of Directors

ATTESTED: 
Linda C. Greer, RN
Secretary, Board of Directors

